

## Changes To Day Services



*Veronica & Diane celebrate Mindweek*

Last year the Government published a report called 'Mental Health and Social Exclusion' which pointed out all the ways in which people with mental health problems are excluded from everyday life. This is in areas such as training and employment, housing, benefits and other areas that can affect our mental well-being.

In response to the report, a Social Inclusion Steering group was set up to look at areas that could be made better for people with poor mental health, living in the Redcar & Cleveland area. One of the areas being looked at is day services,

which of course affects us directly. The members of the group come from the Trust, Social Services and the voluntary sector, which is mainly ourselves and Mental Health Matters.

Although the change in day services won't happen quickly, we are already looking at ways in which we can provide better services for people with mental health problems. This may involve going out to peoples' homes to offer them support until they feel able to carry on with their lives, or people going to classes at the local college instead of tutors attending the day services.

[www.randcmind.org](http://www.randcmind.org)

## Edition 39

INDEX	PAGE
Changes to Day Services	1
Caption Competition	2
Changes to Day Services	3
A New Addition To The Team	4
Tea At Redcar Day Service	4
I Saw	5
Second Honeymoon	5
Wordsearch	6
Cyber Quiz	6
Student Placement	7
Pool Competition	7
Ron's Rant	8
Shirley's Wedding Blessing	8
Creative Writing Group	9
A Lovely Man	10
About Us	11
Redcar Writing Group	11
Happy To Be Here	12
Jake, Best Friend	12
Happy To Be Here 2	13
African Land Snails	14
Race Evening	14
Fourth Anniversary	15
"Only A Volunteer"	15
Kelly Joins Greenlights	16

### EDITORIAL TEAM:

Ken Barker, George Cowen,  
Sue Cowling, Ron Gibson,  
Shirley Hart, Steve Mason,  
Nick Murray & Nicole Spenceley

## New Caption Competition

In the last edition we published a picture that stimulated a lot of interest but also some controversy and we have learnt from this as an organisation. We apologise to anybody that was offended.

Now, come up with an amusing caption for the picture below and you could win a prize. Give your entry, with your name to any member of staff.

**Closing date 19th August 2005.**

*Members of the editorial team and staff are not permitted to enter .*



## Day Services Continued

Redcar Day Service is already looking at working on an outreach basis with young people who can't attend our day services because they are too young, but may need support. Terry and I have been working with people from The Junction to try and set up an activity group where we will provide the support the young people may need.

Employment was mentioned in the Governments Social Exclusion report and the government want people with mental health problems to be able to find jobs and keep them, with the proper support. So our organisation is looking at beginning a training into employment group, where people can start with the basics, i.e. writing CVs and training to hopefully find a job when they feel they are ready for that step.

The Social Inclusion group is also going to be looking at ways in which voluntary organisations, such as ours, can work more closely and better with other sectors such as TNEY Trust and Social Services to make sure that the people who use all of our services are given the best support possible to enable them to move on from mental health services.

To achieve all of this means that we will have to change the way in which

we provide our services. It may mean that some of the day services will be held at different places on different days, to allow paid workers to provide people with support at home or to attend college with people till they feel able to go on their own.

This doesn't mean, however, that everyone is expected to find work and move on, because we know that this will not happen for some people and that they may need support for a long time. There will still be a drop-in service for people who need it, though the venue may change.

It is still early days yet for the transforming of the day services and the group would like to visit other services, where they are innovative, to see what ideas people have had and what works. There will also be a day service review launched soon where people will be invited to participate and have a say in how day services should be provided in the future.

**Sharon Street**



Study of a cat by Caroline Grainger

## New Addition To The Team



My name is Pauline and I am the new Mental Health Promotion Worker based at Redcar. I previously worked for Create and at Redcar and Cleveland College as a tutor. I have also worked as a counsellor and originally as a nurse. I have always had an interest in mental health and know how important it is for our general well being.

This year I will be concentrating on tackling stigma and discrimination which will include an event on World Mental Health Day in Oct 05 and a conference in March 06.

My main interest outside of work is being part of a singing group which I enjoy very much and find is a great stress buster.

I look forward to meeting everyone eventually and many thanks to those I have already met as they have made me feel extremely welcome.

**Pauline Pendry**

## Tea day at Redcar Day Service

It was that time of year again, Mind-week, and this years theme was 'Stress in the work place'. We started our event on Wednesday 18<sup>th</sup> May handing out raffle tickets. Jean demonstrated Batik work, then we watched a video, showing elephants letting off steam. We coloured in pictures of elephants for a competition and then had a quiz which was one of the hardest ever! Maureen, Hazel, Cheriess and I got dressed up in Sri Lankan outfits; we thoroughly enjoyed ourselves.

*Thanks to Louise and Jean for organising the events. Shirley Hart*

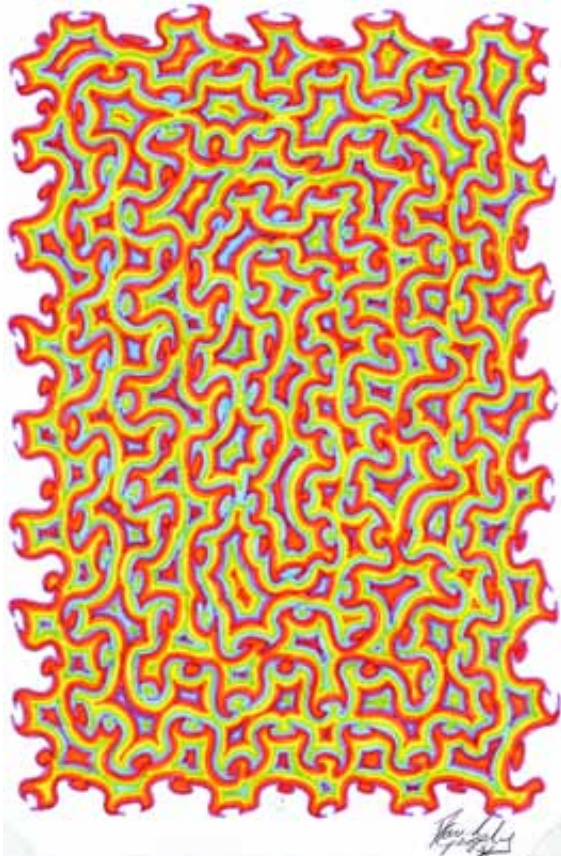


Shirley Hart, Maureen Gibson,  
Cheriess & Hazel Munro in  
thier "new outfits."

## I Saw

I saw a snake in the grass  
 Stepped aside to let it pass  
 I saw a cat stuck up a tree  
 Climbed up to set it free  
 I saw a rabbit in a snare  
 It shows people don't really care  
 I saw a swan in the lake  
 Swimming round with his mate  
 I saw you walking by  
 With a tear in your eye  
 What's the matter, what's wrong?  
 I've been thrown out of house and  
 home  
 Now I'm all alone  
 This cannot be  
 Will you come home with me?  
 Stay as long as you like  
 I can't see you out all alone at night

*Poem by a service user,  
 picture by David Gergely*



## Second Honeymoon



Myself and my wife Maureen went to Great Yarmouth for our honeymoon, due to our original honeymoon being spoilt by illness. We arrived at our destination on 28<sup>th</sup> of May. On Sunday we went to the Norfolk broads where we boarded the paddle boat called the Mississippi on a journey around the canal where we saw a village of thatched little houses on stilts. In Great Yarmouth and Norwich we found the local people very helpful. The weather was fine and Maureen went to the music hall with some of the guests, she really enjoyed herself.

The coach guests were from the North East and got on very well together, some even offered me some money until I got to the bank on the Monday, because I was running short of money and the cash machine in the town was empty. But Corals came to my rescue with a win in Norwich and another at Yarmouth, which meant I came back home with more than I went on holiday with! We are looking forward to our next holiday soon.

**Ron Gibson**

## Birds Wordsearch

Q	Y	U	S	W	A	L	L	O	W	O	H	A	W	K
D	I	A	O	P	C	G	B	E	O	P	D	V	U	E
L	O	W	L	B	X	L	O	R	O	B	I	N	I	W
V	K	D	U	R	S	A	I	O	H	F	S	K	C	O
S	T	H	R	U	S	H	W	Y	I	F	T	O	R	O
L	M	N	C	y	S	A	P	P	B	A	A	L	O	D
C	S	P	A	R	R	O	W	I	L	L	R	L	W	P
C	T	S	U	P	M	D	A	G	A	C	L	P	F	E
O	B	C	P	S	I	O	E	E	C	O	I	A	P	C
B	L	U	E	T	I	T	A	O	K	N	N	R	M	K
P	S	D	E	W	Q	Z	G	N	B	M	G	R	N	E
I	O	C	P	F	S	A	L	O	I	D	O	O	P	R
A	W	R	E	N	B	V	E	T	R	Y	O	T	J	O
H	K	D	F	I	N	C	H	C	D	A	Y	O	P	A
O	P	S	E	A	G	U	L	L	X	U	I	E	W	S

- |          |         |          |        |         |                    |
|----------|---------|----------|--------|---------|--------------------|
| Thrush   | swallow | robin    | finch  | crow    | blackbird          |
| Blue tit | sparrow | eagle    | hawk   | owl     | falcon             |
| Wren     | pigeon  | starling | parrot | seagull | woodpecker         |
|          |         |          |        |         | <b>Sue Cowling</b> |



The members of the East Cleveland Day Service winning team. From left to right Graham Aitken, Michael Roe & Nick Murray, who beat the Redcar Day Service by eight points.

### East Cleveland Wins Cyber Quiz

The East Cleveland Day Service collected the trophy at the most recent Cyber Quiz held on 19th May 2005.

*The next quiz will be held on Thursday 25th August at 1:00 pm. — so support your team!*

## Beth's Placement



Hi, I am a first year student studying at the University of Teesside. I am studying on a joint degree course social work/learning disabilities nursing. I first heard about R&C Mind when the placement co-ordinator contacted me to find out if I would be interested in the organisation as a placement. I have to admit I knew nothing about the organisation or the services it offered.

My first day was a very daunting prospect, I really didn't know what to expect in the drop-in. Who would I meet and what would they be like? These were only a few of the questions running through my mind.

On arriving at Saltburn I was greeted by one of the friendliest of welcomes I have ever experienced. Almost straightaway I felt as though I was a member of the team. This feeling was not just at Saltburn - it was true of all the services throughout East Cleveland. As well as feeling very welcome there is a sense of

community within the organisation and throughout the services.

I have learnt a lot from staff, volunteers and service users within the organisation and feel it has been a really useful placement. I would like to say a great big thank you to everyone at Redcar and Cleveland Mind. Keep up the good work.

**Beth Kirby**

## Pool Competition



Redcar & Cleveland Mind's pool team won a home victory over Eston Grange on June 17<sup>th</sup>, the team of seven played el-fresco in the Dove House garden on a hot sultry Friday afternoon. First up was Paul Hills who recorded his first success for the team with a commendable display; David Lagan doubled our lead when his opponent knocked in the black ball. Birthday boy Alan Spenceley then recorded his eighth victory in twelve games. Suzanne Delhoy then won picking up the "Person of the Match" award by achieving her first win for the team. Debutant Bill Jewitt notched up another win with a confident display, before Steve Gibson and Dennis Kiff completed their winning games. **Alan Spenceley**

## Ron's Rant

### The Stead hospital & The Coatham Road, Health Centre.

What is the health authority thinking about, when these two buildings close down, what will mothers with small children do? It's hard enough getting to these two places now. You are moving these into one hospital about a mile away. It is very dangerous for people to cross that road now, and it means some mothers and pensioners will have to leave home one hour earlier to catch two buses.

In the interests of balance we asked other service users and volunteers, if they would like to write an article in favour of the new hospital.

Nikki Spenceley took up the challenge. **The Editor**

I agree with a lot of what you say, Ron, but the thought of having a new hospital in Redcar rather than having to travel all the way to the James Cook hospital outside Middlesbrough appeals very much. I find travelling to James Cook Hospital very long and arduous - I know there is now a direct bus from Saltburn to the hospital, but it takes over an hour and travels through every little village en route.

The existing Health Centre works well with more and more things available there such as a pharmacy,

audiology, psychology, and chiropody. When it is housed all within the same building as the new hospital, it will save travelling across town.

The Stead is an old building and I think most people will agree with me that the décor is very depressing. I know when I went to see a friend in the geriatric ward it appeared to be a far from a cheerful place. Surely our old people deserve to be in somewhere bright and new.

**Nikki Spenceley**

## Shirley's Wedding Blessing



Saturday 28<sup>th</sup> May was Shirley and Paul's wedding blessing, eight years after their marriage. Ninety seven people attended the blessing at Newcomen Church, and the reception was at the Yorkshire Cobble pub. Food was provided and drinks. Plenty of photos were taken and everyone had a great day.

**Congratulations again to  
Shirley & Paul.**

**Steve Mason**

## Creative Writing in East Cleveland



Nick asked me if I would be interested in facilitating a new creative writing group, R&C Mind were planning at Skelton. I have been involved in many creative writing based events over the past year particularly at the University of Teesside where I am an English and Media student. My poetry has been published in 'Kenaz' a new literary magazine, which aims to promote creative writing in the Tees Valley.

I was very keen to become involved with the new group at Skelton as I thought it could be very enjoyable and would be valuable experience for me. The first session was very much an 'icebreaker' in which I began to get to know the group and get a feel of what sort of writing people

were interested in. We played a number of writing 'games' in order to get people over the initial 'fear' of putting pen to paper which can be very daunting. It was good for me to hear people talking about themselves, their favourite places, events, hobbies etc as not only was it nice that people were willing to share things with the group, but it also gave lots of scope for developing these initial ideas into some more solid pieces in the future.

Something I have very much enjoyed within the sessions has been seeing the items people have brought in to the class to talk and write about. I asked the group to bring along an object or photograph that had some sort of emotional or personal meaning to them. For example, Michael and Nick created the beginning of a story that stemmed from thinking about some pieces of pottery that Michael had discovered on an archaeological dig. It has been great that we have been able to incorporate people's previous interests, hobbies, memories etc into some creative writing.

I have really enjoyed the sessions so far and feel that the group have enjoyed them too. The group are really starting to produce some great work. I have really enjoyed meeting everyone in the class and am very grateful to Nick and R&C Mind for asking me to come along and would be more than happy to offer future sessions.

**Mike Edwards**

## A Lovely Man



Everyone was very shocked to hear of the sudden death of Ernest Coulson in May.

Ernest had been attending the drop-in at Ashwood in Guisborough for several years to take part in the Sunday Lunch Club. As soon as we opened up he would lay the tables for lunch and then get down to drawing in the lounge. His drawings were always a focus of interest, not only because of his own very individual style but also because of the varied subjects he tackled - dogs, birds, fashion, trains, vintage cars, planes to name but a few! He played table tennis most weekends (he was very good and usually beat me!) and this was always an opportunity to catch up on the week's sport and he liked to talk about his family and, of course, his car.

Many people who use our service have told me how much they are going to miss him. Because he was quiet, it was not always obvious how many friends he had made but he was someone who was liked and respected by everyone and his presence is much missed.

**Jane Evans**



*"He was always friendly with me."  
Gillian Slinn*

*"He spoke to everybody. A very friendly person. He was a good drawer - birds and aeroplanes and things."  
Viv Shutt*

*"He was a fine gentleman."  
Pat Duck*

*"I'll miss checking his oil when I cover at Ashwood."  
Gary Brown*

*"Sadly missed."  
Tony Khunke*

*"He was a real gentleman."  
Marion Anderson*

*"Sadly missed by all Ashwood staff and patients"  
Billy Carter*



*"I just loved his drawings."  
Lesley Taylor*

*"I will miss our game of table tennis. Ernest really enjoyed having a game."  
Pat Willis*

## About Us Redcar & Cleveland Mind —

*We are a community based mental health organisation offering a wide range of services & activities.*

We have two open access day services open 7 days a week offering support & company in a friendly & informal atmosphere.

We also have a lively mix of groups including tai chi, newsletter, literacy & numeracy, computers, drama, music.

### Redcar Day Service

Dove House, 5 Turner Street, Redcar

Tel: 01642 296055

E-mail: [day@randcmind.org](mailto:day@randcmind.org)

Mon-Weds: 10-4

Thurs: 10-6

Fri: 10-4

Sat: 9-2

Sun: 12-5

### East Cleveland Day Service

Tel: 07855 770568

E-mail: [ecday@randcmind.org](mailto:ecday@randcmind.org)

Mon & Tues: 10-4 @ Skelton Civic Hall, Coniston Road

Weds: 11-5 & Thurs 12-6 @ Saltburn Outreach, 23a Diamond Street

Fri: 10-4 @ Loftus Town Hall, High Street

Sat & Sun: 10.30-4.30 @ Ashwood, Guisborough General Hospital

*All our venues are fully wheelchair accessible with access to portable induction loops & we can be contacted by Typetalk users.*

### Information Service

Dove House, 5 Turner Street, Redcar

Tel: 01642 296054

Fax: 01642 296052

E-mail: [info@randcmind.org](mailto:info@randcmind.org)

Mon-Thurs: 9-4 for telephone, fax & e-mail enquiries

Mon-Thurs: 10-4 for personal callers

A confidential enquiry service to help you get the information you need.

We hold information about a wide range of local health & social care services & support which is also available on-line at: [www.goodmindguide.org](http://www.goodmindguide.org)

## Redcar Writing & Literacy Group

Hello, I am Julie Beer. I work for Prior Pursglove College and have been coming to the Redcar Day Service since January 2005. On Tuesday mornings I have been running a writing group with some of the drop-in's service users. It is a very friendly, supportive group. You don't have to be a good writer or speller to join this group and you will be able to learn and progress at your own pace. The group have produced different types of poems, stories and also learned the practical skills of letter writing. Some of the group are working towards a certificate and some are intending to take the National Literacy Test. New members are always welcome. We meet on Tuesdays during term-time from 10 am to 12 noon. Why don't you come along and see what we do?

**Julie Beer**

## Happy To Be Here



On May 17th 2005, I had a brain haemorrhage. I have always had a terrible fear of general hospitals, thinking that other patients and staff would avoid me like the plague! How wrong could I be, both staff and patients I confided in about my mental illness treated me like a friend with compassion, respect and care. If it wasn't for my wonderful husband (pictured together above) I'd have been sorry to come home.

I am now back doing my normal hours at my voluntary job at Oxfam, and I have no detrimental effects except a slight memory lapse which should pass soon. I still get depressed as I did before, but when I am feeling OK I am more happy to be here, which has got to be a good thing!

**Lisa Plumb**

## Jake, Best Friend & Little Soldier



My little best friend is my dog Jake. I love him to bits. I take him for long walks as far as he can go and he loves going with me. He is so obedient he walks by my side and I say to him, "are you marching like a little soldier Jake, for grandma?". He is so cute and loving and likes plenty of cuddles and tugs of war with his blanket.

He sleeps next to my bed and I always say, "goodnight and god bless, I love you tons, Jake" and I give him a big kiss. He is twelve years old and I dread the day when I have to part with him because no other dog could replace Jake for me.

**Pat Duck**

## Happy To Be Here 2



My first climb to Roseberry Topping came in 1994 when the organizers at Ashwood fixed a date in June.

Before I could go I was asked to build myself up using pasta. For 3 whole months I took pasta with every meal - sweet pasta, savoury and in soups, pasta, pasta, but I was determined to take part in the walk. There would be 3 workers, 5 males and 1 female (who was me) walking. Arrangements were made to pick me up with our back packs - lunches and waterproofs.

After a half hour wait no one had turned up. I was thinking please don't cancel this walk after I had eaten all that pasta! Eventually, the organizer, myself and Noz (our friend's dog) set off to Roseberry car park, with

no one else in sight.

We set off walking about 10.15 am. I found the walk was all up hill through the wood but we used the steps. The higher we went the more proud I felt. As we approached the steps near the top I found it more difficult, so, I pulled at the grass and stones each side of every step. Then hurrah, we had reached the top.

The views around the Topping were great - there were so many shades of green. The organizer, Noz and myself rested to have our lunch with Noz having a share of my cheese sandwiches, finishing off with a few sweet biscuits. My coffee was all mine as Noz had her water.

Shortly after lunch we set off down - I found it a lot easier. Then, the three of us went back to Ashwood. It had taken us about 3 hours, from start to finish. I felt really proud of myself because none of the fellas had turned up. Fancy, only a mature female turning up on her own!

It was a marvellous experience. I have made the climb a few times since that date.

The last climb was in 2003, when a friend came with me at midnight. This was great - even the rain and thunder made no difference. I guess that was my last walk to the top. My bones refuse to do any more climbing.

**Pearl Tose**

## African Land Snails



Last summer after a discussion about African land snails with our DIPSW student (who has two) I decided to buy two. Not knowing much about them I looked on the Internet and found out that they are easy to keep, living mainly on fruit and vegetables.

African land snails enjoy damp conditions and the odd bath; they also need cuttlefish bone to supply them with calcium for their shell. Being hermaphrodites (i.e. both male and female) either can lay eggs, usually in hundreds, which hatch in about three weeks, and quickly grow like their parents.

My snails have grown a little but nothing like the size of some which can grow as big as your hand. I would recommend them as pets as they don't cost a great deal to keep and are very friendly. Mine are not very active in the cold weather, but when the hot weather arrives, they often

## Race Evening

My friends and I arranged a race evening at West Two in Redcar on Saturday the 18<sup>th</sup> June, for charity. During the evening we had a raffle, auction and pie & peas. Unfortunately the night turned out to be the hottest of the year with everyone using the race programmes as fans to keep cool! By the middle of the night about half the people had left not being able to cope with the temperature but it was still a great success with just over £500 being raised for the Royal Veterinary College Animal Care Trust. Also Wilkinson, my main sponsors, have kindly offered to raise the amount by a further £100 after my great north run. I would also like to thank Roy of West Two for his thoughtfulness, everyone who bought tickets, horses and who attended the evening. There were also many other people who helped and other sponsors too numerous to mention.

Once again many, many thanks, the money raised will make a great difference to the animals treated at the Animal Care Trust Hospital

**Terry Fahey**

**Dove House — Computer Suite**  
Would you like to use a computer or surf the net? Just ask a paid worker about using our new computer suite in room 4.



## May the Fourth Be With You.

(Or how we celebrated our 4th Anniversary at the East Cleveland Day Service)



Jonathon Smurthwaite choosing his selection from the buffet.

On Wednesday 27<sup>th</sup> April we celebrated the 4th anniversary of the East Cleveland Day Service opening. Friends old and new turned up for the buffet. It was also Annette Gauchi's birthday that day and she did the honours of blowing out the candles on the celebration cake. Everyone enjoyed the day and people were only too willing to chip in and help. It is a great service which is used by lots of people who would otherwise be lonely. They use the drop in to meet friends, have a cup of tea or participate in the various activities on offer. Later this year we will celebrate the 40th edition of Mindflash. So watch this space!

Jo Burnel (volunteer.)

## "Only A Volunteer"



Thursday 2<sup>nd</sup> June, myself and four other volunteers from R&C Mind attended a ceremony to collect our awards at the Redcar Bowl. It was a most enjoyable event. Not only did we collect our awards, but we watched in awe as ordinary people collected awards for changing and improving the lives of others. We had a scrumptious buffet and a cup of tea and then walked round to find out from all the other agencies what they did. It was most eye opening we met lots of lovely people. I didn't realise what a difference volunteers made. If they all didn't turn up for their work most of the agencies would grind to a halt. I will never again say "I'm only a volunteer".

Jo Burnel

### Do you have smoothing to say?

Why not come along and discuss it with Mary and her friendly discussion group at: Dove House on Monday's between 12 – 1.30 pm

## Kelly Joins Greenlights



Hello I'm Kelly Conway and have worked for Mental Health Matters previously in both Middlesbrough and Stockton supported housing projects. I left to start up my own vending business with my husband, but after a year I wanted to return to working in mental health and fancied a change from supported housing, so I contacted Lisa Cole at the Grange Day Centre and asked for sessional work. I covered maternity shifts and whilst working at the Grange I heard about the Senior Support Worker and Greenlight's Development Worker posts. I was successful at gaining both part-time posts and am really enjoying my work. I have settled into my support worker role, but am finding Greenlights more of a challenge. Greenlights is holding its

very own promotion day and this will be held on Wednesday 28<sup>th</sup> September. We have secured some funding from Redcar Cleveland Voluntary Development Agency. Greenlights is currently involved in the new social inclusion agenda and the reinvention of day services in Redcar and Cleveland. The group is also organising a regional event focussing on the benefits of service user involvement, this event is scheduled for September 2005, and lots of service users are helping organise the day. I am looking forward to meeting everyone in the very near future.

*Pictured is Kelly (centre) with Val Ward (left) and Viv Shutt (right) enjoying a cup of tea at the Skelton Civic Hall drop-in.*



Affiliated Local Association



INVESTOR IN PEOPLE