

Diversity in Mind – Launched

Free copy inside



This issue of Mindflash is different from our usual format. We have spent the last 12 months working on our Diversity Project. The newspaper enclosed explains the journey the organisation has made. We launched the newspaper at the Redcar & Cleveland Disabled People's Partnership Board held at Redcar ROC (Real Opportunities Centre) on 10th September.

The event was well attended and we received some really positive feedback about our newspaper. We hope you enjoy reading it too.

Annual General Meeting at Saltburn



This year our AGM was held at Saltburn Community Arts Centre for the first time on 13th September. There were guests and representatives from a range of organisations. The guest speaker was Jim Wingham, Chair of Redcar & Cleveland Network, who talked about the future role of the Community Network. Service users enjoyed the talk and this was followed by the election of the new executive committee members (pictured above with Director of R&C Mind, Sharon Street). A listing of all executive members is on page 2.

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Redcar & Cleveland Mind Executive Committee 2007/2008

Chair: Mary Goodman

Vice Chair: Keith Maenami

Secretary: Sue Cowling

Treasurer: Dennis Kiff

Membership Secretary: Maureen Gibson

Service User Rep - Redcar:

Suzanne Delhoy

Service User Rep - Redcar:

Shirley Hart

Service User Rep - Redcar:

Ann Weatherley

Service User Rep - East Cleveland:

Marion Anderson

Service User Rep - East Cleveland:

Linda Batty

Service User Rep - East Cleveland:

Mandy Bowers

Service User Rep - East Cleveland:

Alan Spenceley

Volunteer Rep - Redcar:

Diane Broderick

Volunteer Rep - Redcar: Trina Croll

Volunteer Rep - East Cleveland:

Pat Robson

Volunteer Rep - East Cleveland:

Sheryl Wilson

R&C Citizen's Advice Bureau:

Trish Johnson

Advisors to the Executive Committee:

Lynda Monks (Legal)

Dr Marion Michie (Mental Health)

Dr Bill O'flanagan (Primary Care)

NEWSLETTER GROUP:

Maureen Anderson, Mandy Bowers,
Sue Cowling, Paul Foster, Ron Gibson,
Mary Goodman, Nick Murray
and Pat Robson

Winners Take All

The Skelton and Brotton Produce Show has become a regular fixture in the East Cleveland Day Service calendar. This year we had our best year yet with 11 prizes and 2 trophies. **Michael Roe** gained a first prize for his painting as did **Caroline Grainger**, who also gained a second prize in the crochet section. **Mandy Bowers** won first and third prizes with her entries in the photographic section, along with second and third prizes for embroidery. Overall Mandy won the trophy for best photograph. **Brian Watson** won a first for handicrafts and a cup for the best handicraft for the second year running. **Gloria Watson** won second and third prizes for her knitting. And last but by no means least, **Linda Batty** won a second prize for her painting. Nick, a Day Service Organiser, congratulated all the participants and said "these prizes recognise the great talents that service users in East Cleveland have, well done to everybody".

A ROC-ing Good Quiz

Contestants met together on 2nd August at the Redcar Real Opportunities Centre for the first time instead of in cyber space. It was closely fought with fiendishly difficult questions (they'll be easier next time). The Redcar Day Service won by 6 points. The next quiz will be held on 31 October at 11am at ROC, with a buffet afterwards, please put your name down to join a team.

Creating the News

The new newsletter group have been working to produce a colour supplement as part of our Diversity Project and on Wednesday, June 27th, we visited the Evening Gazette Media Centre for the first of four workshops. We got there at 9.30am and met some of our friends from R.O.C. who were also there for the workshop. Bekki McNeil (ICT Media



Tutor) welcomed us and took us to the kitchen and we all had a 'cuppa' before going up to the learning suite.

Having decided our supplement would have eight pages and with the material already loaded on to the computers, Bekki showed us how to use the latest newspaper software and, working in pairs, we practised inputting articles, formatting text and inserting pictures, each pair working on a different page.

We attended the second workshop on Wednesday July 4th and again she was there to welcome us and, after a refreshing 'cuppa', we got straight

down to designing, and laying out the pages, and deciding where stories and pictures should go. After this we played around with different headlines then finally printed out the pages. Although there was still work to do it looked great.

We had a further two sessions with Kay Thompson (Media Centre Manager). Before our final workshop on 15th August, we had a tour of the print works, this was very interesting, then we got down to adding the final touches to the supplement. We hope you all enjoy reading it as much as we did designing it. **Marian Anderson & Pat Robson**

Goodbye



On 29th June we had our last drop-in at Loftus Town Hall. There was a small party to celebrate 6 years at the venue. We also threw a party

for Redcar Day Service social work student Sean Kershaw (pictured above) who left his placement recently to continue his studies at university. We wish him well.

On Your Bike



On Monday 13th August 2007, I did a sponsored cycle ride from Redcar to the Transporter Bridge in Middlesbrough. I completed the cycle ride in 3 hours 15 minutes. It started at 10.00am and I got to the Transporter Bridge at 1.15pm. This was all my own idea and my target was to raise £200 in aid of the Serious Head Injury Unit at The James Cook University Hospital. Adelle and Danielle also joined me on the sponsored ride and they raised money for the same charity. **Dennis Jenkins**

Caption Winner



"When I go skating, my milk goes shaking!" Well done Mary Goodman for

sending in the winning caption.

Race Night

With, family and friends, I recently organised a race night to raise funds for the Royal Veterinary College Animal Care Trust. It was a great success with just over **one thousand pounds** raised for the charity. During the evening we had a raffle, auction and eight races. Everyone said they really enjoyed the evening and said it was great fun. Many thanks to everyone. The money raised will make a great difference to animals treated at the Animal Care Trust Hospital.

Terry Fahey

Bowling

On Tuesday 28th August Redcar & Cleveland Mind went to Locke Park for a game of bowls. The teams were organised, with Terry in charge of team one and Jim in charge of the other. Jim is an assistant secretary for the bowling green. Everyone had a great day and enjoyed a game of bowls.

We hope that some arrangement can be made for more games. So come on Terry, finger out, get cracking. Good luck. So Terry how about ten pin bowling?

Ron Gibson



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