

Newsletter

Issue 8

New Beginnings

Centre 32

Our structured groups, both the Art Group & the Women's Group started on 11th Jan. The Art Group, which is run by our fantastic volunteers Amanda & Julie and supported by Christine, has already doubled in size.

If you would like to join any of these groups please let centre 32 staff know or phone Christine on 020 8898 7753

As part of centre 32 transitions traditional Thursday Drop-ins ended on 4th Feb. with a wonderful fish supper cooked by Christine & Anoush. **EFT** sessions started on the 4th Feb in the Green Room Social Centre at Richmond Royal.

Our SPARKS team will be starting new "transitional support sessions" from Thursday 4th March between 12md to 4pm these are individual sessions, are by appointment only and will take place at centre32.

To book an appointment please call **020 8772 5687** and the allocated SPARKS worker will call you back to confirm your appointment.

Saturday Meal

As mentioned in the "What's on" we have changed our Saturday meal. We are now having rather tasty sandwiches kindly supplied by Pret A Manger

Elleray Hall On Tuesday 2nd February, due to an almost unanimous vote, the C32 Social Group moved venue to Teddington Baptist Church. The Church is easily accessible and modern.

Over the weeks more people from Centre32 have been attending and benefiting from Jackie's neck and shoulder massage, whilst others can now enjoy a game of pool, use of a small kitchen for refreshments and also have confidential one-to-ones with Cecilia. The group meets from 6-9pm.

Ham Friends in the Community

Ham Friends has been going well and we currently have about 5 clients in the structured groups. They like the atmosphere at St. Richards Church and the computer room at Grey Court School and they feel comfortable and welcomed. Clients say they are slowly adjusting to the change and overall they are positive about

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the transition. We have three clients for transitional support on Mondays, they found this helpful as extra communication and support.

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Peer Volunteer

While visiting RB mind services including Peoples Network I have met a lot of enthusiastic clients who are interested in being Peer Volunteers. On a personal note I would like to thank all those who I have spoken to for showing such a positive interest. We plan to start training on week commencing 29th march. Prior to training taking place all volunteers who have signed up for the training will be meeting with Sarah and me on 25th Feb and 8th March

I am looking forward to us getting to know each other, share our ideas and work inclusively towards the success of this peer volunteer project. *Regards Claire*