

Community Vision Monthly

Awarded Best Volunteer Organisation in Wandsworth 2008/2009

NOW PRINTED MONTHLY!

Hello and welcome to this third edition of Family Action Wandsworth's very own newsletter, Community Vision. There has been a change to the regularity of the newsletter now with it being distributed monthly, which means now that you can keep up with all that's going on at number 1 Bedford Hill and Edward Wilson House more often.

Yvonne, Gail & Winsome Host a table at Tooting & Furzedown Fair



Yvonne

At the time of going to press for Issue 2 of Community Vision Service User Rep Yvonne was busy making links with the Council regarding hosting a table for Family Action at an up and coming Tooting and Furzedown fair. Yvonne was able to receive some help from two of our members Winsome and Gail.

With bags of promotional materials containing everything from Family Action balloons to Family Action pens, copies of Community Vision and leaflets about our services the trio ventured down to the fair and set up their table.



Gail and Winsome at the Family Action table

Yvonne reported that 'All in all it went very well. We handed out booklets, brochures, balloons, pens, note pads and flyers. All bore the Family Action logo.'

Yvonne also added, 'People came over to us, and asked questions of us, as well as myself and Winsome going over to them. We were able to answer their questions to the best of our ability'.



Winsome



Gail

Yvonne also said; 'We told them that we have a great team of staff who work at Family Action who provide a good form of service to all individuals supporting them in the community, helping people to get back into the community with coping strategies put in place so as to help clients with any issues they might have.'

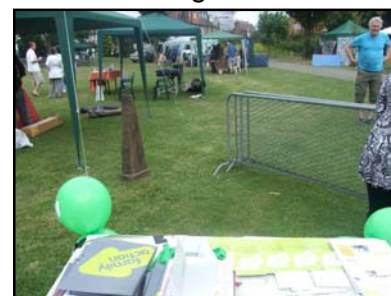
Yvonne, Gail & Winsome also promoted all of the many different projects we run at Family Action:

- Creative Writing
- Vocational Information Project
- Women's Project
- Art Group
- Music Appreciation
- Service Development meeting
- Black Minority Ethnic Group
- Volunteering & Mentoring

The work that day also included handing out self-referral forms as well as informing people of the possibilities as to how they themselves could seek to be referred to us at Family Action whether through their GP, Key Worker or Hospital.

Yvonne is hoping to go back again next year if all goes well.

On behalf of Family Action I'd like to thank Yvonne, Gail and Winsome for all their hard work that sunny day in June, also a big thank you to our members who helped with the preparation for the day by organising the promotional folders and bags.



Community Vision News
Issue 03, Nov 09



Theatre project at Edward Wilson House



Star players: Marilyn, Maureen, William & Ernie

Tuesday afternoons at Edward Wilson House have been a bit theatrical lately.

A theatre group has been meeting regularly since September; taking part in workshops that are light-hearted and fun, and also develop imagination, social skills and new ways of creative self-expression.

To celebrate World Mental Health Day, the theatre group devised and performed a very short performance addressing issues of discrimination toward people with mental difficulties (see photo). This was a very engaging and touching piece of work. The four performers, Marilyn, William, Ernie and Maureen, are clearly very talented!

What do you get out of the theatre group?

"Participation. Working with other members. Feeling achievement and satisfaction" (Allen T)

"Sense of achievement and satisfaction" (Ernie)

What's happening next?

The next stage of this project is a collaborative production with 'Theatre503'.

What does this mean?

Starting 17th of November, we plan to produce a show to be performed at 'Theater503', Battersea on 23rd of December! Followed by Christmas celebrations. ☺

What do you hope from the project ahead?

"To work behind the scenes. To help with lighting" (Allen T)

"To do well. For the team/ group to do well!" (Ernie)

All members of Bedford Hill and Edward Wilson House are invited to join and contribute to this production in many ways:

- You could try out some acting? Or maybe singing?
- Or maybe you prefer to help behind the scenes? with props/ and costumes?
- Or maybe you are interested in helping out with sound? Or lights?

This is really a great opportunity to try something else. Something fun!

To join or for more info contact Gila at Edward Wilson House on 0207 350 2231.

Black History Month

As part of Black History Month members who attend the Women's Project at Edward Wilson House wrote a collaborative poem.

People are People



A collaborative exercise by women from women project at Edward Wilson House (Including: Marina and others)

*Learning lessons
from back some while
And weaving wisdom
into a new textile
Black history month
is about warriors that fight
To gain their independence
and their rights*

To the UK

*Some black people came to
find work and seek a new life
But sometimes they found
trouble and strife*

*People came in waves
of immigration
They came with music, dance
and rhythm of their nation*

*People are people
Some black people
like to dance
Some love to dance
and even prance*

*Some black people like
plantain and yam
Especially Peter,
Tom and Sam*

*People are people
Black history month
is a celebration
Of the black tribes
and nations.*



Janet, Christine, Sonja at the Women's Project

Thank you to the Women at Edward Wilson House for such a lovely well-written poem.

If any readers would like to contribute any written work to be featured in our Community Vision newsletter please send entries to:

jonathan.higgins@family-action.org.uk

If you don't have access to the internet you can still send in your contributions to any member of staff at Bedford Hill or Edward Wilson House who will then pass it on to Johnny to feature in the next issue.

EDWARD WILSON HOUSE UPDATE DIARY



By Community Vision
reporter Kathy.

July 09: Went on a trip to Margate. Had a lovely day, the weather was sunny. We finished our day by having fish and chips by the sea.

August 09: There was a Barbeque at Edward Wilson House with lots of tasty food and soft drinks.

September 09: We had a lovely celebration for 'Eid' which was hosted by Anju. Everybody had a wonderful time.

We also went along to Portsmouth for a day. We enjoyed seeing the different boats etc. I had a lovely day and the weather was sunny. I hope to go there again.

There is a new Catering Service which has taken off very well. The service is hosted by Anju with some involvement from some members. I am also involved and like serving food at meal times.



Kathy displaying her cooking talents

WINCHESTER WILSON'S POETRY CORNER

Winchester has been very busy since the last issue writing more poetry and she would like to share more of her work. Winchester has written three poems entitled Curtains, Flowers & Sight Seeing.

CURTAINS

Curtains of love yellow, pink, purple
And rose one too,
Which colours do you choose,
I choose the pink and purple
To make the colour burgundy
The colour of wine
That I'd like to drink
And to take on the blues,
Then sleep in my bed,
With a high pillow,
And dream away of
My favourite colour burgundy.

This colour makes me feel nice,
It's dark and you can put loads of,
Other colours with it,
Nail varnish, And lipsticks,
Of the same colour, Will go nice,
With a nice deep,
Burgundy dress.

Do up your hair nicely,
Sparkle yourself with accessories,
Put on a jazzy,
Fab black high heel shoes.
And you know what?
You're a superstar
Go Babe, Go Babe.

FLOWERS

Flowers are important to us because
it has lots of useful purposes.
Flowers grow in almost every
country.

I do not know of any country that
does not have any flowers.
Flowers are truly the essences of all
beautiful scents and colourful things.
When you go to an open field of
long grass and other wild things
growing as well as flowers, you'll
feel the inspiration peace of
Heaven, it is so tranquil like flying
with the wings of a dove.

That's why lots of people go
there to take the worries off
their mind. Flowers are
eccentric and are important to
life; you can use flowers for
weddings, funerals and parties
and for decorations.



SIGHT SEEING

When I go on an outing the
best thing I like to do is to look
out the window and see all the
beauties of nature out there.

I also like to watch all the hill
and countryside area, the
sheep, cows, the horses and
many more other wild animals.

It's nice to come away from
the city and go to the country
side

To take the fresh air of the
fields and the odd smells of
the cattle,

Beauty is at peace
With men and beast.

Come on the way to the
seaside, you can smell
The fresh, fresh smell of the
sea and the seagulls and
other wild birds are flying
around us and in the distance
it really is beautiful and
refreshing, tranquil
My, my it's like Heaven has
opened a new door to all
eternity.

This man is the goodness of
all humanity the way the
creator has given man to have
knowledge to build places for
mother and child.
World, Love & Peace.

My First Visit To London



By Siju

“My first day in London was very interesting. I arrived by plane from Nigeria to Heathrow airport London. My uncle was the one who came to collect me.

He took me to a cafeteria where we had something to eat. It sounded so funny to me because I was served a hot cup of tea which I had to drink immediately that I nearly got my tongue burnt.

We took a taxi home where my uncle and his family lives and they gave me a warm welcome by serving me my favourite Nigerian dish.

The following morning the next day it was very foggy I could not believe it. I asked my uncle why he replied there was restriction that there will be no bus movement that day.

Another episode I experienced was that to my surprise I found people eating on the street I could not believe it because we do not do such things back home In Nigeria where I come from.

There was a day I went to a café, on getting there I thought I will have to clean my hands before eating but no it was not so.

I went to the train station one day, I was so lucky because I wanted to cross from the platform where I was to the opposite side by using the railway track, but then I asked someone and was directed to the staircase which I was suppose to use.

Another time, I wanted to use a coin box and I inserted a pound coin one at a time, but all I could say was ‘hello’ before my money ran out.

All in all, what I will say is without going through an experience no knowledge will be gained”.

A special thank you to Siju for that lovely contribution and for sharing your first impressions of life in London.

SERVICE USER NETWORK UPDATE

There are some exciting day trips and outings in the pipeline for the service user network. There are plans to go and see the Armageddon blockbuster ‘2012’ and there are some plans to go and watch a television show being recorded over in the ITV studios at Southbank.

If you would like to be kept up to date with the outings or if you have any suggestions about where to go just pop in to Bedford Hill and ask to speak to Blia or Christine alternatively you can call 0208 675 1765.

OTHER SERVICE UPDATES

Bedford Hill will be open on Christmas day and Jane has planned a great Christmas menu consisting of traditional turkey with a vegetarian, Caribbean or Asian option. The last date to book your meal is the 23rd of December and payment has to be paid in advance at Bedford Hill in person. The meal costs £7.00 for three courses and all beverages.

There will be more information about Edward Wilson House and Bedford Hill’s opening times for the Christmas and New Year period in our December issue.

VOCATIONAL INFORMATION PROJECT (BEDFORD HILL)

The Vocational Information Project at Bedford Hill has been postponed till January 2010. Johnny Higgins will be facilitating the project at Bedford Hill and the provisional dates planned are as follows:

January 15th, 22nd, 29th & February 5th, 12th, and 19th 2010.

If you are interested in joining this project please contact Johnny on 0208 675 1765.

If you would like information regarding Family Action Wandsworth Mental Health Service please contact us:

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