Supporting Self Help Groups for over 10 years

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FEEL GOOD FACTOR ACTIVITIES
Tuesday afternoons
Transport provided and activities are free

13th May
WORKSHOP: Painting on fabrics
TRIP: Swimming at the Manchester Aquatics Centre

20th MAY
ALTERNATIVE THERAPY: Yoga
TRIP: Lunch and a visit to Manchester Museum

27th May
PAMPERING: Alternative therapies (Shiatsu)
TRIP: Walk and a brew at Rivington Country Park in Bolton

ST. LUKES TREATMENT ROOM

You are invited to the opening of St. Lukes treatment room on Thursday 15th May 2-4pm. It’s free and there will be taster sessions and info on:

• Acupuncture
• Crystal healing
• Homeopathy
• Massage
• Reflexology
• Reiki
• Shiatsu
• Tui na

Note: Because of limited funding for the project, we shall be initially offering subsidized treatments to members only. However, we hope that the treatment room will be successful and that we shall be able to offer therapies to other groups and individuals in the future. Thanks for your support.

BLACKLEY DROP IN

The development of the drop in centre has far exceeded original expectations. The number of people attending regularly has increased and the number of casual visitors has also increased. We have a new volunteer bursar from the local area called Graham. We would like to thank Sam for all he has done and effort. There have been a number of changes recently. We would like to thank Ria for all the hard work she has put in at the drop in. Unfortunately due to funding restrictions we are unable to access her services further.

The drop in is becoming more and more independent as the weeks progress and the stability of the project is looking better which should hold us in good stead for the future. We would like to acknowledge that this is in no small way due to the group themselves as a whole are now much more involved in the decision making process. We would like to thank everyone who went on the trip to the Blue Planet Aquarium. It was a great day and everyone enjoyed themselves. We look forward to the continued success and further development over the coming months and will keep you posted of any upcoming events.

Many thanks
Deborah and Tom

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ST. LUKES TREATMENT ROOM

A wide variety of treatments available

www.havingavoice.org

www.havingavoice.org

User Run and User Led.

WE'RE ON THE WEB

Having a Voice

The all new Having a Voice Newsletter
Volume 1, Issue 1
Spring 2003

Inside this issue:

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End of first page...
SHINE

Shine or Safer Homes in New East Manchester is a project only for residents in East Manchester. It is funded by New Deal for Communities and Beacons. It is basically a project to reduce burglary, improve security, reduce crime, reduce victimisation and improve the local environment.

A project for people in the M11 area. We want to help local people to find ways to improve their quality of life and feel good. The feel good factor aims to put the smile back on the faces of people from East Manchester.

WHAT'S GOING TO HAPPEN THERE?

People can pop in to check us out, have a chat and a brew, share ideas about things to set up, or get involved with things we’ve already set up on the day, like art sessions or trips. We’re working on arranging regular activities and arranging transport for those who want to get out and about, to go swimming or to the cinema for instance.

WHAT HAPPENS THEN?

What happens next is up to everyone who gets involved. We can all put our heads together and set up a variety of groups, activities and projects that people really want and that will help people to enjoy life and feel good.

YOU CAN CALL SEEK PACK PAGE FOR ACTIVITY INFORMATION

THE RECOVERY PROJECT

The Recovery Project has almost come to the end of its first year, with two more years of funding left. In March, the project moved from The Venture Centre to the Progress Centre in Ardwick Green, though it’s still part of Having a Voice.

At this point in time, we are coming to the end of the first round of Recovery Courses. These have run for 1 ½ hours each week for 14 weeks and have taken place at Harpuray Day Centre, Victoria Park Day Centre, Gorton Day Centre, and Having a Voice.

The aim of the courses has been to introduce people to Recovery and to offer skills and information to people about how best to manage their well being. Now this round of courses has finished, we have the task of looking back on them, seeing what has worked and what hasn’t and how best to run our future courses within the community Mental Health Teams, creative Support, Crisis Point and Home Options, to name a few.

We also have other plans on the horizon, such as Recovery fun days, a Recovery radio show, and a writing group.

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NEWS FROM THE ANXIETY GROUP

The Anxiety Group has got off to a good start again this year, with several new members joining us, along with the regulars who continue to offer their support.

The afternoon group (Thursday 1 – 2.30 pm) is now up and running, with places limited, but there are still a number of places available in the Thursday morning group 10 – 11.30 am.

Although Anxiety is a serious business, it’s not all doom and gloom and we do manage to have a laugh and a joke. The atmosphere is warm and friendly, and the kettles are always on the boil.

I realise that, for most people who are anxious, the thought of coming into a group for the first time can be a bit daunting and takes a lot of courage, but this usually wears off after the first session, and its nice to see people leaving happier, and more relaxed than when they arrived. So if you suffer from Anxiety, don’t suffer alone, come along to one of the groups, you’ll be made very welcome.

TRIUMPH OVER PHOBIA

Triumph over Phobias is a National organisation which works with people who have phobias and anxieties. They are coming to Having a Voice to explain in more detail what Triumph over phobias is all about. They will be holding a one day workshop on Friday May 10 2003 between 10.00 and 4.00 in the Conference Room. If you are interested in attending this workshop you can let Ruth or Nikki know as soon as possible as places are limited.

SPRING IS HERE

By Marjorie Jones

Spring is here

The daffodils to the lambs will float
From far and near
The green of the grass
The blossoms of the trees
We worship the Lord
On bending knees
The smiles on the faces
Of people passing by
The blue of the sky

The children’s sigh
The smell of the flowers
The air we breathe
We thank the lord
For all our needs
Spring is here
So wear a smile
And thank our Lord
It is all worthwhile

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NEIL BOWS OUT

A word from Neil

To all at Having a Voice, My 80 day placement has come to an end, and I’m sat here not knowing where the time went. I want to take this opportunity to thank everyone for putting up with me, and for all the help, support and guidance I have been given at Having a Voice.

You will be glad to hear that there will be no further false alarms, miss placed files or documents full of spelling mistakes. So here is a final thank you and goodbye.

Remember: EVERY NEW BEGINNING COMES FROM SOME OTHER ENDINGS!

A new face

By the time you are reading this newsletter we will have a new social worker student in place. We would like to wish her a very warm welcome.