

## *In this Newsletter:*

***The Locality Service User Forum  
Ash Summers Art  
Time Credits  
Useful websites  
RF Social Media  
and much more***

*Welcome to the summer edition of our newsletter, brought to you by team members and users of our services from across the locality.*

As you can see, we have had a busy few months: In Cambridge, our involvement with Time Credits is gathering momentum, the Peterborough office has moved, the Fenland Wellbeing team has been busy out in the community promoting the service and in Godmanchester, we were delighted to receive a cheque from the Mayor, who had been busy fundraising for us, as one of his chosen charities. An undoubted highlight was our very first Locality Forum at Huntingdon Regional College, which fully delivered on its theme of "Celebrating Success and Inspiring Recovery", with an eclectic mix of workshops, speakers, and courtesy of the college, hair and beauty treatments!

However this newsletter is not just about looking back; in this edition, amongst other things, we get a glimpse into the world of one of our service users who is setting up his own business, our regular useful websites article and new this time, some puzzles and games to tax your brains.

I hope you enjoy reading it – and going forward – please let us have any news which you think would be relevant and of interest for the next edition. Even better, why not join our small (and very friendly) newsletter group and help produce it?

In the meantime, warm summer good wishes to all our readers

Jude

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## *2016 RF Locality Service User Forum*

In June we celebrated our first locality forum at Huntingdonshire Regional College (HRC), with the participation of staff and people who use our services from all the different offices in the area. It is a project that John Veir from the Godmanchester office has been heading and developing since December, the idea being to replicate the national forums which are run in London, Manchester, Liverpool & Birmingham, but which many of our clients can't attend. It was easy to see the benefits these forums offer to both people who use the service and staff alike providing the opportunity to capture the views of clients and use them to improve our services. This meant assembling a small planning team of people who use our services who could assist in organising the event.



*John Veir, who was at the forefront of organising, co-ordinating and managing the preparations and the day itself with Carole Jones, Regional Manager*

The day started with a talk about HRC's Mental Health and Wellbeing Programme by Jeremy Lloyd (Director of Learning), and a presentation about RF's "Working Together" strategy by Grazina Berry who is the Group Director of Performance Quality and Innovation.

***"It was nice to hear people sharing their experiences, it shows the difference RF make."***

People then had events they could attend, which offered a choice of workshops, including Managing Work-Related Stress, a Portrait Art workshop and a Vitality Salon which offered haircuts, manicures, pedicures and other services from students at the college; "Something for everyone" as one person commented.

During the afternoon everyone got an option to attend a second workshop and we heard a number of recovery stories from people who have used the services and wanted to share a little about their own personal journey; again, a reminder of the incredible stories from people who benefit from the service and a real inspiration and motivation for so many of us.



Thanks to service users who shared their stories

***"A fantastic, really positive day, congratulations to everyone who was involved."***

The day was an outstanding success with fantastic representation from all the sites and services in the area, all the workshops were very well attended and there was a real chance to get to know the services and the people involved. It was a clear illustration of the quality of the service RF looks to provide and the human aspect and fantastic attitude of everyone that is involved.



Managing Work-Related Stress workshop

The success of the day has led to consideration for the same to be done in other parts of the country and a host of ideas and enthusiasm to prepare the next one... Thanks John for all the hard work and for everyone who was involved in making the day possible!!!

## Artist : Ash Summers

Ash Summers, who ran the Portrait Art Workshops during the forum, is an incredibly talented local artist who has recently set up a business online to offer his products and services.



Excellent attendance and loads of enthusiasm for the Portrait Art workshops

Ash shared a little bit about where his inspiration comes from and famous artists he admires "I find inspiration from various places and in many ways including modern advertising, fashion, 1960s psychedelia, the art movements, Op Art and Pop Art and a range of different styles of music. My favourite contemporary artists are Chris Ofili, Daniel Richter and Peter Doig. And my favourite artists from the past: Andy Warhol, Vincent Van Gogh, Gustav Klimt and Alphonse Mucha."



Ash showing us how it's done!

About his own work he also mentioned "I combine a love of using line with intense colour and black and white infused with pattern."

Check the website and his work out for yourself:  
[https://www.etsy.com/uk/shop/smilingimage?ref=hdr\\_shop\\_menu](https://www.etsy.com/uk/shop/smilingimage?ref=hdr_shop_menu)



**Do you enjoy volunteering and doing stuff, but would like perhaps to earn something for yourself or others by your efforts?  
Well, we may have the very thing for you!**

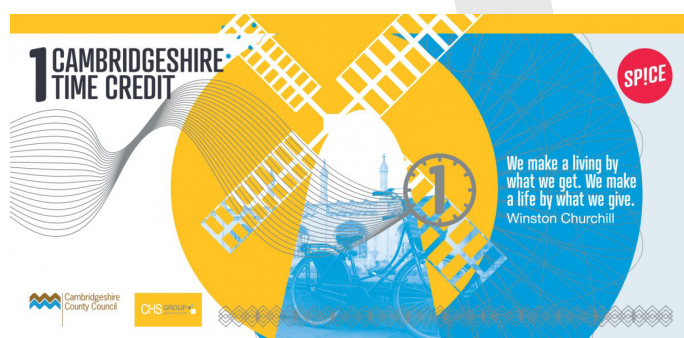
## TIME CREDITS!

### What Are Time Credits?

Time credits are similar to money, which you earn for every hour you spend carrying out an activity as a volunteer. You earn one time credit voucher per hour, and can save these to spend (like money) at various venues participating in the scheme. Volunteering activities include things such as gardening, helping at events or even helping in admin with the time credits team!

### What can I spend my Time Credits on?

Locally in Cambridge, you can spend your vouchers at The Junction, The Light Cinema and Out Spoken. Other venues due to be signing up are Cambridge Leisure Park's Light Cinema, Parkside Pools and Gym, Abbey Leisure Centre, Kings Hedges' Learner Pool, Cherry Hinton Sports Centre and Jesus Green Lido. Further afield there is Strikes Bowling and Activity Centre in Ely, Fens Falconry in Wisbech, Downham Market Golf Club, Holiday activities at Hunstanton and King's Lynn Corn Exchange and Festival.



Nationally, you can use them to visit St Paul's Cathedral, Blackpool Tower, football clubs, theatres and cinemas. To check out the other rewards available, go to the Facebook page at Cambridgeshire Time Credits. You can also give your time credit vouchers to others for them to use!

### How do I get involved?

It's very simple! All you have to do is get in touch with Yannick Auckland on 07429438383 or email [yannick@justaddspice.org](mailto:yannick@justaddspice.org) and let her know you are interested in getting involved.

***We caught up with Isbeal, our local Time Credits Coordinator for RF in Cambridge, to ask her about time credits and this is what she told us.***



### What can you tell me about the Time Credits scheme?

It is a scheme backed by Cambridgeshire County Council in which people can volunteer with a registered organisation, and for each hour volunteered, they receive one voucher in return, which can be used for leisure activities, gym, cinema, swimming, theatre, etc.

### Where can I volunteer?

There are a number of places available in and around Cambridge but currently RF has several volunteering opportunities – Time Credits Co-ordinator, Newsletter Team, Information Resources. The list of places that have signed up for the scheme is available on SPICE website.

### How do you see it taking off?

It is a project which is starting to get bigger in Cambridge. It is very attractive to many people who are affected by the lack of suitable jobs and other cutbacks and volunteering always looks good on a cv. It is a programme which benefits both the organisations and the volunteers.

### How can an organisation register to offer time credits to their volunteers?

It is very easy, probably the most straightforward way is to contact Yannick Auckland on 07429438383 or email her at [yannick@justaddspice.org](mailto:yannick@justaddspice.org)



Isbeal at the recent locality forum

### Is there any limit to the number of vouchers you can earn?

At RF the limit is 15 per week. There is no time limit for spending vouchers. The vouchers are flexible - you can spend them on a friend, so for example you can pay for you and a friend to go swimming.

## Mayor Funding for Godmanchester office

In May, staff from Richmond Fellowship attended an event hosted by the Godmanchester Mayor, David Underwood, in which he presented a cheque following his fundraising for his chosen charities. At the event David and his wife expressed their gratitude to RF for providing support to a member of their family which is what prompted him to make RF one of his charities. Fundraising activities undertaken by the Mayor included a walk from Godmanchester to Greenwich. Julie Chivers, Locality manager (pictured) expressed her gratitude to the Mayor and assured him that the money would be put to good use to enhance the RF service.



Julie with the Mayor of Godmanchester

## Useful Websites.

Building on our last issue, this month we are looking at websites for learning something new ...

YouTube - <https://www.youtube.com> ...

I've learned some great things using YouTube videos ... to crochet, to hang a door, to build a shed base, to be more assertive ... you name it someone will have made a video to show you how to do it!

TED is a platform for ideas worth spreading. Started in 1984 as a conference where technology, entertainment and design converged, TED today shares ideas from a broad spectrum — from science to business to global issues — in more than 100 languages.

<https://www.ted.com/>

On TED you can find informative videos on Body Language, being a leader, introversion and motivation to mention a few!

MOOCs (Massive Online Open Courses)

A MOOC is an online course platform aimed at unlimited participation and open access via the web. In addition to traditional course materials such as filmed lectures, readings, and problem sets, many MOOCs provide interactive user forums to support community interactions among students and teachers. Many courses are free, some you have to pay for, some offer certification at a small cost.

Well known MOOC sites are:

<https://alison.com/>

<https://www.edx.org/>

... and there are many others if you search for MOOC's.

Creative Hobbies and Interests

Video classes with <https://www.creativelive.com/>

Learn all sorts of craft and creative based activities

<http://www.craftsy.com/classes>

Learn a new language

**SPEAKY** – allows you to learn a new language and exchange your language skills with others for free

<http://www.gospeaky.net/>

## Peterborough Office have moved!!!

The new address is 42 Park Road, Peterborough, PE1 2TG, Email and telephone numbers haven't changed.

The fantastic new premises are located right behind the main library and a five minute walk from the Queensgate Shopping Centre. The team look forward to welcoming you to the new premises!



*Staff and visitors celebrate an open day at the new premises.*

## Mental Health Awareness Week 16th - 22nd May

### #MHAW16

This year for Mental Health Awareness Week we thought we would harness the power of Social Media and increase our presence in support of this vital campaign.

This year the focus was on relationships:

"We believe we urgently need a greater focus on the quality of our relationships. We need to understand just how fundamental relationships are to our health and wellbeing. We cannot flourish as individuals and communities without them. In fact, they are as vital as better-established lifestyle factors, such as eating well, exercising more and stopping smoking."

### Mental Health Foundation

In support, we gathered and shared tips from our colleagues for 'taking care of your mental health', shared videos on stress management and prioritising the things that are important to you, along with the material that the Mental Health Foundation were sharing. It was also a good platform for promoting some of the events we were getting involved with for the awareness week.

If you haven't already, do like and follow our pages to keep an eye on what's going on in Cambridgeshire #MHAW16

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# Wellbeing Fair and Human Library in the Fenlands

In May a Wellbeing Fair and Human Library was held by Richmond Fellowship Fenland Wellbeing Service in partnership with SUN Network to raise awareness of mental health, challenge stigmas and to promote diversity.

The event was open to all, running from 10.00am to 3.00pm and included stalls from both Wellbeing and Mental Health Services. All the support services that cover Fenland were invited so the people of Fenland could access information, support or guidance on any aspect of their wellbeing.

Advice on the simple steps people can take to help themselves and support their own wellbeing was also available. There were volunteering opportunities and a chance to enter a raffle with prizes donated from local providers. Attendees could also enjoy homemade refreshments or purchase promotional items.



Richmond Fellowship is now part of **Recovery Focus**, an expert group of charities inspiring individual recovery nationwide.

**Cambridgeshire and Bedfordshire Richmond Fellowship deliver Employment support services to people with mental health issues, This newsletter was produced by staff and service users; a big thanks to everyone involved!**

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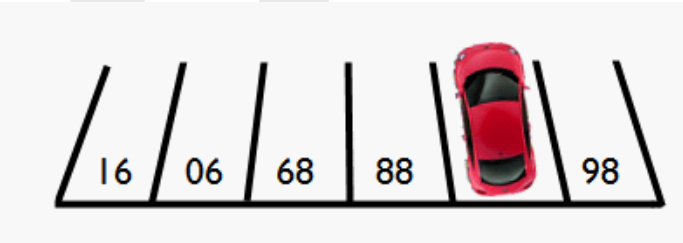
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# A few teasers to rack your brains...

1. What number is the car parked on?



2. In a snowstorm you find a cabin to take shelter in. Inside the cabin there is a fireplace with logs in it, an old oil lamp and a gas stove, but you only have one match, which would you light first?

3. Is it legal for a widow's husband to marry her sister?

4. How many animals went in to Moses' Ark?

5. If a plane crashes half way across the ocean between Britain and America, where would the survivors be buried?

6. What would you need to have with you to survive for 10 minutes if you were put in to a room with 3 lions who hadn't eaten for 4 months?

7. And finally... In the Premier League a team plays 38 games and gets 0 points each time they lose, 1 point for every draw and 3 points for every win, therefore the minimum amount of points a team can get is 0 if they lose every game and the maximum is 114 if they win every game. However, between 0 and 114 there is a number of points which it is impossible for any team to get.... What is that number?

Answers: 1. 87 (numbers are upside down), 2. The Match, 3. No, if she's a widow he must be dead 4. None, it was Noah who took animals in to the ark 5. Nowhere, survivors would still be alive. 6. Nothing... the lions would have died of starvation, maybe something to cover your nose, 7. 113, work it out