

Supporting Self Help Groups for over 10 years

The Venture Centre
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User Run and User Led.

Were on the web
www.havingavoice.org

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

We meet at Openshaw Community Centre at 12.30pm or telephone Louise or Julie on 0161 220 7830

Please book to be sure of places on trips

The Feel Good Factor

is open to adults in East Manchester

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 subsi-



A wide variety of treatments available

dized 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

BLACKELY 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/treasurer from the local area called Graham. We would like to thank Sam for all her hard work and effort. There have been a number of changes recently.

We would like to thank Ros 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

HAVING A VOICE

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Charging for Services

David Hanley visited Having a Voice to explain the situation regarding the charging for using mental health services. The plans are to charge for using Harpurhey Day Centre, Daisy Bank Day Centre and a day centre in Baguley. The charging will also include Home care support services supplied by Social Services, this will **not** include Community Mental Health Teams. They have decided to start charging for these services because of the Fairer Charging Guidance issued by the Government. Also because of the Disability Discrimination Act. The money that is made from the charging is to go into providing bet-

ter services for people. The consultation process will go on until the end of March and then decisions will be made. Having a Voice members and 2 members of staff attended the meeting with David Hanley. David agreed to take back the following issues on behalf of Having a Voice, these were, concerns about people who refuse to pay and the implications of a lack of service.

Concerns about the possible closure of these services if people cannot afford to attend.

Concerns about the lack of money spent on Mental health services compared to



other day care services.

Money for services

Concerns about the amount of money it will cost individuals.

Concerns about it affecting people who attend Having a Voice.

We should have some more information about charging in the near future.

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

Special points of interest:

- *Recovery - fun days, a Recovery radio show, and a writing group.*
- *Triumph over phobia - They are coming to Having a Voice to explain in more detail what Triumph over phobias is all about*
- *Safer Homes in New East Manchester (S.H.I.N.E) a project to reduce burglary, improve security, reduce crime, reduce victimisation and improve the local environment.*

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Online Emotional Support

Having a voice has gone into the computer age with a bang. O.L.E.S. as it has been christened by counsellor Alan Sharrat is a pilot project which aims to provide online support and counselling on the internet with the use of voice and video conferencing. It has been run-

ning successfully now for a couple of months and is proving to be very popular. The aim is to provide support to people when it's most needed, out of office hours. A good uptake in appointments has given the developers of the project a lot of encouragement. Staff member

Paul Ripley is helping to coordinate the project along with Volunteers Tom Mclean, Deborah Reddican and Ian Runciman. If you would like to get involved in the project in any capacity you can contact O.L.E.S by email at oles@havingavoice.org

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.

all items of security and all items are available to all tenants over 60.

For more information you can telephone – 0161 276 0031

Also Shine do a Elderly Repair Service for residents over 60 years who live in

Beswick , Openshaw or Clayton. They can provide up to 2 hours labour and £25.00 replacement parts free of charge.

For more information you can telephone –

If you are eligible somebody will visit and assess your security needs and provide what is needed free of charge. Some items are available to council tenants in East Manchester who are under 60, housing association and private tenants under 60 are eligible for

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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.

manage to have a laugh and a joke. The atmosphere is warm and friendly, and the kettle is always on the boil.

The afternoon group (Thursday 1 – 2.30 pm) is growing fast, so places are limited, but there are still a number of places available in the Thursday morning group 10 – 11.30 am.

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

Although Anxiety is a serious business, its not all doom and gloom and we do

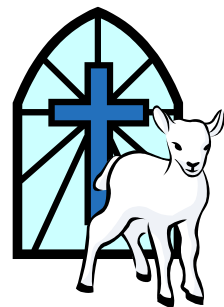
“There are still a number of places available in the Thursday morning group 10 – 11.30 am.”

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.

SPRING IS HERE

By Marjorie Jones

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



Spring is with us once again

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

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 can you let Ruth or Nikki know as soon as possible as –places are limited.

THE FEEL GOOD FACTOR

SO WHAT'S THIS THEN ?

The feel good factor is a new 12 month 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.

HOW ARE WE GOING TO DO THAT ?

We're spreading the word about the project, so that people who are interested can contact us and tell us their interests and wishes. To start with we're going to set up 3 informal weekly meeting points in Openshaw, Clayton and Beswick.

WHAT'S GOING TO HAPPEN THERE ?

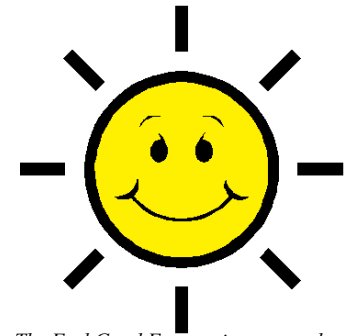
People can pop in to check us out, have a

brew and a chat, 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 crèche facilities 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

SEE PACK PAGE FOR ACTIVITY INFORMATION



The Feel Good Factor aims to put the smile back on the faces of people from East Manchester

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 is 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 Harphurey Day Centre, Victoria Park Day Centre, Gorton Drop in 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

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

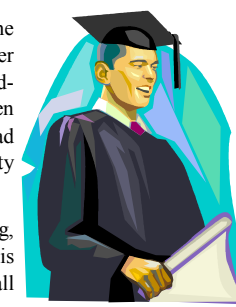
show, and a writing group.

If anyone would like to know more, please contact Mike or Susannah on 0161 274 3337

NEIL BOWS OUT

At Having a Voice we have had some wonderful Social Work students over the years. Just recently we said goodbye to Neil Symonds who has been with us for quite a while and had become a very popular personality about the place.

However all things must move along, so we wish good luck to Neil in his future endeavors and thank him for all the valuable work he has done.



We wish Neil god luck in his future endeavors And welcome our new student

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 BEGINNINGS END!

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.