

# Connect

News for our Tenants and Service Users JULY 2012



**Features:**

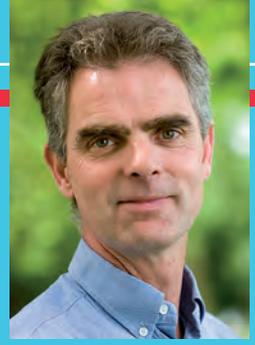
**New Beginnings**

**Summer trips and activities**

**The Red Zone**

**Board Member and Staff Corners**

# Welcome



**Welcome to the summer edition of Connect. Finally the sun has started shining and summer has arrived.**

This edition of Connect features many interesting articles and reports of your various activities. For the first time we have included a Board corner, where a board member will introduce themselves. We have also introduced a staff corner which will profile staff you might not get to meet very often. You may also notice some other changes to the design of Connect.

As always, we welcome your feedback and suggestions on how we can improve our communications with you, or on any aspect of our services. Please do get in touch with any suggestions.

**John Thompson** Chief Executive

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## **New Care Home at Chalkhill Road, Wembley to open imminently**

**As Connect goes to press, we are expecting the Care Quality Commission to register our new home in west London.**

St Martins will be welcoming the first residents to this new property, located two minutes walk from Wembley Park tube station, in July. Building works have been carried out during the first half of 2012 to ensure that our new home 'Chalkhill Road' is a comfortable, attractive and pleasant place for new residents to live.



# Staff Corner

## Meet St Martins' Director of Finance Philip Bowles

**“ I am the Director of Finance at St Martins and together with a team of 4 staff in Head Office am responsible for:**

- **Keeping the financial records**
- **Safeguarding our cash and other valuable assets**
- **Ensuring we are paid for the work we carry out (including collecting any personal rent arrears)**
- **Paying bills on time**
- **Providing IT services at Head Office and in our projects**



I joined St Martins over 10 years ago after a career in finance working initially with international accounting firms and then for commercial organisations specialising in the property sector. I have seen a tremendous change in St Martins since I joined. The difficulties in the world economy have reached right down to the Local Authorities and other organisations who we work with. Everyone has less to spend on our services, but in times like these there are many more people who need our help.

This gives me the most challenging and rewarding part of my work. Much of my time is taken up by looking at what we will have to spend in the future and how resources need to be allocated accordingly. Here, I work closely with others at St Martins who have the responsibility for shaping our services for you as residents and planning how these can be improved.

To me, St Martins is a unique organisation working hard to provide specialist help to those in need. We have been very fortunate to have been given excellent properties from which to provide our services, through the generosity and vision of individuals and charities in the past. I am determined to do all I can to ensure that St Martins uses these gifts well and remains unique, financially strong and independent.”

# Practically running the shop

Angela Rickwood has been looking to develop her qualifications and experience in retail.

“I’ve been at St Martins’ Davenant Road project for two years and I’ve been talking to staff about moving into an independent flat soon. I like writing poetry. I go to a reading and writing group locally. I’m also doing an NVQ as a shop sales assistant. This means working in the Peter Bedford shop on Holloway Road two afternoons a week for six months.

I’m learning how to manage the shop floor. I run the till, talk to customers and make sure people aren’t shoplifting! I do this on a Thursday and Friday afternoon. I used to be into the music scene. I was a promoter for club nights in north London and the West End. You could make good money, but it was a lot of work.

That was ten years ago. Since then, I’ve had injuries to my ankle, hip, nose and shoulder and I need a job now where I can sit down. I can’t spend too long on my feet. I’ve been in the wars, you might say. I still go to the occasional club night, but not much.

So my ambition now is to do more courses and get experience working in shops. I’m doing the Level 1 NVQ at the moment but I want to do the more advanced levels. I want to get a flat where my family can come and visit. They’re a big family and most of them live in Manchester. If I can’t give them somewhere to stay, it’s difficult for them to visit.



Working in the shop has been a pleasant experience. I enjoy it. I want to do more. I think what I’m doing now will help me get work in shops in the future.”

# On the ball

**Lemar has been enjoying taking part in Arsenal FC's Red Zone, a community-based scheme the club runs in Islington.**

“I've been playing football quite a bit on Fridays. St Martins' activities coordinator, Simon Julien takes me to Elthorne Park where I play with people from other hostels. It's part of the Red Zone thing that Arsenal do. I'm an Arsenal fan, and now I'm part of the club. When we went to Highbury, I got to visit the press room where the players do interviews and I saw the changing rooms too.

We play Friday afternoons for a couple of hours. There's a bit of training. We run around the pitch a few times before we start and then do some stretches. We also play games. We played against Norwich in the street league and I scored two goals. I play as a striker or defender, I don't mind which. I don't like going in goal though. I'm not a keeper. I'm tall like Heskey. I can head the ball but it's not the best part of my game.

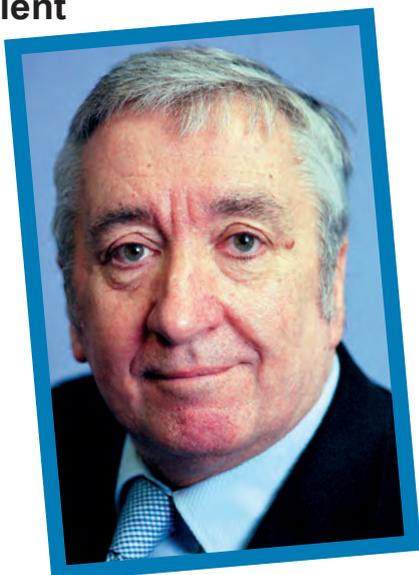
I think Chelsea will win the Champions League this season and Arsenal will qualify in third place. So they'll be back in the Champions League next year. The last two weekends of the season are important, but Arsenal will probably get third place though. When I play, I like to be number 10 like Van Persie. He's scored a lot of goals this season. I like playing football. It makes me feel good afterwards.”



# Board Member Corner

**St Martins gained some excellent new board members in 2011, including Malcolm King. Here's some detail on his background.**

Malcolm was very pleased to be appointed to the board of St Martins in July 2011 and has visited most of St Martins' projects. He is committed to ensuring service users are at the centre of decision making in driving St Martins forward in becoming the leading provider of Forensic care and support in London.



Malcolm has worked in mental health for over 25 years after qualifying as a social worker. He has worked in both community and inpatient settings and has managed a forensic inpatient service. In 1998 he moved to Norfolk where he developed Crisis and Assertive Outreach Services and founded the National Forum for Assertive Outreach who helped organisations develop Assertive Outreach services across England and Wales.

In 2001 he joined the Sainsbury Centre for Mental Health as Workforce and Leadership Development Lead before moving to the National Mental Health Institute in England (NIMHE), which later became the National Mental Health Development Unit (NMH DU), as the implementation lead of the Mental Health Act 2007 and also the role of the Independent Mental Health Advocate (IMHA) across England. In September 2009 Malcolm was appointed the Lead for Safeguarding for the unit. Following the closure of this unit, Malcolm was appointed to the Board of Buckinghamshire Mind where he became the chair within a year and successfully led the organisation through restructuring.

In April this year the Lord Chancellor appointed Malcolm as a Specialist Lay Member of the First-tier Tribunal, Health, Education and Social Care Chamber (Mental Health).

# New Beginnings

Saif and Martin have moved into St Martins' flat at Wilton Villas and say the New Beginnings group has inspired them to live more independently.

## **Martin:**

“Since I went to the New Beginnings group I’ve felt more confident. The group met once a week at the Hub in Archway run by Islington Mind. There was Caribbean food some nights and a good atmosphere. I went every week for seven weeks. I didn’t miss a single session. I met new people there and I’m still in touch with one of them.”

## **Saif:**

“Going to New Beginnings was good for me too. I am now going to the gym four times a week. I used to go only twice a week, and that was during a good week. I am busier now. I have energy to do things. I am also going to a language class to improve my English. It’s a big class, but I feel I am learning and I like going.”

## **Martin:**

“I’ve felt better in my body too, since New Beginnings. I’m doing twenty press ups some mornings - at least twice a week anyway. I’m starting to feel my muscles again, if you know what I mean. It’s a good feeling.”

“They talked to us a lot about recovery and how we’d deal with it, if we start to relapse. I feel I would deal with it better now. I’d speak to my doctor or social worker and try to avoid drink and drugs. But it wasn’t just this that was good. They also gave us connections at New Beginnings. I was introduced to a gardening scheme. I went there the other day. It’s round the back of Sainbury’s at Angel. They were celebrating the first anniversary of the scheme and there was a nice lunch. I’d like to go back and grow some things to eat.”

## **Saif:**

“So Martin and I now live together in a flat connected to Wilton Villas. We’ve moved on, but are still nearby and we can come back whenever we like and get help with things like medication if we need to. We have more independence though, which is good.”

# Get involved!

Summer is here at last, and if the rain holds off, it's a good time for getting out and about. As always, there are plenty of activities, training sessions, classes, groups and events to keep everyone active, learning and to help build your confidence.

There is a timetable of regular events at New North Road, which has been newly refurbished. With everything from healthy eating to football and yoga, there is something for everyone. Here are some more details.

## Yoga Class

Nothing helps you stretch, relax and feel better than a bit of yoga at New North Road, **every Tuesday 3.30-4.30pm.**

## Social Inclusion Group

This is a bit of fun and a chance for you to wear your finest and get out and about in society. Meet at New North Road at **12pm every other Wednesday.**

## Art Group

You are all talented artists. Come and express yourselves at New North Road, **every Wednesday 4-5pm.**

## Healthy Eating

**with Simon Julien.** It's time to give up the takeaways, and learn how to make yourselves delicious food that keeps you fit and healthy. Come and join Simon at New North Road, **every Thursday, 2-4pm.**

## Swimming

It can get quite hot in the summer and swimming is great exercise. Come for a dip at the Britannia Leisure Centre. Assemble New North Road common room, **every Friday 11am.**

## Drama Group

Come have some fun developing scenes and characters in weekly sessions with a trained actor at New North Road, **every Friday 1-2pm.**

## Football Training

You will miss drama group, but if your skills are better used on the football pitch there is a wonderful opportunity to join Arsenal FC's Red Zone training program at Elthorne Park, **every Friday 1.30-3.30pm.**

## Cooking Class

Learning to cook is a key step in gaining greater independence. The better you are at cooking the more you can enjoy meals. Classes are at New North Road, **every Friday 5-7pm.**

## Letters and Numbers

This class is a weekly Saturday session to help you with day-to-day living. Come join in **every Saturday from 1 -2.30pm.**

## Look out for these exciting summer and autumn trips

- **Olympic marathon and cycling** • **Trip to the sea** • **River trips to Greenwich**
- **Kew gardens** • **Geffrye Museum** • **Hyde Park** • **Hampton Court**
- **Isle of Wight** • **British Museum** • **Africa Oye concert in Liverpool.**

For more information, please get in touch with Simon Julien on 07764 422033, or ask your keyworker.

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