

swanlife

Representing the voices of you, the service user

Welcome to your new look Swan Life newsletter



Welcome to the first edition of your Swan Life newsletter.



I'm Christopher Mellor and I would like to introduce myself as the new Service User Involvement Officer. I will be working very closely with the the Supported Housing team and Resident Involvement team to give you an opportunity to become involved and offer suggestions about how we run your Supported Housing Services.

We hope you like your new look Swan Life newsletter. It is designed to cover all areas of supported housing and it keeps all service users in touch with developments within Swan.



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The Big Move (Swan House Foyer 2009)



"I give it 120% out of 100% much much better than Cranes Court" (Residents)



On Wednesday 1st April, our new Foyer in Southview, Vange opened. The new facility will be named Swan House and provides attractive and modern amenities for the service users who are living there. The site is designed to provide accommodation based support, including independent living skills, education, training and employment to young people faced with homelessness.

Both staff and residents welcomed the clear sunny spring morning on the day of the move. The day was to be a very busy one for both parties involved in the moving to the new site. The move marked the end to the former Foyer site at Cranes Court in Basildon, so careful planning and preparations were made by the staff in the build up to the event. On the day, all went to plan, however the move was, as expected, a challenge for everybody, none the less

a challenge well met. One of the most satisfying aspects to the move was the reaction from the residents, who are said to absolutely love their brand new flats. There was however, an element of sadness from the residents and staff in having to leave Cranes Court, a community that had been both a place of work and home for many over the years.

Kathy, Project Worker at the site for over 10 years took a final walk around the former site to say goodbye and by the afternoon on the same day, everyone was eventually settled in to their new flats at Swan House.

"I am so excited I feel sick, its wicked, I love it"(Residents) - describing the move

"I love it, I feel like I am in a hotel"
(Residents) - Impressed by the new facilities



Swan would like to wish Kevin Barrett good luck in his new role as a Project Worker at the Swan House Foyer complex



Plans on the horizon:

Swan House has a lot on the agenda over the next number of months. The site staff are planning to launch a get fit campaign for the service users, this includes competitions using the new Wii Fit console system and other conventional get fit activities. The team hope to create opportunities for the service users to take part in sports and understand the benefits of getting fit and healthy.

We all hope that this can inspire the service users to take control of their lives, develop their skills and encourage a positive and highly-motivated approach to their lifestyles. Residents are also said to be excited about using the new computer facilities on site that will give them access to in-valuable information on the world wide web. It is hoped that the service users will be able to develop their computer skills and even prepare CV's and letters for job opportunities.

Community chest article:

Did you know that Swan can offer your community a grant of up to £500.00 under our Community Grants Programme?

The grants are designed to help you set up small projects in your neighbourhood where the residents are likely to benefit. Grants can be offered to community voluntary or resident groups.

If your idea falls into one of the following categories, you or your group can apply for a community grant:

- Activities or projects that involve children and young people
- Projects that help to improve a sense of community spirit, cohesion, pride and respect
- Projects that will help to improve the appearance of the local neighbourhood
- Projects that help to make people feel safer and reduce the fear of crime
- Projects that help to build the confidence and capacity of local residents to get more involved in their local community.

If you have never applied for a grant before, contact your Community Development Officer who will help you apply. You can get a copy of an application form from your local housing office, or download from the website or ring us on **01277 844700**

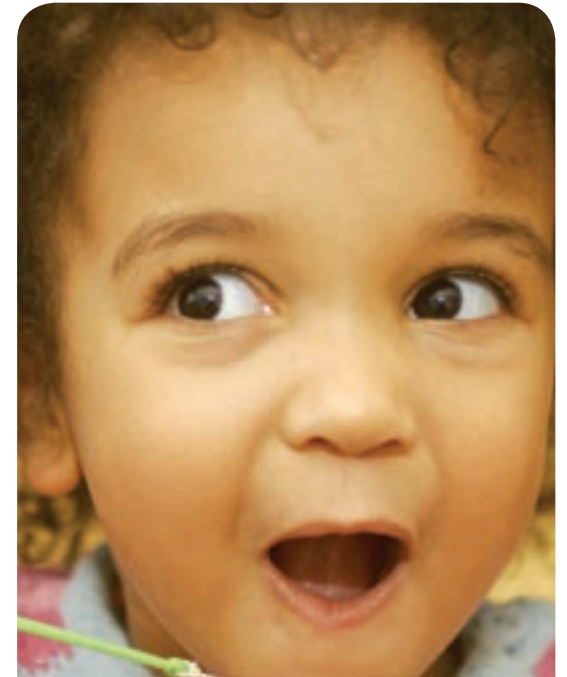
We will not fund projects if you have started them before the grant has been approved.

Dove Cott



Swan's Parent and Child Accommodation scheme, Dove Cott is a secure set of communal flats that are supervised by Swan staff 24/7. The site is home to young parents with children and provides them with modern amenities.

Dove Cott has its own Resident's Association (RA) that was established in September 2008. This enables the Service Users to gather views and have their say about the decision-making that affects the services they receive within their community. The Resident Association has had a good turn out over the last number of months and the Association includes a Treasurer, Secretary and Chair Person, all of which are Service Users at Dove Cott. Swan offers free training for these key positions to encourage the Service Users to develop their skills and maximise the benefits of holding effective Resident Association meetings. The Service Users can apply for grants from the community



chest to improve the services on site. Swan plans to increase the effectiveness of the Resident's Association over the next number of months, encouraging all members of the Association to voice their opinions on the services they receive.



Swan Providing Support for both Parent and Child



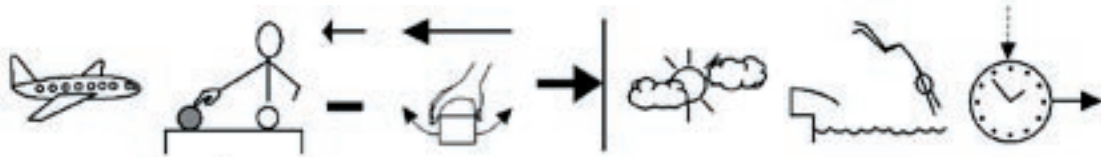
The Go Girls programme went down really well at the site. Go Girls was part of a six week programme being run by the local Primary Care Trust, Gemma Davidson, Sexual Health Advisor for Vulnerable Young People. The programme centres around promoting self-esteem, sexual health and emotional development.

These are considered to be three key areas that are integral to the quality of life for both parent and child.

The first two sessions were well attended by the residents at Dove Cott House and the feedback was very good. The programme also takes into account the children. By educating and supporting the mothers, the course leaders hope to provide enough support to the mothers to ensure the successful future for those being brought up in our communities. The site staff hope to plan more similar events in the

next year to provide additional support for the service users and a chance to assist them in developing skills for life. Staff will be working closely with the newly appointed Service User Involvement Officer at Swan to actively engage the service users of the site in the decision making that may affect their services during their time with Swan.

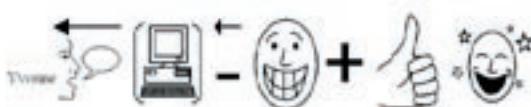
Swan Member Takes to the Skies!



Swan would like to congratulate Yvonne Spalding for her sky diving achievement.

After passing her medical fitness test, Yvonne was taken up to over 13,000 feet and participated in a tandem sky dive for good causes on April 1st this year. In her efforts, Yvonne has raised £475 for research into dementia, an idea proposed by the Lord Mayor of Westminster.

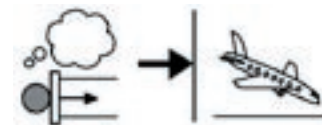
Yvonne is a sustainment officer at Swan and has been with the organisation for over 18 months now. Her story will hopefully inspire others to take part in fund raising events for good causes. Describing the event as 'an exciting experience, full of adrenalin', Yvonne said she was also overwhelmed by a sense of relief and gratitude towards her instructor Geoff for guiding them safely back to the earth. Yvonne has said that for those who enjoy the buzz of a challenge of this magnitude, sky diving is highly recommended.



Yvonne with her instructor Geoff



Preparing to land



First Aid Training

We recently received funding to provide First Aid training in the Colchester and Tendring areas. The British Red Cross will be providing this and dates are yet to be confirmed. Please speak to your support worker if you are interested in this FREE training.

We are in the process of planning the next service user forum. Your support worker will be giving you more details regarding this and your involvement.

Let's Have Your Say!

Chris is a new member of Swan Housing. You can see a picture of him on the front page of this newsletter. He is here to get your ideas about Swan's support services. We are always looking for ideas! Chris will work closely with your support workers to listen to your views and concerns. We want to make getting involved as fun as possible.



Jenny Kiss

Jenny goes to a progressing centre on Thursdays and Fridays. She goes to a social group event for women. They all make things together and Jenny says 'it is a lot of fun!' Jenny also goes to computer classes and really enjoys it. She has made lots of friends at these events. If you would like to meet people and join clubs, speak to your support worker.

Congratulations Phillip Scott!



Swan would like to say well done to Phillip for winning a trophy in a snooker competition on holiday in France.

10 other people took part in the competition. Phillip came third but hopes to win it next year!

Phillip also played pool and darts games.

The competition was in France and Phillip went there with Breakaway holidays.

Everyone at Swan would like to wish Phillip Good luck for next time!



Thank you Mandy Clough for this picture of your pet



Mandy Clough is one of our service users who kindly gave us a picture of her hamster.

This is a picture of Mandy's Hamster when she was a baby. Her name is Lucy.

Mandy has had her hamsters for years now and really loves pets.

Mandy says hamsters make lovely pets. They keep fit by running around in a ball! Why not send us pictures of your pets?





LD Quiz Corner



W	B	A	L	L	O	O	N	F	E
S	T	A	T	I	O	N	X	L	X
I	N	V	O	L	V	E	L	G	F
L	M	T	R	O	P	P	U	S	K
H	G	Q	B	P	H	I	G	L	I
A	N	A	C	A	R	Z	X	S	Q
P	I	U	N	Z	L	I	G	S	A
M	R	T	A	G	P	L	A	N	G
N	P	X	R	E	P	A	I	R	S
Q	S	H	A	M	S	T	E	R	A

BALLOON

SUPPORT

REPAIRS

STATION

PLAN

CAR

BALL

INVOLVE

HAMSTER

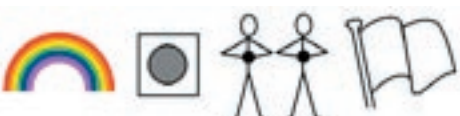
SPRING



Who is the prime minister of Britain?



What is the Capital of Hungary?



What colours are in the Union Jack?



What countries make up the United Kingdom?



Bend it like (Complete the saying, the clue: footballer's name)



Did you know that a balanced diet of healthy foods can contribute towards your physical and mental well-being.



Ingredients

- 1 (11 ounce) can mandarin oranges
- 2 green apples
- 2 bosc pears
- 1/2 lemon
- 1/2 cantaloupe
- 1/2 honeydew melon
- 2 cups grapes



Directions

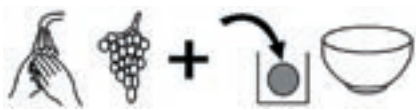
1) Peel and chop your apples and place into bowl.



2) Chop pears and place into bowl.



3) Wash grapes and add to bowl.



4) Drain out half juice from can of mandarin oranges and dump remaining juice and all oranges into bowl.



5) Cut up your melons and place 1/2 of each into the bowl of fruit and save the other half.



6) squeeze your lemon over the entire bowl of fruit. This will prevent the apples and pears from oxidizing and turning brown on you.



Getting to know your support staff



Collette Rashbrooke,
LD Support Manager



Clare Rivers,
LD Floating Support Worker



Ken Bruce,
LD Floating Support Worker



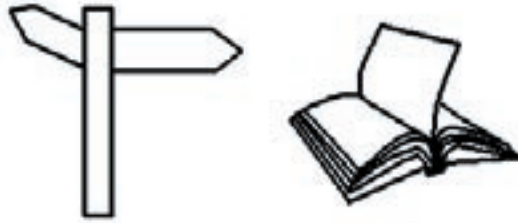
Denise Monk,
LD Floating Support Worker



Sometimes it's nice to get to know those who you may come into contact with whilst receiving support from Swan. Here are some of our support staff who you may meet.



Signposting Page



Here are some useful contacts for our service users who are receiving floating support services in the Essex region. They are locally based advice lines that may be of use to you.

Learning Disabilities Team



Swan, Pilgrim House
01277 844764

Open Road Drug and Alcohol

01206 766096

Reduce the harmful impact of drugs and alcohol on users, their families, partners and society.

Alcoholics Anonymous

0845 7697555

Living life without alcohol, helping get over the need and then staying off it afterwards.

Samaritans

08457 90 90 90

24 hour confidential support line for those who may be distressed

Narcotics Anonymous

0845 373336

Direct Debit Line

01323 481111

One Place is a charitable organisation that assists the local community. They provide surgeries in the following areas as well as other activities:

Burnham

Volunteers in Policing

Tues & Thurs, 6pm – 8pm,
Wed & Sat, 11am – 1pm

Essex Police Beat Surgery

Wednesdays, 2pm – 3.30pm

Shaw Trust

4th & 18th May, 2pm – 5pm

Swan Floating Support

11th & 25th May, 2pm – 4pm

Southminster

Citizens Advice

Wednesdays, 9.30am – 12pm

Swan Floating Support

4th & 18th May, 2pm – 4pm

Burnham One Place

Open 10am – 4pm
Monday – Saturday

1 High Street
Burnham, CM0 8AG

Southminster One Place

10am – 12 noon/1pm – 3.30pm
Monday – Friday

1 High Street
Southminster, CM0 7AA

**Call One Place on
01621 786376 for
more information**

Head Office

Pilgrim House
High Street, Billericay
Essex CM12 9XY

Phone: 0845 6124700
Fax: 01277 844720



Floating Support Colchester Office

Suite 306/307,
Wellington House,
90-92 Butt Road,
Colchester
Essex CO3 3DA

Phone: 0845 6122551
Fax: 01206 572306

Floating Support Maldon Office

SVT Building
The Square, Heybridge,
Maldon, Essex CM9 4LH

Phone: 0845 6122551
Fax: 01621 842561



Our Pilgrim offices are open from 9am to 5.15pm, Monday to Thursday and 9am to 5pm on Fridays.

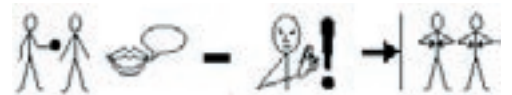


Repairs service

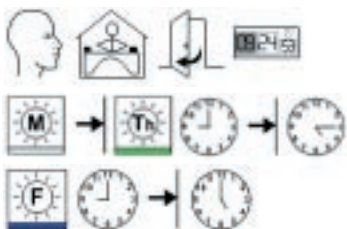
(24 hours) Please call
0800 783 2768

Email:

suinvolvement@swan.org.uk



Your views are important to us!



Thanks

Swan would like to thank all the service users and staff who have contributed towards the design and content of this newsletter.

Thank you to Charlotte Stone, (Assessment and Development Officer) for her help with this newsletter.



If you would like a copy of this newsletter in large print, Braille, CD or in your language please contact us on 0845 612 700



English

If you would like to receive this in your own language, please contact us on 0845 6124700

French

Pour les recevoir dans votre propre langue, veuillez nous contacter au 0845 6124700

Polish

Aby otrzymać je we własnym języku, zgłoś się do nas pod numer 0845 6124700

Somali

Haddii aad jeceshahay inaad kani ku hesho luqaddaada, fadlan nagala soo xiriir 0845 6124700

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ 0845 612 4700 ਤੇ ਸੰਪਰਕ ਕਰੋ

Bengali

আপনি এটা আপনার ভাষায় জানতে চাইলে আমাদের 0845 6124700-এ যোগাযোগ করুন

Arabic

إذا كنت تريد الحصول على هذه المعلومات في لغتك، يرجى الاتصال بنا على الرقم 0845 6124700

Urdu

اگر آپ اسے اپنی زبان میں حاصل کرنا چاہتے ہیں تو، براہ کرم ہم سے 0845 6124700 پر رابطہ کریں

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