

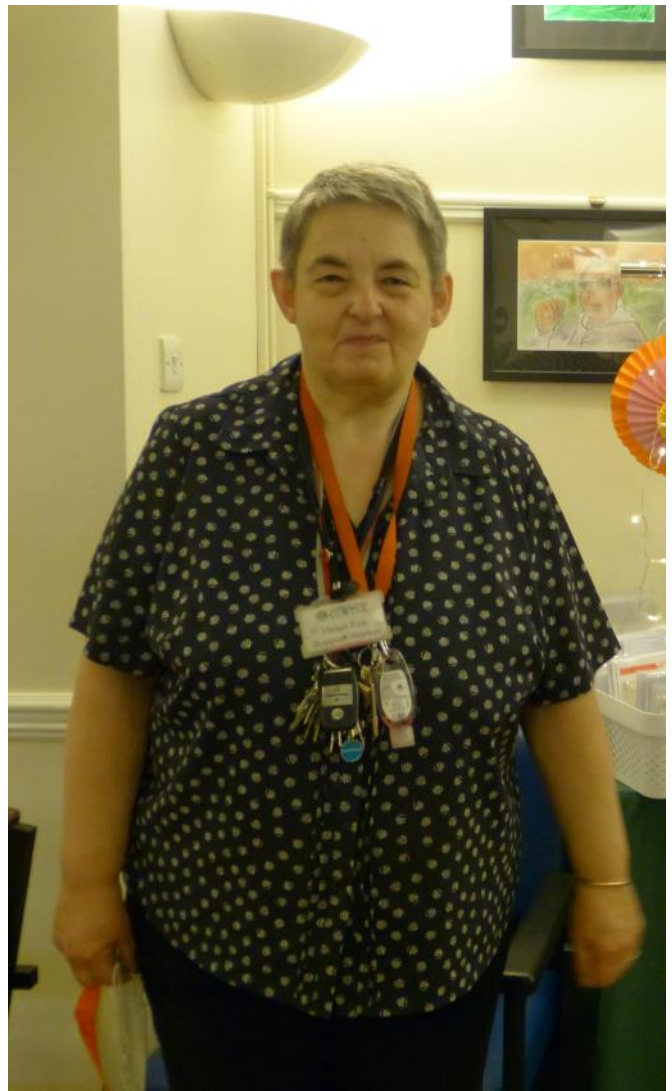


# THE STREET

## HELEN'S LEAVING US

I have some important news to share with you all. Our dearest Helen Fox has decided it is time to retire from her role as a support worker. As many of you will be aware she has been away from work for the last couple of months due to a fracture.

Helen is a hugely vibrant and creative person and I'm sure that we all feel proud to know her. I am however very pleased to tell you that she fully intends to volunteer her time on Tuesdays to run the craft sessions. She still has some healing to do but she plans to return when she feels ready. Possibly as soon as May. We'd love to get her a beautiful gift, as a thank you for all her years of service to WSC. If you would like to make a donation (only what you can afford) then please catch support staff.



It would also be lovely if some of you crafty folks could make her a lovely card?

She wanted you all to know that her time at Waddy has been very special and important. She hopes to see you all soon in her new volunteer role.

*Ali Lee, Centre Manager*

## SURVEYS

Hi everyone. As part of the Durham Mental Wellbeing Alliance we need to make sure that members are happy with the services they receive at Waddy. Our Social work student, Chris, will be available to support

members to complete this short questionnaire. It really helps us and enables us to improve things which need to be changed.

Thank you everyone who took part in the Quality of Life surveys. It was very pleasing to see how many people feel better as a result of the support they receive.

Participation is optional but your cooperation is appreciated and helps us to make things better for the future.

Please catch Chris if you would like help to complete the form.

Many thanks and best wishes,

*Ali Lee, Centre Manager*



# FANCY TRYING OUT CURLING?

Don't worry there is no ice involved and it is certainly a lot warmer.



New Age Curling takes place  
in the Church Hall every  
Thursday 11.30am - 12.45pm

.....SO WHY  
NOT HAVE A GO

*Sam Mason, WFGS  
Coordinator*



# WOULD YOU LIKE TO BECOME A WADDINGTON STREET CENTRE COMPANY MEMBER?

Waddington Street Centre as well as being a charity registered with the **Charity Commission** is also a limited company, a 'company limited by guarantee' and registered at **Companies House**. These are two statutory bodies whose rules and regulations we have to comply with.



The Waddington Street Centre 'company' is made up of people who are interested in the work of the centre and want to show their support. People are admitted to membership of the company by the Waddington Street Centre Board of Directors of which there are currently 10 director / trustees, the most recent addition being Janet Dodson who has over 30 year's experience working in mental health social care. As well as volunteering as a trustee Janet is soon to start additionally volunteering in the centre's weekly activities so you will see her around from time to time.

You can see photos of the trustee board - and staff team - in the entrance hall to number 2 Waddington Street.

The work of the board is also supported by Waddy Members through the Valued Views Group (VVG) that meet just prior to the board meetings. The VVG meetings are 'open' meetings that any Waddy Member can attend and are publicised within the centre.

The trustee board is keen to invite anyone who supports the work of the centre to become a member of the company. They would like the company to have a broad base and to include a wide range of people. If you are interested in what is done at the centre and want to show your support, please consider joining the company. The centre wants to have a company



Registered Charity No. 701514

membership which includes Waddy Members, carers, local residents and professionals – in fact anyone who supports the work of Waddington Street Centre.

As a member of the company you would:

- be invited to the Annual General Meeting

- be able to stand for election as a director on the board

- be able to vote for other company members to be elected as directors on the board.

As a member of the company, your personal liability is very limited – amounting to £10. In the unlikely event of the company being wound up, the liability of members of the company is limited to £10. If you want to see the company's memorandum and articles of association, please ask me or Steve.

By joining Waddington Street Centre Limited as a member of the company you can show your support and play a part in the centre's future – and have a formal stake in the company that runs the centre.

To join there is a simple membership form that requires to be completed. When you have been accepted as a member of the company I will let you know. Each year, you will be invited to the Annual General Meeting which this year will be taking place at the end of November.

If you require any further information of the workings of the trustee board or would like to talk about becoming a company member please stop me or Steve when we are around or come and see us; we will be more than happy to have a chat.

Ali Lee, Centre Manager



Steve and Stephen hard at work making the garden look spectacular

Barbara and Stephen showing off the two new phormiums in the Waddy garden planters



‘**PHORMIUMS** are exotic-looking evergreen perennials. They offer striking, often highly-coloured sword-like leaves and slender flower spikes that rise above the foliage. While best grown in sunny borders and gravel gardens, they make great focal points in containers.’

Taken from the Royal Horticultural Society website

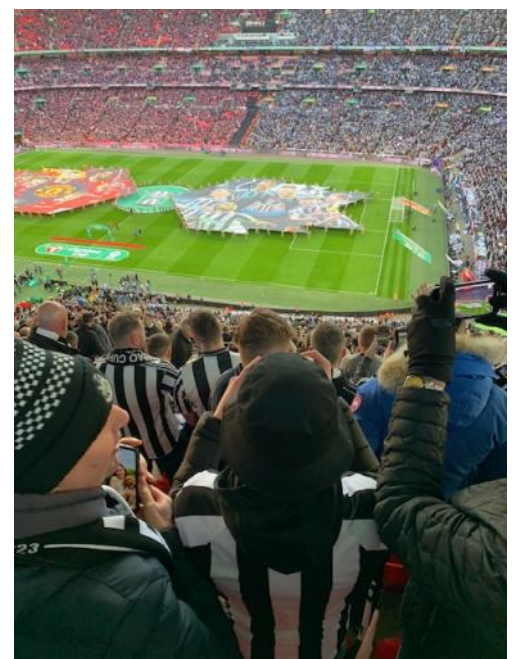
# DISAPPOINTED, BUT HEY, IT COMES WITH THE FOOTBALL SUPPORTING TERRITORY!

As a football supporter, be your team be locally Durham Women's FC, Sunderland, Middlesbrough or Newcastle Utd, you just have to be resilient – and patient. It has its several ups and many downs but is something that 'we' tend to put up with in our love for our team.

We have all had those high points but perhaps not as often as we would like!

As a Newcastle supporter who had a trip down to Wembley during February for a cup final it was one of those high points that unfortunately - again - ended up in defeat. Deep down it's felt that on the day we should have done better but I do feel generally we are on the up, and, the hope still lives on!

*Steve Wakefield, Assistant Manager*



# GALLERY



Above and Right: Photos by Waddy Member  
Below: The concentration ... **CHECKMATE!!**







Above: Staff visit the Waddy Anniversary Tree

Below: Staff take a well earned break while volunteering at Wharton Park



# FROM WHICH EVER ANGLE YOU LOOK AT DAFFODILS YOU CAN'T HELP BUT FEEL CHEERED UP!

*I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.*

*Continuous as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.*

*The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed—and gazed—but little thought  
What wealth the show to me had brought:*

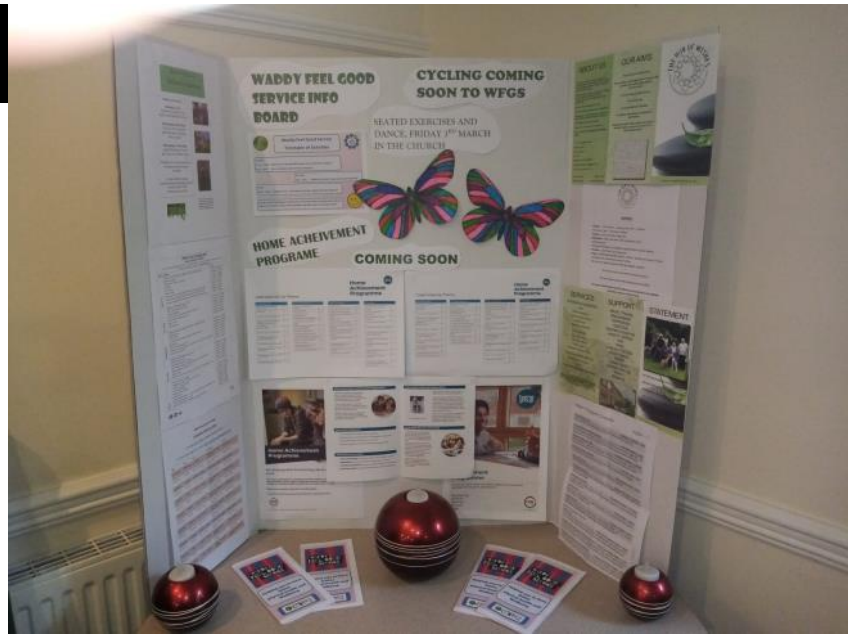
*For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.*

**William Wordsworth 1770-1850**



# WHAT'S ON A WADDY...

Please remember to take a look at our newly designed notice board and keep updated with all we have going on. You can expect to find out about our weekly Social Sessions of table tennis, crafts, games, quizzes and more. Our monthly masseoke, movie afternoons, support groups and focus groups just to get you started. Ladies Group and Men's Cree timetables for the term are on display. We also have a board dedicated to our new Waddy Feel Good service and we have re-introduced the information files for Waddy and our Alliance partner organisations and agencies. Don't miss out! Here are a few extras already planned for the next 2 months but there will be more to come...



## May

Monday 1st, Bank Holiday Monday - Centre closed

Monday 8th, Bank Holiday Monday - Centre closed

Friday 12th, 1pm, first bike ride session

Friday 12th, 2.30pm Menopause talk

Monday 15th, first mindful walk

Thursday 25th, 3pm Support Group - **Strict Start Time**

Monday 29th, Bank Holiday Monday - Centre closed

## June

Tuesday 6th, Valued Views Group 12pm

*Helen Ogilvie, Support Worker*



# Let's go 30 Days Wild!



## Can you do one wild thing every day in June?



We suggest starting gently, with a bit of sensory bingo in week one from June 1<sup>st</sup> to 4<sup>th</sup>. Smell freshly cut grass, listen to a buzzing bee, feel the bark of a tree and find a pink flower. Stick up your wall chart and see how you blossom and grow on your **30 Days Wild** journey through June.

By week two, from June 5<sup>th</sup> to 11<sup>th</sup>, you'll be ready to get moving! **30 Days Wild** is a time for adventure and a chance to explore the great outdoors. Walk barefoot on the grass, hug a tree, picnic in a park, explore a nature reserve or wander down a river. Subscribe to our e-calendar for an idea a day.

In week three, from June 12<sup>th</sup>, learn something new! Join a minibeast hunt, name a wildflower and discover five facts about your favourite animal. Join us for the **Big Wild Weekend** on 17<sup>th</sup> June, drop in to an event for that morale boost to help you reach the end of the challenge, and look out for our wild quizzes online.

In week four, from June 19<sup>th</sup> to 25<sup>th</sup>, we'd love you to help nature and give something back. Make a bee home or log pile for beetles, splash water into a shallow dish for hedgehogs to drink. We really want you to succeed, so use the seeds in this pack (not included in the digital pack) to sow some wildflowers.

In week five, from June 26<sup>th</sup> to 30<sup>th</sup>, you'll have so much to share! As nature seeps into your daily routines, science says you will feel more smiley, joyful and happy! Share your love of nature with a neighbour, friend or on social media using **#30DaysWild**.

There is no better time of year to feel inspired by nature, so let's go wild for 30 Days. ☺

Any questions about **30 Days Wild**?

☎ 01636 677711

✉ 30dayswild@wildlifetrusts.org

🌐 wildlifetrusts.org

Registered Charity No 207238

The Wildlife Trusts want to say a big thank you to players of People's Postcode Lottery, who have helped make the #30DaysWild challenge possible!

## Follow us



@30DaysWild



@30DaysWild



@thewildlifetrusts

# #30DaysWild

Supported by players of



Awarded funds from





# Wild

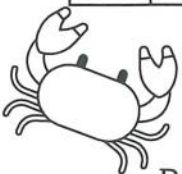


The  
**Wildlife**  
Trusts

# Wordsearch



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



## Can you find these words?

Comma butterfly | Hedgehog | Damselfly | Skylark | Porpoise | Crab  
 Rainforest | Golden eagle | Slow worm | Oak | Red deer | Beaver | Trout  
 Leafcutter bee | Frog | Blackbird | Wren | Shark | Sea | River | Stag beetle  
 Beefly | Fox | Daisy | Log pile | Pond | Dormouse

For more fun things to have a go at, visit [wildlifewatch.org.uk/activities](http://wildlifewatch.org.uk/activities)





# Let's go 30 Days Wild

**U**se this wallchart to log your daily activities as you complete them or plan your 30 days in advance. You can even get creative with your entries - draw, paint, and stick on your wild findings throughout the month!

**Make sure to share your photos on social media using #30DaysWild**

## #30DaysWild badge

Get your hands on an exclusive embroidered #30DaysWild badge from Pawprint Family at [wtru.st/30dw-badge-23](http://wtru.st/30dw-badge-23)



1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30		

**Big Wild Weekend**

**30 Days Wild**

Create your #30DaysWild calendar online

Upload photos, get inspiration for your next wild activity and earn rewards. Visit [wtru.st/30dw-calendar](http://wtru.st/30dw-calendar)



In the UK we have around **270 species** of...

# Wild bees

Bumblebees and solitary bees are wild bees, and they are the heroes of the pollinator world.

Here are **10 wild bee** species you may have spotted buzzing around.



The Wildlife Trusts

## Bumblebees

There are **24 species** of bumblebee in the UK

- There are between 40-400 individuals in a bumblebee nest.
- Queen bumblebees are amongst the earliest pollinators to emerge in spring.

**Buff-tailed bumblebee**  
*Bombus terrestris*



**Common carder bee**  
*Bombus pascuorum*



**Early bumblebee**  
*Bombus pratorum*



**Red-tailed bumblebee**  
*Bombus lapidarius*



**White-tailed bumblebee**  
*Bombus lucorum*



There is only **ONE SPECIES** of honey bee in the UK

## Solitary bees

There are **over 200 species** of solitary bee in the UK

- There are around 70 species of mining bee (*Andrena*), five flower bees (*Anthophora*) and around 40 species of sweat bees (*Halictus* & *Lasioglossum*).
- Solitary bees do not have a queen or live in a hive. They live alone in nests underground, inside plant stems, in deadwood or even in old snail shells!

**Pantaloen bee**  
*Dasygaster hirtipes*



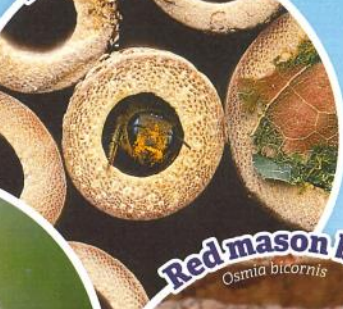
**Green-eyed flower bee**  
*Anthophora bimaiculata*



**Blue mason bee**  
*Osmia coerulea*



**Leafcutter bee**  
*Megachile*



**Red mason bee**  
*Osmia bicornis*



### Bee facts

Various bees, hoverflies, beetles, wasps, butterflies and moths pollinate wildflowers and we rely on them for every third mouthful of food we eat.

Solitary bees are the most effective bee pollinators because they are messier, using a brush instead of a basket, to collect pollen.

Without bees, we would be unable to grow lots of our favourite foods, including tomatoes and blueberries.

### Bee decline

The use of insecticides and herbicides have been linked to declining bee numbers.

Wildflower meadows are a great source of nectar-rich food for many bee species but 97% of these have been lost in England and Wales since World War II.

For more ideas visit [wildaboutgardens.org.uk](http://wildaboutgardens.org.uk) for both our Wild Bee and Wild Lawn Action Pack.

### How can we help bees?

Feed wild bees with wildflowers like daisies and clover that are rich in pollen and nectar by leaving lawns uncut for the spring and summer to create a mini meadow.

Add a shallow water dish with pebbles or create a mini wildlife pond so bees can take a drink.

Give them somewhere to nest with a bee brick or by making them a bee home.

# WADDY IN MY HEART

I smile each time I reach the door, uplifted, bright and keen  
With always much to talk about, like how we all have been.  
The Centre is a place divine, I simply must attend,  
And hail each weekly catch up, everyone a loyal friend.  
Nothing short of privileged on every single visit,  
For laughter is abundant and the company exquisite.  
Too many pals to mention whilst enjoying cracking times,  
You've been the inspiration to a number of my rhymes.  
I never knew such glory till I gladly found it here,  
Immediately hooked on souls enchanting and sincere.  
United, we're invincible and please remember so,  
A remedy for anyone who's lost or feeling low.  
My thanks to such a faithful gang throughout each happy spell,  
And promise in the weeks ahead shall visit more as well.  
Just simply sit amongst the very finest folks around,  
The chat will win you over with all members here profound.  
Plus courses are available for masses of delight,  
Try ways with words - Steve Urwin's group - a must for all who write.  
If poetry excites you or if you're a storyteller,  
The sky's the limit, chase the dream – A possible bestseller!  
I'm buzzing once again because my classes now restart,  
And always keep some room aside for Waddy in my heart.

Inspired By Waddington Street Centre,  
With Love and Best Wishes,

By Christopher Short,  
21<sup>st</sup> April 2023.





## Timetable of Activities

### Monday

1pm - 2pm: Short mindful walk along Flass Vale with Dave and Stephen

### Tuesday

11am - 12pm: Badminton at Meadowfield Sports Centre with Dave Shipman

2pm - 3pm: Gym at Maiden Castle with Dave Shipman

### Thursday

11.00am - 12.30pm: New Age Curling in Church Hall with Toni and Janet

2.00pm - 3.00pm: Football at Maiden Castle with Steve Wakefield



### Friday

10am - 12pm: Walking Group - local walks and further afield with Dave Shipman

11am - 12pm: Dance/Movement to Music in Church with Emily, North East Dance  
(Can be done seated or standing)

1pm - 3pm: Cycling Session at LRH with Dave Shipman

2pm - 3pm: Table Tennis in the Lounge



External groups meet at Waddington Street Centre 15 minutes before activities start and are taken in the Centre Minibus to the activities and then return to the Centre after. Please contact Sam Mason, WFGS Coordinator on 07983 166 613 for more information.

# Durham Countywide Forum

**Durham Countywide Forum** is a group of Service Users and Carers based in County Durham and Darlington. The brief of the group is to improve and promote Mental Health.



The group look at general issues facing service users and carers, flagging up issues such as Stigma and Discrimination.

The CWF doesn't take on individual cases, although the members have knowledge of places to find help and advice.

Many people acknowledge that Coronavirus has affected people's mental health and NHS services. For this reason the CWF is particularly interested to hear about your experiences during the last 18 months.

**The Countywide Forum's meetings take place the first Monday of the month at 1.30pm - 3.30pm. The next meeting is on Monday 15th May**

Everyone is welcome to attend but please contact us using the details below to let us know. Meetings take place at the Waddington Street Centre, 3 Waddington Street, DH1 4BG.

The Countywide Forum is always seeking new members, especially people with an interest or having experience of Mental Health in County Durham and Darlington.

Please contact Peter Graham-Smith [psmith@waddingtoncentre.co.uk](mailto:psmith@waddingtoncentre.co.uk) or phone 0191 3860702 for more details, including minutes and future agendas of the Forum.

*Keith Phillips, CWF Chair*

# **LIFE TELLS BY ALEX BIRCH**

## **Mystic**

Seeings imagined  
The orb mists over  
Tiny correlations  
Attend the soul

## **Juices**

Fruits fanfare  
Lush citruses  
A larva flow of delight  
Getting giddy again

## **The Garden**

Silly ricochets of snails  
Foxes living in sin  
Glam flowers  
Feature in the evergreens

## **Poetry**

Jam all the good shit together  
To hell and back  
Black and white fury  
Multiples for the many  
Then subtler matters  
Coalesce

## **Music**

Feather a record needle  
Tangents from seeing sound  
Matches your flame

## **CONTACT INFORMATION FOR STAFF AT THE CENTRE**

**Main office number - 0191 386 0702**

### **Support calls:**

Paula Cresswell - 07928 824 642  
Fergus Grant - 07928 822 414  
Helen Ogilvie - 07526 020 731

### **Waddy Feel Good Service:**

Sam Mason - 07983 166 613

### **Other matters:**

Ali Lee, Manager - 07928 827 998  
Steve Wakefield, Deputy Manager - 07928 829 053  
Peter Graham-Smith, Admin - 07895 812 890



**DID YOU  
KNOW?**

## **SOME OF THE RELIGIOUS FESTIVALS IN MAY**

### **Friday 5th, Buddha's Day (Buddhist)**

Also known as Vesak, this is a Theravada Buddhist festival that observes the birth, death, and enlightenment of the Buddha.



### **Thursday 18th, Ascension Day (Christian)**

This day is 40 days following Easter when Christians believe that Jesus ascended to Heaven.

### **Thursday 25th to Saturday 27th, Shavuot (Jewish)**

This Jewish holiday celebrates the giving of the Torah on Mount Sinai and a grain harvest

