



THE STREET

ASKING FOR HELP

It can be hard to ask for help when we need something. It takes a level of bravery to say you are struggling. Asking for help is a key part of self-care. It's taking the time to remind yourself that you are important and do have the right to get better. Support staff are here to assist, I'm sure they all ask how you are throughout the day but sometimes this can be difficult to put someone on the spot as we are often operating in communal spaces.



Support staff (Paula, Fergus, Helen and Dave) are here to help. Even if you think they look busy, ask for a chat at a time which suits you both. We can't always know you are struggling but we are happy to listen when you tell us you are.

If you have a friend in the centre who is struggling, encourage them speak to a staff member.

Ali Lee, Centre Manager

**NEW TERM STARTS 18TH
SEPTEMBER 2023**



New College Durham

Enrolments for courses run by New College will start from week beginning Monday 4th September. Places on courses will be on a first come first serve basis.

Please look at the timetable on the next page to check out what courses are available.

Please only sign up for courses that you are sure that you will attend as spaces are limited and any spaces taken up by someone that doesn't attend could be a spot for someone that does want to attend. Thank you.

Peter Graham-Smith, Centre Admin

CONGRATULATIONS SAM

Well done to Sam Hakkanson for all your hard work in completing all of the virtual walks you have done around the world. That is an awful lot of miles!

Other walks he has completed are the equivalent of crossing New York state, Washington DC, Los Angeles, Cotswold Way and South Downs Way.

Again well done

Peter Graham-Smith, Centre Admin



AUTUMN TERM – 18TH SEPTEMBER – 1ST DECEMBER

	AM	PM	EVENING
Monday	10am - 12pm Graphics for All NC 10am - 12pm The Natural World NC	1pm - 3pm Exploring History NC 1pm - 2pm Mindful Walk PA	3.00pm - 5.00pm Women's Group OAG
Tuesday	10am - 12pm Art Workshops NC 11am - 12pm Badminton PA	1pm - 3pm Art Workshops NC 1pm - 3pm Ways with Words NC 2pm - 3pm Gym PA	
Wednesday	10am - 12pm ICT for All NC	12.30pm - 2.30pm Music Appreciation WSC	5pm - 7pm Men's CREE OAG
Thursday	10am - 12pm Positive Growth 4 Life NC 11.30am - 12.30pm New Age Curling PA	1pm - 3pm Relaxation for All NC 2pm - 3pm Football PA	5pm - 6.30pm Drop In OAG Zoom Session
Friday	10am - 12pm Relaxation for All NC 10am - 12pm Walking Group PA 11am - 12pm Carpet Bowls PA	1pm - 3pm Music NC 1pm - 3pm Cycling PA 1pm - 3pm Wellbeing Sessions PA	
Saturday	10am - 12pm Art Drop In OAG	1pm - 3pm Art Drop In OAG	
Key	NC = New College Course PA = Physical Activity - All equipment supplied OAG = Open Access Group WSC = Centre Tutor/Volunteer/Waddy Helper		

GALLERY

Ship Ahoy! Ship Ahoy!

In fact, thirty-seven ship ahoy!

In the Victoria Harbour and Marina at Hartlepool readying themselves for the next leg of the Tall Ships race to Fredrikstad, Norway.

There were ketches, schooners and sailing ships. Crew numbers ranging from 9 to 155 (where do they all sleep we puzzled?). Sailing vessels that traversed the centuries. Adam and Justin boarded two, luckily, they weren't press ganged. We were treated to the Indonesian ship's company playing *Jingle Bells*, big smiles from all the visitors. There were lots of exhibitions. The Armed forces brought two helicopters and as we wandered we saw dancers, musicians and on stage heard the Hartlepool Male Voice Choir. A day not to be missed. We may have to wait another seven years before these graceful vessels return to our shores.

Kirsten Luckins member of The Tees Women's Poets when headlining at Poetry Jam in June recorded individuals voices, including our very own Fergus, so these could be broadcasted as part of the event at Hartlepool.

Barbara, Waddy Member





THE DURHAM MENTAL WELLBEING ALLIANCE (DMWA)



It is now 15 months since we became part of the Durham Mental Wellbeing Alliance.

We are a collection of mental health services who provide different kinds of support to people. You are referred once into the DMWA and then you can access other services if you want to (but you don't have to)

The Alliance services are:

- WSC – Social Sessions, support and Waddy Feel Good Service
- St Margaret's Centre – Arts, Crafts, Woodwork, socialising, support
- If U Care Share – Support for people who have suicidal feelings or who are affected by the death of a loved one from suicide.
- Richmond Fellowship – Supported Housing and Floating Support
- Home Group – Supported Housing, Social Groups/Drop Ins, supporting patients being discharged from hospital.
- Mental Health Matters – Support to enter employment.
- Creative Support – Floating Support (community and home based one to one support)
- Aspire – An education and support service for women.
- Cruse Bereavement Support – Counselling for bereaved people
- Relate – Relationship Counselling
- Pact House – General short-term counselling
- Hub of Wishes – Social and educational activities
- Stamp it Out – Activities which promote mental health awareness and challenges stigma and discrimination associated with mental health problems.

We will have information about DMWA services on the notice board on the 1st floor next to our computer suite. If you want to look at services available to you, please speak to support staff (Paula, Fergus, Helen, Dave) or you can visit the website www.durhammentalwellbeingalliance.org. Staff can help you to look at the website – please just ask.

Our support worker Dave hops to visit some of the social sessions which are operated by Homegroup. Please let us know if you would also like to visit too.

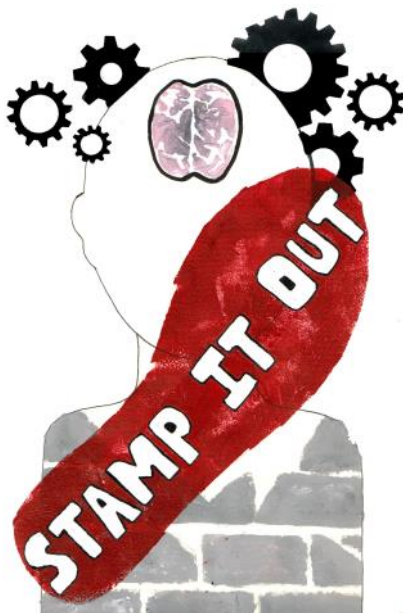
Ali Lee, Centre Manager



St. Margaret's Centre



PACT House



**Mental Health Anti-Stigma
and Discrimination Campaign**



Waddy Tombola and Bake Sale

Friday 8th September
10am - 3pm

We are collecting donations
for tombola prizes now!

Bake Sale - Cakes, Pies, Quiche,
Scones, muffins and donuts etc.

Please see support staff if you
would like to contribute.

Still Hopeful

Her smiling face fulfilling even after our farewell,
- A recent moment where I seemed to shake my tragic spell.
Yet sometimes make an error, looking back at distant days,
Ignoring what could come to be, to wonder and amaze.
Been single now for ages and my friends can't rationalise,
Don't shed the tears I used to but my anguish grows in size.
Think marriage is so very cute - a gift to man and wife,
I wish for such devotion but it still escapes my life.
And that comes with a warning too when sighing late in hour,
Could pen a book on loneliness, this solo journey sour.
And even though my solitude means I have paid the price,
I still reflect on loyalty when upbeat, dear, so nice.
I seem to think of summertime when I recall my kisses,
Revitalised with wonder on a thousand reminisces.
Felt the most amazing rush when at a mere sixteen,
Back then I met a dream divine, my heart was really keen.
But curse at times unlucky, not just once or twice alas,
There's many cold occasions now these harsh days slowly pass.
The freezing bite of discontent plus feeling pretty lost,
Or windchill in my moments after being double-crossed.
Such bitterness and sorrow now my dreams are truly shattered,
Mislaid the fond emotions and those times that really mattered.
Yet somehow, there's a part of me that won't give up the ghost,
When after all, my glory days are what I miss the most.
That beautiful attachment and uplifting feelings sweet,
Another shot at happiness is all I long to meet.
Adamant I'll find a bond I vow I won't misplace,
Still hopeful love shall blossom into deep, eternal grace.

*Christopher Short, Waddy Member
August 2023*



CELEBRATING LEARNING DAY, 21ST JULY





CONGRATULATIONS TO EVERYONE!



- ✓ Review all our practices and procedures to ensure fairness

If you would like sight of these policies which apply to all of the services provided by Waddington Street Centre please do speak to me or Steve.

“Diversity is the one true thing we all have in common..... Celebrate it every “day” - Winston Churchill

Ali Lee, Centre Manager

DISABILITY AUDIT @ WADDY

As a charity that seeks to support members with their mental health naturally we see members who struggle also with their physical health. Those issues can have at times a significant impact on a person’s mental health so making the time people spend at the centre as easy as possible is always important for us.



This tends to concentrated our minds on our building - Waddington Street Centre - and how it is, or is not, adapted to people with mobility and / or other disabilities that either prevents them fully participating or, hugely slowing them down. There are certain aids that we have in place that help people such as the external ramp, the passenger lift, the disabled toilet and hearing loop in the art room but is there more that could be reasonably done to help all the people who use the centre - Waddy members, staff, volunteers and visitors?

With this in mind I am hoping to put together a group of people that can look at this matter from their lived experience and suggest ways in which the centre’s internal and external environment can be improved or better equipped towards helping those with disability issues of any kind; vision, hearing, movement, communication etc.

P.T.O

If you would like to be part of this working group please do speak to me or any staff member. I am to arrange an initial get together by the end of September and will let you know the timing of the meeting in due course.

Steve Wakefield, Assistant Manager

LANGUAGE AND BEHAVIOUR

What I love most about the Centre is how everyone is so different. This also means that everyone has slightly different ways of being and doing things. This is why we have a Code of Conduct, a list of guidance which was created in partnership between members and staff. This helps to keep everyone safe.

Most organisations will expect people using their services to follow their guidance. A copy of the Code of Conduct will be sent to everyone with this letter. If you need support to read or understand it we are very happy to help.

I must politely ask that people are careful about the language they use. We are all adults but in Waddington Street Centre and outside in the street I would be grateful if people didn't swear. This can cause distress to other members and when it happens outside it affect how members of the public think about people with mental health issues. I don't want people to think badly of us because you all deserve more than that.

I get that if might feel like being 'told off' all we are actually doing is trying to create a safe and supportive space where everyone is comfortable. If you would like to speak to staff about this, please feel free to do so.

Ali Lee, Centre Manager



THUMBS UP AND THUMBS DOWN

Saturday Art Group - Great Company, Connor



No Summer School, Barbara



Women's Lindisfarne Trip - I enjoyed it and cafes reasonably priced, Barbara D



Poetry Jam - July/August 35 attendees, WOW Standing room only, Fergus



Wellbeing for Life Courses - Very informative and useful. Good eye opener. Leslie Ann great, Gail



Charlie and the Chocolate Factory - Really enjoyed it particularly the Grandparents in the big bed, Sara



Not enough trips, Barbara



Batman Day - really enjoyed it, Ben





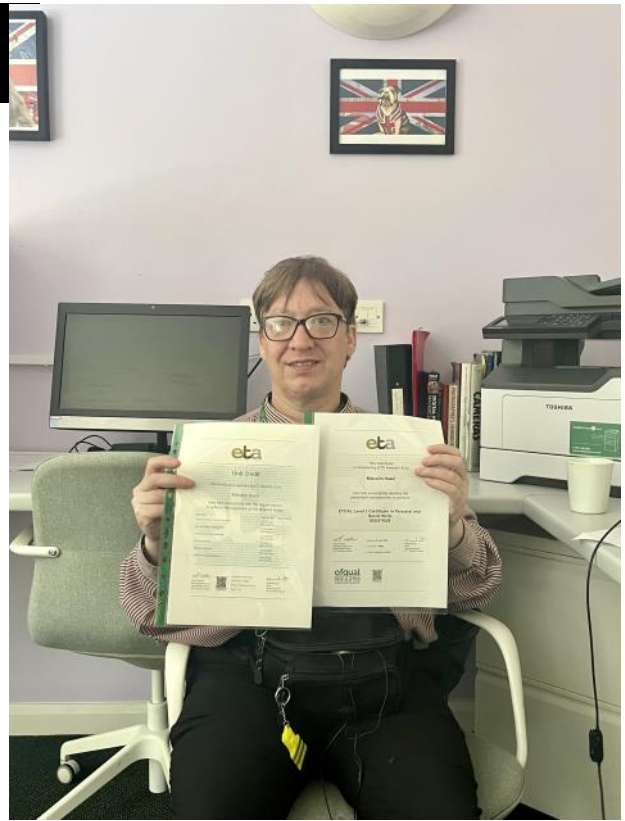
Picasso and Horse Racing by Joanne, Waddy Member



CONGRATULATIONS MALCOLM

Congratulations to Malcolm who received 2 certificates in Personal and Social Care following his 3 days training sessions with SOROS Training at Kirk Merrington in July.

Malcolm is a keen musician and this term took part in 2 part-time courses in Music Technology at East Durham College where with others in the newly formed band *The Checkers* recorded two new songs *That's Just The Way It Is* and *Imminent Danger*. His music collection includes guitars, flute, violin, ukulele and his favourite the banjolele. He has been a member of Waddington's Music Group for the past 4 years. He is also a collector of songs cataloguing over 12,900 dating from the late 1800's to 2017.



Peter Graham-Smith, Editor

WELCOME DAVE

Hi, my name is Dave and I'm the new Engagement Lead/Support Worker here at Waddington Street. For some of you my face will be familiar from my time spent with Homegroup as a support co-ordinator in the Durham area. I have already met a lot of members and attended many of the fantastic courses/events that take place here, and look forward to working alongside everyone in the future.



I'd like to take this opportunity to thank all the members and staff for the kind welcome that I have received and I already feel part of the 'Waddington Street family'.

Dave Boyd, Engagement Lead/Support Worker



BIRMINGHAM ROYAL BALLET

Sir Peter Wright's

The Sleeping Beauty

Sunderland Empire

Friday 15th March 2024, 2pm

£14.30 + £3 bus

£10 deposit on booking your place

14 Places

Please see Peter, Sam or Claire

**OUR Waddy garden of plants and flowers,
don't they just make you happy?**

"Where flowers bloom, so does hope" –

Claudia Alta 'Lady Bird' Johnson



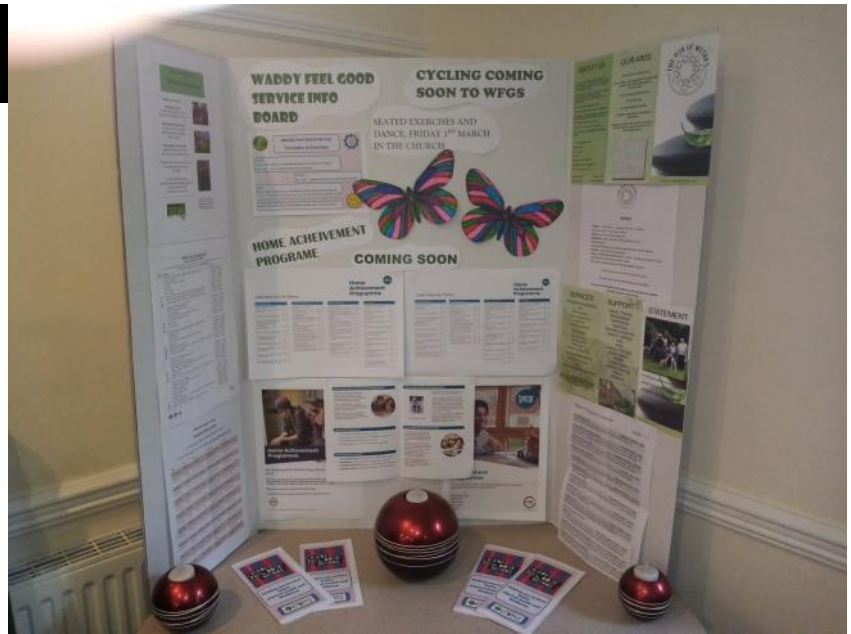
The Waddy 40th Anniversary
Tree in Wharton Park,
August 2023
*Acer platanoides 'Crimson
King' Purple Norway Maple*



Waddy Head Gardener
Mr Stephen Groves

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 masseokee, movie afternoons, support groups and focus groups just to get you started. Ladies Group and Men's cree timetables for the period 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...



September

Monday 4th - Enrolments for New College Courses begin 9.30am

Friday 8th - Tombola and Bake Sale, all day

Friday 8th - Wellbeing Sessions with Sandra start every fortnight, 1pm - 3pm

Monday 11th - Flamingo Land Trip

Monday 18th - New College Term Starts

Helen Ogilvie, Support Worker



Waddy Men's Cree WADDINGTON STREET CENTRE

Every Wednesday, 5.00pm to 7.00pm (*unless otherwise stated*)

CARE – SUBJECT TO CHANGE

DATE	PLANNED ACTIVITY
Aug 16th	IN – Terry's bingo & Play Your Cards Right
23rd	OUT – Joint session with CIS Men's Cree at Bullion Hall
30th	OUT – Seaburn seafront
Sept 6th	IN – Men's Health talk
13th	OUT – Penshaw & Herrington Park
20th	IN – Darts / Doms & next 3 month Planning Session
27th	OUT – Seaham Marina

Waddy Women's Cree

Every Monday, 3.00pm to 5.00pm (*unless otherwise stated*)

CARE – SUBJECT TO CHANGE

DATE	PLANNED ACTIVITY
Aug 14th	Felting Session
21st	Games and Bingo
28th	CLOSED - BANK HOLIDAY
Sept 4th	Cathedral Trip
11th	Creative Writing/Journaling (about cathedral)
18th	Harpely Tea Room
25th	Seated exercise and winter wellbeing prep

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 4th September.

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 or phone 0191 3860702 for more details, including minutes and future agendas of the Forum.

Keith Phillips, CWF Chair

CAN WE ASK A FAVOUR?

It's not always easy to ask for donations these days, so we've started using easyfundraising! It means you can help us raise money for our centre really easily – simply shop with any of over 7,000 online brands including Amazon, Argos, Asda, John Lewis, ASOS, Booking.com, eBay, Boden, Iceland, M&S and Tesco and when you make a purchase, the brand will send us a free donation at no extra cost you. It's as simple as that!



Please visit our new easyfundraising page at <https://www.easyfundraising.org.uk/causes/waddingtonstreetcentre> or scan the QR code below – we really appreciate your support.



Thank you!

Claire McGrother, Finance Officer

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
Dave Boyd - 07928 822 411

Other matters:

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

Waddy Feel Good Service:

Sam Mason - 07983 166 613

DID YOU KNOW?

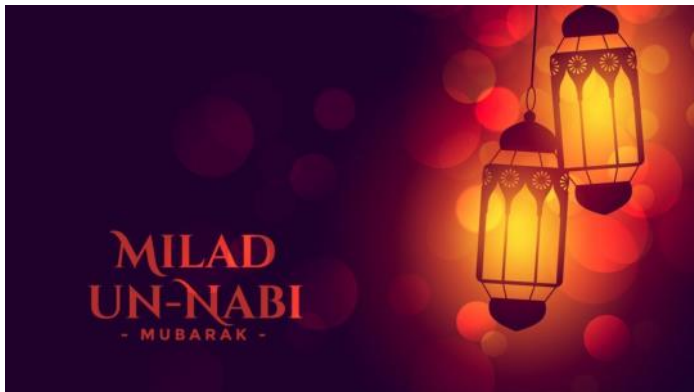
SOME OF THE RELIGIOUS FESTIVALS IN SEPTEMBER

Sunday 17th - ROSH HASHANNAH, Jewish
5783 years from the creation of the world, this festival begins ten days of self examination. The ram's horn (*shofar*) blown in the synagogue recalls Abraham's sacrifice of a ram instead of his son, Isaac. Apples dipped in honey are eaten in the hope of a 'sweet' new year. The greeting is '*Leshanah Tovah Tikatev*' (may you be inscribed for a good year)



Wednesday 27th - MILAD UN NABI [Birthday of the Prophet Muhammad], Muslim

Widely celebrated and a public holiday in many Muslim countries. Qur'anic readings and songs in praise of the Prophet feature. The exact date of the Prophet's birth is uncertain.



Friday 29th - ZHONGQIUJIE / CHUNG CH'IU [Rabbit in the Moon Festival] Chinese

This Mid-Autumn festival celebrates the moon's birthday. Offerings are made to the rabbit in the moon, who is pounding the elixir of life with a pestle. 'Spirit money' is brought along with incense and offered to the moon by women, who also make special 'moon' cakes containing ground lotus and sesame seeds or dates.

