



THE STREET

FRED'S AGM INVITATION – “WE WOULD LIKE YOU TO BECOME A WADDINGTON STREET CENTRE COMPANY MEMBER!”

At the end of November we were pleased to hold Waddington Street Centre's Annual General Meeting - AGM - at which an invitation was made by Fred Robinson, the Chair of the Board of Trustees for those who have an interest in the centre and its activities - perhaps YOU? - to become a *Company Member*. Well you may ask, what does that meanand what does it actually entail?

In legal terms Waddington Street Centre as well as being a charity registered with the Charity Commission - registration number 701514 - is also a limited company, a 'company limited by guarantee' and registered at Companies House - registration number 2330506. 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, after the AGM there are now 9 director / trustees, the most recent addition being Emma Backhouse who many of you will know is a regular volunteer at the centre helping with the Women's Group, the Waddy Book Club and is part of the SaturdaySupportTeam@Waddy.

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.

Fred and the trustee board are 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 membership which includes Waddy members, carers, local residents and professionals – in fact anyone who cares about and supports the work of Waddington Street Centre.

As a member of the company you would:

- be invited to the AGM
- 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 Fred, Steve or myself.

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 AGM which will next take place in November 2024.

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

SURVIVING CHRISTMAS

So we all know it's Christmas but for many this can be a difficult time. Remember that staff are here to support you through this time if you need it. Please find below a list with useful phone numbers you can use if you need support when the centre is closed. If you want any help and advice about tips for surviving Christmas then please speak with a support worker.



NHS: 111

Samaritans: 116 123

Durham area Crisis Team: 08000 516 171

Social Care Direct Durham: 03000 267 979

Local Police Number: 0345 60 60 365 (999 for emergency)

Gas Emergency Contact Number: 0800 111 999

Emergency Northern Power Grid: 105

Northumbrian Water Limited Tel: 0345 717 1100

Saneline Everyday 4pm to 10pm on 0300 304 7000

Durham County Council: 03000 26 0000

I have some exciting news to share with you all about some plans we have in the coming New Year.

As you will be aware we have been trying to develop helping roles in the Centre since 2019. Some of you have been actively involved and some have done what they can when they can – regardless of your contribution it has all helped the Waddington Street Community. Thank you!

We think it's important that our services are created, planned and delivered by involving our members. This is mutually helpful because we benefit from your knowledge and your support means that more can be offered to members. We hope that in return, members find it useful to develop their skills, have a greater sense of purpose and increase their confidence. All of these things are good for Mental Health.

At the Annual General Meeting (AGM) we had a guest speaker called Brett Smith from Durham University. Brett is very passionate about Co - Production and was able to share some great stories about how he has helped lots of different kinds of people who use services to have their say about what happens in the services they receive. Co-Production is about listening to lived experience voices, start to end involvement, equality of relationships and appreciating that every perspective counts.

In the New Year we will be starting work on a 5 year funding proposal which will help us work towards making everything we do Co-Produced. We have lots to learn but we are excited about the possibilities and the positive impact it will have on the Centre.

We are looking for Members who would like to be part of a group who will look at the preparation and writing of the bid. It will possibly take about 6 months to complete such a project. If you are curious and would like to know a bit more you are welcome to come and chat with Steve and I. It will be great to work on something together which will be an important part of the Centre's future.

Ali Lee, Centre Manager

HAPPINESS HUBS

Waddington Street has been awarded some funding from the Happiness Hubs Fund through the Primary Care Partnership to run some activities either in the Centre or out and about in the area promoting people's health and wellbeing.



Once Christmas is over I will be asking people for ideas on activities that people may wish to take place in the Centre, if there is an event coming up that they would wish to attend or, a place locally that you have always wanted to visit. Some of the activities outside of the Centre could be subsidised. Unfortunately there is not enough funding for a subsidised trip to Disney Land! but, all reasonable suggestions will be considered.

Activities that could take place in the Centre could be like the current Massaoke sessions, bigger quiz events, crafts sessions, tournaments etc.

So be on the look out for the flip chart in the lounge from January to put down your suggestions or flag me down if you see me rushing through the lounge to suggest something or to simply check for more information about the Waddy Happiness Hub.

I look forward to hearing from you.

Peter Graham-Smith, Admin



WADDINGTON STREET
CENTRE

www.whatsgoingon.org.uk

***** THIS LINK ABOVE IS WORTH TAKING A LOOK AT *****

Basically, it is a set of five films exploring the experiences of psychosis, one of which relates to the experience of our very own Waddy member Stephen Groves.

The films are entitled 'The Directors' and are a collaboration between artist Marcus Coates who appears in each film and five individuals with lived experience of psychosis – Stephen being one of the 'directors'. Positioned behind the camera each of them directs Marcus in a filmed restaging of particular episodes from their lives.

Stephen was recently in London for the launch of five films through the *Artangel* collection and provides his thoughts below of the whole experience:

“As some of you will know I was asked to help direct a film on Psychosis something I have lived experience of. From that first meeting with artist Marcus Coates, whose art is about understanding I was interested in being a part of a creative, visual project as I believe it would create better understanding. Going down to Hackney in London to make the film was an experience I will never forget and returning to London a few months later for the exhibition and meeting the other directors and seeing their films for the first time was great. Sitting in the room where my film was being played on a loop without anyone else in the room knowing the film was about me was the icing on the cake. The films have received a lot of interest as an educational resource with interest as far a field as Australia and New Zealand.”

Stephen Groves, Waddy Member

Waddington Street Centre has registered with 'What is going on' and below is a link and a password that can be used which should allow access to the five films.

<https://vimeo.com/showcase/9867658>

Password: D1rect0rs

CARE: Just a word of warning, the films can be intense; if you plan on watching more than one it is suggested that you take breaks between films.

This project has been significant for Stephen for which he is rightly proud and, for the Centre as Stephen has been a Waddy Member and Helper for a good number of years.

From us all - Well done Stephen.

Should you wish to discuss the project further Stephen or any staff member will be pleased to take time to do so.

Steve Wakefield, Assistant Manager



The
Directors:
Stephen

.....OUR STEPHEN!

WORLD MENTAL HEALTH WEEK – 11TH OCTOBER '23

Think Positive's open afternoon

Seven of us took a drive over to Stanley and met up with the staff and volunteers at Think Positive.

After a cup of coffee and a biscuit or two or three... we had a show around and asked some questions about their service. They offer counselling and therapeutic sessions, courses such as photography, afternoon teas and other support services for coping strategies within mental health.

It's always good to get out and about to find out more about our partners within the Alliance and we came away with some tombola prizes for good measure!



Mindful Walk, Flass Vale

Several of us took a gentle stroll up Flass Vale where we identified some plants and trees such as the Cranberry bush and the Crab Apple tree using the app 'Picture This'. When we reached the orchard, Sam led us in some mindful breathing techniques where we relaxed and embraced the silence

around us interrupted only by the sounds of birds and nature. On the way back, we identified some mushrooms and saw a grey squirrel scurrying around in the treetops. What a lovely walk!

The Schizophonics

Alex Birch and fellow musician Dave Blackburn aka The Schizophonics had a successful day promoting and selling their new album JIGZLE in Waddington St Centre lounge. The cd has a prog rock influence and features songs with lyrics relating to their own experiences and mental health.



Alex was also selling a selection of artwork and between them on the day donated £50 to Waddington Street. A very big **WADDY THANK YOU** to you both!

You can still buy the cd (£10) and prints (£15).

Dave Boyd, Engagement Lead



Hi I'm Caroline. I am the new Hospital Discharge Support Worker at Waddy. I will be working to support people as they leave Lanchester Road hospital to become involved in the wonderful services Waddington Street has to offer and to support them in being part of the community, so that they can build their own support networks and thrive from social interaction. I feel Waddy is the perfect place for that. Some of you may know me already from the Unusual

Experiences Group that runs at the Centre every week and I have already met many new faces. Everyone is making me feel so welcome, staff and members alike.

So, a little bit about me... I'm mam to three boys, who keep me on my toes! I enjoy spending time with them and going on little adventures. I live in the countryside and love to go for long walks in the fresh air. I'm also a keen swimmer and I enjoy yoga, despite falling over a lot! I also love reading. A bookshop with a coffee is my happy place. I'm looking forward to getting to know you all and working here.

Caroline Nixon, Hospital Discharge Support Worker

The need for speed - now and beyond - and into outer space

When about to join a highway as a passenger in my brother's car and after visiting my friend in her home seeing ahead streams of various vehicles the thought came that it was typical of the 'mad race into the future' of these days and 'we can't wait to get there'

Justification for this is that we are getting used becoming more accustomed to greater and greater speeds as we go into space more and more.

Think about it - look how many thousands of jet pilots there are now - now many millions travel rapidly to holiday venues and business places.

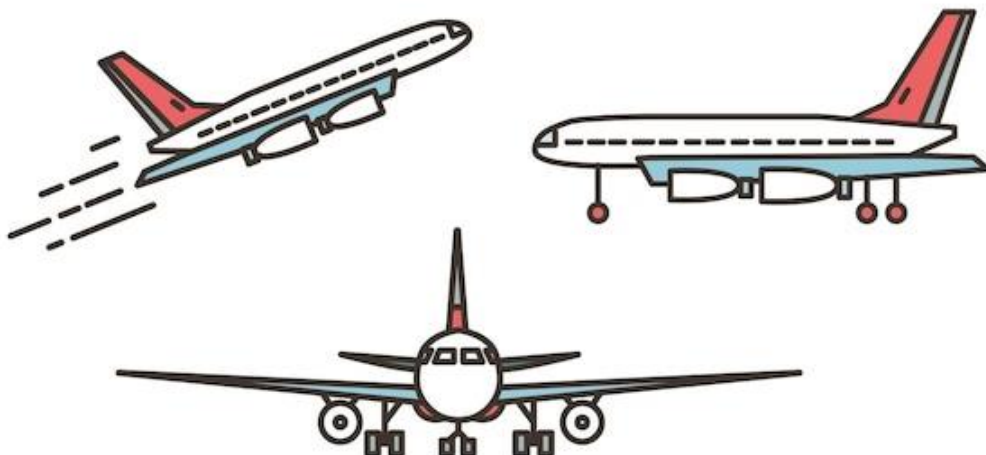
In the world - how track athletes are about - 'how fast you can go' - there are comments on explosive starts - runners - 'sprinters exploding out of the blocks'

In football also the top teams have the quickest forwards who hit the goals we are even expected to think and respond more quickly and within us - to think about

and electric charge of current passing throughout

Our nervous system no seconds to spare

Bob Kelly, Waddy Member





Festive Season Centre Opening Times

Monday 25th December Christmas Day **Closed**

Tuesday 26th December Boxing Day **Closed**

Wednesday 27th December Open as Normal

Thursday 28th December Open as Normal

Friday 29th December Open as Normal

Saturday 30th December **Closed**

Monday 1st January New Year's Day **Closed**

The Centre will be open as normal from Tuesday 2nd January when New College enrolment will take place

All Waddy Feel Good Service activities will be off over the festive session from **Wednesday 20th December** and will resume on **Thursday 4th January**

Hope you have a great festive season

**No gifts please,
irrespective of Christmas
and the season of
goodwill, it's our job to
help**

As staff, volunteer and tutors - *the Waddy Team* - at Waddington Street I know that we always do our best to help and support the people who use the service that we provide in any way we can. If the standards that we set ourselves do not come up to scratch I hope that you would say something to either Manager Ali Lee or myself or any member of staff if you feel more comfortable.

I know that many of you appreciate the help and support that you receive from *the Waddy Team* because you tell us so and it is nice to receive compliments or thank you cards when you think they have been earned. However I would ask that you go no further in showing your appreciation, we do have a policy in place that prevents us from accepting any gifts. We would not want to offend you by not doing so because we know that it may upset you.

What does please us more than any gift would is that you keep on participating in the many learning activities that we provide at the Centre and more importantly keep on enjoying the Waddy experience.

Thanks.

Ali Lee, Centre Manager



A New Waddy Role

A new role is being developed at the Centre thanks to a bright idea from 2 of our members, Chris Short and David Sewell.

Their suggestion was that each day 1 or 2 Waddy Members would wear a badge to identify them as someone who is “**happy to talk**” or “**happy to help**”.

“The idea is that the badges will be encouraging, helping a person to feel at ease with the Waddy environment and interacting with new friends, and all the place has to offer” (Chris)

“As part of the welcome for new people, a badge may make someone feel more able to approach someone as it is quite daunting when you come for the first time” (David)

To take this idea forward we are developing a new helper role, ‘Waddy Welcomers’. As we are seeing quite a number of new people coming to Waddy, and others returning after time away, we want to enhance the welcome to the centre’s social space. Or maybe you are familiar with Waddy but aren’t having a great day and would just appreciate the company of another member for a chat.

The role would include:

- ✓ meeting people coming into the centre,
- ✓ being willing to take the time to sit with a new member,
- ✓ help people become familiar with the space and activities on offer
- ✓ encourage them to feel a part of the community,
- ✓ being aware of when someone may need a bit of company.

Do you have the desire and skills to be a Waddy Welcomer, are you willing to do the training? Please speak with Helen or Dave if you have any questions. Waddy Welcomers will receive support as a part of the Waddy Helpers Programme.

Helen Ogilvie, Support Worker

GALLERY



Walking Group's visit to Simonside near Rothbury, Northumberland



Men's Cree at Fenwicks window



Such Gratitude

This Waddington Street wonder, built in 1872,
Brings pride and perseverance, evident in all of you.
United, this Reformed Church, where great kindness is displayed,
These honest words are overdue, a gift for progress made.
Reflection on my time here still amazes me today,
- Profoundly therapeutic as it helped me find my way.
Literally a godsend when I found a testing time,
Still glad to hear you're doing well, forever in your prime.
A backdrop so inspiring, and a very special place,
Providing rich enchantment in a wonderful embrace.
Coming out of lockdown where we learnt to tow the line,
A perspex screen between us, but each visit was quite fine.
There sat with good friend David, seeking let-up and delights,
Those moments formed were quite surreal, yet glory reached such heights.
I'd also hail your newsletter, so crammed with information,
- The goings-on and stories of a busy congregation.
Friendly plus uplifting, everybody really cares,
Your faith is in abundance throughout holy hymns and prayers.
No wonder all are overwhelmed and often yearn to meet,
Your lovely place of worship, not forgetting cosy heat.
A hive of bold activity as busy as sincere,
Then next door's drop-in centre which was proudly founded here.
Your mountain of amenities, achieving many goals,
Like space for Durham Foodbank, bringing aid to needy souls.
Both Woodcraft and Harmonics also keep this place alive,
Fulfilment is a sweet reward and may it always thrive.
All down to the devoted, vowing never to abate,
Such gratitude reigns vivid for parishioners so great.

Inspired By The United Reformed Church,
With Love And Best Wishes From Waddington Street Centre,

By Christopher Short.
December 2023

A poem written and performed by Waddy Poet Chris Short at the Waddington Street United Reformed Church Community Christmas Celebration on 8th December 2023

THANKS DAVID

A big thank you to David Sewell for his lovely sign donated to Waddington Street.

Pyrography is the art or technique of decorating wood by burning a design on the surface and takes a lot of patience and skill.



It has now been liberated from Steve's office and is proudly displayed in the entrance porch as you come in through number 3.

Thank you

David Boyd, Engagement Lead



DURHAM LUMIERE

Well it was that time again that my feet complain about every time, Durham Lumiere had arrived. But this time I was not alone and we even had tickets. This group of intrepid explorers set off from the Centre to explore the wonders of the event that happens once every two years.



Enjoying the start of our adventure



A Durham Market Place rare tiger sighting

along by the racecourse and then on up to St Oswald's Church and St Mary's College - PHEW!. My feet had given up trying to complain by this point but were happy that we were making our way back to North Road and the bus home and finally being able to sit down!

We made our way around the different installations from the riverside to the Market Place, up to Palace Green and through the Cathedral, back to the riverside again via Prebends Bridge, then on to Crook Hall Gardens (feet complaining at full volume by this point) up to the Gala Theatre and then, gluttons for punishment (feet crying out NO MORE) continued on over to Elvet and the riverside

Peter Graham-Smith, Admin (whose feet have disowned him)

For more images from the event please turn over



Above: Cathedral Cloisters, my first selfie

Below: Close encounter with another planet



Above: I can see a rainbow

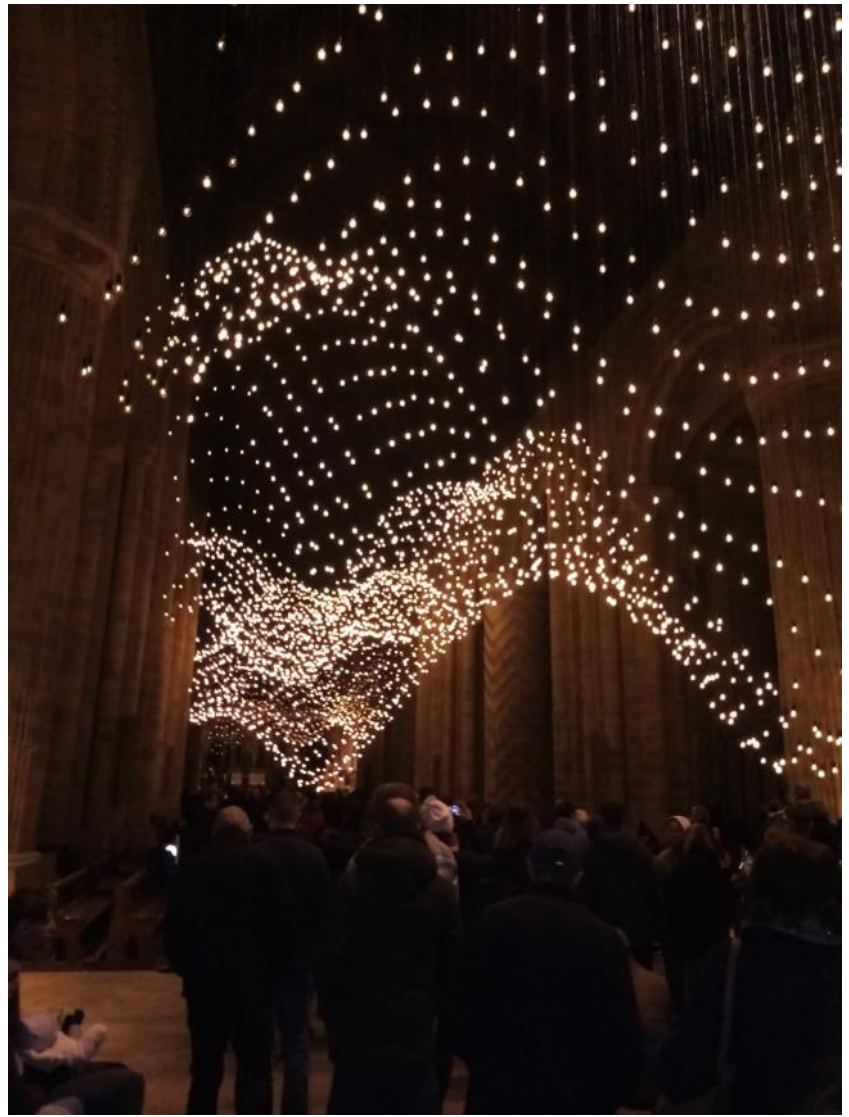
Below: Are you looking at me



Left: I know I left you a message I just have to find it.



Above: Cloisters perch



Above: Inside the Cathedral's beating heart

Below: Shapes invade the Cathedral walls



Above: River reflections



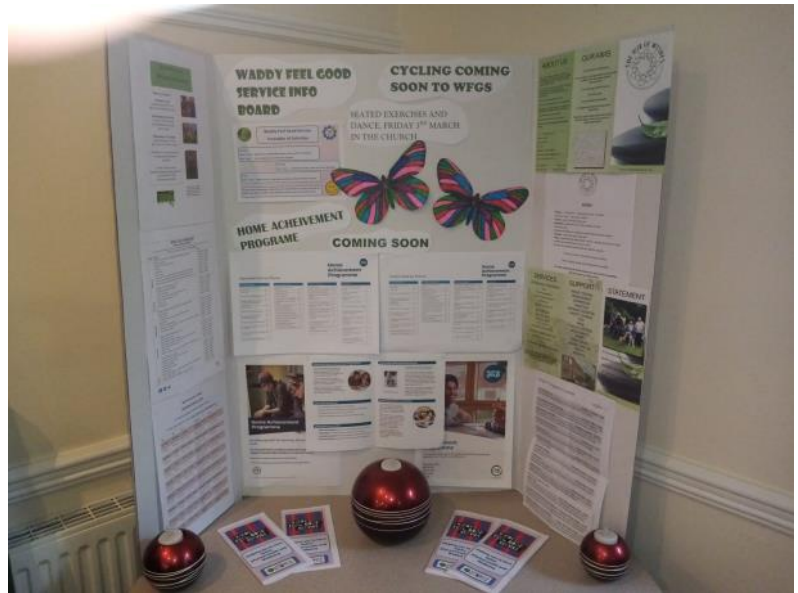
Left: Rams at Crook Hall.



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 massaoke, 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 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...



December

Tuesday 12th December - Festive Cookery Session 11am - 1pm

Wednesday 13th December - Fenwick Window and Christmas Market Trip 10am - 3pm

Thursday 14th December - Christmas Meal @ Kingslodge 12.30pm

Monday 18th December - Christmas Party @ Bede Lodge 1pm - 4pm

Tuesday 19th December - Christmas Movie Afternoon 1pm - 3.30pm

Wednesday 20th December -
Christmas Movie Afternoon
1pm - 3.30pm

Thursday 21st December -
Xmas Massaoke 1pm - 3.30pm

Friday 22nd December - Mega
Xmas Quiz - 1pm 3.30pm

Helen Ogilvie, Support Worker



WE HAVE A NEW WADDY VOLUNTEER AND I THINK SOME OF YOU MAY KNOW HER – ERICA JONES

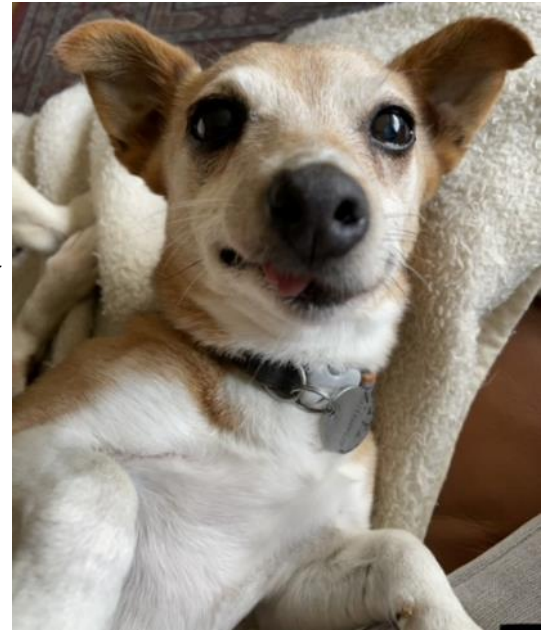
I am pleased to let you know that Erica Jones, a former trustee and volunteer, will be returning to the centre in January again as a volunteer. Erica will be bringing with her on her visits to the centre her Jack Russell 'Honey' who is a pet therapy dog.

Erica tells me of Honey's work in a care home and in a mental health setting "Honey has gone down very well at the care home and on the ward, she always brings a smile to even very depressed people. She enjoys sitting on laps and being stroked, brushed and fed dog treats."

We will enjoy having Honey - and Erica - here at Waddy!

So, if you are interested in meeting up with them they will be around in the lounge area at the following times during January and February:

Mon 8th Jan 11-12
Tue 16th Jan 12-1
Wed 24th Jan 1-2
Thurs 1st Feb 11-12
Mon 5th Feb 12-1
Tue 13th Feb 1-2
Wed 21st Feb 11-12
Thurs 29th Feb 11-12



"Dogs are not our whole lives, but they make our lives whole"

Unknown

Steve Wakefield, Assistant Manager

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 3 years.

The Countywide Forum's meetings take place the first Monday of the month at 1.30pm - 3.30pm. The next meeting is on Monday 8th January 2024.

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

Hello, yes it's that time of the year again most of us look forward to Christmas but not all it can be a lonely and sad time a lot more people found this out during the Covid period I have found a way of coping and that is putting up the decorations and decorating my own baubles, give it a go. It's easy and fun. Then over Christmas look at the beauty you have achieved. Merry Christmas.



*Diane, Countywide
Forum Member*

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:

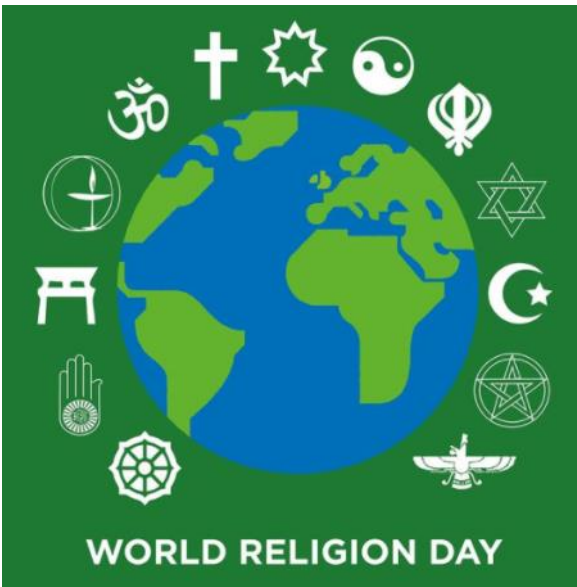
Sam Mason - 07983 166 613

DID YOU KNOW?

SOME OF THE RELIGIOUS FESTIVALS IN JANUARY 2024

Saturday 13th – Maghi

This Hindu festival of Makar Sankranti is celebrated after the mid-winter celebration of Lohri, where bonfires are lit in Northern India. The following morning Hindus enjoy this festival which involves ritual baths in rivers and ponds.



Sunday 21st – World Religion Day

First observed in 1950, this Bahá'í faith day is inspired by their idea of the oneness and evolution of religion. The purpose of this day is to highlight their principles and the role that all world religions play in uniting all humans.

Wednesday 24th – Tu Bishvat

This Jewish holiday is celebrated as an ancient Earth Day, where trees are planted annually.



Tu Bishvat