



# THE STREET



## DIGITAL CHAMPION

I have some sad news to share with you all. Sandie Greenwood, Digital Champion will be leaving her role at the end of March. The post was intended to be time limited and sadly funding has now run out. It has been great to have Sandie with us and she has worked really hard to support people with their internet and general I.T skills. I'm sure you'll want give Sandie your best wishes and support. She has mentioned that she'd like to continue with volunteering if she has time. We will of course embrace her kind offer with open arms.



It is always sad to see a member of our community move on but it is exciting that the person gets to do new things and support other people. Let's all say a huge thank you to Sandie for her kindness and support over her time with us. She'll be missed but we wish her well with her new endeavours.

*Ali Lee, Centre Manager*

# ENSURING A WARM WELCOME AT WADDY!

As well as the courses, activities, trips and services available at Waddy, we recognise the value of the social community space we have to offer. Usually it is the first encounter new members and visitors have when coming to Waddy, so it is important we offer a welcoming, supportive and safe space. We also know the value of this community space for all our members, when they are well and unwell, so it is essential we adhere to the Code of Conduct agreed by Waddy Members.

To keep everyone safe and happy in our community space we ask you to:

- Respect the opinions of others (unless those views, words or actions discriminate or disempower others)
- Respect confidentiality and do not share private conversations or incidents among members
- Use appropriate language. Swearing and discriminatory language is not acceptable
- Do not use physically or verbally aggression towards anyone
- Do not touch/hug/grab people without their permission
- Ask staff, and not other centre members, if you need help with money

For many people social spaces can be a daunting and uncomfortable. This is even more so when our mood is low, our anxiety is high, and feeling overwhelmed is always just a breath away. Providing a space where everyone can socialise, feel safe, face fears and build positive relationships is an important aspect of the work at Waddy.

**Open 6 days a week we aim to be a welcoming, inclusive, friendly and supportive space.**

Aware that this is what we want for ourselves as individuals, we understand the importance of offering this to each other as a community. As a group of diverse people, being a member of a community can be challenging but can also bring so many valuable benefits, new experiences, friendships and growth opportunities. Please remember that everyone here has difficult times and will need kindness and understanding. If you have problems or concerns please ask to speak to a member of staff.

Thank you.

*Helen Ogilvie, Support Worker*

## SENSORY ROOM USAGE

The sensory room was intended as a space that members could use to relax in. We know that on stressful days having a quieter space can be very positive. Could I respectfully ask that we use this space respectfully though?

This space is for everyone. If you are having a private call or a sleep on the couch please just consider whether you are stopping others from using the space.

I am also aware that some members meet other mental health professionals here sometimes. If you need to book a space please do this with Peter. We have many people who book and use rooms with us – we need to make sure there aren't any clashes. Please do not just assume you can use a room without first checking.

*Ali Lee, Centre Manager*

## FREE DRINKS

From the 1st April there will no longer be free hot drinks, soups and Pot Noodles. We introduced this support over the colder winter months but as we move into Spring, hot drinks will return to 50p. If anyone is struggling to pay for drinks then please catch a member of support staff, we are always happy to help if we can.

Our tuck shop will continue we will place a monthly order which will be delivered to the centre. We'll keep an eye on stock to see what we need more and less of. Whilst we'll try to make sure that we stock things our members like please be aware that at times this may not always be possible.

If you have any issues with any aspect of the café and its running, please speak with Steve or I rather than support staff or Waddy Helpers. We are interested to hear from members and we are interested to hear from members about whether they would be interested in us returning to selling pies and quiches again? Sadly, we are still some way off providing a full café service.

*Ali Lee, Centre Manager*

# HELLO FOLKS!

Most of you know me here at Waddy now and would have described me as 'Sam who does Housing'

Well, I am no longer that Sam who does housing.

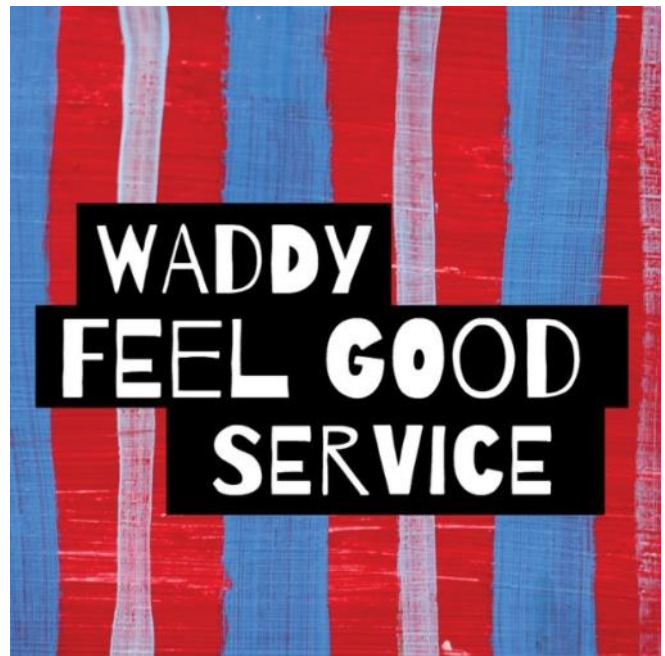
All of our supported housing is closed now and I am officially in my new job role as 'Waddy Feel Good Service Coordinator'.

Part of this will involve me coordinating the centres existing physical activities, our volunteers and helpers of these groups and also looking for other activities to bring in or take us out to take part. So, if you have any ideas of things that you would like to see happening here, I have a very short easy questionnaire (only 2 questions) that you could fill out. Thanks to everyone that has already done one of these. The information was very helpful and I am working on these suggestions already.

Coming in March, we already have **NE Dance** coming in to do some dance/movement to music for all abilities (even those seated). We have a new **cycling session** that should be starting around March time and we hope to start a short easier walking group soon too. For **international happiness day on Monday 20th March** Simon Woods will be back for another wonderful **drumming session** and if you haven't tried this yet I highly recommend it.

I will also be working with Home Group to deliver their **Home Achievement Programme** within the Centre which looks really helpful to build up daily living skills, confidence and improve your mental and physical health and wellbeing.

Details of sessions coming up are on my new notice board in the corner of the dining area. Lots going on and hopefully lots more to come!



*Sam Mason, WFGS Coordinator*

# HELLO EVERYONE!

My name is Reece, and I am a final year Sport and Exercise Sciences undergraduate student at Durham University. Some of you may recognise me from the physical wellbeing activities that Waddington Street Centre currently offer.

However, for those who I have not yet had the chance to meet, I thought it would be a good time to introduce myself to you all. I am midway through completing a short term placement with Waddington Street Centre, which will partially contribute towards my studies for the 2022/23 academic year.



With the aim of developing the 'Waddy Feel Good Service' in mind, my mission is to gain a better understanding of how you as Waddy Members would like to engage with physical activity, and what I can do to help you achieve this goal. This would not be possible without the help of Steve and Sam, who I would like to thank for their ongoing support as well as providing me with multiple opportunities to make the most out of the short time I have at the Centre.

My time at Waddington Street has been thoroughly enjoyable so far! It has been a pleasure to meet so many wonderful people; thank you for welcoming me into this great community. I will look forward to continue working with you all during the final few weeks of my placement!

*Reece, Durham University Placement Student*

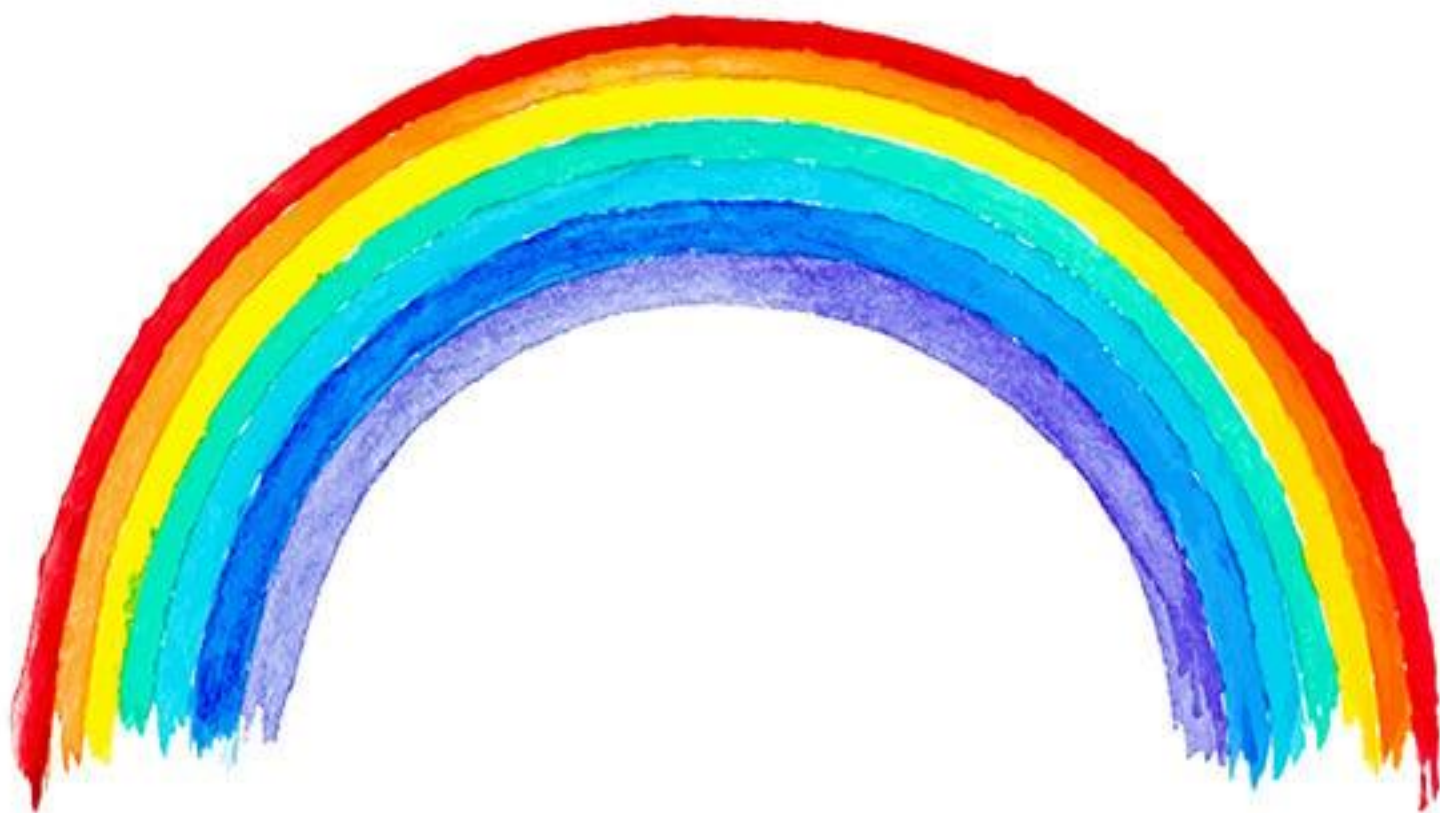
## SUPPORTING LGBTQ+ AT WADDY

We are keen to hear from people about how we can support people from the LGBTQ+ community. We've had one meeting already which was very well attended. It was great to hear from members that they would like this support and we look forward to creating a steering group (a group that makes things happen) to develop our ideas further.

There is currently a signing up sheet on the notice board, if you'd like to get involved in future meetings please use this to tell us when you are free to meet. As it will be impossible to suit everyone we'll go with the most popular time and date. Please don't be offended if this doesn't suit you. There will be other meetings.

Hope to see you at the next meeting

*Ali Lee, Centre Manager*



# HELP – CALLING ALL WADDY MEMBERS .....WHO MAY WANT TO LOOK TO BEING A WADDY HELPER?

The centre is putting an early year call out to Waddy Members – have you ever thought of **HELPING** within the centre for a few hours .....in addition to the time you spend already being with others?

At present we have 13 excellent Waddy **HELPERS** and as the centre looks to expand the range of activities for members we are looking for **new** people to **HELP** in a number of possible areas these being – as a:

Waddy ‘buddy’ **HELPER** to new members

An Eco **HELPER** around recycling and local litter picking

Saturday social support **HELPER**

Open mic session **HELPER**

Street Rambler / seated exercise **HELPER**

Exercise bike buddy **HELPER**

Blogs / podcast **HELPER**

Waddy Feel Good Service activity **HELPER**

Table tennis **HELPER**

Waddy Trip Out **HELPER**

Of course, there will be other areas in which you have a specific skills or talent. If so, and you want to **HELP**, we would be pleased to hear from you.

Support to Waddy **HELPERS** is provided by Helen O and myself and **HELPERS** have support sessions either through Waddy **HELPER** group meetings or one to one every quarter.

**HELPING** others more through **YOUR HELP** is what we are focussing towards in 2023. Thank you.



*Steve Wakefield, Assistant Manager*

# BEING A WADDY HELPER

Living with mental ill health, you can come on down to Waddington Street. At Waddy you can see one of the Support Workers for a listening ear. I do enjoy arts and crafts, and I use the computers. Going to the ladies group calms me down, and I don't get depressed or lonely. Making friends with a lot of new people, makes me feel happy and kind. Going to meetings, for Waddy Helpers and County Wide Forum. Everyday trying to do more things for myself Now I can cope better at home when I'm alone. New hobbies, I now own a sketch book and pencils. I love computers now, and not scared any more that I will break it. Helping out in the church, next door at the food bank. I like being useful and helpful and chatting to lots of people.

*Carolyn Gray, Waddy Member*





## HI EVERYONE

Hi, I'm Emma and I'm a volunteer at Waddy. I've been volunteering at the centre since last summer- you might have seen me on Saturdays or at women's group on Monday evenings.

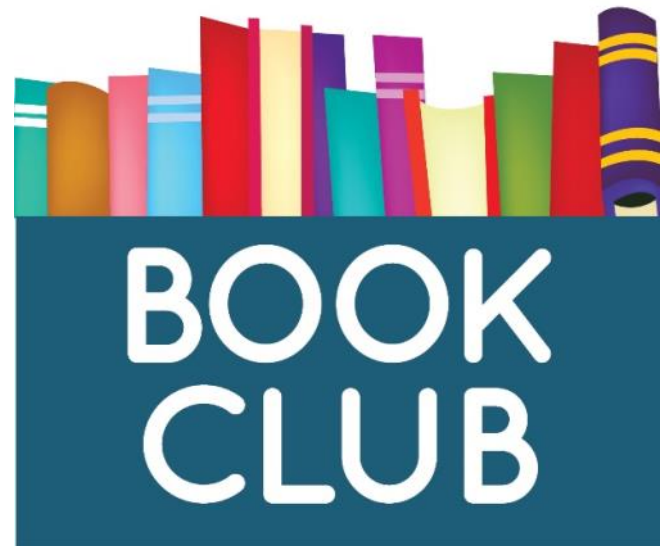
Like lots of people at the centre, I love animals and I spend a lot of time with my dog, Millie. I am also trying to learn how to use my slow cooker and get better at Rummikub!

*Emma, Waddy Volunteer*



## NEW BOOK CLUB

I am pleased to say that as well as Emma helping the centre out in volunteering with the Monday Women's Cree Group and on a Saturday she is to start up a



**Waddy Book Club on a  
Monday between 2.00pm and 3.00pm.  
The weekly group will start on Monday 6<sup>th</sup> March.**

If you are interested please speak to a member of staff or, simply turn up to the club on the 6<sup>th</sup> March.

*Steve Wakefield, Assistant Manager*

# TOP 20 ENERGY SAVING TIPS

Save money on your energy bills by simply adopting some of the tips in this leaflet. It could also help you to have a warmer home and reduce your carbon emissions.



**Warm Homes**



# Here are some tips and advice to help you save energy and reduce your electricity, gas and water bills...

## Tip 1 – Monitor your energy usage

Keeping a watchful eye on your consumption can help you decide when you need to change the way you use energy.

## Tip 2 – Smart meters

Can help track your consumption with real time information.

## Tip 3 – Free and impartial advice

The council's Managing Money Better Service provides advice on your energy bills, fuel debts and Warm Homes Discount applications.

## Tip 4 – Heating thermostat

Almost half of your energy bill comes from heating and hot water usage. Turning your heating down by one degree could save up to £55\* a year.

## Tip 5 – TV, computers, mobile phones etc

Avoid leaving these on standby and don't leave them to charge unnecessarily. This could save £35\* a year.

## Tip 6 – Lights

Always turn off lights when not required. Open your curtains or blinds as wide as possible during the day to let as much daylight in as possible.



## Tip 7 – Curtains

Close curtains at dusk to stop heat leaking through windows and tuck curtains behind radiators.

## Tip 8 – Washing machines

Fill the washing machine, tumble drier or dishwasher as one full load uses less energy than two half loads and...

## Tip 9 – Wash clothes at a lower temperature

## Tip 10 – Kettles

Only heat the amount of water you really need.

## Tip 11 – Hot water

Needs to be hot but never scalding. For most people the cylinder thermostat set at 60°C is fine for bathing and washing.

## Tip 12 – Be smarter about water

Installing a more efficient shower head can save you as much as £18\* per person a year on energy bills.

## Tip 13 – Appliances

When buying a new appliance, if you can afford it, choose an appliance with a high energy-efficiency rating.

### Tip 14 – Roof Insulation

Insulating your loft can stop heat escaping from your home and could save around £150\* a year off your energy bills. Grants are available.

### Tip 15 – Cavity Wall Insulation

About a third of all the heat lost in an uninsulated home escapes through the cavity walls. Insulating walls could save around £140\* a year on your energy bills. If you have any damp problems this must be resolved before insulation is installed. Grants are available for cavity wall insulation.

### Tip 16 – Solid Wall Insulation

Houses over 100 years old usually have solid brick or stone walls. These properties can only be insulated by attaching insulation boards or sheets to the inside walls or to the external side of the wall. Grants are available.

### Tip 17 – Draught-proofing

A cold draught can cause your home to lose heat. Draught excluders or draught-proofing kits are a good way to prevent this. Seal cracks in floors and skirting boards and your letterbox.

Remember ventilation is also important, especially if you have open fires, gas fires or a boiler with a flue.

### Tip 18 – Install a new gas boiler

Upgrading to a new A-rated condensing boiler with a programmer, room thermostat and thermostatic radiator controls could save around £300\* a year. Grants are available.

### Tip 19 – Install a new Air Source Heat Pump (ASHP)

ASHPs extract warmth from the air, even when it is very cold outside and uses this warmth to heat your home and provide you with hot water. An ASHP can be a very efficient form of heating saving up to 40%\* on energy bills as compared to heating your home with oil or electricity. Grants are available.

### Tip 20 – Double glazing helps insulate your home from the cold and helps reduce your heating bills

You could save as much as £110\* a year by installing A-rated double glazing. If you don't have double glazing, you can use a plastic lining for your windows to save energy and keep more heat in.

### IMPORTANT Carbon Monoxide Poisoning

You can't see it, taste it or smell it, but Carbon Monoxide can kill. According to the NHS every year there are around 60 deaths from accidental carbon monoxide poisoning in England and about 200 people are left seriously ill. Learn how to keep you and your family safe from carbon monoxide poisoning by contacting [warmhomes@durham.gov.uk](mailto:warmhomes@durham.gov.uk) and ask for a copy of the Carbon Monoxide Safety leaflet.



The table below shows how much an average household could save on their energy bills

Energy Saving Tips	Savings per year (*)
Turn room heating thermostat down 1 degree	£55
Switch electrical appliances off standby	£35
Replace light bulbs with LED bulbs	£30
Draught proof doors and windows	£25
Spend one less minute in your daily shower	£17
Turn off unused room lights	£11
Do one less wash per week	£8
Only fill kettle with the water you need	£6



Warm Homes

## How to contact us


For more information on Managing Money Better Service, energy efficiency grants, carbon monoxide or just general energy saving advice, contact the council's Warm Homes Campaign

on [warmhomes@durham.gov.uk](mailto:warmhomes@durham.gov.uk),

visit web page <https://www.durham.gov.uk/article/2876>

or phone 03000 260 000.

Please contact us if you require free copies of this leaflet.

Working in partnership with  Northern Gas Networks

\* Figures from Energy Savings Trust (2020)

Terms and conditions and a qualifying criteria apply to all energy efficiency grant schemes

# THE GREEN SHOOTS OF SPRING AND ITS FLOWERS ARE NOW STARTING TO APPEAR

It's that gloomy time of the year that you start to long for the lighter nights and slightly warmer days. Its always far too slow to come – but always happens. And what better way of noticing these gradual improvements but by looking around us, often in usually green spaces and gardens at what is literally 'springing up' between the autumn leaves that haven't yet been blown away by the chilly winter winds. It's the delicate Snowdrops and a new favourite of mine, the yellow winter Aconites that have the Latin name *Eranthis hyemalis*.



The snowdrops are probably well known to us all but the aconites are a what could be described as a woodland plant often seen in forested areas and more locally in church graveyards. If you would like to see some before they start to disappear during spring I would strongly recommend the short walk up to St Cuthbert's graveyard off North Road towards County Hall where they add a vibrant splash of colour in an already calm environment. That can cheer up most people.

Enjoy being out and about in this wonderful early season of the year – **IT'S SPRINGTIME!**

Steve Wakefield, Assistant Manager

## USE THEM OR LOSE THEM

Just a gentle reminder that if you sign up to New College Courses you are expected to attend on a regular basis. We absolutely appreciate that illness and appointments will get in the way sometimes. If people are not attending courses once they've enrolled this can put future courses at risk of not running. It also stops other people from attending, which isn't fair to them.

People who regularly do not attend may risk losing their places on future courses. If you would like to speak to a member a staff about this issue, we'd be happy to hear from you.

Many thanks,

*Ali Lee, Centre Manager*



## CRAZY CREATURES VISIT

Crazy Creatures paid the Centre a visit again. Thankfully I had the day off as you wouldn't see me for dust with that creature about. There were other creatures about that are more cuddly and everyone had a great time but I just hope the spider was put back in it's box and has left the premises!

*Peter Graham-Smith, Admin*



# Depression

**D**own in the dumps

**E**xhausted

**P**atience strained

**R**aining down

**E**nergy drained

**S**adness

**S**cared

**I** feel lost

**O**n my own

**N**ot happy

*Poem written by*

*Carolyn Gray.*

*Art created by*

*Carolyn Gray online.*





# Anxiety

**A**nguish

**N**ot relaxed

**X**mas loneliness

**I** worry too much

**E**asily upset

**T**iredness

**Y**outh just a memory

*Poem written by*

*Carolyn Gray.*

*Art created by*

*Carolyn Gray online.*

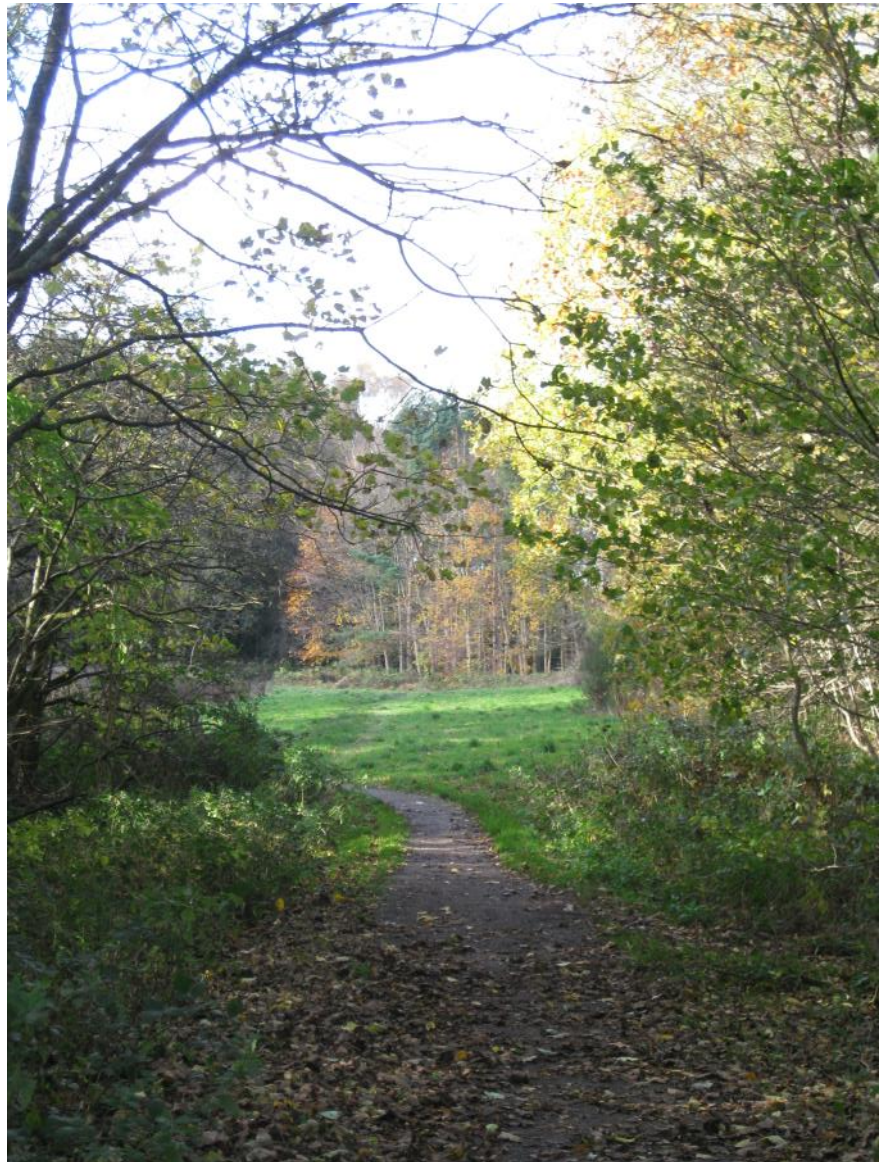


# GALLERY

## Winter days out and about

Malton Picnic Site with the  
Walking Group

*Photos by Justin Ashurst*





Above: Walking Group at  
Sunderland Bridge

*Photo by Ben Hirst*

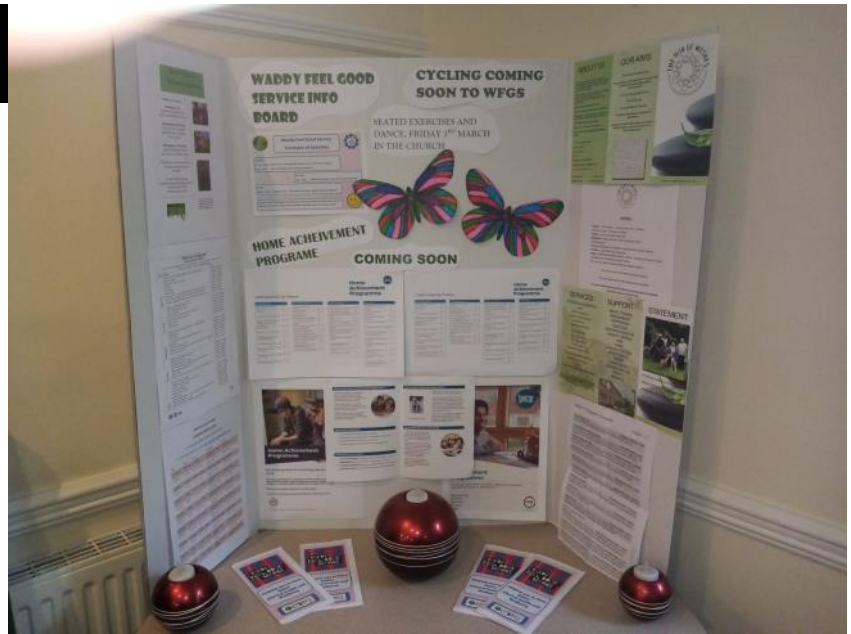


The Church has engaged  
steeplejacks to check on the  
condition of....the steeple!  
This guy was only up there for  
5 mins, in the bitter cold.

*Photos by Fred Robinson,  
Waddy Chair*

# 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 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...



## March

Wednesday 1<sup>st</sup> Theatre trip, The Ocean at the Bottom of the Lane

Friday 3<sup>rd</sup> Step Forward and Dance Taster

Wednesday 8<sup>th</sup> Capacitar

Monday 20<sup>th</sup> Drumming workshop

Wednesday 22<sup>nd</sup> Capacitar

Thursday 23<sup>rd</sup> Support Group

*Helen Ogilvie, Support Worker*



# LOUNGE ACTIVITIES @ WADDY

## Timetable of activities in the Centre.

### Monday

10am - 12pm, Colouring Crafts

1pm - 3pm, Darts

2pm - 3pm, Book Club (from 6/3/23)



### Tuesday

All Day, Crafts with Helen

### Wednesday

10am - 12pm, Quiz

12.30pm - 2.30pm, Music Appreciation (Seminar Room)

1pm - 3pm, Games



### Thursday

10am - 12pm, Chess and Draughts

1pm - 3pm, Quiz



### Friday

2.30pm - 3.30pm, Table Tennis (Church)

### Saturday

All Day, Art Session (Studio)



# 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 6th March.**

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*

## WADDY TREE UPDATE

OUR now slightly bare Waddy King Crimson Acer tree - ringed in red - behind Waddington the dog on a chilly early February day

Steve Wakefield,  
Assistant Manager



## 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

### **Digital Champion**

Sandie Greenwood - 07895 823  
209

### **Other matters:**

Ali Lee - 07928 827 998

Steve Wakefield - 07928 829 053

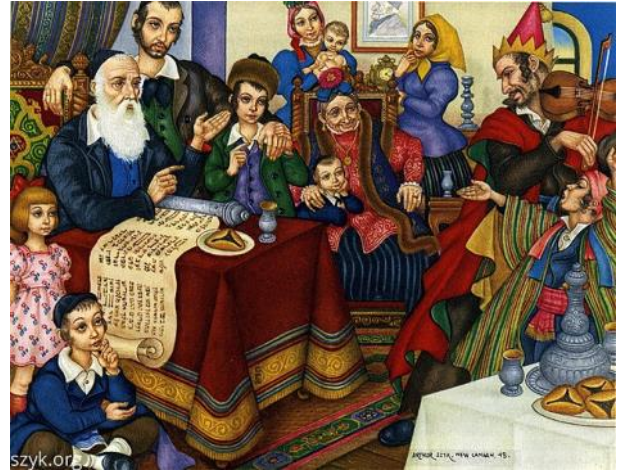
Peter Graham-Smith - 07895 812  
890



# DID YOU KNOW?

## SOME OF THE RELIGIOUS FESTIVALS IN MARCH

**Monday 6th - Tuesday 7th – Purim (Jewish)** - Commemorates the time when the Jewish people living in Persia were saved from extermination by the courage of a young Jewish woman, Queen Esther. Preceded by the Fast of Esther, Purim is a joyous holiday.



**Wednesday 8th – Holi (Hindu)** - A joyous Hindu festival that celebrates love, spring and the victory of good over evil. People throw colored water or colored powder in celebration. Holika Dahan, the burning of an effigy of a mythical demoness named Holika, is performed the night before.

**Tuesday 21st - Naw Ruz (Baha'i)** - Naw Ruz is the Baha'i New Year which coincides with the vernal equinox. The inception of the Baha'i calendar was on 21 March 1844 CE with the declaration of the Bab, the Prophet-Herald of the Baha'i Faith.

