

THE STREET



BOB KELLY, WADDY WRITER AND ARTIST

A positive revolution for me, all of my writing has flowed since the revelation that is Vedanta and its people like Swami Vivekananda.

What a hero! To dedicate your whole life for the benefit of others. I get my identity now as a devotee of such.

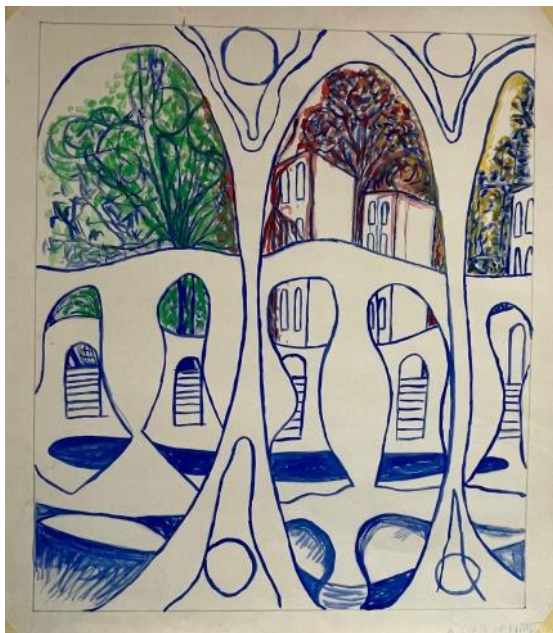
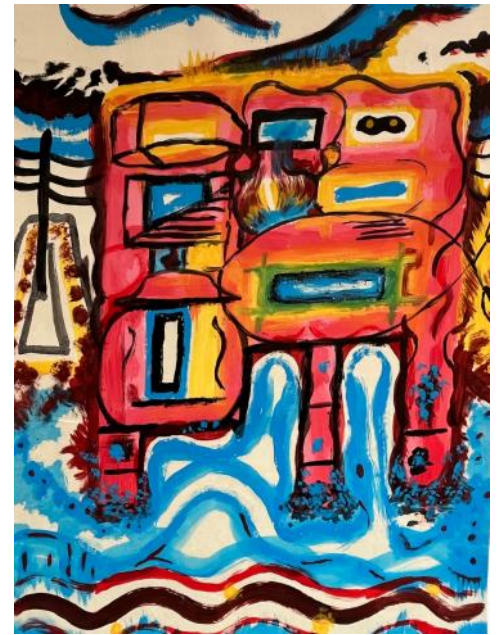
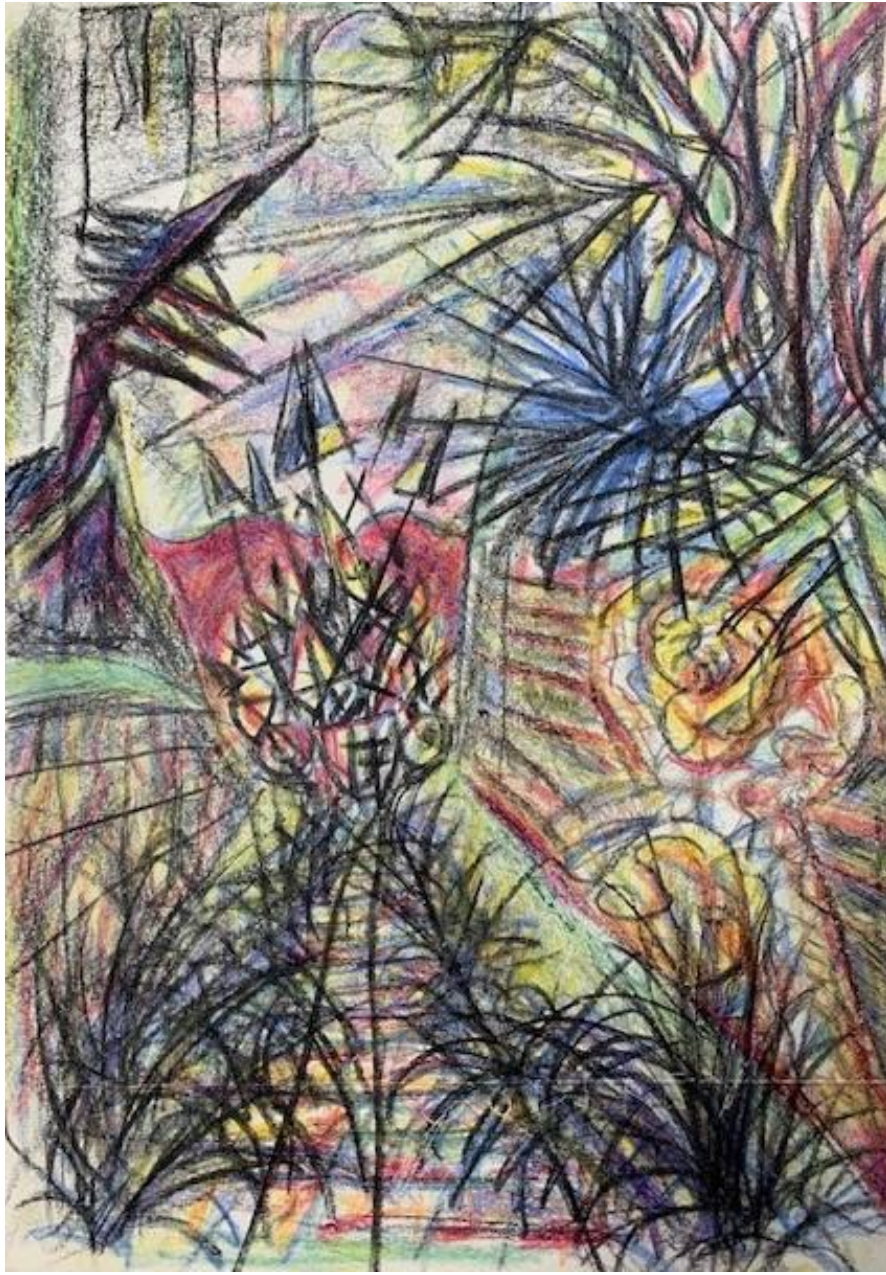


Always liking to create some humorous art, such as the painting 'The sleeping pope' and his dream of a good night's sleep, and also the painting 'The abominable snowman and the mountaineer', the mountaineer looking stranger than the yeti.

Bob Kelly, Waddy Member

PLEASE NOTE - Bob's art exhibition is currently on display in the café and his anthology, 'Vanishing Shadows Three - to rhyme within', is available for free; copies in the café.

MORE OF BOB'S ARTWORK



SUMMER AT WADDY

Although our New College courses are about to take their summer break Waddy still has lots to offer this summer. Check out the café notice board for the latest information on the different activities so you know when to join us in the lounge for:



Darts and Dominoes



Mega Quizzes



Music Appreciation

Massaoke

Crafting



Movie Afternoons

Art History Talks

Games Tournaments

Table Tennis

Creative Writing

Book Club

Information sessions

And much more

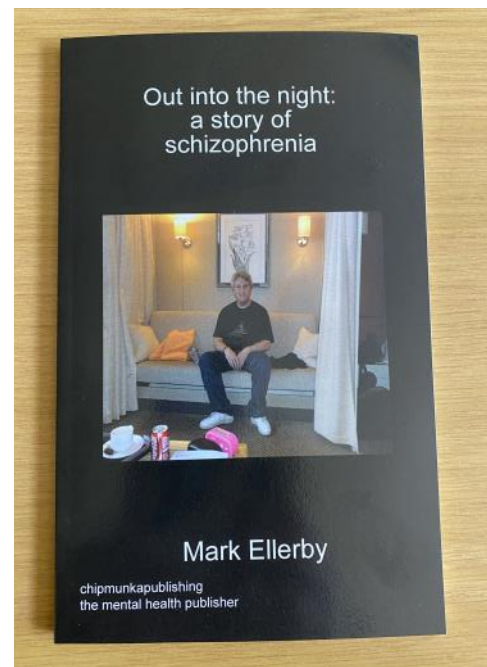


Helen Ogilvie, Support Worker

NEW BOOK BY MARK ELLERBY

Mark Ellerby has published a new book titled '*Out into the Night: a story of Schizophrenia*.'

Copies are available from Waddington Street; please speak to a member of staff.



CONGRATS SAM

Sam was awarded this medal for completing the Virtual Challenge crossing the English Channel, a distance of 33.8km. His next virtual challenge was to walk from Land's End to John O'Groats which is a distance of 1744.2km which he completed on 21st May after 56 walks to cover the distance. He is also taking on the Te Araroa, New Zealand walk which is basically a walk from one end of New Zealand to the other for a distance of 3,176.9km.

Congratulations Sam and good luck for future challenges.

CREE TOURNAMENT WINNERS

Megan and Barbara winners of the joint Cree dominoes and bingo tournaments.

It was a nail biter. Congratulations to both.



FAREWELL CHARLOTTE

Our Walking Group volunteer Charlotte is sadly leaving us on the 23rd June. Charlotte's third year in Durham University Psychology department involves a year's placement in a clinical setting. She has successfully gained a place at Evelina Children's Health Care Hospital, part of Guy' and St Thomas NHS Foundation Trust in London.

Charlotte has enjoyed her walks with the group. She explained Hong Kong is a city of tall buildings with little greenery so being out and about in the wealth of countryside has been great. Her favourite walk was from Craster to Dunstanburgh where she was introduced to kipper sandwiches, "they're the best" she says.

Charlotte has been a great support to our group – interested in our stories, giving helpful advice and helping us over obstacles and lending a hand when needed.

Best memories of Charlotte – her trying to take a photo feet away from Highland cattle at Croxdale, helping me manage the walk around Tunstall Reservoir and her tucking into that kipper sandwich. ('Yeah just eat the bones Charlotte', now that takes courage!)

Thank you Charlotte from all of us. Do come and visit on your return to Durham and Good Luck in London.



Barbara on behalf of the Waddy Walking Group

BASQUAIT – SUMMER TERM ART SESSIONS

In art this term we were asked to choose an artist to investigate, passing up on Monet and Turner I looked at Basquiat. Jean-Michel Basquiat a high school drop out found his true calling as a graffiti artist in 1970's downtown New York.

As he had no canvases he painted on detritus he dragged in from the street - doors, tyres, briefcases as well as more permanent items in his flat; the fridge, the TV, the wall, the floor. On moving in with his girlfriend Adler he painted everything including her clothes. In 2013 Adler sold an actual wall of her flat via a Christie's auction: it had a painting of Olive Oyl on it. It was replaced in her flat by glass bricks.

Sucken skulls - like human faces with bulbous eyes, slitted noses and visible teeth - as well as anatomical sketches - recur prominently in his work. As an 8 year old he spent months in hospital following a car accident - his mother bought him a copy of Grey's Anatomy the book had a profound influence on his work.

In his painting he used patches of intense colour using acrylic, oil sticks and graphite. Words mattered Basquiat these he crossed out "the fact that they are obscured makes you want to read them" he explained to a friend. He signed his work as SAMO meaning 'Same Old, Same Old'.

Basquiat's art focused on the dichotomies - wealth v poverty, integration v segregation and inner versus outer experience. He used his work as a social commentary identifying with his experiences in a black community as well as attacks on power structures and systems of racism.

The years 1981 - 1986 were a rollercoaster period of creativity when he became a bona fide art world star.

Basquiat would rarely bring paintings to shows, he would arrive wherever the show was early and make the paintings there. He could make 20 paintings in 3 weeks.

Debbie Harry was the first person to buy one of his paintings, she paid \$200, within months people were paying \$20,000. Basquait died from a heroine overdose aged 27. He is a household name in the US. In May 2017 one of his paintings was sold for £110.5million - the highest amount ever for an American artist at auction.

Some years ago a Christie's spokesperson described him as the most collected artist of sportsmen, actors, musicians and entrepreneurs.

The picture below is my attempt to copy Basquait painting but I couldn't copy the energy and expressionism of his work. Look up his work online.

Barbara, Waddy Member



FIRST MINDFULNESS WALK

The mindfulness walks began in May's Mental Health Awareness Week. Attended by Sam (organiser), Steve and David (Waddy Helpers) Jackie, Gail and myself.

We walked into Flass Vale - identifying trees, wild flowers, birdsong and insects. We stopped to take in a relaxation exercise and reconnect with nature.

Sycamore, laurel and common holly were at the entrance, blackbirds chatted above us, along the path were patches of Greater Celandine and the odd pink flower Herb Robert - used for medicinal purposes.

On our return a bee was spotted on some white nettle - an early bee.

Feeling, seeing, hearing and being at peace in the moment is very special. Do try it.

My favourite moment was the breathing exercise we did, and seeing the darkening clouds drift by to reveal a blue sky with wispy clouds. Also spotting the bee.



Barbara, Waddy Member



THUMBS UP AND THUMBS DOWN

Lion King - Dramatic, emotional and gripping
Megan



Too many Bank Holidays in May
Barbara

Wellbeing class, Fridays. I enjoy the chance to relax and learn something new
Jane



Mindfulness Walk, Mondays. Its nice to connect to the nature around us
Gail

Book Group, Enjoyable to read books I wouldn't normally read. A nice group
Ben



Curling, Thursdays
Ben

Too few members contribute to the magazine, come on folks!
Barbara



Toasted Sandwiches from the church 50p

HOW ABOUT STUDYING WITH THE OPEN UNIVERSITY

Phil is currently studying for an Art Humanities degree with the Open University (OU). I asked him about it.

What made you decide to join the OU? I wanted to learn more about history. I am interested in things like the 1st and 2nd World Wars and I have always wanted to do it.

How did you find out about the courses run by the OU? All done online - found their website to find out which courses were available.

What are you studying at the moment? At the minute I'm studying Greek and Roman Sculpture which is quite taxing.

How do you study? What's involved? Firstly putting time to one side then working through the text books and online. Every week you have to commit to 8 hours, which can be hard and can involve more hours especially if you are not on top form.

Is it costly? How do you pay for it? It's paid by student loans - as I'm not earning and am unlikely to earn £25,000 a year I won't have to pay it back.

How much help do you get from the OU to study? A tutor helps with guidance for the assignments and also carers and employment services, help service for disabled students - all these are very useful support.

What difficulties have you had and how have you overcome them? A combination of my ill health and learning how to learn again has been a struggle but I have knuckled down and persisted, and I have found it rewarding.

How long do you have to complete your degree? 6 years.

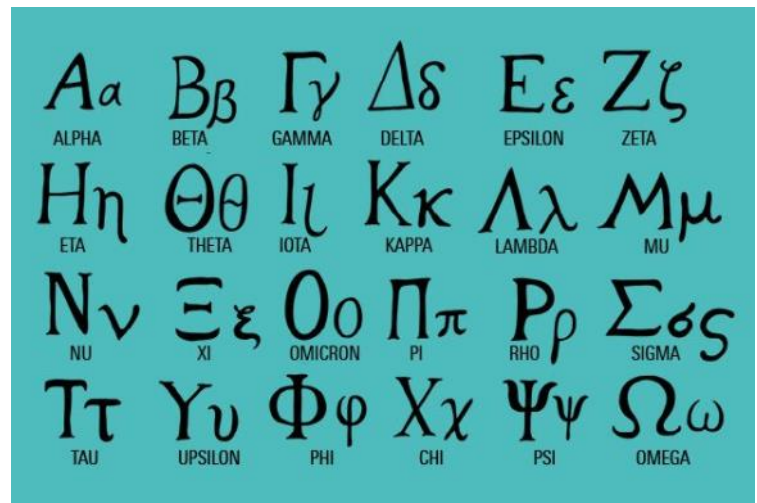
Would you recommend folks trying out the foundation course? Most definitely. It's a 1 year course - it helps you to learn and getting back into the swing of studying and importantly writing assignments.

If anyone is interested would you be willing to chat with them about what your experience has been? Yeah - I would encourage anybody to give it a go.

Barbara interview with Phil Hall, Waddy Member

IT'S ALL GREEK TO ME!

Ancient history has always fascinated me since I was 16, but it has only been in the last three years that I have been able to pursue it as an academic hobby.



Ancient Greece has always interested me the most; they gave the modern world; law systems, medicine, philosophy and most important, democracy. We still use some words from their alphabet today, such as alpha and omega.

I am currently undertaking learning history, philosophy and finally the ancient Greek language, which is actually different from modern Greek! I am looking forward to learning many different things, you are never too old to start something new!

CJ Holmans, Waddy Member

Bunny by Linda Stevens, Waddy Member
Linda loves animals particularly rabbits
and squirrels.



YOU'RE INVITED TO
WADDINGTON STREET CENTRE'S
CELEBRATING LEARNING DAY

ON

JULY 21ST, 11AM – 4PM

FOR

AWARDS / PERFORMANCES / MUSIC / BUFFET
+ MORE



 **WADDINGTON STREET**
CENTRE

PHOTOGRAPHY ADVENTURE WITH JUSTIN

On Friday 26 May 2023, I visited the Photography Group from the St Margaret's ARCH College thanks to a chat with Waddington Street's very own social worker placement student, Chris.



We had a walk up to Durham Market Place to photograph the various statues and the Remembrance poppy wreathes, views of Old Elvet from the Prince Bishops Shopping Centre and, because of the sun creating shadows of the suspended umbrellas there, we created a Mary Poppins effect with

thanks to the kind assistance of one of the Shopping Centre staff.

We also had a walk up to the Palace Green, which houses Durham Cathedral, to visit the University Library which incorporated various display exhibits and the (Bishop) John Cosin Library. What amazed me is that, although I was born and bred outside Durham City, I did not know that the John Cosin Library (or John Cosin himself for that matter) existed.



The Photography Group consisted of really friendly people and I would like to take this opportunity to thank them very much for having me and I hope to join them again very soon.

Justin Ashurst, Waddy Member

GALLERY



Walking group trip to Oakenshaw nature reserve



MEN'S CREE AT WHARTON PARK

Basketball like you have never seen it - what a team!



The Treetops

Upon this faultless Saturday, collecting laundry hung,
The symphonies are beautiful and very kindly sung.
No doubt it's down to evening rays which beckon notes so dear,
And once again, become engrossed by sounds I love to hear.
At ease as kind emotions overwhelm my mind once more,
Yes, birdsong is indeed a gift to cherish and adore.
The blackbirds in particular uplift my soul tonight,
I simply stand in awe whilst lapping up the sheer delight.
And even though the air dictates a little hint of chill,
I overlook this issue as appealing chirps fulfil.
The glory of elation forms the highlight of my day,
Informing me that all is well and change is on the way.
Still rate this lovely era though, the company sublime,
Rooted to the spot, I very gladly spend my time.
Melodic chirps inspire me to scan the road ahead,
No more living for today - a fruitful path instead.
As creatures sit above me and deliver ballads sweet,
Their choruses I dote upon, so beautiful to greet.
Uplifted to the maximum, my hopes and dreams ascend,
Where life, thanks to this blessing shall now go as I intend.
As birds that offer respite sing delightful songs to hail,
Their tweets are so fantastic I'm convinced I cannot fail.
Rejuvenated finally - this happy heart of mine,
The tunes that grace the treetops so uplifting and divine.

Christopher Short,
June 2023

Cree members around our very
own Waddy Tree



FEEDBACK FROM WFGS ACTIVITIES

Curling

I enjoy the curling as it a fun team sport without been too energetic and any one can take part. We play in teams but then switch teams to keep things fair. It's a good atmosphere and we have a laugh.

Dancing

I think I've got two left feet but I enjoy taking part and have a good laugh.



Gail, Waddy Member



Football

I'm really enjoying the football as I've made a lot of new friends and it keeps me motivated. Its good physical exercise.

Curling

I've enjoyed learning a new game and its great working as a team.

Cycling

Really enjoyed it and was exciting to be out and about on the bikes in the fresh air. I enjoyed going through the woods.

Dancing

I enjoyed having a go at the dancing. Helped to build my confidence and felt relaxed enough to take part.

Lee, Waddy Member

Dancing

I love the dancing. It gives me energy and I feel blur when I go in but energised and happy when I come out. Emily is a lovely teacher and she gives plenty of time to go over things. There is no pressure to keep up.

Curling

Very competitive, but in a good way. Good banter and interacting with others. Good gentle exercise

Jackie, Waddy Member

Cycling

Its good. First time on a bike since the cycling stopped at Waddy before. Will defo go again. Looking forward to doing more.

Ian, Waddy Member



Mindfulness Walk in Wharton Park
'Its nice to connect to the nature around us'



If you would like to join any of these activities
please speak to Sam Mason or any member of staff

THIS MONTH THE CITY OF DURHAM CELEBRATES PRIDE.

The Pride event has been raising awareness and improving responses for LGBTQ+ across County Durham for the last decade.

Durham Pride celebrates 10 years and took place on Bank Holiday Sunday the 28th May 2023. This year Pride in Armed Forces Day was on Saturday 27th, a special day for serving personnel and veterans and all those who support our armed forces and the role LGBTQ+ play and have played over the years.

The transformation saw Durham changed into a party of colour, with live music, a parade and much more. Adding to the festivities, those attending formed a sea of colour with rainbow-themed clothes, fans, makeup, stuffed animals, while others taking part donned striking costumes. Many could be seen taking part as they marched through Durham's streets waving flags and showing solidarity.

The festivities saw plenty of food on offer, with bars, market stalls and a funfair open to provide something to do for those of all ages.



Do you have any pictures to share or anything you'd like to write about your 10 years attending Pride events?

Waddington Street Centre now have a peer led LGBTQ+ group, which will next meet at 2.45pm on Thursday 22nd June.

Paula Cresswell, Senior Support Worker

PLEASE NOTE

the
Centre Office Number
is

0191 386 0702

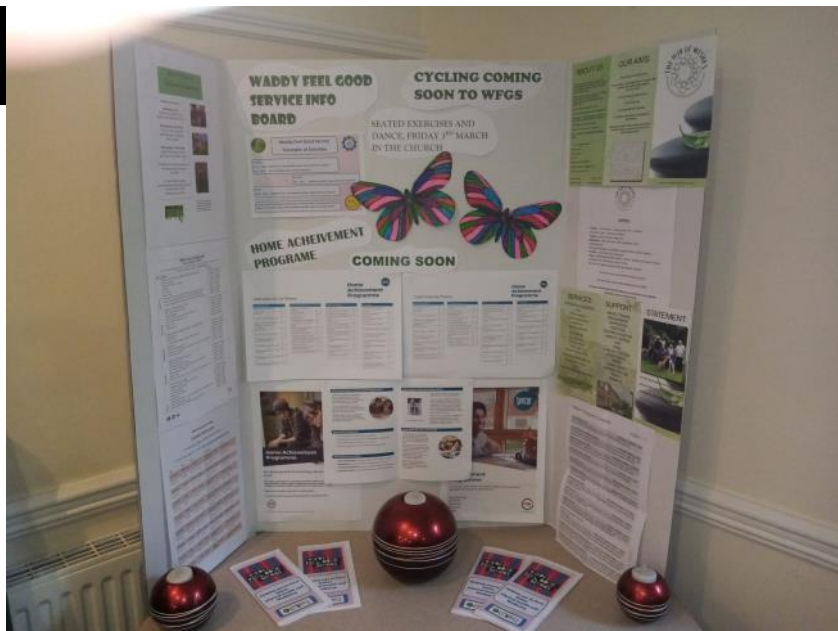
We no longer use
0191 375 5140



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...



July

Tuesday 4th - Sleep Workshop, 1pm - 2.30pm

Wednesday 12th - Music Appreciation, 1pm - 3pm

Thursday 13th - Mega Quiz, 1.30pm - 2.30pm

Tuesday 18th - Summer Party Massaoke, 1.30pm - 3.30pm

Friday 21st - Celebrating Learning Day, 11am - 4pm

Wednesday 26th - Board Game Tournament, 10.30am - 12pm

Thursday 27th - Healthy Eating Workshop, 12.30pm - 2pm

Helen Ogilvie, Support Worker



SEAHAM FIELD TRIP

Positive Growth 4 Life went out on a field trip to Seaham. They went to collect stones on the beach but on discovering the tide was in they adapted their plans.

Mindfulness was still the aim of the session with bubbles, Frisbee, sea breeze, views, coffee and cake and new doggy friend Reggie.

“I went feeling down but got back feeling happy and hopeful”

“I enjoyed the scenery and feel happier for it. The bubble blowing was calming and listening to the children playing on the beach was uplifting and wonderful.”

“Its nice to be out, like a family again.”

*Helen Ogilvie,
Support Worker*



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 3rd July.

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

SUMMER IS CALLING

Thinking of buying sunglasses. We all know UV rays effect the skin and its wise to use sunscreen - factor 50 being most suitable. But UV rays also effect the eyes particularly when the sun is low in the sky - mornings and afternoons.

Sunglasses stamped with UV 400 CE or CA block out over 99% of the damaging rays. The darkness of the lenses does not

matter however drivers are advised not to have CAT 4 glasses and these can be too dark to see screens of tablets and mobile phones.



Barbara, Waddy 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

Waddy Feel Good Service:

Sam Mason - 07983 166 613

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 JULY

Tuesday 18th – Hijri New Year

This holiday begins the Islamic lunar calendar. You may also hear it called Islamic New Year. It begins when the crescent moon is spotted.



Sunday 23rd – Haile Selassie's Birthday

The birthday of Emperor Haile Selassie, which is celebrated in Rastafarianism.

Monday 24th – Pioneer Day

A holiday celebrated in the state of Utah that marks the settling of LDS pioneers in the Great Salt Lake area.



Thursday 27th – Tisha B'Av

A holiday in the Jewish faith that commemorates the destruction of the Jewish temple that occurred once in 586 BCE and once in 70 CE in Jerusalem.