



WADDINGTON STREET  
CENTRE

OCTOBER 2023  
ISSUE 44

# THE STREET



## THE WADDY AGM – A DATE FOR YOUR DIARY

On Friday 24th November 2023 at 3.00pm Waddington Street Centre Limited, the Company and Registered Charity, will be holding its Annual General Meeting at the centre.

## ANNUAL GENERAL MEETING

You are all cordially invited to attend.

As well as the centre dealing with its more legal requirements the AGM will include a summary of the centre's year by our chair Fred Robinson.

We are pleased to have as the guest speaker this year Professor Brett Smith from Durham University's Department of Sports and Exercise Sciences. Brett is a long time expert in co-production and during 2021 co-wrote with his colleagues and the Moving Social Work Co-production Executive a research paper '*Co-production: A resource to guide co-producing research in the sport, exercise, and health sciences*' in looking at ways to work in co-production in a variety of settings. As we look to further develop and embed co-production within the centre and, the wider Durham Mental Wellbeing Alliance, we intend to use Brett's thoughts and findings

to direct our thinking and actions.

His talk will be very complimentary to the work being carried out at Waddington Street Centre to ensure that the service user voice is heard – and acted upon. *Nothing about us without us!*

It should be an interesting AGM and talk by Brett - I hope that you can get along.

Tea and cake will, of course, also feature!

*Ali Lee, Centre Manager*



## FLAMINGO LAND TRIP

Member's thoughts on the trip.

I had an amazing day and the best laugh ever - Gail

The salted caramel Frappuccino was one of the best things I've ever tasted. Even though the tigers were all asleep we saw lots of animals including the eal show and the bird show. Everyone got soaking on the log floom which was a blessing because of it being such a humid day - Ian

This years Flamingo Land trip was the best trip I have been on with Waddy. There were plenty of laughs. We had great food and saw plenty of animals. The day is a memory I will keep forever, sharing it with amazing people - Ben

# FUNDING WADDY – THE THINGS THAT YOU MAY NEED TO KNOW

I just wanted to take this opportunity to thank people who support Waddington Street financially.

As you will probably be aware, we are a registered Charity. As a result, we often receive very kind donations from organisations and individuals. This is slightly different from the money we receive through our local authority (Durham County Council) and grant funders.

I hope to explain below the difference and why all the money we receive now and in the future is very important to us.

Money through donors: This funding is often '*un-restricted*' in its use. This means that the donor trusts WSC to choose the best thing to spend the money on. We need to pay for perhaps boring but essential things like cleaning, running the photocopier, putting fuel in the minibus etc. These sorts of things are hard to get grants for!



Money through local authority and grants are often '*restricted*' funds: This means that we have to spend the money in the exact way that our contract outlines. So, if we have a grant to run courses over the summer, that's what we have to provide. We then have to submit reports to the funder to say how many people attended and how it helped them (this is also why we ask you to complete surveys sometimes).

Recently we have received a donation from the King's Lodge Pub (at the end of Waddington Street) for £1,500. With this money we have purchased some indoor archery equipment and we hope to use the remaining funds to pay for other wellbeing activities. Generally, we can be more flexible with this money because the donor is happy for us to use

the money the way that we feel works best i.e. it is *un-restricted* funding.

Believe Housing have recently approved a grant application for £5,000. This application is to support some work we want to do around recruiting and supporting Volunteers and Waddy Helpers. As this is a grant, we have to use the money for the exact purpose we described in the application.

You might be interested to know that it costs around £300,000 to run the centre every year. At the moment we have less money coming in than going out. This means that we are operating at a deficit (a loss).

For those of you who sometimes comment on my lack of presence downstairs – it's often because I spend a lot of time looking for funding and building relationships with people who support us financially.

Keeping the Centre running is always our priority. I am supported to do this by our Trustee Board and our Assistant Manager, Steve Wakefield. We all spend a great deal of time thinking of new ways to bring funding into Waddington Street Centre. There is no one answer, we have to try lots of different things.

Donations from kind people who believe in our work is a very important. As times are financially tougher for everyone just now, I'm always amazed and thrilled by the kindness of people. We like to keep in touch with donors and we have an annual newsletter which tells donors how we've spent their money. This keeps us accountable and makes donors feel like they are involved.

**As members I do not want you to worry about our finances, we are doing ok, but we could always be doing better.**

I think it's important that you know about how we fund the centre and what we are planning for the future. Next year we hope to work on a large-scale grant application which if successful will help us to develop our services over the next 3-5 years. I'm looking for members who might like to be part of a working group which will plan this project. We also hope to continue promoting our good work so that people in the

community may give us monthly or one-off donations or even leave us a legacy in their Will.

If you have any interesting thoughts and ideas please feel free to get in touch. Please remember though, we are small and have busy times so ideas are great but actions are even better! We can't do it all by ourselves.

We've been supporting people for 42 years and hope to continue for many years to come. That's why bringing in funding remains a priority, we absolutely need to keep Waddington Street Centre going for its current, and future, members.

*Ali Lee, Manager*

**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**

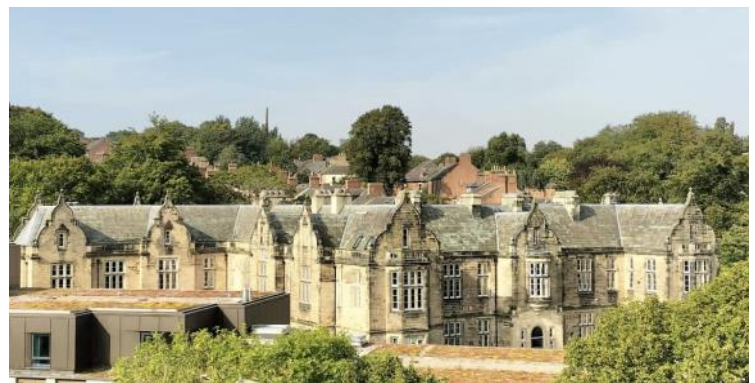
# VIEW FROM ON HIGH – WORK ON THE CHURCH NEXT DOOR

The spire is approximately 70/80 feet high. The work involves a rebuild of the stones at the top of the spire together with a renewing of the dilapidated kingpin and crosstree

(which compresses the spire together) with a new stainless steel rod. The work also involves a full repoint with lime mortar of the steeple stones inside and out together with repairs to the louvres.



*Fred Robinson, Chair*



# GALLERY



Autumnal Art Work created this term



## OUR ROAD TRIP TO LINDISFARNE....

..was a scenic one travelling along winding roads past fields of golden corn, the Coastal Route with 'Formula One' Fergus, took us to the river Coquet, through Warkworth, past beautiful Alnmouth and Alnwick Castle and on to our first glimpse of Lindisfarne Castle.



The causeway shimmered in the sunlight. On arrival it was clear how popular it was as there were streams of people making their way to Lindisfarne Castle. Jackie, Christina and Paula joined them to look out across the sea to where Bamburgh Castle stands. Emma, Karen and Erin found a quiet spot on The Heugh where they could see St Cuthbert's Island. Ann and Sarah took some photos of the sheep and visited the shops. Jane visited the beautiful Gertrude Jekyll Garden with its cottage garden flowers and was given lavender by the famous gardener herself. Barbara and Helen tried out the local cafes and shops.



Returning there was an incident with a bunch of bananas and a car roof – if interested please ask Jackie about it as it made us all laugh and cheer.

On the visit I'd done the touristy things and it was busy.

Regrettably I missed the spirituality of the place, that's what I want to focus on the next time we visit.

*Barbara, Waddy Member*



*Wicker Bird*



*Fergus at Lindisfarne*

*Gospel Garden*



# BIRD WATCHING GROUP

Hi all

We have started a new Birdwatching group which will run on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month from 10am to 12.30pm. We will be having some sessions in the centre but will strive to have most out and about at reserves or parks. We have had a very enjoyable couple of outings at Low Barns Nature Reserve, where we saw a variety of species, including Great Crested Grebe, Tufted Duck, Nuthatch, Marsh Tit and Tawny Owl.



Everyone is welcome from the complete beginner to the more experienced bird watcher, all we ask is that you are respectful of others. Being out and about in nature can be a great release and a calming environment for us all, so come along and enjoy the beauty of nature.

*Dave Boyd, Support Worker*



## September Sun

Opened blinds this morning, making for a happy face,  
- More therapeutic rays which gave a very fond embrace.  
And flourishing with footsteps undertaken here today,  
I'm gifted by the jet-stream now deciding to obey.  
The warm and dry outdoors divine, exceptionally bright,  
Only stopping briefly to sit down and gladly write.  
Logging golden glory which I thought was truly gone,  
An awesome prayer uplifting, bringing joy to everyone.  
Had given up on heat but it is briefly back once more,  
And due to that, this charming day is something to adore.  
See rainfall has brought misery, affecting moods of late,  
This sunshine in our ninth month is abundant, thus so great.  
And now free from those dodgy days of damned precipitation,  
All spirits seem inspired by new-found rejuvenation.  
The weather hot and wonderful, the skies without a rumble,  
So must embrace this climate 'til the temperatures tumble.  
The streets are busy once again as friends make plans to meet,  
I raise my head and smile because the outlook is so sweet.  
I cherish such enchanting times - the miracle of gold,  
Along with vivid passion as my soul is gladly sold.  
My stirring treks to everywhere, a blessing unto me,  
Like yesterday, encountering a squirrel on a tree.  
Just recently, a good friend said that summer wasn't done,  
And sure enough, he got it right, there's dear September sun.

Christopher Short,  
October 2023.

**WALKING FOOTBALL – ARE YOU  
INTERESTED?**



The centre is looking to start an open to all Walking Football session that will take place up in nearby Wharton Park. If you are interested in taking part please let Sam Mason or Dave Boyd know and, depending on the interest shown, we can then look to arrange a suitable time for the session.

*Steve Wakefield, Assistant Manager*

## EDEN CAMP TRIP

Eden Camp was built by Italian Prisoners of War during their incarceration in 1942, finally it housed 1000 soldiers. Now the site and nissen huts is an award winning museum dedicated to life during World War II in the main, but also WWI and post war conflicts.



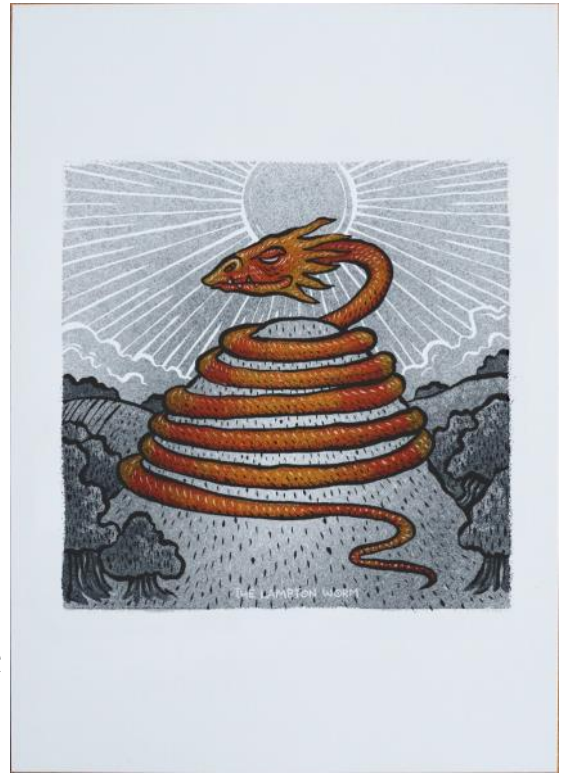
There were 29 huts packed with information – charts, newspaper clippings, posters, handwritten letters, commendations and recreations of the time included a war room, WWI bunker, a Blitz attack, inside of a submarine, ammunition factory and others – one or two of us even sat a mock up of a rear gunners cockpit of a Lancaster bomber.

*Barbara, Waddy Member*



## BOB'S THEORY ABOUT THE LAMBTON WORM

I think that the worm originates with the very long and slender crocodiles that live on the banks and in the rivers in and beyond the Holy Land. One or more baby crocs were brought back by the crusaders aboard ship. One survived and grew to become the Worm with its great big goggly eyes and very large toothy mouth and with a body that can curl round the hill beside the River Wear.



I first told this idea to Alan Robson some years ago, on his show - Night Owls on Metro Radio. Phoning up again to discuss the same idea, Alan had researched on the subject and had found that these crocs were called either gerials or gariels.

I still think that this theory is the most likely source of the Worm legend. Really, is there any other solution to the mystery?

*Bob Kelly, Waddy Member*

For Keith

At the funeral of a friend  
he was said by the minister  
to be a not "straight forward person"  
he lived to the age of forty eight  
Now world leaders are  
"not straight forward persons"  
"The world isn't straight forward"

Keith had mental health issues.

*Bob Kelly, Waddy Member*

Following on from Bob's theory overleaf, the men's group recently visited 'Pensher Hill'. The folklore regarding the Lambton Worm is forever captured by the song below that describes it in local dialect – perhaps something to sing at the next massaoke session Sam?

*Steve Wakefield, Assistant Manager*



## The Lambton Worm

One Sunday morn young Lambton  
went  
A-fishing' in the Wear;  
An' caught a fish upon he's heuk,  
He thowt leuk't varry queer.  
But whatt'n a kind of fish it was  
Young Lambton cudent tell.  
He waddn't fash te carry'd hyem,  
So he hoyed it doon a well.

cho: Whisht! Lads, haad yor gobs,  
An Aa'll tell ye's aall an aaful story  
Whisht! Lads, haad yor gobs,  
An' Aa'll tell ye 'boot the worm.

Noo Lambton felt inclined te gan  
An' fight i' foreign wars.  
he joined a troop o' Knights that cared  
For nowther woonds nor scars,  
An' off he went te Palestine  
Where queer things him befel,  
An' varry seun forgat about  
The queer worm i' the well.

But the worm got fat an' growed and'  
growed  
An' growed an aaful size;  
He'd greet big teeth, a greet big gob,  
An' greet big goggle eyes.  
An' when at neets he craaled about  
Te pick up bits o' news,  
If he felt dry upon the road,  
He milked a dozen coos.

This feorful worm wad often feed  
On caalves an' lambs an' sheep,  
An' swally little barins alive  
When they laid doon te sleep.  
An' when he'd eaten aall he cud  
An' he had had he's fill,  
He craaled away an' lapped he's tail  
Seven times roond Pensher Hill.

The news of this myest aaful worm  
An' his queer gannins on  
Seun crossed the seas, gat te the  
ears  
Ov brave and' bowld Sor John.  
So hyem he cam an' caughted the  
beast  
An' cut 'im in twe haalves,  
An' that seun stopped he's eatin'  
bairns,  
An' sheep an' lambs and caalves.

So noo ye knaa hoo aall the foaks  
On byeth sides ov the Wear  
Lost lots o' sheep an' lots o' sleep  
An' leaved i' mortal feor.  
So let's hev one te brave Sor John  
That kept the bairns frae harm,  
Saved coos an' caalves by myekin'  
haalves  
O' the famis Lambton Worm.

### Final Chorus

Noo lads, Aa'll haad me gob,  
That's aall Aa knaa about the story  
Ov Sor John's clivvor job  
Wi' the aaful Lambton Worm.

# CATHEDRAL

**C**andles, music, weddings

**A**ltars, arches and pillars

**T**unes coming out of the Cathedral

**H**earth of Durham

**E**verybody there for nativity

**D**un cow

**R**ows of aisles filled with people

**A**ll dressed up in winter gear

**L**umiere lights up people's lives

*Women's Group*



# FLASS WELL

In the days before piped water, people relied on wells. Some of these served just a few households, while others were more important and supplied water to many people.

We have one of these bigger wells just up the road from the Centre – and it's recently been restored by the university's archaeology department. If you're interested in local history you might like to go and have a look at it.



Flass Well is at the top end of Mowbray Street and top of Flass Street. From the end of Mowbray Street, go down a few steps and you'll see it on the left; from the top of Flass Street, just before the entrance to Redhills there are some steep steps down (be careful!) and the well is at the bottom of those steps.

For many years the well was overgrown and you wouldn't know there was anything there. Now, as part of the restoration of the Redhills Miners Hall, the vegetation and rubbish has been cleared and all is revealed. There's a brick and stone structure round the well and a hole where there will once have been a pump. It might not look grand but you can imagine how important it once was.

Flass Well is one of the city's most important wells, sited on a natural spring providing fresh water. It was considered a holy well -- probably visited by pilgrims coming to Durham. It is also said to be haunted! Like other wells, it fell into disuse as reservoirs and mains water supplies developed. But apparently it was used in the harsh winters of 1947/8 and 1962/3, when other sources froze. After that it was filled in with rubbish and largely forgotten.

Flass Well is worth a visit. It's nice to see our local history revealed and celebrated. An interpretation board has been installed next to the well so you can read more about it.

*Fred Robinson, Chair of Waddington Street Centre*



## A WHAT OF WHAT?

Whilst researching for the Mindfulness Walking Scrap Book I came across the collective names of birds some of which you may know so they are listed below and a brief explanation about their possible origins.

A murder of crows	A scold of jays
A trembling of finches	A quilt of eiders
A conspiracy of ravens	A mischief of magpies
A crown of kingfishers	An Aerie of eagles
A curfew of curlews	A wisdom of owls
A worm of robins	A quarrel of sparrows
A parliament of rooks	A wake of buzzards
A murmuration of starlings	A chime of wrens
A hermitage of thrushes	A volery of wagtails
An asylum of cuckoos	A charm of goldfinches
A kettle of swallows	A confusion of chiffchaffs
A clattering of jackdaws	

The origins of most collective nouns for birds are not always as straightforward as they seem. Some are named after peculiar habits such as ‘a descent of woodpeckers’ possibly due to their habit of dropping from great heights on ants, or a characteristic like ‘a bellowing of bullfinches’ due to the extraordinary thickness of their neck and its flushed colour, or a personality trait.’ A murder or mob of crows’ probably comes from medieval peasants who feared the sinister looking birds and considered them to be the devil in disguise. ‘An unkindness of ravens’ is likely to have come from the parents turping out their young from the nest to fend for themselves too early. ‘A murmuration of starlings’ is thought to come from the murmuring sound of 10, 000 wings beating.

*Barbara, Waddy Member*

# Open Meeting

**with Fred Robinson and Jen Lamb  
Chair and Deputy Chair of  
Waddington Street Centre's Board  
and Ali Lee, Centre Manager**



**Tuesday 24<sup>th</sup> October 12pm – 1pm  
in the Lounge**

Your chance to get your views heard by the  
Board.

**Everyone Welcome**

# UNIVERSAL CREDIT: MANAGED MIGRATION



Department  
for Work &  
Pensions

Hi All

Please be aware that the move for some people from their normal benefits to Universal Credit will be happening already, but for many it will not happen for months or even years.

When it is your time, you will receive a letter from the DWP, once you get a letter open it and read it or bring it to the Centre.

You will have 3 months to act after receiving the letter, so it is important that you open it and act. Ask if you need help.

**DO NOT** change to Universal Credit until you have had your letter from the DWP, even if your friends have had their letter. **Wait for your own letter.**

Bring it in to the centre if you require help.

It is important that you act when you get your letter as your money may stop completely.

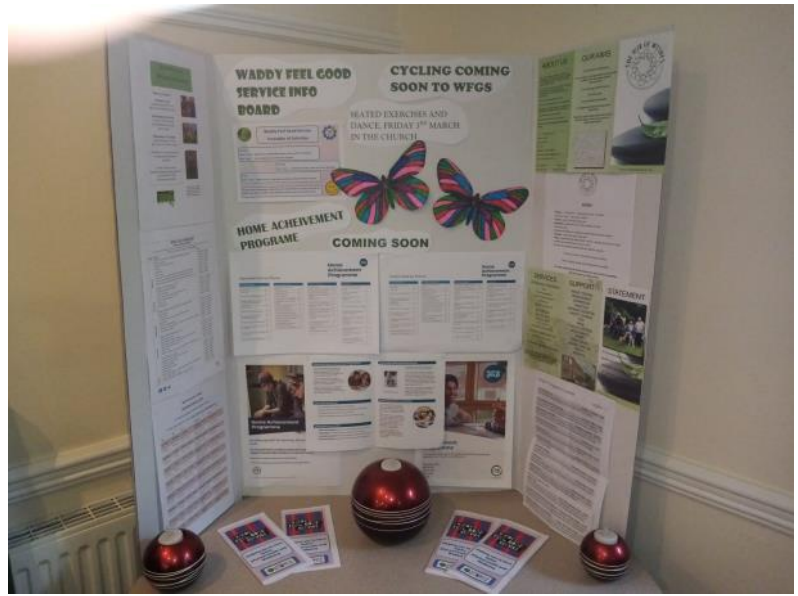
*Dave Boyd, Support Worker*

The logo for Universal Credit, featuring a large blue 'UC' followed by the words 'Universal Credit' in a blue, italicized sans-serif font.

**UC** *Universal  
Credit*

# 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 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...

## October/November

Tuesday 24th October - Open Meeting in the lounge, 12pm - 1pm

Thursday 26th October - Support Group Meeting, 3pm

Monday 30th October - Indoor Archery, 11am - 12pm

Friday 3rd November - Drumming Workshop, 1pm

Monday 6th November - CWF AGM, 1.30pm - 3.30pm

Friday 24th November - Bring and Buy Sale / Bake Sale, 10am - 1.30pm

Friday 24th November - Waddington Street Centre AGM, 3pm - 5pm

Thursday 30th November - Walking Rounders, 1pm

*Helen Ogilvie, Support Worker*



## RANDOM KNOWLEDGE

The **Elder** is a very ancient tree present in N Europe before the Ice Age (over 12,000 years ago)

Elder is an Anglo Saxon word – **aeld** meaning fire. This is because the stems are easily hollowed out and used as tubes which were handy to blow the sparks of a fire into flames, and the dried out pith in the sticks would catch fire very easily.

### *Old Beliefs*

The tree is inhabited by a spirit 'The Elder Mother'.


Elder grown outside of a door protects from witches and assorted evil spirits

Stand under the tree at Midsummer and you'll see fairies

It can be made into Elderflower Cordial or Syrup.



### **Burdock – gold finches love it.**



In 1940's Swiss inventor George de Mestral noticed after taking his dog for a walk that his trousers and dog were covered in burrs. Under the microscope he discovered there were lots of tiny hooks. He thought this might be a good idea to connect things. In 1955 he revealed his invention to the world. Trying to think up a word for it he came up with the combination of velour meaning velvet and crochet (meaning hook). And that's how Velcro came to be.

The invention was adopted by NASA and even reached the moon.

*Barbara, Waddy Member*

# 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 6th November.**

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*

<b>Women's Cree Timetable Monday 3pm - 5pm</b>	
<b>Nov</b> 6th	Games evening (Pictionary/ bingo)
13th	Relaxation/Pamper session
20th	Christmas Crafts
27th	Christmas Shopping Trip (1pm meet at Waddy)
<b>Dec</b> 4th	Christmas Movie
11th	Christmas Trip Out (location tbc- potentially meet earlier than 3pm)
18th	Christmas Party
25th	Closed – Christmas Day!!

<b>Men's Cree Timetable Wednesday 5pm - 7pm</b>	
<b>Nov</b> 1st	<i>OUT – New Age Curling at Chester le Street</i>
8th	IN – Dominoes evening
15th	IN – Mega quiz night
22nd	IN - DVD film night
29th	<i>OUT – Fenwick's window &amp; Newcastle Christmas Market</i>
<b>Dec</b> 6th	<i>OUT – Christmas meal (venue to be decided)</i>
13th	IN – Terry's bingo
20th	IN – Darts / dominoes / quiz & 3 month planning session
27th	<b>No session - Christmas break</b>

## **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 NOVEMBER

### Wednesday 8th - BIRTHDAY OF GURU NANAK (1469 CE) Sikh

This is the birthday of Nanak, the first Sikh Guru. To celebrate it, Sikhs gather at the *gurdwara* to hear sermons and sing hymns about the life of the first Guru. The congregation will share a free meal (*langar*).



### Sunday 12th - DIVALI / DIWALI / DEEPAVALI Hindu / Jain



For Hindus this is a New Year festival lasting from one to five days, during which fireworks are set off and lights are hung out. It is a festival of light, coinciding with the darkest night of the lunar month. It is generally associated with Lakshmi, goddess of wealth and prosperity, or with the victorious return of Rama and Sita after their exile. Diwali marks the beginning of the Indian financial year.

### Wednesday 15th - SHICHI-GO-SAN (Seven-Five-Three) Japanese

Girls of seven, boys of five and girls of three are dressed up in new clothes and taken to a Shinto shrine to pray for their future well-being.

