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www.nhsdirect.nhs.uk

Disclaimer: Sussex Oakleaf would like to note that all views and opinions expressed in this newsletter are that of the contributor and not necessarily those of the organisation as a whole.

'What a picture!'

And the winner
is...



George Cooper
from 54 Leylands
Road with
'Parisian
Cafe'

CONGRATULATIONS MARK!!!

George wins a £20 gift voucher from the shop of his choice.

Cameras are still available for all who want to enter. Contact Suki Westmore or Claire Knight at Norris House for a camera or ask a member of staff.

Sussex
OAKLEAF
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Sussex Oakleaf Newsletter Autumn 2009

Volume 1, Issue 3

September 2009

East Sussex Day Services

Introducing our new friends

On 1 July 2009 Sussex Oakleaf took it's first steps into providing services in East Sussex.

We had deliberated, planned and were well prepared to take this giant leap. Six services, covering a vast geographical, area were coming under our wings.

The first step was to find office space that would provide a base for staff and have facilities for one of the services. Caspar Murphy secured a fabulous building in the town of Uckfield very early on in this process. The Bellbrook Centre provided everything we needed to get up and running and is in close proximity to a very reasonable café, Uckfield Station and major bus routes.

Three of the centres joining Sussex Oakleaf are located in central Eastbourne. These are named The Bourne, Saffron's and The Cottage. Oakgrove and Middlebridge are the remaining services and are situated in Crowborough and Hailsham. Overall they support approximately 300 service users!

Everyone has been coping well with the change, though there



Photo by Jan Clancy

remains some anxiety on what the future holds.

West Sussex Day Services at Stepping Stones, Crawley, and Millhaven, Burgess Hill, have been helping everyone through this time by organising social events and get togethers. The BBQ recently held at Stepping Stones was a resounding success with many services users commenting on the fun they had. Members of all the centres have contributed very enthusiastically to their first Sussex Oakleaf Newsletter. Each service decided to contribute in their own way; they hope you enjoy learning more about East Sussex Day Services and the people that use them.

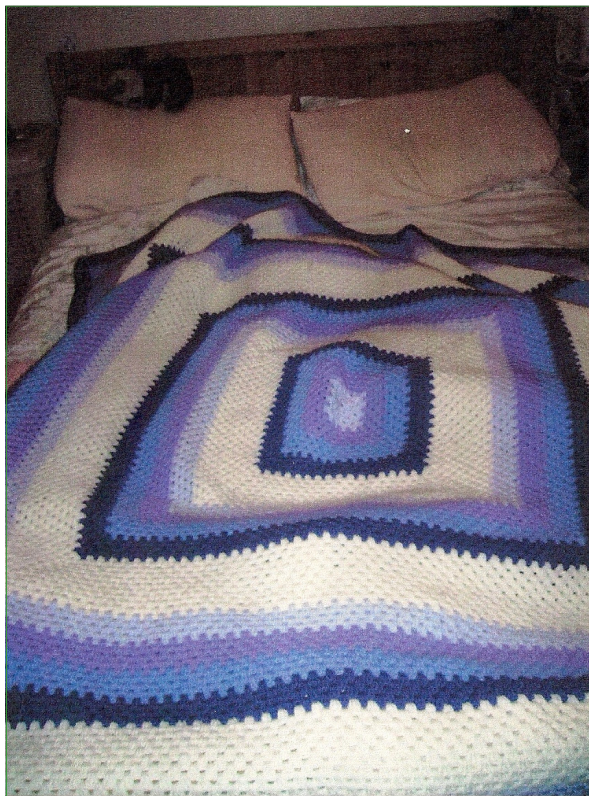
All About Middlebridge

Middlebridge is a resource centre in Hailsham for adults with mental health difficulties. It offers a drop-in service which allows members to meet and socialise with others experiencing similar problems in a supportive environment. With a strong emphasis on recovery, the centre aims to promote wellbeing and independence by working with individuals to help them to achieve their personal goals.

A range of groups and activities are on offer including art and crafts, pottery, swimming, gardening and cooking as well as ‘out and about’ groups such as trips to the cinema, bowling and meals out.

Another key feature of the service is the community links service which offers information, advice and practical support to help people gain the confidence to access groups, courses and activities in the wider community.

Middlebridge is open 6 days a week, Monday to Saturday. For further information please contact us on 01323 446246



This blanket is almost finished and is about as big as a double bed! I’m quite pleased with what I’ve achieved as it’s the first time I’ve made a full size blanket.

As you can see it’s quite a nice colour scheme, I also do other crafts at home and do computer lessons at the Bourne Centre.

I do card making, jewelry making and some knitting projects as well as crocheting blankets. I’d like to take up glass painting which I’ve not done for a long time. I’ve never made candles or soap, but think I would like to try.

Jan

Wish List from Service User’s at The Bourne

1. Assembly work to continue in some form
2. We want to be able to keep busy
3. An art group in a dedicated art room or studio
4. We want the English, Maths and Geography classes to continue
5. Computer lessons to continue
6. A photography course
7. We want support with our health; someone to talk to and help us fill in forms
8. We like games, snooker and pool
9. We want reasonably priced meals provided including BBQ’s when the weather is good

What’s On In Day Services?

East Sussex

- **Client Forum** - Wednesday 16 September, Saffron's Lodge, 1pm. All service users welcome.
- **Swimming discount passes** - Organised by community link workers. Apply for a pass at Sovereign Centre swimming pool and each time you swim it will only cost £1.20, you can take a friend or carer with you. Natasha and Richard can advise on applications.
- **Cinderella** - Pantomime on 9 and 16 December at Saffron's Lodge. Includes Christmas buffet.
- **Christmas Dinner & dance** - Hydro Hotel Eastbourne on *Wednesday 16 December, 7pm* onwards.
(Deposit of £10 required by 10th September. Total cost £29.95. Rooms available at hotel for over night stay £40. To see menu options for the three course meal see staff at Saffron's.)

Outings and Social events are planned monthly please contact the service direct for more information

West Sussex

- **World Mental Health Day Conference** 9 October 9:30 - 4pm, County Hall North, Horsham
- **“I Can Make A Difference”** Sussex Oakleaf Conference on Thursday 15 October. All day event at the Hilton Avisford Park Hotel in Arundel. Transport will be provided. For details contact Jan Spiller on 01444 459517. Closing date is 25 September.
- **Sport & Activity Group** Monday 2 - 4:30pm at the Triangle Burgess Hill contact Millhaven for more Information on 01444 870915
- **Art Groups** run every Tuesday and Thursday afternoon at Millhaven. Tel: 01444 870915
- **Social Lunch** (12 - 1:30pm) at St. Andrews Community Centre, Burgess Hill.
- **Sunday Lunch at a local Pub** Haywards Heath - First Sunday of the month East Grinstead - Alternate Sundays Tel. Kim Odell on 07917034520 for more details

Outings and Social events are planned monthly please contact the service direct for more information

Behind the Scenes... with Tracey Faraday-Drake Chief Executive of Sussex Oakleaf

Can you comment on the recent expansion of Sussex Oakleaf?

Asked by an anonymous Service User

“July 1st was a very exciting day for Sussex Oakleaf, finally after 15 years we were about to spread the Sussex Oakleaf magic across East Sussex! Months of preparation, discussion and debate (sometimes heated) all proved to be very worthwhile as the transition of services to Sussex Oakleaf took place. We are on an exciting journey with service users, staff and new friends and partners in East Sussex, a journey to really work together to provide opportunities for people to realise their dreams and ambitions with services that are personalised with a strong emphasis on recovery.

Last week I received a letter from one of our service users Lara - she wanted me to share her positive experience of her service since Sussex Oakleaf got involved 2 months ago - what better way to be able to do that than through the magazine. **Fantastic!**



Part Of The Process

By Laura Rigg, Chair of the Oakleaf Consumer Circle

A New Chair of Sussex Oakleaf's Board

On 25 June interviews were held for the new chair of Sussex Oakleaf's Board, as Martyn Yeats steps down in October.

The members of the Oakleaf Consumer Circle (OCC) interviewed the five prospective candidates in an informal interview; a staff panel also interviewed the candidates and followed the same format as the OCC. They asked a selection of questions, wanting to know the

candidates thoughts on becoming the Chair before they attended the formal interview. Questions included how they would involve service users in Sussex Oakleaf's work; what kind of skills they had and what experience they had of working with mental health and diversity.

Each candidate received a score and these were then fed back to the formal interview panel. All the members of the OCC felt their opinions and ideas were really listened to.

The formal interviews were held a week later at Norris House, Lynn Willis was the OCC member on the panel. It was a long and rigorous process which the OCC was very proud to be part of.

"I felt like a valued member of the interview panel."

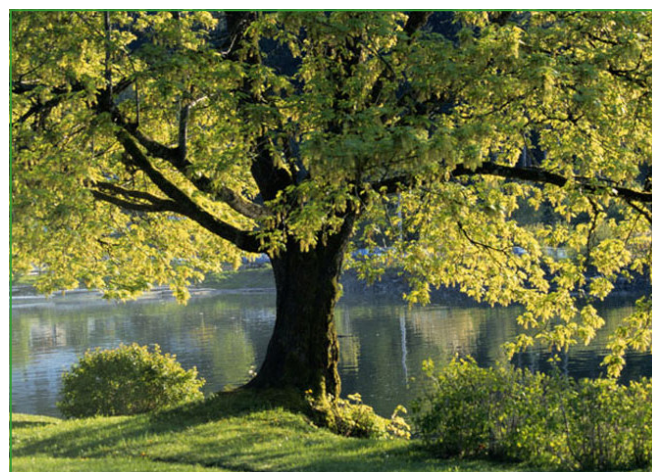
OCC Member

We are happy to announce that Barbara Williams has accepted the position as Chair of Sussex Oakleaf's Board.

"I learnt such a lot by being part of this process."

OCC Member

If you would like more information about the OCC please contact Suki Westmore - Service User Involvement Co-ordinator on 01444 447376.



Our Garden

We planted potatoes in our vegetable patch, and today I helped to dig them up.

We had over 7lbs and we are looking forward to eat them.

We have lettuces and tomatoes in the greenhouse.

It's nice to grow and eat fresh vegetables from our garden.

It's been a lovely sunny afternoon and I have enjoyed spending time in the garden.

Dorothy Field, 93 Leylands Road

31.7.09



What fun we had...

The Bar-b-q

I went to Sussex Oakleaf's bar-b-q,
The food was really good,
I had a real splendid time,
Though didn't think I would.

The entertainment provided,
I found rather fun,
Me and Trudy took on the boys,
At table football and won,

I'd been to an event before,
Where food was rather scarce you see,
So I took a package of fresh fruit,
I'm diabetic you see,

The box was never opened,
My plate they piled so high,
chicken, a sausage and burger,
To get through it I would try,

The music they provided,
I also thought was good,
I had a much better time,
Than I ever thought I would,

I'd suffered a sadness,
I was very down that day,
But my spirits brightened,
When I had a chance to play,

So thank you Sussex Oakleaf,
And I'm not the only one,
The rest of those at the Bourne,
Said they'd also had fun!

Janet Clancy



You're at the door
To welcome me home
You sit and you patiently wait
No matter how long you sat on your own
You never complain when I'm late
I know when you're pleased
By the satisfied purr
As you lazily stretch round my feet
You carefully wash every inch of your fur
To ensure your appearance is neat
Although you're grown up
You're a kitten at heart
Your antics and games are to me
Far more amusing and better to watch
Than some of the shows on TV!!
I feel I am needed
When others don't care
When the world is indifferent and flat
With you I relax in a comfortable chair
Contented with you - MY CAT

Maryann Keel



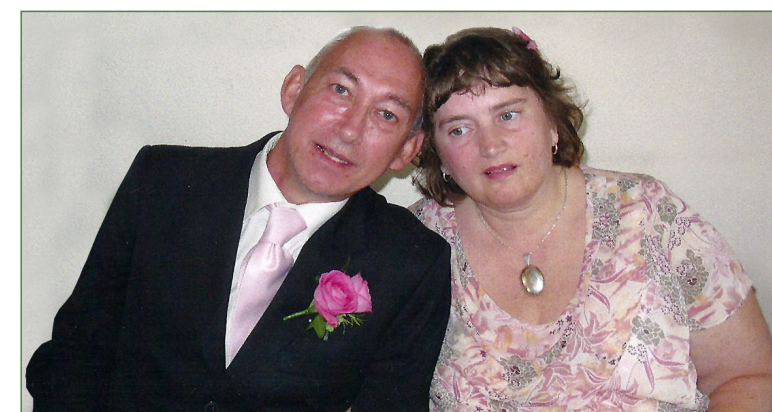
Cindy Davis & Andrew Saunders get married

On 14 August 2009 we had a civil ceremony at Upperton Reformed Church, in Upperton Road, Eastbourne.

We had been together since May 1999 but got engaged on 26 October that same year. Relatives from both sides attended the reception at Heatherdene, Southfields Road, Eastbourne. We are very happy together and are about to go on our honeymoon.

Drew Saunders

Tying the knot...



'A Family Affair'

By John Hulm Recovery Worker

Middlebridge, Hailsham

In the first week of August, myself and eight members of my family (four brothers, one sister and three nephews!) undertook a cycling relay to cover the 255 miles from Holyhead in North Wales to Cardiff to raise money for Cancer Research UK.

The route was called 'Lon Las Cymru', part of the national cycle network, which follows minor roads and trails and takes in some breathtaking landscapes as it passes through national parks such as Snowdonia and the Brecon Beacons. As you can imagine, this was going to be some tough cycling and professional cyclists we were not!

So, on Wednesday 5 August, with seven cyclists, two drivers, three bikes and two cars we started the relay off from Holyhead with my three nephews. The aim was to have at least two cyclists going at the same time doing stints of anything between 15 and 38 miles, depending on the terrain, before changing over at designated meeting points. We aimed to be in Cardiff Bay by sunset Friday only two days later.

After a shaky first leg, with my three nephews getting lost on the Isle of Anglesey, we eventually got to our campsite in Dolgellau in Snowdonia late evening. We had fallen short of our target that day by 20 miles which meant an early start the next day.

Day two, as with the previous day, got off to a poor start again after some dubious map reading from myself and my sister we sent the two cyclists off for 15 miles before realising they were heading north rather than south! Once we had made up the lost miles, a good days cycling was accomplished with myself and a nephew finishing up at 8.30pm only seven miles short of the day's target. Our stop that night was at a campsite in Builth Wells just outside the Brecon Beacons.

As was now becoming traditional, day three started off badly with the first pair of cyclists taking a wrong turn and getting lost up a mountain (and discovering a new species of animal apparently!). Seeing as time was of the essence, we had to start leg two off without the first cyclists arriving and sent one of the cars off on a 'search and rescue' mission. Having recovered the lost pair we all slogged it out with tired legs doing stints of only ten miles at a time and my eldest brother and his son finally reached Cardiff Bay at 9.30pm that evening. We had done it!!

After a night's camping in Cardiff and a long journey back to Sussex on the Saturday, I was relieved to be able to put my feet up and felt happy with our achievement. If anyone is interested to know more or would like to make a donation, please feel free to contact me at Middlebridge on 01323 446246.



Questions & Answers

with Laura Rigg, Chair of the OCC

Hi, my name is Laura Rigg and I chair the Oakleaf Consumer Circle.

Have you ever wondered why the sky is blue or what Cat food is best value for money?

I have decided I am going to try to answer your unanswerable questions, I will have a go at anything why not try me...



Artwork contributed by Grant Curry

How do rainbows form?

This happens when the sun is out at the same time as it is raining. What happens is this, the sunlight shines through rain droplets and is split into all its separate colours (light is made up from all the colours that appear in a rainbow). Now here is the technical bit; The "bow" part of rainbow forms as light enters the rain drops and is refracted which means the path the light is on is reflected to different angles. The different colours follow different angles and a rainbow is formed.

When a double rainbow forms it's when not all of the sun light escapes the rain drop so a part of the ray is reflected by another rain drop, once again forming rainbow.

Why do Irish people think there will be a pot of gold at the end of a rainbow?

Well, in the 17th Century people knew that you could never ever see the whole portion of the rainbow. So, the fond saying became; "You are as likely to find a pot of gold, as you are the end of the rainbow."

What is the OCC?

OCC stands for Oakleaf Consumer Circle. We are a group of service users who act as a critical friend to the Board of Sussex Oakleaf. Every six weeks we attend meetings to discuss any issues that may arise. Currently we are working on the 2009 Service User Survey, previous to that we were involved in recruiting the new Chair of Sussex Oakleaf's Board. As Chair of the OCC I attend Board meetings which are held four times a year. I give feedback on what we have been discussing and then take any matters arising back to the other OCC members. I am really enjoying being part of such an influential group.

Send your questions to me at: laura.rigg@sussexoakleaf.org.uk or text 07729191440
I will try to answer as many questions as I can, including queries about the OCC

What gets me through the day

By Kay Phillpot

1. Having a routine and sticking to it:

Cereal and fruit
Medication
Shower / Bath / Wash Hair
Choose clothes and get dressed
Blow-dry hair / Lacquer / Deodorant

“ When things seem to be falling apart, our ability to look good on the outside can help us feel that everything is going to be OK ”

2. Having a purpose to the day in the way of a

Commitment - Something meaningful, for example voluntary work at the British Heart Foundation; Capital or Sussex Oakleaf; meeting a friend; water aerobics; house group meeting at the church. I need structure to my week.

3. A sensible lunch i.e., jacket potato with salad

4. If hungry between meals - snack on fruit which helps with a sense of good mental well-being.

5. Go to sleep at a reasonable time.

I thrive on early nights when it is possible. Importance of sleep hygiene and having a pattern before I go to sleep. Medication.

I find following this routine everyday helps get me through the day.

Chocolate Muffins Recipe

9 oz (255g) plain flour
2 teaspoons baking powder
1/2 teaspoon bicarbonate of soda
1/2 teaspoon salt
4 - 6 oz (110-170g) caster sugar
3 - 5 tablespoons (45-75g) cocoa powder
1 egg
8 - 9 fl oz (240-260ml) milk
1 teaspoon vanilla essence
3 fl oz (90ml) vegetable oil or 3 oz (85g) butter, melted
Plain chocolate chips, coconut or chopped nuts for topping (optional)



1. Prepare muffin tins. Preheat oven to 375-400F (190-200C) for a conventional oven. Gas Mark 5-6.
2. In a large bowl, sift together flour, baking powder, bicarbonate of soda, salt, sugar and cocoa powder.
3. In another bowl, beat egg with a fork. Stir in milk and vanilla, followed by oil/melted butter.
4. Pour all of wet mixture into dry. Stir just until combined and no dry flour is visible. Batter will be lumpy,
5. Fill muffin cups three-quarters full. Sprinkle tops with chocolate chips, coconuts or nuts (or all three!) Bake for 20-25 minutes until tops spring back when pressed gently.



The Shipwreck

by Tim Shave from Eastbourne

The pale blue sky combines with the white clouds and the fresh air into a lovely day.

The sea quietly coming and going on the pebbly beach not far away.

The fishermen are usually up early, to catch their daily quota of fish - each morning God's bounty comes to us through human hands.

The shipwreck stands upon the sand; not far from land; who can tell what happened to the captain and crews.

Meanwhile I sit on a wall by Seaside Road hoping God hears my prayers.

What are Community Links Workers?

The role of the new Community Links Workers is to signpost and support people to access activities in the community such as social, educational, cultural, spiritual and healthy living and wellbeing.

Four Community Links Workers have been appointed since 1 July each with their own background of skills, experience and interest.

Natasha Deeprise - Full Time, Eastbourne

Hello, my name is Natasha Deeprise, I am the full time Community Links Worker located in Eastbourne. I have been working in mental health and forensic services for 9 years. So far within my role I have organised things including driving lessons, circus tickets, tennis lessons, Saturday lunch clubs and hopefully lots more exciting opportunities are in store for everyone.

Richard Haplin - Part Time, Saffron's, Eastbourne

Richard trained as a carpenter and had his own business. He also worked at Springfield Hospital in London for over 10 years. Richard is a family man with two children. He has been researching funding opportunities for an allotment with equipment and materials for Sussex Oakleaf clients to use and enjoy. He has also helped in obtaining Disability Sports Passes for clients. Richard continues to pursue Grant opportunities and explore what is available locally.

Maggie Harvey - Part Time, Middlebridge, Hailsham

Maggie's experience stems from working in the performing arts. She also has a background in horticulture; her speciality is vegetable gardening. Maggie strongly believes in the therapeutic benefits of both. She has been a volunteer with Citizens Advice Bureau and appreciates diversity.

Carol Stead - Full Time spread between

Oakgrove & Bellbrook, Crowborough And Uckfield.

Carol brings her experience as a Health & Beauty Consultant to her role as well as her links with Service User Involvement and Consultation. She also sits on the Council of Governors at Sussex Partnership NHS Foundation Trust.

Thank you to the Community Links Workers for introducing themselves, they can be contacted at their local service.



Your Newsletter needs you!

Do you...

- Want to have a voice
- Like to write
- Want to expand your cv
- Practise your computer skills
- Learn how to use Microsoft publisher
- Have any contributions for our next issue

Contact a member of staff or Suki Westmore (Service User Involvement Co-ordinator) on 01444 447376 / 07919597743.
E-mail: suki.westmore@sussexoakleaf.org.uk

What I do At The Bourne - By Cara Mazumdar

I like to take part in the occupational therapy at the Bourne, my favourites are textiles and making mosaics. Sometimes art work is photographed as part of the application process to college. As part of the therapy I attended a national conference with Pat and Emma. We set up a stall and sold our own pieces of artwork. We have taught healthcare professionals textiles and techniques for mosaic making. In September we will be attending a regional conference at Sussex University; we will be teaching groups of 10 people how to make works of art in textiles. All of us are excited to be attending as well as somewhat anxious.

1 in 4 play the Wingspan Club

The 1 in 4 band hosted a mental health awareness gig on 22 August at the Wingspan Club in Crawley.

1 in 4 played first, followed by seven other bands from across the region.

Over 200 people attended the event and danced until the early hours of Sunday morning.

Throughout the evening we raised £400 which will go towards changing peoples perception of mental health via music. The band will be setting up workshops in the local area in order to teach others how to play and write songs.



Stepping Stones

5 Perryfield Road
Southgate
Crawley
West Sussex
RH11 8AA
01293 534782

Friendship...



Stepping Stones day at the farm

On 27 August four Stepping Stones members, including Sandra, Carol, Elaine and Sue, went to visit Holmbush Farm.

Every Thursday an out and about group runs, this week we chose to go to Holmbush farm. It was a completely new experience for us all.

We saw an unusually hairy pig, an angora sheep, miniature donkeys, a shire horse, goats, and alpacas. There were also various birds including swans, ducks, geese, and peacocks.

Sandra said, "*I was surprised at how friendly they were, they were used to people touching and petting them*".

After seeing the animals we enjoyed tea and hot dogs in the café. Everyone enjoyed the visit and are planning more visits to different local venues in the future. If you would like to join the group please contact us at Stepping Stones.



Wimbledon!



Chris Johnson, from 93 Leylands Road, had a long term ambition of watching the tennis at Wimbledon. He entered his name in the Wimbledon public ballot last year and was selected to purchase tickets to watch a day's tennis on Court Two this Summer.

He said "It was a dream come true! I had a great time watching the games."

Chris and his support worker enjoyed spotting z-list celebrities like Gary Rhodes and laughed at the terrible grunting noises made by the female players.

If anyone is interested in going in 2010 you need to get an application form from:

**Ticket Office, AELTC, P.O. BOX 98,
London, SW19 5AE**

Send a stamped addressed envelope (11cm x 22cm) to receive your form, all completed forms must be returned by 31st December 2009.

It is well worth the effort to enter the ballot for tickets, Chris had a fabulous day and fulfilled a lifetime ambition.



My Holiday In Paris



George Cooper, from 54 Leylands Road, went on his first holiday to France this June.

His travels took him all the way to Paris on the Euro Star. George says he went to Paris because he wanted to go up the Eiffel tower - unfortunately there was a 5 hour queue! He went sightseeing around Paris, visiting all the historic landmarks, using the Metro and an open topped double decker bus.

The highlight of his trip was visiting the Louvre and seeing the Mona Lisa. On his next trip George wants to go to America.



Valentine Message

She sat alone.
But her family were there.
Also the dog was eating its bone.
It had golden hair.
She said time to get up.
Father said do you want a drink.
Ok just pass my cup.
Then she put it in the sink.
All was happy.
On this fine day.

by Richard Sawtell