

**Summer  
2012**

Sussex  
**OAKLEAF**  
[www.sussexoakleaf.org.uk](http://www.sussexoakleaf.org.uk)

# Focus on Oakleaf

*The newsletter for Sussex Oakleaf clients and staff*



## Foodbank comes to Haywards Heath!

**In this  
issue:**

**Q&A with  
Jake Rawlings**

**The Big  
Lunch**

**Client Training  
Fund**

**Rob's  
Eco-Tip**

# Editorial

Welcome to our 'new look' newsletter!

We hope you like the new design of your newsletter. This is the first edition produced by the Sussex Oakleaf Newsletter Working Group; a group of staff and clients who have worked in co-production to bring you news and events from across the organisation. Also included are articles and poems from clients and staff alike.

The name 'Focus on Oakleaf' was suggested by Irene Adams who wins a £20 voucher of her choice.

Please get in touch if you have any comments or articles for future newsletters, or indeed would like to join the group - we'd love to hear from you! See the back page for where to contact us.

Happy reading!

**Alan, Alastair, Angela, Kate, Lucy, Nelida, Suki**



## Eco-tip

### Eco-Friendly Eating

Eat healthy for your body and the environment. Reduce your carbon footprint by making five simple changes in your eating habits:

1. **Eat Less Meat**
2. **Eat Local**
3. **Eat Organic**
4. **Drink Tap Water**
5. **Eat More Whole Foods**

Want to find out why?

<http://sproutsavvy.com/uncategorized/top-5-tips-for-eco-friendly-eating/>

## What have we been doing?

I was asked to write about what's coming up this year and there's rather a lot going on! But this is what we've been preparing for – renewing our Strategic Plan and the outcomes we are aiming for, building up our Business Plan and being clear about the impact we have – the difference we make in the lives of our clients and in the communities where we work.

Many of you know that this is the year that many of our existing contracts come to an end and we have to compete with other organisations to keep providing the services we do. There are also opportunities to win new contracts to provide services in new areas and/or new services in the same areas.

'More for less' is a key message we hear – that means we need to work with more people. It's vital that we share information about what's going on, involve people in the changes taking place and help to minimise uncertainties about that future.

We've already won the contract for a new cafe at Brighton General Hospital; this is based on the successes of our existing cafes – the numbers of people getting work experience, volunteering opportunities and training. And, of course - tasty food!

In a year of Jubilees and Olympics we'll also be celebrating our own achievements and successes as the year progresses – during Sussex Oakleaf Week events and at the Annual Conference definitely.

It's not a year that we can sit back quietly and wait – but then, that's not the kind of organisation we are. There is always something going on and we are always involved in trying to influence what happens and keeping our clients and employees informed about what's possible.

**Rob Jones**  
Chief Executive



# Q&A with Jake Rawlings, Young Persons Service Manager

*The tables were turned at the Young Persons Service when Jade Garret, a client at the Young Persons Service was given the opportunity to interview Jake Rawlings, Young Persons Service Manager.*



**Question: What do you find is the most enjoyable aspect of working with Young People?**

Answer: Seeing a young person through the transition of being a teenager to a rounded young adult. Working with young people also keeps me on my toes.

**Question: What do you think are the challenges that young people face today, and what tips could you offer?**

Answer: The current economic situation and its affect on youth unemployment. There is currently around 20.5% unemployment amongst young people aged 16-25, and even those that are employed are often working in part-time jobs. I would advise if you are unable to find work, take the opportunity to skill up through education, training and volunteering, as this will increase your employability in the long run.

**Question: How did you learn to budget and how long would you say it took you to master?**

Answer: Through the deep end and a great deal of late bill payments. In the end, the key to mastering budgeting was setting up direct debits for the day I got paid.

**Question: What do you like doing in your spare time?**

Answer: I like to socialise with friends, go to see live music, and eating out.

**Question: Something that inspires you?**

Answer: Life, good friends, and good music.

## Five things that are good for your mental health wellbeing

Mental Health Wellbeing =  
Feeling Good.

1. Connect
2. Be Active
3. Keep Learning
4. Give To Others
5. Take Notice

## Jade's success story

Jade joined the service in 2010 and has made significant progress in all areas of independent living.

Despite living on a very limited income, Jade used the support offered by the service to develop budgeting skills to manage her financial responsibilities. Jade will complete a full-time course in Health and Social Care in September and has recently moved into her first independent property.

Although achieving these goals can be very challenging for young people, Jade has proved that with determination and commitment they are achievable.



# Update from the OCC

The OCC held its third AGM on 20 February at The Hawth, Crawley. We had a good response for prospective members and I am delighted to say all joined. At the following OCC elections, George Rimmer was elected as Vice Chair and I was elected as Chair for another term of two years.

We had a very good response rate to the Service User Survey and amongst many things it was clear that the term 'service user' should be replaced by 'client'.

The OCC have been working on a tool that measures how services perform from a client's point of view. This is due to be piloted in July. If you would like to know more, please contact me.

Over the coming year the OCC will be holding a number of 'tea and talk' events at services to help people get to know us. We hope you will take this opportunity to come and meet us.

If you have any questions or would like to discuss the OCC with me, please contact me on [lynn.willis@sussexoakleaf.org.uk](mailto:lynn.willis@sussexoakleaf.org.uk) or 07917 626403.

*Lynn Willis*



## You said...

"In 2009, 42% of people preferred to be referred to as 'service user'"

In 2011, 52% of people preferred to be referred to as 'client'"



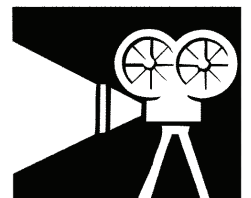
## we did...

"The OCC have acted on this and decided that 'client' will be the general term used by the organisation when referring to people using our services. This will happen over the next year."

## Mini-documentary: 'The Stigma'

Brighton and Hove LINK (the health and adult social care watchdog for the city) launched a mini-documentary in March, which was produced in partnership with Brighton University film students. The film addresses mental health stigma in Brighton and Hove and what might be done to reduce it in the future. It discusses key issues with service users and service providers, asking what could be done to reduce stigma locally.

The film received an amazing 100 views within the first day of being online, and is already being used for training in at least three organisations in the city, and given to students at the University of Brighton. It is also to appear in a local psychotherapy magazine and will be housed on a number of local voluntary group's websites to improve its reach across a larger number of people. The film is available for you to watch for free at <http://bit.ly/LINKStigma>





# Sussex Downs Confidence course

Since March myself and five other clients from the Uckfield area have been attending Dovi Requena's Confidence Course, from Sussex Downs College. Dynamic from the beginning, it has been a journey for each of us, with a steady yet deceptively fast pace.

Personally dreading role play, I have been won over by the many exercises Dovi throws at us. She certainly has it down to a fine art! We laugh and support each other as we hurl confetti, representing a recent frustration to the floor, and stamp on it – releasing what appears to be a decade or more of something better out than in! We have stepped into worlds of personal bliss, visually over-powering a dreaded image of our negativity, capturing it in our hands and dragging it safely to our hearts. We have set 90 day targets and traced our footsteps forward accordingly. As painful themes inevitably arise, we gently explore feelings and how we may gain some positive control.



We have laughed and cried, though mainly laughing, looking forward to Wednesday's as 'replenishing' and 'fun' and a 'sun that warms the rest of the week'. What is really great is that we have all made progress, noting as we 'check in' at the start of each session, actual changes we are making, how much more hopeful we are feeling, with negative habits actually transforming as we become 'positive thinkers' - this is surely a priceless achievement.

*Lucy Parsonage*

## Forest Row Outreach Recovery Group

Clients from Forest Row Outreach Recovery Group spoke of the meaning the group held for them. "It's good to get out regularly and have a chat" said Allan, adding "to explore each others' lives a little, share experiences and friendly advice."



While a support system takes shape, friendships form, with the experience freeing clients up to enjoy life more.

The bond developed with a recovery worker is a great support. Naomi listens and offers ideas for moving forward – from attacking that towering pile of paperwork to facing a fear out in the world.

Clients are informed of groups, courses, employment and voluntary work within Sussex Oakleaf and beyond. Best of all is a feeling of friendship and working together to create a stable and fulfilling life.

## Arts and Crafts Social Enterprise

On 21 April, the Arts and Crafts Social Enterprise at the Steps Wellbeing Service attended their first table top sale, writes Alison McMullan.

It was fantastic to see the large amount of products that members had made during Jewellery and Woodwork groups; it was a true reflection of the amount of hard work that people had undertaken to produce fine quality goods. It was also a credit to the dedication of Nat and Dave who facilitate the groups. Thanks to Mandy who transported the products and three members on the day.

The sale attracted admiring comments and interest from local Girl Guides who have asked us to demonstrate pyrography to their troop.

As a Social Enterprise all the profits made were reinvested into the project. More goods will be made for craft fairs in July and August. Good luck to all involved and the continued success of the Arts and Crafts Social Enterprise.

# Personal Journeys and Creative Space

Hi to all

*I'm Lucy, a client from Forest Row, excited to have this opportunity to make our personal and creative pages the warmth and heart of the magazine.*

*Please help me do this! Send me your observations, poetry, artwork and experiences, photographs and events that have brought you inspiration.*

*Warm thanks to everyone who's contributed, as space is limited we shall try to fit everything in over time.*

## The Homeless

I think of all the homeless  
Who have nowhere to go  
How many are there  
I will never know  
They must feel really cold  
Out there on the street  
With no decent shoes  
Upon their feet  
I'm in the warm  
They are outside  
I have my own privacy  
They have nowhere to hide

All their clothes are ripped  
They have nothing to share  
At the end of the day  
Does anyone care  
No one wants to help  
There is only me  
I want to shout out "help them"  
But I just leave it be  
By the state of the faces  
They feel tired and worn  
Is there anyone out there  
Who'll give them somewhere warm



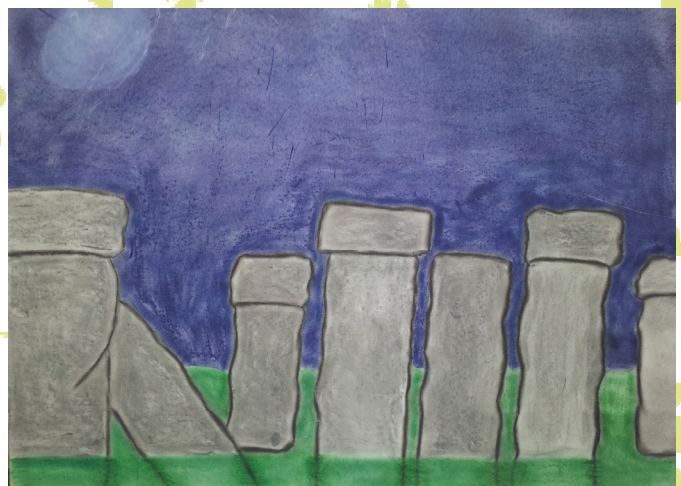
## One Fine Day

In 1989  
One fine day  
I came out of the closet  
And admitted I was gay  
Some people laughed  
In disbelief  
Others just gave me  
Loads of grief

About a year later  
I smacked a girl on the bum  
Everybody went against me  
And called me a lesbian scum  
I didn't mean it  
The way they thought  
I did it in fun  
It wasn't my fault

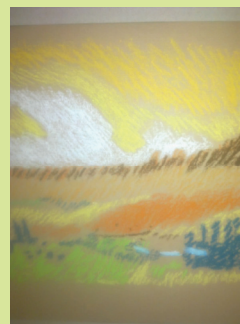
If you find it difficult  
To admit you're gay  
Don't be ashamed  
That's just your way  
People may go off you  
But they're just mad  
If they're real friends  
They'll be glad

*Diana Paulette Cooper*



## Artwork by Patrick Manning

Patrick has attended the Season's art class since August. Patrick finds the classes therapeutic; enjoying the social aspect, as well as seeing the results of his work. Patrick exhibited his work at St Saviour's church, Eastbourne; along with fellow members of the class. Lots of people attended the exhibition and had a great time. Patrick was awarded a certificate to celebrate displaying his work.



Patrick accesses the Brightview Resource Hub in Eastbourne which he finds very beneficial in aiding his recovery. Patrick attends the relaxation, read aloud and English classes, and is a member of the Time to Change campaign group.

Patrick has started a new art class that allows him to explore his art and express himself more freely. When he was younger, Patrick was awarded an art scholarship at St Bede's in Eastbourne. He was very artistic and used to draw and invent his own characters. Rekindling his art is something Patrick greatly enjoys.



Patrick has won a Christmas card design competition and has sold a piece of work, 'Boxing Hares', the proceeds of which he donated to St Wilfrid's Hospice. Patrick intends to have his own exhibition in the future – watch this space! He also wants to apply to display his work at 'Tight Modern'; organised by Creative Futures in Brighton.

Good luck Patrick and keep up the good work!

## Summer Rain

Who am I to tell you what you  
should do?  
Don't ask me I cause I haven't got  
a clue.  
In a world where  
We get abused  
And abuse ourselves  
We get confused  
And confuse ourselves  
The pain is so real and the hurt is  
so deep  
If you need to scream  
Then scream!  
If you need to weep  
Then weep.  
Someone will be around to take  
your pain  
Soon you will be dancing in the  
Summer rain  
And right here, right now  
I'm here  
In your summer rain.

*David Grainger*

## Book review: Girl Interrupted by Susanna Kaysen

The book is set in a psychiatric ward and is based on Kaysen's account of her 18 month stay at Claymore psychiatric ward in the 1960s.

What goes on in the ward hasn't changed much today. This book gives me hope that you can recover from borderline personality disorder. I was confused when I first got diagnosed but the book describes exactly what it's like to have a mental health problem.

There is also a film adaptation where symptoms are acted out wonderfully. It also stops the confusion of what goes on in the day-to-day running of the ward.



*Laura Rigg*



# the big lunch

an eden project

**1 July 2012**  
**Haywards Heath**

The Big Lunch is a very simple idea; to get as many people as possible across the whole of the UK to have lunch with their neighbours in a simple act of community, friendship and fun. A Big Lunch can be anything from a few neighbours getting together in the garden to a full blown street party with food, music and decoration that quite literally stops the traffic.

This idea was started by the Eden Project in the belief that we, as a society, are better equipped to tackle the challenges that we face when we face them together. Since the event began in 2009, thousands of Big Lunches have taken place and nearly a million people have been involved each year.

The Big Lunch is based on a belief that the world can be a better place through people working together, with nature, optimism and common sense. We know that when people get together, we become more positive and start to sort out some serious stuff. The Big Lunch is a chance for neighbours from different generations and backgrounds to hear each other out and share stories, skills and interests. We call this phenomenon 'human warming'.

Many of us in the UK lead lonely lives, and The Big Lunch can be a great excuse to get out and meet the people who we share a street, road, estate or block of flats with.

Statistics on social isolation highlight the benefits that participating in The Big Lunch can offer:

- By 2019, there will be two million more single-person households
- From 2003-05 there was a 7% annual drop in trust between neighbours and
- Social trust in the UK halved and is now among the lowest in Europe.

## The Big Lunch at Sussex Oakleaf!

The Burgess Hill Area Focus Group (BHAFG) are using 'The Big Lunch' idea to bring people together, learn about other community groups, meet new people and hopefully make friends.

The event will take place at The Yews Community Centre, 55 Boltro Road, Haywards Heath on 1 July from 1 – 4pm.

If you would like to know more about it, please contact Suki Westmore on 01444 447376 or 07919 597743.

## Bluebell House Recovery Support Centre



Bluebell House Recovery Support Centre based in Royal George Road, Burgess Hill is a specialist day service for people with a diagnosis of personality disorder, including Emotional Intensity Disorder (EID).

The staff team consists of qualified and unqualified staff, including volunteers with EID. Members receive a holistic approach to their support, and are encouraged to work as part of the team.

Friends of Bluebell House are a non-profit organisation aimed at supporting members and raising funds for the service. To make this happen we need you, your friends and family to assist us. All support greatly appreciated!

For further details please phone: 01444 243652 on a Thursday or Friday 09:00-17:00 and ask to speak to Adele (Chair) or email [adele.huxley@sussexpartnership.nhs.uk](mailto:adele.huxley@sussexpartnership.nhs.uk)

# Hot Topic: Foodbanks in Sussex

It is estimated that around 4 million people in the UK cannot afford a healthy diet, with 1 in 7 people over 65 at serious risk of malnourishment.

In response to this recognised need, local foodbank projects have been set up to provide food to charities and community projects that work with disadvantaged and vulnerable people in the community. These charities often have limited budgets and by obtaining free food from the foodbank their restricted resources can be directed to other services.



These foodbank schemes ensure that good quality surplus food from the food industry is not wasted. Foodbanks are an ethical, safe and positive way of ensuring good quality food is not sent to landfill but is used for improving the quality of vulnerable people's diets throughout the South East.

GH who received a food parcel from the Crawley Open House said:

***"Excellent, fantastic for me and at that time it was a life saver. I had tins of fruit, soup, bread, tea bags and lots of other essentials. A truly great service that is easy to access."***

## Haywards Heath Foodbank

The foodbank in Haywards Heath, whose distribution centre is located at 9 Sussex Road, (next to the Baptist Church), has recently opened. The service is being operated with the help and hard work of over 70 volunteers.

Professional front line agencies including Social Services, the Job Centre, CAB, GP surgeries (currently 15 agencies and growing) will refer clients and give them vouchers to be exchanged for three days of food (9 meals) at the Distribution Centre which is open on Monday's (11-2pm) Wednesday's (1-4pm) Friday's (11-2pm).

Haywards Heath foodbank is very much a community story with excellent support coming from local churches, county and local councils, local businesses and local people.

Barry Prior a spokesman for the foodbank said: ***"We are overwhelmed, if not stunned by the amazing support the project has inspired, and it seems to have brought togetherness within our Community."***



*Haywards Heath foodbank volunteers collecting donations from shoppers at Sainsburys, Haywards Heath*

For further information, donations and volunteering opportunities call:

Haywards Heath:	07884 106719
Worthing:	01903 821921
	07918 759664
Bognor:	07549 121380
Crawley:	01293 447702
Eastbourne:	01323 409925
Brighton:	01273 695330
	01273 671111

## Peer Support Training

The day starts early for me as I have to travel to Crawley by train and then to the Bewbush Centre where the course is run.

The first task we undertook was to think about group agreements both for the training sessions and also how we develop them out in the wider world of Peer Support. There was a lot of discussion and I certainly learnt a lot. The next task was to look at a job advert for a peer support worker. We discussed that the person specification seemed a much more friendly way to approach advertising for the job.

The final task we undertook was a quiz which made us think about our attitudes to various situations and how as peer supporters we would be expected to behave.

I have learnt a lot about myself and the subject of peer support; there will be much more to learn. Would I recommend the training? Yes I would!

*Jayson Flesher*

## Café Opportunities

We currently run three hospital-based community cafes in partnership with Sussex Partnership Trust: Langley Green in Crawley, Meadowfield in Worthing and the Brighton General.

The aim of the café project is to provide the users of the café with a high quality catering service in a warm friendly environment. We also aim to provide a range of employment and educational opportunities including paid employment, voluntary work and work experience, and short term training or work experience placements.

We work collaboratively with clinical and supported employment partners especially Southdown supported employment.

For more information or a referral form please contact Viv Northorpe on 01444 447370 or [vivienne.northorpe@sussexoakleaf.org.uk](mailto:vivienne.northorpe@sussexoakleaf.org.uk)



## Client Training Fund

**Applications now being welcomed!**

During the past year we have been busy raising money to enable us to help fund training opportunities for our clients that cannot be funded from elsewhere. The total is now in excess of £2,000, and we would like to welcome applications!

If you have a training need/requirement that will in some way aid your recovery, please complete an application form and send it to Jan Spiller, L&D Manager, Sussex Oakleaf, Norris House, Burrell Road, Haywards Heath, RH16 1TW.

Applications will be considered for training courses only, assistance with associated costs e.g. travel will not be considered. The maximum value available to each person is £150; costs for training approved will be paid direct by Sussex Oakleaf to the training provider.

Application forms are available from the Sussex Oakleaf website [www.sussexoakleaf.org.uk](http://www.sussexoakleaf.org.uk) or via Client Involvement Coordinators. Please submit your application by 20 July 2012; successful applicants will be notified by 6 August 2012.

*We look forward to hearing from you!*





# Enjoying the great outdoors!

Being outdoors and active is great for improving mood and wellbeing, as displayed by a group of clients and staff in Mid Sussex who have been improving their outdoor space with this in mind.

Once every six weeks or so tenants and staff from three Sussex Oakleaf supported housing services in Burgess Hill pool their resources and garden together. It's a friendly, sociable way for tenants to help take care of where they live and get some exercise and enjoy some hands-on contact with Mother Nature! At the end of the two hour session a light lunch provided by Sussex Oakleaf is enjoyed by all.

Marcus, a member of the group said: *"It was a great morning - we cut back weeds and branches and swept up; at about 1pm we had sandwiches and juice and we can be fussy about what we have!"*

For further information about joining the group please contact Mark (07881 782164), Padraig (07747 013160) or Judith (07900 214067).



## Uckfield Allotment Needs You!

Calling all those green-fingered folk and anyone willing, Sussex Oakleaf's Uckfield allotment has suffered the strain of the recent monsoon!

Help is desperately needed, even if just for an hour. The soil is good quality and produce will be shared, bartered and possibly donated to the local elderly.

For more information call 01892 610038.

## Mid Sussex Men's Group

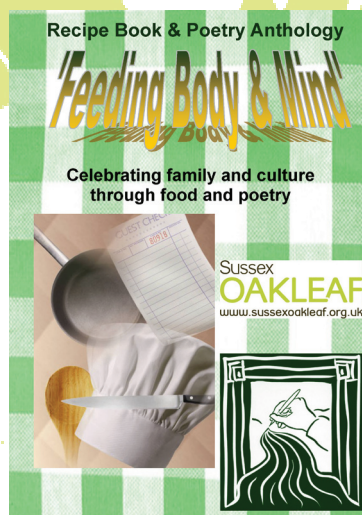
Are you looking for something to do? Want to make friends and get out of the house? Then come along and join the Men's Group in Gerzoo coffee shop (next to Argos) in the Martlets in Burgess Hill every Friday from 11:30 til 13:30.

For more details contact Jennie Kerr on 07787 430781.

## An Adventure

An Adventure through Reality, facing the world day by day, experiencing new things, succeeding and Failing, through good and bad times  
Enjoy

Emma Davey



## 'Feeding Body & Mind'

This beautiful recipe book and poetry anthology contains recipes and poems from clients and staff at Sussex Oakleaf. The book is available from Norris House priced at £3.00.

All profits will be reinvested into new editions.



# 'What a poem!'

**Love? Shoes? By Emma Davey**

*Congratulations to Emma Davey for winning this edition's competition. Emma wins a gift voucher for £25 of her choice. To enter please submit your entry to a member of the Client Involvement Team. Good luck!*

Like love...we can touch the depths of their soles  
Like love...they take each step with us, everyday taking on a new role,  
Like love...once worn they become soft and familiar,  
Like love...couples are different varieties, some contrast, some very similar.

Like love...you can take on two, three or even four at one time,  
Like love...supporting you through whatever you do, through good or crime,  
Like love...once old they get frail and fall apart,  
Like love...each step taken is one step further from the start.

Like love...once you're bored you can dismiss them,  
Like love...some suit each other, women and men,  
Like love...we can replace them with newer, smarter ones,  
Like love...recycling the old and getting others so young.

This so called 'love' is compared to shoes,  
The moral of this poem is in both extremes not to mis-use,  
Think before you throw, recycle your shoes,  
Stick with your loved one, that only you can choose.



## Contact us!

Please send your contributions for 'Focus on Oakleaf' to a member of the Client Involvement Team:

**Nelida Señorán (Wealden District)**  
nelida.senoran@sussexoakleaf.org.uk  
07825 177143

**Alan Wallace (Crawley & Eastbourne)**  
alan.wallace@sussexoakleaf.org.uk  
07575 577574

**Suki Westmore (Mid Sussex)**  
suki.westmore@sussexoakleaf.org.uk  
07919 597743

*Deadline for the next edition: 1 October 2012*

## Useful contacts

**NHS Direct:** 0845 4647

**Sussex Mental Healthline:** 0300 5000 101

**Mind Info line:** 0300 123 3393  
info@mind.org.uk

**Samaritans:** 08457 90 90 90  
Text: 07725 90 90 90  
Email: jo@samaritans.co.uk  
Textphone for hard of hearing: 0845 90 91 92

**SANE:** 0845 767 8000

**B-eat (eating disorders helpline):** 0845 634 1414

**Young Persons Info Shop:**  
www.informationshop.org.uk

