



# Kingswell Newsletter December 2008



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## New Life Found At Kingswell By Leanne

When I first came to the Kingswell Centre,  
I was desperate and really in the gutter.  
A chronic alcoholic, who had just lost my family  
and home, due to my addiction. I had nowhere to  
turn, so I came to the Kingswell Centre  
They helped to put me back on my feet,  
Got me detoxed and re-housed.  
After been detoxed and rehoused I then went to  
rehab.  
I started to attend A.A meetings  
With the support of the A.A and Kingswell,  
I managed to gain some stability  
And conquer my Demons.  
The Kingswell has been a great source of Support  
For which I am incredibly grateful.  
I probably wouldn't be here now  
I would have drunk myself to death  
If not for finding the Kingswell  
They are truly amazing.



FACES is a new venture that comes under the banner  
of the OFAAD work

Overseen by Lyn, Senior Family Support worker at  
Kingswell. F.ACES stands for Friendship, Accep-  
tance, Compassion, Encouraging and Socialising.  
Faces is for service users who are recovering from  
alcohol or drug dependency. They provide a safe sup-  
portive welcoming environment and offer a series of  
holistic activities such as crafts, sport, computing etc.  
FACES is part of the worklessness group that enables  
people to return to work or education.

OFAAD runs a carer support group, that offers sup-  
port to family members, friends, carers who care for  
someone with drug and alcohol dependencies. Provid-  
ing an environment that is confidential, understanding  
and most importantly welcoming

To learn more about OFAAD please call Lyn at the  
Centre on 01691655126.



## From The Desk Of Tudor - Spurgeons Transition Manager

Since July 2008, I have been working as the Transition Manager for Spurgeons in the Northwest. This means that I have the very specific job of moving some 12 projects from being in partnership with Spurgeons; into independence, over to new partners or to closure.

Spurgeons has been through a major reconfiguration (major surgery) and is concentrating on a smaller range of work. My work with Kingswell is to assist the centre to move into independence, but we need your help. When Spurgeons withdraw next year, we will have worked together for nearly 17 years. It has been a good partnership with gains for both sides. It was such an answer to prayer in 1992 when we first came into contact. We have had a great partnership and developed together. Kingswell will not only have to replace support structures locally, but we will need to raise extra funds. Just 35 new people pledging £5 a week would allow us to plug the gap to continue to provide a welcome place to go. Where you will be treated as a person and not a problem, by staff motivated by their Faith and values as well as being equipped with experience and skills. These skills have been greatly appreciated by a range of statutory agencies over the years and we have had some great partnerships. At the end of March I too will be leaving Spurgeons. I have no idea what I am going to do. So the Bungee jump with God continues. As Kingswell enters it's 27th year since the actual lease was signed and the building work began the team still need your prayers and support Alison and I would appreciate your prayers too. **Tudor**



# Kingswell Dance Workshops



With The help of SCC Sport England, Extended activities programme, we have been able to run a Breakdance and Hip Hop dance workshop run by Terry Cripps. It has consisted of 8 sessions. Many of the young people involved in our youth groups were excited to be part of this, with some of them finding they are quite adept in the skills of Breakdancing as you can see.



## One 2 One Counselling

The One to one counselling service has been running at the Kingswell centre for a number of years now. At present they have Six trained counsellors, two of whom accept work with Couples. The Counsellors are Gill Buckeridge, Yvonne Davies, Wendy Hickson, Sue Opie, Lucy Fogg and Jane Guttridge.

One to One Counselling gain many of their clients through referrals from other agencies such as Doctors, Mental Health Service, Health visitors, Schools etc. And a waiting list operates for the clients to see a counsellor. Times for appointments are available to suit both counselee and counsellor. There is generally an initial period of six, one hour sessions; but , you are free to have more or less . We have a lot of clients at the moment , but there is always availability for more.

One to One operate a completely confidential and non judgemental service. **Yvonne Davies Kingswell Counselling Service Co-ordinator ( Volunteer)**

After 20 years of working at the Kingswell how can I sum up my thoughts and feelings for the place.

..... Well I think that it is the Young People, the volunteers, and the people I work with and see everyday, that makes the Kingswell such a special place to work and a privilege to share in so may lives. This is a poem that was given to me by Phil Simpson that sums it up for me .

*Yesterday is History  
Tomorrow is a mystery  
Today is a gift  
That's why it's called  
The present!*

By Lyn Berman



### **Jesus Shines For Me At The Kingswell Centre** **By Lisa Coleman.**



I was thinking of the song Shine Jesus Shine, and these words came into my mind and I wanted to share them with you.

Jesus shines in all of us.  
He gives us Love  
He shines when you're unhappy  
He shines to give you Guidance.  
He shines to give you Hope.  
But most of all he's with you, Always.

**Lisa**





**PACE ( pregnancy advice for everyone )** team, work out of Kingswell and have found that most contacts have been from women who have had abortions some considerable time ago and are still struggling with the consequences. It is such a privilege to be able to offer them a series of counselling sessions as they work through their own thoughts and emotions.

Alison Sims' work with PACE – in the Marches School was busy through the spring but reorganizations at the school meant it had to come to an end. Her material has been taken up by Oswestry School where she delivers a wide range of PSHE sessions to year 10– 12 students. We are now delighted that Alison has taken over from Kay as the Kingswell Administration Assistant and is able to receive the phone calls from people needing help. *Gill*

## Oswestry Education Centre (based in Kingswell Annexe)



The Kingswell Annexe has been bulging under the strain of accommodating twelve of North Shropshire's secondary students who don't attend mainstream school for a number of reasons. For over ten years a small team has been providing education, support and a new chance. We have seen many young people gain an impressive range of qualifications, and places in further education or employment. This spring Ofsted arrived after short notice for a very thorough inspection. The students, parents and staff were able to celebrate gaining "Outstanding" (The top grade) in all categories . Even more exciting for us is that the funds have been released to build us a brand new , purpose built facility on the college site so that the work can expand. Sadly this will bring to an end a long and very valued co-operation with the Kingswell Centre. We have greatly valued the support and friendship of all the staff.

*Gill Buckeridge. Head Teacher, OEC*



### Youth News

We are continuing to run two youth clubs on a Wednesday and Friday evening ; which run from 6.30pm– 8.30pm. The Clubs are run by Lyn Berman, Lisa Coleman and a team of amazing volunteers.

We are currently seeking funds from Shropshire County Councils **Sports Unlimited**, to enable us to provide sports coaching to young people in the spring.

**Youth Clubs start back Wed 14th + Fri 16th Jan 09.**



Thank You for your support for Kingswell Centre. If you feel you could support us with a gift, or would like any further donations to have the benefit of Gift Aid please could you fill out the form below and send it back to us with your gift. Using Gift Aid means that for every pound you give, the inland revenue gives The Charity an extra 28p; helping your donation go further.

*giftaid it*

**Will Walters, 19 wrote** .....

I have attended the Kingswell Centre from the age of 9 until I was 18.

Because of the Kingswell I believe my friends and I were able to avoid drugs and other crimes that people of our age were committing at the time; this was because of the guiding hand and the older friend approach all the staff used.

I also think that the Kingswell helped me as a person, shaped my morals and inspired me to become involved with young people.

I Would like to make a donation to **Kingswell Centre** gift Aided. My details are;

First Name; ..... Surname; .....

Address ..... Postcode; .....

I would like to Gift Aid the enclosed donation of £.....

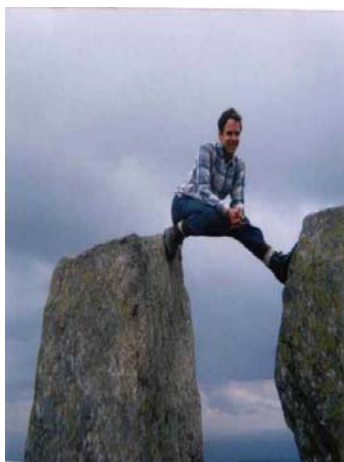
I would like to Gift Aid all donations made to the Kingswell Centre since 6 April 2000, and all further donations until I notify you otherwise.

# A Bit of Fun



## Jesus or Santa Claus...you decide...

Santa Claus lives at the North Pole..... Jesus is everywhere.  
 Santa comes but once a year..... Jesus is an ever present help.  
 Santa comes down your chimney uninvited... Jesus stands at your door and knocks  
 And enters your heart when invited.  
 Santa lets you sit on his lap..... Jesus lets you rest in his arms.  
 Santa has a belly like a bowl full of jelly..... Jesus has a heart full of love.  
 Santa says "You better not cry."..... Jesus says "cast all your cares on me for I care  
 for you.  
 Santa is a jolly old elf..... Jesus is the King of Kings.  
 While Santa puts gifts under your tree... Jesus became our gift and died on the tree



## Stepping out, being available, using your gifts...

The picture is of Dave astride Adam and Eve, the summit rocks of Tryfan; Snowdonia. Dave says : "I have been Kingswell treasurer since April 1994, I was asked if I had ever thought of being the Carreg Llwyd church treasurer in April 1992. Simple answer "NO", I said my math was okay, but I had no understanding of accounts. I'd just heard someone speak about ability and availability in church and I said I'd make myself available (though I worked 50 hours a week in the chemical industry). When the then Kingswell treasurer resigned I told Tudor if no-one else volunteered then he could count on me. I became familiar with computers and started updating the accounts weekly; previously everything was handwritten. I now use internet banking for both, How things have moved on!" **Dave Pass, Kingswell Treasurer**

## Long Term investments in futures...

If you feel moved to support the work of Kingswell, and want to invest in the futures of young people and families in Oswestry, please fill in one of our donation forms, ask to go on our supporters list or become a member. Please let Alison Sims know at the Centre. It is great when we know that supporters are walking with us practically. We work from a value base which sees everyone as equal, because we believe we are all created equal. We also try to work in a responsive way with those who are not necessarily popular with funders. We appreciate the time you have taken to read this newsletter and ask that if you can't give money then you consider praying or volunteering at the Centre whenever you can. We have a variety of opportunities from general maintenance to helping out with some of the groups and doing general office work. **Happy Christmas and New year ...The Directors**

## Nativity Word Search

C A N O I T A V L A S D N S H S  
 Q S H E P H E R D S R F A L L U  
 R A T S A M T S I R H C T E J S  
 N E M E S I W S H E E P I G O E  
 J G N I K M A R Y G I U V N S J  
 M O S Y I H X Q U R Q W I A E T  
 D O N K E Y R E G N A M T D P M  
 Z I L I N N K E E P E R Y O H F



- angels
- Christmas
- donkey
- innkeeper
- Jesus
- Joseph
- king
- manger
- Mary
- nativity
- salvation
- sheep
- shepherds
- star
- wisemen