



## Kingswell Newsletter Easter 2007



### Hope Springs Eternal

Welcome to our Easter Newsletter and my first as the manager of Kingswell. It is some time since we last issued a newsletter and therefore there is some 'catching up' to be done. Since I arrived in November last year the centre has been a hive of activity - as usual - with many people using our services. For me one of the key values at Kingswell is to be hopeful. This is one of Spurgeons (with whom we are in partnership) core values which states 'We believe that positive change is possible for all people, so seek to maintain a hopeful attitude that does not easily give up. We therefore have a proactive approach and a can-do mentality'.

This is surely the central message of what Easter is all about and links with the roots of the Kingswell Centre.

*Nigel Evans (KC Manager)*



### Its nice to be sober!

Its nice to wake up and not have to drink  
To make me feel normal and clearly think

Its nice to wake up without the DT's  
Shaking and sweating and all paniky

Its nice to wake up and not have to think  
I wont feel normal til I've had a drink

Its nice to wake up and not have a drink  
The further into the gutter I'd sink

Its nice to wake up and have tea instead  
If I carried on drinking, for sure I'd be dead.

(Submitted by Leanne)

### Backpacking in Samoa

I've been truly blessed this year to be able to take extended leave to visit my daughter Eve and son-in-law Amr who are in Australia, and also going backpacking with them around the Islands of Samoa.

There are links between Samoa and The Kingswell Centre. During the 1840's The Chisholm family from 'The Old Chapel', now known as The Kingswell Centre, set sail for Samoa and planted one of the first churches on the Island. Over the years I've often heard about Samoa, through one the descendants Mrs. Maj Wagstaff, but never dreamed I'd make the journey myself.

### Youth Work and Volunteers

All of the clubs are busy, with a great team of volunteers on board, and a few new volunteers just starting. Lauren and Becki (vols) raised £313 from The Youth Opportunity Fund for a Teambuilding day with the younger volunteer team. It involved a day in Chester and a meal and games back at Kingswell. A great opportunity for volunteers to get together out of club and get to know each other.

Wed. and Frid night clubs involve young people of mixed ages with 12 year olds mixing well with older group of young people, also a greater number of young people with learning difficulties are joining the clubs with Tony the Apollo worker helping them to integrate and join in the activities.

Egg and Banana is starting to get very busy again and so pleased to see Miriam our craft worker return to Club to run sessions. Miriam has been a volunteer since 1992.

### OFAAD (Oswestry Families Affected by Alcohol and Drugs)

Each week people will access the drop-in service, from just having a cuppa and a friendly chat to seeking help and support for problems involving for eg. homelessness, relapse and relationship breakdown.

### Family Support

Relationships between Parent/Guardian and child can sometimes breakdown. Over the years a number of families have been helped through mediation and general support. (Lyn Berman)

### **Band Nights**

A 'Battle of the Bands' competition is to take place this summer with heats and the final to take place at the Kingswell Centre. More details in the next newsletter.

## The Service User Involvement Project

Service User involvement is about involving substance misuse service users in drug and alcohol treatment which provides an opportunity for current, ex and potential users of substance misuse services to be involved and consulted in their own treatment and in how treatment services are run in their area. They can offer a valuable insight and understanding of substance misuse services based upon their own experiences. This experience and understanding is unlikely to be shared by health and social care professionals and so provides a different perspective on the suitability and effectiveness of services. Working alongside Shropshire Drug and Alcohol Action Team (DAAT) and Service Providers service users expertise will improve the future delivery and operation of services.

## The Substance Misuse Service User Development Worker

The primary role of the Substance Misuse Service User Development Worker is to facilitate service user involvement in Substance Misuse services throughout Shropshire. Facilitating the development of service user groups to act as advisory groups to Shropshire Drug and Alcohol Action Team (DAAT) whilst fulfilling a self-help and peer support role. Also the Service User Development Worker provides the opportunity for service users who are not able or do not want to access service user groups to contribute to the planning and development of services. The Service User Development Worker responds to people's individual needs and will endeavour to offer appropriate support to individuals when necessary. *Contact: Abigail Butters 01691 655126 Mobile: 07769870535 Email: [abi@kingswellcentre.org.uk](mailto:abi@kingswellcentre.org.uk)*

Shropshire Service User Network (S.U.N.) would like to hear from current & ex- drug and alcohol users who feel that their individual experiences have given them insight into substance misuse treatment. If this sounds like you and you are willing to work on a 'one to one' or group basis with other service users to improve services for the future, please contact S.U.N. (Shropshire Service Users Network) on 01691655126 or 07769870535 *S.U.N. meetings are held on the 1st Monday of every month at the Hobbs Room, Shrewsbury Library from 2-4 pm. Refreshments are provided & travel expenses covered.*



### The Hidden Hurt behind closed doors

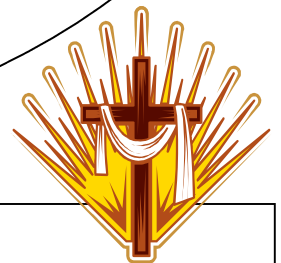
Poppies is an evolving service, it is a project for children and young people who are between the ages of 5-13. Its main aim is to provide support and a listening ear to all young people who feel that they are experiencing or have witnessed abuse. The abuser may be dad, mum, your mum or dad's partner, your carer or someone you have lived with. Domestic abuse is a crime- nobody has the right to hit, hurt abuse or frighten another person.

We are children's workers who are providing a service that can help to reduce this crime. The most recent figures of children who have experienced or witnessed this crime in Shropshire are significantly high. The Shropshire Domestic Violence forum have accumulated statistical data from January 2006 to March 2007 and from the high risk cases that have been recorded 64 children were experiencing or witnessing this crime. Therefore, our service would like to support, listen, and help those children to recover from their experiences. We aim to achieve this by: one to ones, group work, physical activity and just having fun. To access our service we require a referral from a trusted adult like a teacher, social worker, GP or any other professional that you or your family are involved with. If you feel that you or anyone is being effected by domestic violence then please contact Shropshire Domestic Violence Helpline on 0800 7831359.(Sarah Howells)

### I SAID A PRAYER For you today

I said a prayer for you today and know God must have heard,  
I felt the answer in my heart although He spoke no word.  
I didn't ask for wealth or fame I knew you wouldn't mind,  
I asked him to send treasures of a far more lasting kind.  
I asked that he'd be near you at the start of each new day  
To grant you health and blessings and friends to share the way.  
I asked for happiness for you in all things great and small  
But it was for his loving care I prayed the most of all.

(Submitted by Kay Clarke)



### Youth Forum

The Kingswell Youth Forum has been put together to help young people have a greater say in what happens in the youth clubs in the Kingswell Centre. So far the youth forum has applied for a number of different grants to improve the Kingswell Centre including painting the youth club area, improving equipment and having a chill out area in the club. Also funding is being pursued in order to provide disabled access for the clubs.

Anthony Hayden (Youth Forum Worker)