

# Next Stage News Letter



January  
2012

## Happy New Year!

Hello to all who read our Next Stage News Letter, this is my first time in writing an item of this kind and I wasn't sure what to write or where to start, especially as people keep telling me I am too serious!!!

So I was thinking about Next Stage and how we are nearly a full 10 years old and where we have come from..... and where we are going. But never quite are we there yet!!!

The point I am making which is similar to all our own adventures or challenges in life, we shouldn't get too concerned about **Simply Getting There**, or **Finishing!** Maybe we should think more about how well we can do along the way and remain open to new opportunities, personal growth and development. Next Stage has experienced a great deal of changes in the last few years, mostly because of the way all Services who support Adults have had to get better and deliver more honest and decent value. Be more accessible, flexible and responsive to people's needs and not elite or beyond the reach of any individual. I would like to think Next Stage has been doing this, achieving more standards, awards, achievements and bench marks along our Journey and today our service is being shaped and formed more than ever before by those who use the service and want to benefit, it's because of those people I want to say thank you and I look forward to our on going journey!

*Paul O'Rourke*

Welcome to our first addition of the Next Stage News letter, may I take this opportunity to thank everyone who has helped and contributed to it. As you will see from reading the articles it is full of useful information and handy helpful tips. I have really enjoyed getting out and about listening to what everyone has had to say, it is pleasing to hear so many positive comments about the service that you receive. I have particularly enjoyed the Service User Forums, they gave us all an opportunity to meet and talk about real issues that are happening in your lives and I hope solve some problems. It amazes me that regardless of the number of people that turn up to the forum we always manage to eat a box of biscuits. I look forward to seeing many more people at our next Forum.

*Jeremy Alston*

## Forth coming events for your diary

- Wigan Forum at Platt Bridge Community Zone on Wednesday 14th March 11am - 1pm
- Warrington Forum at Gateway 85/101 Sankey Street on Monday 19th March 11am - 1pm
- West Lanes Forum at the Grove Community Association on Thursday 29th March 11am - 1pm
- 27th February Ireland trip
- Warrington lunch club takes place every Wednesday at various venues and includes the option of going to the Cinema
- Every Friday there is bowling at LA bowl in Warrington
- Every Tuesday there is golf in Warrington

## What's happened lately

We have had our first round of Service user Forums for Wigan, Warrington and West Lancs. Although the turn out was small the conversation was large. It is so nice to be able to sit down and have a good chat about what is good and what could be improved over a cup of tea and biscuits. Suggestions have come forward from these groups which have helped build the content of this Newsletter. The dates of the next Forum are at the front of this News letter and we really hope more people can turn up.

Over the past year there have been several fun and educational activities that were offered to all service users in Next Stage. These have included day trips and residential holidays such as Liverpool One shopping centre, Cadburys World, Butlins (residential holiday), Blackpool Lights and Bury Market. All service users are welcome and encouraged to participate on all our planned activities, and if you have any ideas for group activities then we'd love to hear about them! There are more residential holidays planned for 2012 so keep a look out for them!

It was Barry's birthday and all of us went to Blackpool for a day out. It was windy so there were no big rides taking place; this was disappointing because we wanted to go on the Big 1. Never mind we had a walk down the pier and had candy floss and doughnuts. Afterwards we all had fish and chips on the front which wasn't to everyone's taste. Then it was onto the arcades on the front where we all played air hockey, Barry particularly liked this. Glenda (staff) had a dance off with Adrian on the dance mats and to Glenda's horror he won!!! We all had fantastic day with plenty of laughs and cheers and we got some of Barry's birthday cake after singing Happy Birthday.



### Education and learning with Next Stage

**Congratulations** to the floristry group for completing their course and achieving four credits from Open Awards for their work. Thanks also to the group for providing the pictures for this year's company Christmas card. The group will be meeting once a month now as the floristry club starting in January. There are a number of other courses that are being undertaken at the moment and we look forward to the participants achieving their unit credits as well. We are able to design courses that suit what individuals want to do, everything from cookery to car washing, just let us know what you would like to do. You can contact us through your support worker.

## CONGRATULATIONS

We would like to congratulate **Dawn Stoddard**, A member of the Next Stage team who was the Learn direct outstanding learner of the year 2010, has been rewarded with an **MBE (Member of the British Empire)** for services to further education.



# Next Stage News Letter



## Have your say

"Thank you to Louise, who runs the floristry course. We've had some interesting days to the Garden Centre and Parks, made interesting flower arrangements and even made some wall art from leaves and gathered material".

"Thank you to Managers at the Service User Forum for making time to come and listen to ideas and discuss the issues that clients were concerned about"

"Thank you for being my Support Worker Glenda you are great with me and a great person and very kind person. Hope you have a nice Christmas and your family and thanks for your support and kind thoughts your the best Support Worker I have ever had and tell Next Stage and staff thanks you for the support with me and tell all the staff thank you to Next Stage staff to all have a nice Christmas"

## Just for Fun,

1. The caped crusader, Batman, operated in which city?
2. What was the name of Michael Jackson's famous chimpanzee companion?
3. Which fruit gave its name to a desk top computer in 1984?
4. What type of animal was Babe in the film of the same name?
5. Who's slogan is Put a tiger in your tank?
6. What colour are Superman's shorts?
7. What is the unit of currency in India?
8. What is the closest planet to Earth?
9. True or False - Hair yanked out by the roots will not grow back?
10. Which supermarket chain uses Jamie Oliver in their adverts?
11. What is Fred Flintstone's favourite sport?
12. True or False, Women blink twice as much as men?
13. What mineral is spinach high in?
14. What was the name of the green Telly tubby?
15. How many wings does a butterfly have?
16. What sort of hat did Laurel and Hardy wear?
17. Which cartoon dog has the initials "S.D." on his collar?
18. What is the name of the fairy in Peter Pan?
19. Which TV animation has a robot called Bender?
20. What are the three primary colours in white light?

## Can you find your favourite films

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

ADAPTATION, AGAINST THE ROPES, ALIEN, ALONG CAME POLLY, AMADEUS, ANNIE HALL, BABE, BASIC INSTINCT, BEN HUR, BIG FISH, BRAVEHEART, CABARET, CASABLANCA, CHICAGO, CONFIDENCE, DAREDEVIL, DIE HARD, DR ZHIVAGO, EVITA, GHANDI, GHOST-BUSTERS, GLADIATOR, GOLDFINGER, INSOMNIA, IRIS, JAWS, LANTANA, LOST IN TRANSLATION, MAD MAX, MIRACLE, MR DEEDS, NETWORK, PEARL HARBOR, PLATOON, PSYCHO, ROCKY, SIGNS, STAR WARS, THE LORD OF THE RINGS, THE STING.

*Tell us how we are doing*

**T 01942 818 569**

**M 07891 509525**

**E [tellus@next-stageltd.org.uk](mailto:tellus@next-stageltd.org.uk)**

For the past 18 months the personality disorder hub had been delivering and developing training for professionals and service users within the Wigan area, in regards to understanding and having awareness of service users who have received the diagnosis. This initially was developed by Gary Lamph registered nurse in mental health & personality disorder in order to change experiences of people with the diagnosis who come in contact with all areas of services.



(Strategy members attending the awards)

In November of 2011 the lead in the strategy personality disorder was shortlisted for the national nursing times awards, which was attended by both professionals and service users involved in strategy Gary Lamph received the national award for contributions to mental health, ensuring ongoing support for the strategy and the strategies future.

A service user and professional forum was developed in strategising ideas for the ongoing training of others, multi agency involvement was paramount to ensure awareness in all areas of support.

The awareness sessions are led by service users and professionals to insure that the experiences of the service user is expressed within the course, this is currently done within three day course over three months with some online learning, this year there will be a change in the training and will be delivered only the three-day courses but a one day intensive awareness course featuring such training and stop and think.

Involved in this strategy for personality disorder are organizations such as **(Next Stage)** and volunteer organizations such as **(No Secrets)** led by service users in the support of people who have a history of self harm and wish to discuss, support and have understanding in this area, led by co-founders such as Tina Simons and Kerri Jones, and are heavily involved in the multi agency and service user only forums, ensuring the ongoing recognition and hard work of the service users involved.

**Please contact:** Joanne.Doyle@5bp.nhs.uk **with expressions of interest in regards to personality disorder awareness.**

**Please contact:** Tina on **07863 736647** or **email** tina.sthelens@gmail.com

# Thoughts from Service Users

Pictures from our floristry course:



## Recipes made easy

### Ingredients:

- 1 pack of sausages
- 12 Eggs
- 120ml of cream
- 120ml of water
- 1 onion



- Put sausages and onions into a pan, turn on heat and brown
- Mix eggs, cream and water into muffin tin
- Put sausages and onions in a tray, pour over egg mix.
- Put the tray in the oven at 180 degrees for 20 minutes

Recipe created by Judith

### Ingredients:

- 175g of unsalted butter, plus extra for greasing.
- 175g of caster sugar.
- finely grated rind of 1 lemon.
- 3 large eggs.
- 115g of plain flour
- 115g of self-raising flour.
- 2-3 tbsp of brandy or milk
- 2 slices of citron peel.

### Method

- 1 Grease and line an 18cm, or 7 inch round deep cake tin.
- 2 Cream together the butter and sugar until pale and fluffy. Add the lemon rind and gradually beat in the eggs. Sift in the flour and fold in evenly, adding enough brandy to make a soft consistency.
- 3 Spoon the mixture into the prepared tin and smooth the surface. Lay the slices of citron peel on the top of the cake.
- 4 Bake in a preheated oven, 160C/325F/Gas Mark 3, for 1-1(1/4) hours, or until well risen, golden brown and springy to the touch.
- 5 Cool in the tin for 10 minutes, the turn out and cool completely on a wire rake.

Recipe created by Richard Cooke

## Advice and helpful tips:

Some Service Users have expressed an interest in writing advice and help for others in future Newsletters. The suggestions so far are : Beauty , Hair, Competitions. If you would like to help with this column or help produce the Newsletter please tell your Support Worker who will happily organise this.

**Remember this is your Newsletter so any help and advice will always be appreciated**