

VOLUNTEERS' NEWSLETTER

August 2007

Volunteers

Please welcome:

- Nicky Buley at Rainbow
- Marion Pagem at Rainbow during the Autumn on a SPA placement

and a temporary 'good-bye' to Catherine Dowland-Pillinger as she prepares for her ordination.

Steve Davidson's Surgery

Tuesday 11th September
1pm - 3pm
Cornerstone House

Steve is Director of Croydon Mental Health Services and this is an opportunity to ask him questions or challenge him about some aspect of care - individual or general issues can be raised.

Book a time with Sue or turn up and take pot luck.

Autumn Training Course

Wednesday evenings
10th Oct - 7th November
7.30 pm - 9.30 pm

St. Mildred's Community Centre
Bingham Road

Note the new venue.

Busy summer so far....

- We have made plans to move our creative workshops and Women's Group from St. Andrew's to St. Mildred's Community Centre - please see back of page for more information.
- We had a very successful meal at The Boulevard - thank you all for coming and making it such a memorable occasion.
- We went to Brighton as planned on 21st July. 39 people came on 3 CAT minibuses. The weather was kind and a good time was had by all. People are already asking about the next trip! Thank you to those volunteers who came to support people, especially Christine, Carmen and Darren.

Support and Training

Saturday 13th October
10 am - 1 pm
Bethlem Chapel

Please let Sue know of any topics or issues which you would like covered.

Are there any footballers?

Hear Us, the user group, is organising a 5-a-side football competition

Wednesday 10th October
12 noon - 5 pm
Crystal Palace Sports Centre

We need to enter a team!! I look round our drop-ins and don't see much potential football talent - perhaps I'm wrong.

Male, female, old, young, talented or two left feet, volunteers, members, committee members - please come forward - there will be a chance to practice.

Bishop Nick, our Patron

is visiting the Bethlem Hospital on Thursday 25th October, from 12 - 5 pm, to celebrate 760 years of the foundation of the hospital.

The theme of the celebration will be *Sanctuary*.

Details will follow but if you are free please put that date in your diary.

Healing through
Creativity

From Monday 10th September 2007

all the activities which we hold at St. Andrew's will be transferred to
St. Mildred's Community Centre, Bingham Road Addiscombe
(St. Mildred's is just round the corner from the Addiscombe tram stop - see map)

The times are unchanged but there will be no workshops in the weeks beginning 27th August and 3rd September

Monday	2 - 4 pm	Relaxation /Well-being
Tuesday	11.30 - 1.30 pm	Women's Group
Tuesday	2 - 4 pm	Creative Writing
Friday	2 - 4 pm	Art

Please join us for St. Andrew's 'leaving' **tea party** and **exhibition**
Friday 17th August from 3 - 5.30 pm

St. Mildred's are very keen to have us and are charging us preferential rates for the hire of their halls.

Directions for St. Mildred's Community Centre

Bingham Road
CR0 7EB

The Centre is at the junction of Bingham Road and Sefton Road.

From West Croydon:-

- Tram towards Beckenham or Elmers End - the Addiscombe Road tram stop is 3 minutes walk from the Centre.
- Bus 289 towards Elmers End – alight at Addiscombe Road tram stop.

From East Croydon:-

- Tram towards Beckenham or Elmers End - the Addiscombe Road tram stop is 3 minutes walk from the Centre.
- Bus stop E4 – 312 to Norwood Junction
- Bus stop E4 - 367 to Bromley North

A Reminder of the Diary Dates

11th Sept	Steve Davidson surgery at Cornerstone House
10th October	5-a-side football competition
10th October	Training course starts - St. Mildred's
13th October	Support and training - Bethlem
25th October	Bishop Nick to Bethlem Hospital for 760 year celebration