

VOLUNTEERS' NEWSLETTER

November 2009

Hallo to ...

- **Ann Crump**—Monday well-being
- **Nadia Craddock**—Friday Art & Bridge
- **Hassan Koroma**—Rainbow
- **Oju Opara**—Bridge

Please make them all welcome.

... and good-bye

Betty Friend will be leaving the Bridge at Christmas. **Pauline Davies** has also decided that she will not be available for the Women's Group after Christmas. She will be very difficult to replace. Pauline has been a key person in creating the positive group that the Women's Group has become. If anybody is interested in taking a lead role at the Women's Group I would love to hear from you.

Special thanks to **Brenda Rye** after more than 15 years at Rainbow; you may see her sometimes until she actually moves.

Daniel Taylor decided not to continue at Open Door.

Thank you for all your efforts on our behalf.

Drop-Ins

Deborah Wilson is now a key holder at the Bridge. Thanks for taking on this role Deborah. Mike Molnar has the same role at Rainbow.

Please try to ensure that new members fill in a registration card – this is very important for our continued funding. There have been a few occasions recently when volunteers have missed their turns. Please, please try to be there when you are expected. We are all human so there are bound to be hiccups sometimes but if we all get the hiccups on the same day, so to speak, the Drop-In cannot open. Recently only one of four volunteers arrived at the Rainbow and he was late! This makes life very stressful for Esther.

R.I.P.

Some volunteers may remember **Peter Joyce**, a young man who often played for Andrew in the chapel at public events. He died suddenly in September. His parents donated the collection following the funeral to APCMH. Peter was a brilliant musician and we will use the donated money for music workshops.

Sadly we also report the sudden death of **John Owens**, a volunteer at Rainbow for several years and a tireless campaigner for the rights of mental health service users.

Music Workshops

We would like to start some music activities in the New Year, possibly on a Wednesday afternoon. We hope to include singing and some instrumental workshops. If any volunteers have skills or enthusiasm in this area do let me know

Creative Workshops

During November the Wellbeing group will be offering a variety of stress busting activities which will be funded by a successful 'Make You Smile' bid.

Fund-raising

If any volunteers have any interest or expertise in fund raising we would love to hear from you. Some money has already been raised from book and DVD sales, for which we are very grateful, but sadly we can always do with more.

Special mentions and thanks are due to **Esther McCalden** and **Marjorie Alleyne**, who raised a considerable amount for our funds via a coffee morning and sponsored walk respectively.

Trustees

The AGM of the Trustees was held on Monday 5th October 2009. The accounts for the year 2008/9 will be available shortly on our web site.

It is planned to have a public event with a music content on Saturday 13th March 2010.

The Trustees will hold a special meeting on Wednesday 9th December to discuss funding and the possibility of raising money through Social Enterprise. Again, if any volunteers have any interest or expertise in fund raising we would love to hear from you.

Quiet Day

Unfortunately this had to be cancelled through lack of support.

Support and training

We decided not to offer the volunteer training course during the Autumn but will organise it again in the Spring.

Christmas

St Mildred's workshops and the Women's Drop -In will close for the two weeks beginning 21st and 28th December.

I hope that it will be possible to keep the other Drop-Ins open except of course for Christmas Day and New Year's Day.

If you are unable to do a date over the holiday period please make arrangements to swap as soon as possible. Please note that I will not be available during the holiday period.



A Reminder of the Diary Dates

9th Dec	Trustees meeting on Social Enterprise.
18th Dec	Open Door party
20th Dec	Bridge party
21st Dec	Rainbow party
21st Dec—1st Jan 2010	St. Mildred's activities closed.
13th Mar 2010	Public event planned.