



SKYLIGHT NEWS

NEWCASTLE



Issue 8
Oct 2011

Out Quarterly

Member Achievement Awards

Member Achievement Awards on Wednesday, 29th June 2011 at the Great Hall, Discovery Museum

Witamie, Bienvenue, Bienvenida, ahlan wa sahan, Qabele, Merhaba and Welcome to the Crisis Skylight Member Achievement Awards here at the Discovery Museum.

This was the welcome given by Angie and Simon as they opened the afternoon by speaking in these seven languages.

June Grimes, Head of Crisis Newcastle, introduced Newcastle Future's Chief Executive, Gillian Hewitson, who would be presenting the awards and certificates. These were in Catering, First Aid, Art, ICT, Literacy and Numeracy.

The awards and certificates were presented throughout the afternoon in all there were 270 passes by 144 individuals and interspersed with

presentations of members achievements

When speaking Gillian Hewitson emphasised that people are successful if an effort is made to always take opportunities. Individuals are not always naturally able to manage their own development but working with Progression Coordinators at Crisis they are able to fulfil their



potential.

Audience participation

The opening song by Kennedy Banda 'It was a Dream' sung his own composition about his achievements since he first became involved in crisis.

Drew Foster read his poems 'Addiction', 'It's Never Too Late' and 'Positive View'. These have all appeared in

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Kennedy sings

previous issues of this newsletter and Drew explained to me that he continually reviews his poems to reflect his personal progression.

images with a soundtrack. The first was the story of a performance by the singing group Recovery Rocks and then a poem 'Mrs Olivetti' by Joanne.

The finale was the Catwalk Crafternoon. This was a presentation of the millinery specially created for the royal wedding stylishly strutted



Magnolia from the ESOL story telling group told her personal story about her life in Columbia.

The Zumba Fitness was led by Grace Stilgrove. Sam, David, Sue and Victoria enjoyed an exhilarating experience which left them and the audience breathless. The music was a mixture of Colombian and Spanish.

Creative Arts were displayed on the big screen showing examples of cake decorating, sculpture, digital photography and manipulation.

The whole afternoon was recorded by Iain taking pictures using the skills he has developed in digital photography.

Digital Story Telling showed two pieces that have been produced of

Kate introduced members who spoke of their achievements reflected upon at the earlier workshop.

June's closing remarks were that she wished she did not have to spend time in her office but more time taking part in

by future stars of the catwalk. Names are withheld to protect the innocent..

Paul Emery

Achievers take to the stage



all the activities that take place at Crisis. This emphasised the variety of the opportunities offered at City Road enjoyed by many.

Inside the Great Hall

Photos by Iain Robertson

From a few faltering steps to performing at the Discovery Museum

I would like to share with you my experience of something new and dynamic – Zumba at Crisis Skylight Newcastle! The sessions were run by Grace, a qualified fitness instructor and personal trainer.



I had previously been to a Zumba class elsewhere but it was the first time Zumba had been on the timetable here. I was keen to join this as I am always interested in improving my physical and mental well being and learning more. It was good to see the enthusiastic group of members turning up to learn all about this exciting dance and exercise craze. The group were really friendly and enjoyed learning together.

Grace was really encouraging and motivating and inspired the group to push themselves a little bit more. Her bubbly and energetic personality helped everyone to give it a try. We had quite a few laughs as well trying to learn the steps!

I attended the two sessions on a Friday, one in the morning and one in the afternoon as I was really enjoying it so much. I really became addicted to it! The music was great and the different moves we did really gave me a good work-out but at the same time I didn't feel I was doing exercise. It was so much fun – like a party atmosphere. I lost weight, became more toned and felt more energised.

After attending for a few weeks, the group were invited to showcase their work at the Member Achievement



Awards at the Discovery Museum. The group were excited to perform what they had learned and thoroughly enjoyed taking part in the exhibition. We all had a giggle. Everyone watching seemed to enjoy the dancing and music. The audience were joining in and were clapping along and some were dancing in the aisles. It was a very enjoyable experience for all. It was great to receive a huge cheer at the end of the performance.

David Paull-Kidd

Forward

It takes time to get back on my feet
Having to make the best of what I have
I have to keep myself above water

Losing fears of the unknown
Fear of my decisions
Fear of the past
Fear of the future

Now that I have taken positive steps
I can use forward thinking
A place to discover the fulfilment
Of maintaining high standards
And setting dead-
lines.

David Paull-Kidd

Kiss

I have the taste of salt upon my tongue
and seaweed-scent in my hair,
An ocean laps on the ordinal shore
Surging in between white pearl rocks
And feels for hollows and the hidden
cave.

Softly blows the wind across the shore,
There is only the wind and the sea and
the shore,

All the world is harboured here.

From under furrowed cliffs I gaze upon
the fair

White face of the smiling sea,

Sense thar cerie moon

Tugge, ebb, and flows

David Paull-Kidd

Icing on the Cake

Who would have thought that I would ever be able to decorate a cake with marzipan, icing, piped shells, garret frills, small fine iced lace pieces and a beautiful spray of sugar paste flowers to sit snugly on top? Not me that's for sure!

Pam and I have been coming to Crisis for about two years now mainly to the sculpture class on Thursday afternoons, which for me has given me a great



insight in art, form and process. I have never got so excited about art until then. Rachel gave me the opportunity to explore sculpture in a way that I would never have thought to try and to be honest in my past life I saw art as a waste of time. Now I embrace every

opportunity given to me by Crisis because only there have I been able to develop skills without the pressure of coursework deadlines criticisms or judgements.

Cake Decorating I thought I would try because Pam likes it so much so my very first attempt was nerve racking, frustrating and fiddly. I didn't swear much honest, but by the beginning of my second lesson I felt that I would never get the hang of it. However by the time I got to the end of that second lesson I had made the decision that I was just going to relax and not worry to about the end product. Now I love it I find it very rewarding and I am pleased with my efforts. Malcolm and Jacqui, our tutors, are very good at making you feel comfortable and capable. Nothing is too much trouble and they have shared so much of their knowledge with us with tips and hints which helps to keep the costs down.

I love it. I never thought I would, so if you want do give it a go we look forward to seeing you there.

Joanne Wilkins

On The Air

I have recently become involved in local community radio. I was invited to be interviewed on a new programme on NE 1fm. This is called Recovery Hour and is broadcast on Thursday between 6-7pm. NE 1fm is the first full time radio station for Newcastle and Gateshead and is broadcast on 102.5 and online. The station is run exclusively by volunteers under the Community Broadcast Initiative Tyneside. It has a wide range of studio programmes also covering live events.

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I was asked because of the various activities I participate in at Crisis which have been a major factor to my personal



recovery. Included in these is my involvement with this Newsletter.

After the first Recovery Hour the presenter invited me to return to do a

regular slot. I feel this was due mainly to the novelty of a cockney accent. Every Thursday morning I am sent a text giving me a topic on which I produce an item of useless information.

There are plenty of opportunities in community radio and we have been recently been contacted by Radio Tynemouth at North Tyneside General Hospital so anyone (NE 1) can get on the air.

Paul Emery

Café serves up a valuable menu for catering trainees

The bright, red, bistro-style Crisis Skylight Café, with pavement tables in front of City House, is an attractive venue on the way from Newcastle city centre to the Quayside.

Popular for meals, snacks and hot and cold drinks with Crisis members and other users of City House, it also attracts workers and visitors in the area.

The Café's core team of professionals are helped by a succession of trainees who learn or polish up their skills before going on college courses or into jobs in the region's catering business.

Trainees help variously in the kitchen, at the counter and serving at the tables. The day can start helping to make fillings (eg mixing up tuna or chicken mayo), slicing tomatoes and cucumber, boiling eggs, and assembling the first batch of sandwiches and panini. They prepare salads under the chef's guidance and wash up.

It's an intensive day for service 8am-3pm Monday-Friday. Breakfast choices range from full-cooked to create-your-own muesli. For



lunch there are homemade soups, omelettes and daily specials, as well as sandwiches and salads. Plus all day homemade scones, cakes, muffins – and take-away.

Trainees may have catering experience or none. Some have worked there under the Future Jobs Fund. Mario (23), from Portugal, was previously a cleaner and kitchen porter, but he took a college course and spent six months in the Café. Now full time with the Premier Inn, he said: "The chance to train there

was great. I found a real passion for cooking and it is what I want to do. My self-esteem has also really grown. I was shy, but I now have more confidence to talk with people and I can see a better future for myself."

Members of Crisis can progress to the Café from other general sessions in the Skylight



Centre, and take nationally recognised courses on food and hygiene to achieve entry level for catering college. The Cafe's 12-16 week course covers one day a week on kitchen work and front-of-house.

Among others who trained in the Cafe was a single mum, previously in catering, who was unemployed for four or five years and had lost the confidence to go back to work. She is now cooking in a Newcastle guest-house. Another trainee, Randy, who had been a silversmith and DJ, was unemployed when he came to Crisis to do photography. From the Café, he progressed to a full-time course at Gateshead College. Later he landed a job with Sodexo, the catering and events operator whose North East activities include the Newcastle United VIP dining on Match days and catering at the Great North Museum.

Café manager Christine McDermott had wide experience in catering and as a college lecturer before starting up the Cafe. She says: "The Cafe helps people to get used to the pattern of a working day. Getting tired at work helps you to relax and sleep well at night, and having something structured and organised means you can make the best of the rest of your day".

Keith Seacroft

The greyagroo (in West Indies patois)

And as the greyness grew,
and grew and grew,
diluting all the green an'
blue,
breathing in the green and
blue
an' breathin' out the
Greyagroo
slowly,
slowly,
incrementally so, the
Greyagroo grew,
drinking in all d' whyle'd,
evvating defyle(d),
make a list, an' kill it clean,
make it like it nevva been,
dis how de green n' blue
becoming, becoming,
the Greyagroo.

Me body have a memory ov

when a time befor,
when all de green a lush, an'
all a water pure,
i'(t) kahn(t) tell me if a word,
but i' kahn(can) give me
feeling so,
that sumpin' here a missin',
sumfin that a livin' here
long befor
a go,

Bu' wha' me kahn do about,
me nah kahn think me cleear,
The Man 'im a tell me "no
think about" 'n offer me a
beer,
Bu' me nah wan' take this
beer which me fren' a callin'
ganga,
me discern that in dis place

is clear an' present danger,
De ganga itta make me
'ppear, as if me is nah carin',
bu' the price of dis
insouciance mea chil'ren
mus' be a barin'
de Greyagroo i' suck ya in,

nuttin t' do t' 'void it.
Me wah once a Rainbow
coloured warrior,
fighting battle wid me sword,
but Greyagroo come 'pon me
soul an' change me deed for
word,
becoz the Greyagroo, a grew,
a grew so,
hey mister, ain' ya heard?

Sandy Davidson

**Crisis
Skylight
Newcastle**

Christmas Events at Crisis

All proceeds from our events help us to deliver our life changing services.

Christmas cake decorating made easy

Date: Wednesday 30 November,
4.30 – 6pm
Cost: £20 per person

Join us in the Crisis Skylight Café for our seasonal Christmas Masterclass. Whether you are a beginner or accomplished cake maker this class will suit you. Our tutor will guide you through the basic steps to coating and decorating the perfect Christmas cake.



Crisis Skylight Newcastle
City House
1-3 City Road
Newcastle upon Tyne
NE1 2AF

Christmas wrapped up

Date: Thursday 1 December, 4.30 – 6pm
Cost: £7 or free when booking Christmas
cake decorating made easy

Ever struggled to wrap those awkward presents? This year join our wrapping masterclass and get Christmas all wrapped up.

Learn how to wrap presents perfectly. Bring your own presents and wrapping paper (maximum of 2 per person)

Book the cake decorating masterclass and receive the Christmas wrapping masterclass free!!

To book your place, contact
Donna or Christine on:
0191 269 9393 /
0191 269 9395



Free glass of mulled wine, tea or
coffee and a mince pie!

Crisis

Crisis Carol Service

Date: Thursday 8 December, 6pm arrival,
carol service from 6.30 – 7.30pm

The Cathedral Church of St. Nicholas
St. Nicholas Churchyard
Newcastle upon Tyne NE1 1PF

Join us at the Cathedral Church of St. Nicholas for this year's carol service. There will be readings and performances by our members and guests.

Tickets are free but we will have a collection at the end of the service to support our work.

To reserve your place call us on:
0191 269 9393 or email: fundraising.
newcastle@crisis.org.uk

Homelessness ends here

Registered Charity Numbers: EBN1082947, SC040094.

Congratulations! Members with new awards and certificates

Well done to the members who achieved awards and certificates as follows:-

Level 2 Award in Food Safety and Catering	13
BIIAB Level 1 Award in the Essential of Catering	9
Certificate of First Aid Learning	7
ECDL Level 1	1
ECDL Level 2	1
OCR Entry Level 3	3

Latest news on Members' Forum: time to get involved

Please allow me to introduce myself. My name is James Kelly. I was voted in at the May local Member Involvement Forum to go to all the National Member Involvement Forum meetings and sub-meetings up to and including the National Members Forum and the Annual Members Conferences, which is now due to take place in the Spring. All six Skylights can send members to the sub-meetings, which will be held bi-monthly. Members who attend can raise any concerns and make any suggestions at these meetings.

The first national meeting I went to was on 27 June 2011. Matt and Philip were there. Matt is the general co-ordinator for these meetings and Philip is another member from Birmingham. The whole meeting was very enlightening. Comments and suggestions were made from all four at the sub-group meeting to discuss the forthcoming Annual Conference in September. However, after discussion and debate, a decision to have the National Annual Conference

moved from Autumn to early Spring was made. This was to allow time for the new Crisis Skylights to open in Oxford and in Merseyside.

My comments at the meeting on 27 June 2011 were on the plans for a social networking site so that we, as a connected organization, have a system of communication between all of the Crisis Skylight Centres: London, Newcastle, Oxford, Merseyside, Edinburgh and Birmingham.

More discussions were held at a sub-group meeting on 27 July in Crisis London and will continue at the next meeting on 12 October at a Crisis Centre. The roles of forum representatives are to be written and shown at a Newcastle forum meeting to make it clearer for forum representatives to know what is being asked of them, and what questions they should take to be answered at the sub-group meetings.

Leslie Morphy, chief executive officer, said there will be a meeting for members to ask questions about what

direction the Newcastle Crisis Skylight needs to go in. This was made clear at the London sub-group meeting by Matthew Green, in the chair.

Please try and get along to the next monthly forum meeting for your suggestions and input

James Kelly

Member Involvement Forum

Next meeting on Thursday, 3 November 2011 at 4.00 p.m.

Come along and put your views/ideas forward

All members are welcome

Close your eyes and the heart will see.

Close your ears and the heart will hear.

Be still and the heart shall stir.

Be empty and the joy of spring shall fill you.

James Kelly.

Skylight Open Day

Skylight had its latest open day on Wednesday, 5 October 2011. I was asked to help as a volunteer.

I have helped at the last half dozen or so open days but this was different. When I got there at 1.30 p.m., half an hour before it started, there was nothing left to do. All the tables and refreshments had been laid out in advance



and there were display boards around the room. When I walked in, I sensed it had been professionally planned.

This one was busier than usual, with more potential members, staff and volunteers taking part. It had more the air of a conference than of a bare room, with people mingling and networking.

Over 40 people attended on the day and around 25 of these were new members.

Well done to the organisers. Danny Crossley

Crisis Skylight Newcastle

Crisis Skylight Newcastle is based at the Newcastle city end of City Road, near 55 ° North (previously Swan House roundabout).

If you are on the roundabout, leave at the last exit before the Tyne Bridge. Pass the Holy Jesus Hospital on the left. After 100 metres, the road will split into a fork. Straight on is Melbourne Street. The 5-storey, red brick building on the fork, facing the roundabout is Crisis Skylight Newcastle.



Crisis Skylight Newcastle
 City House, 1-3 City Road
 Newcastle upon Tyne, NE1 2AF
 Tel: 0191 222 0622

Newsletter Group

The Members' Newsletter is produced by members to provide information for all users of Crisis Skylight Newcastle and to promote interest in the wider community. With news of activities, issues, reviews, pieces of creative writing, pictures, it comes out four times a year.

Come along to the Newsletter Group on Tuesdays at 12 noon -2 pm, to write, get help about writing, and be involved in planning the publication.

You can also submit your articles, photos, comments via enquiries.newcastle@crisis.org.uk

Nearest Metro:

Manors or Monument

Parking:

- Manors multi-storey
- Purple multi-storey on City Road
- On street metered on Melbourne Street

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 * Thanks to all who worked on the production of this eighth edition of the newsletter— *
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 * Joanne Wilkinson, John Tulip and anyone else who dropped in. Send articles/comments to: Members *
 * Newsletter Group. *
 * * * * *