MERSEYSIDERS

SPRING 2018

ISSUE 18



SPRING 2018

Hello,

My name is Billy and I am the new magazine volunteer here at Crisis Merseyside.

I have been a Member of Crisis myself and have experienced first-hand the amazing work Crisis do to help people in what might seem like a desperate situation.

I am still a huge fan of the work they do, and this is why I decided to volunteer. Even though I am putting the magazine together, it is YOUR magazine.

If you have any work you would like to see featured or any suggestions on how to improve the magazine, please feel free to drop me an email, or ask your Crisis tutor to get in touch.

MERSEYSIDE.MAGAZINE@CRISIS.ORG.UK



Many Thanks to Crisis Member **Mick Oakes** for submitting the image for this issue's cover photo!

This newsletter is written and produced by and for members of Crisis Skylight Merseyside. The content is the personal views of the individual members and it does not represent the views or official policies of Crisis.

NOTICEBOARD

Facebook & Twitter

You can now follow us on Facebook and Twitter. On Facebook, Look for **Crisis Skylight Merseyside** for the local page, and Tweet us on **@CrisisMside**

Timetable

Our new timetable is available now! Printed copies can be found in hostels, or please call 0151 2187000 and we can get one out to you. Also, have a look on our website...it's now available online! ***www.crisis.org.uk/get-help/merseyside/***

Online Members Forum

Our online Members' forum is now live and will be updated on a monthly basis. Have a look at our website here: www.crisis.org.uk/get-help/merseyside/ You can now view our timetable, and also contact us online.

Want to volunteer?

Member's can also volunteer by helping out in classes, taking part in group projects and planning and delivering events. Contact Maggi

maggi.aslet@crisis.org.uk

Stop smoking in 2018

Do you want to stop smoking? Would you like some help to kick the habit?

If so, please speak to a Crisis staff member for support

Tech Skills

Look out for our construction tutor Andy in hostels near you. He'll be delivering a range of sessions from DIY to furniture restoration and can help you prep for Health and Safety and CSCS too.

China's First Emperor

and The Terracotta Warriors

@ World Museum Liverpool



On 1st March, we had a Crisis Skylighter trip to see the Terracotta Warriors currently on display at World Museum Liverpool.

The 1st Emperor of China was Qin Shi Huang, a man regarded as unifying China when it was previously divided into several warring factions.

He reigned 259 BC – 10 September 210 BC

and following his death, he was buried in a tomb in the mountains near what is now Lintong District, Xi'an, Shaanxi Province in China. He chose this resting place himself as Mount Li was known for its rich Jade and Gold deposits, from which many of his treasures originated.

The construction of the tomb was overseen by Qin Shi Huang's son, Qin Er Shi, who became the second Emperor of China after his father's passing.



The site at Xi'an is comprised of 4 main sections. There is a central mausoleum, which still to this day has not been opened, due to the fear of destroying what is inside. This mausoleum is thought to hold the remains of Qin Shi Huang, and a vast collection of his personal treasures.

There are then 3 large pits to the north east of the mausoleum where the terracotta warriors were found.

In the first pit, the main army of terracotta warriors were found, with over 6000 infantry soldiers present here.

The second pit is home to a large amount of cavalry and Infantry soldiers, as well as large bronze horses and carriages.

The third pit that was unearthed contains the highest ranking of the terracotta soldiers, and is seen to represent a guard post. Also, here were several clay and bronze figures of animals, miniature models of musicians and acrobats, and cast bronze cauldrons and tableware.



The Terracotta Warriors were discovered in 1974, by Chinese soldiers who were digging a well. The artefacts they found were centuries older than Christ and had been untouched for thousands of years. The area was quickly sealed off and work began meticulously excavating these hugely significant objects.



In 1987 the site was given the accolade of being named a UNESCO World Heritage Site.

A large number of pieces were broken and have been painstakingly put back together by Chinese archaeologists, around 2000 of the life size figures have been fully excavated and are on display at the museum that now resides next to the (still active) archaeology site.

It has been observed that the warriors were originally painted with bright colours, and protected with a clear lacquer, yet this has been seen to degrade within minutes of exposure to the air.

They were made in pieces, with arms, legs, torsos and heads all made and fired separately, being assembled later.



Each head is uniquely decorated to incorporate facial features, carved with sharp bamboo, to give each soldier a distinct identity.

Each warrior is inscribed with the name of the foreman overseeing its production, and over 100 different names have been logged so far, showing the huge scale of the operation.

Whilst the exhibition at the World Museum only incorporated a small fraction of the thousands of objects in the collection, the sense of scale of the pieces is not lost, and the thought of being greeted by thousands of them is intimidating – as was the original intention.

Seeing the levels of manufacturing technology that were employed in China at the time is hugely impressive, and I found it quite difficult to comprehend how they were so accurate, using techniques that are over 2000 years old.



OPEN MIC NIGHT @ THE BRINK



On 15th March Crisis Merseyside held one of its regular Skylighter events, the Open Mic night at The Brink, Parr Street.

Here, the members who have been attending any of Crisis' Music classes have the chance to show off their talents.



The Crisis Music classes are a great way to build confidence, learn new skills, make friends and challenge yourself.

Classes take place regularly (please see Current crisis timetable) at venues across Merseyside.

All abilities are welcome, and Music Tutor Tony is a great teacher, even if you feel you have no musical talent.

You can even try your hand at music production and have a go at recording your own song. Open Mic isn't all about music. You can even get up and read a poem, or perform a piece of theatre.







GO – KARTING @ TEAM SPORT KARTING, BRUNSWICK DOCK



On 15th February, Crisis held a Sklylighter at the TeamSport indoor go-kart track,. This Skylighter—as with the majority of them—was suggested by Crisis members. There were 9 members who attended, and of the 9, only 2 had been karting before. Everyone had a really good time and enjoyed themselves.



TILING @ ST HELENS YMCA



Our Construction Skills tutor, Andy Stockall, has been running a Tiling course at St Helens YMCA on Wednesdays.

Members have had the chance to learn a new skill, or apply themselves at something they are familiar with. All abilities are always welcome at these classes, and qualifications are available, should you want to develop your skills further.

Here are a couple of pics of Dave Archer who has been attending a Tiling project at the YMCA in St Helens. Crisis have been facilitating the project to remove old kitchen tiles and replace them with new ones in one of the flats at the YMCA.



Andy's planning on going back to the YMCA, but also to other hostels from April onwards. He hopes to have a new workshop up and running soon, offering plastering, brickwork and more in-depth level 1 tiling certificates. Give him a call on 0151 2187000 or email andy.stockall@crisis.org.uk

A MEMBER'S STORY

BY IAN GIBSON

As a 53yr old man, having to stay at the YMCA was a daunting proposition. I was homeless but luckily there was a room available. My intention was to find a job and flat as quickly as possible. This I quickly realized was going to be difficult.

Firstly the overall cost of a room at the YM is expensive. Which meant I had to find cheaper accommodation in order for things to work out viably. Secondly, finding a place to live was really hard. I decided my best option was shared accommodation. When I looked into getting shared accommodation, I found the initial costs to be quite high and the majority will only accept you if you are employed, have admin fees and a deposit depending on the results of the credit search. I thought I was never going to get out of the YM.

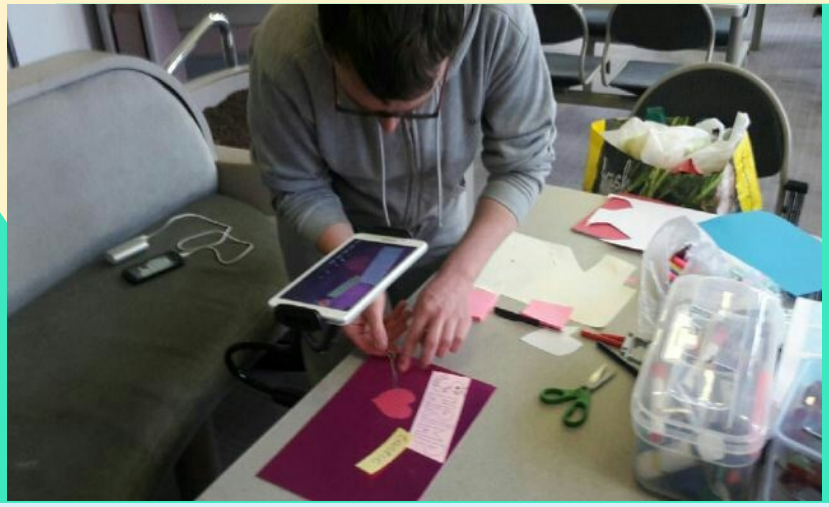
Paul the co-ordinator at the YM told me about CRISIS, he said they could provide support with getting employment and finding a home. Sarah and Stuart from CRISIS based in Liverpool, have been amazing. They have been both supportive and instrumental in totally changing my situation around. Given my situation I could have easily fallen into the trap of a "woe is me" outlook but their positive attitudes didn't allow me to do that.

With consistent focus and determination I am now employed and in a very nice shared accommodation place. Without the help and support from CRISIS (which is ongoing) i wouldn't have been able to achieve this in such a short period of time. I would urge anyone who was in my position to find out more about CRISIS and how they might be able to support you.

ANIMATION

Members of the animation classes have been experimenting with a range of tools and techniques this term, including story boarding, modelling and making and using animation software on our tablets. Check out their films on our Facebook page and Twitter.







CREATIVE WRITING

THE SENSATIONAL PLANET OF VENUS

By Leah Butler

On February 19th 2018, the planet Venus can be seen with the naked eye.

The light of this bright planet can electronically change you full of heat and desire to be a sheet of fleeting energy to be passionate sweet and besotted while you are in a trance of affection and delight.

You feel light and weightless, feeling like you are floating. Up higher and higher. You start hearing a choir of Angels singing lightly and the vibrations of them surround you from afar.

FOOTBALL AND ME

by Jodie Johnson

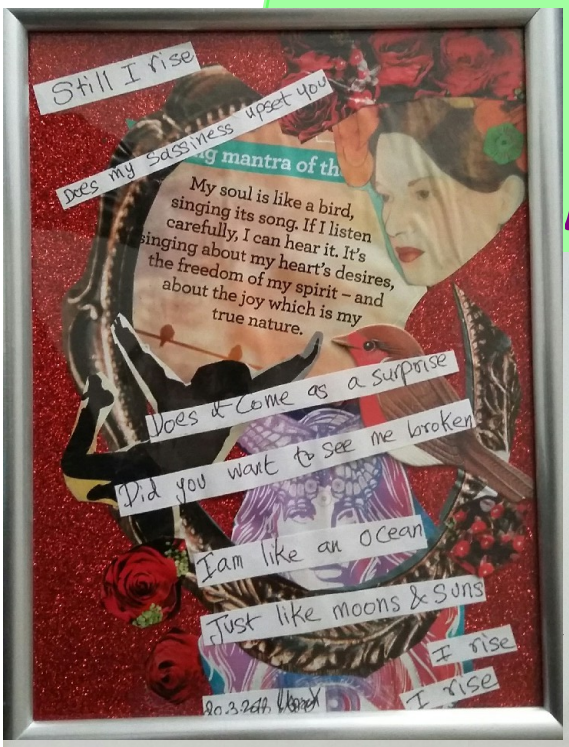
Since I was about 6 years old I started watching football with my brother and my stepdad. I thought I would like to start playing. My favourite football player was Steven Gerrard and I started watching him play for Liverpool, England then I watched all the lads play it on the fronts.

So then I joined in and started learning how to play it and then I started really liking it. I watched people doing skills with the ball and I was well impressed.

I wanted to learn how to do it and until this day I play it often but I would like to play it professionally and would like to play it for Liverpool, the team I support.

Hopefully that will lead into playing for different teams in the future.

CINQUAIN POETRY AND POSITIVE AFFIRMATIONS





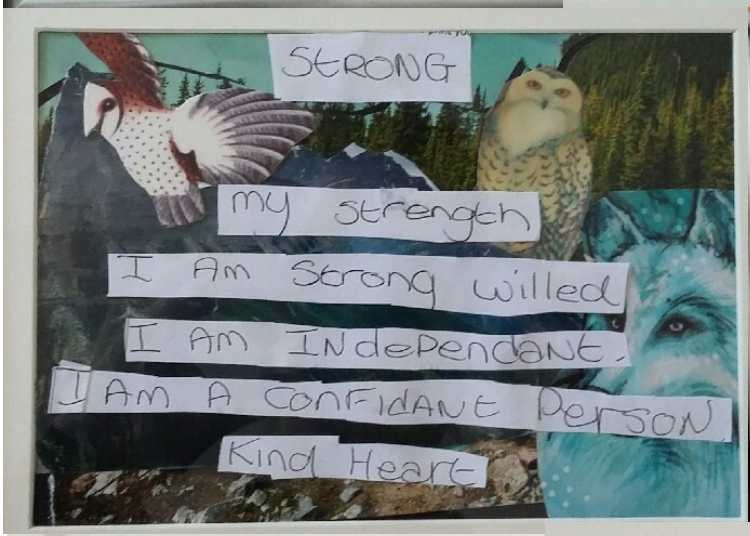
Members of Words Aloud creative writing classes have been experimenting with crafty ways to present their writing this term. Take a look at these beautiful framed cinquain poems and positive affirmations.

Why not have a go yourself? Here's how to write a cinquain:

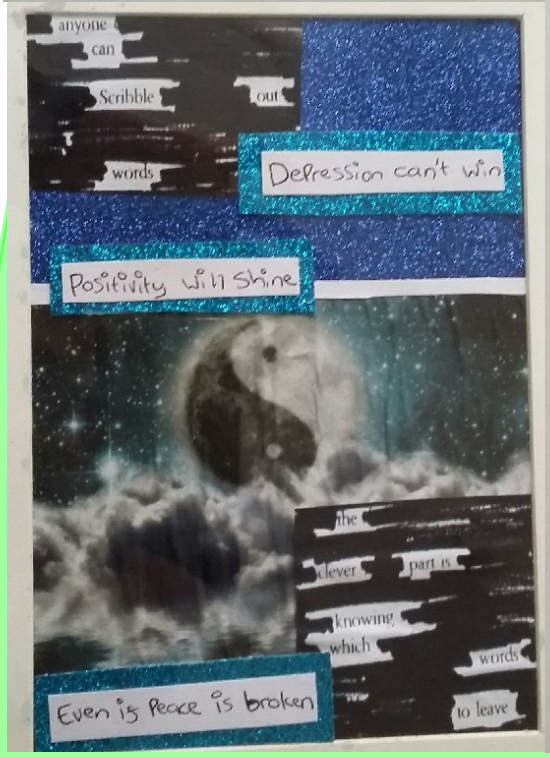
A cinquain is a 5 line poem that has a certain number of syllables in each line.

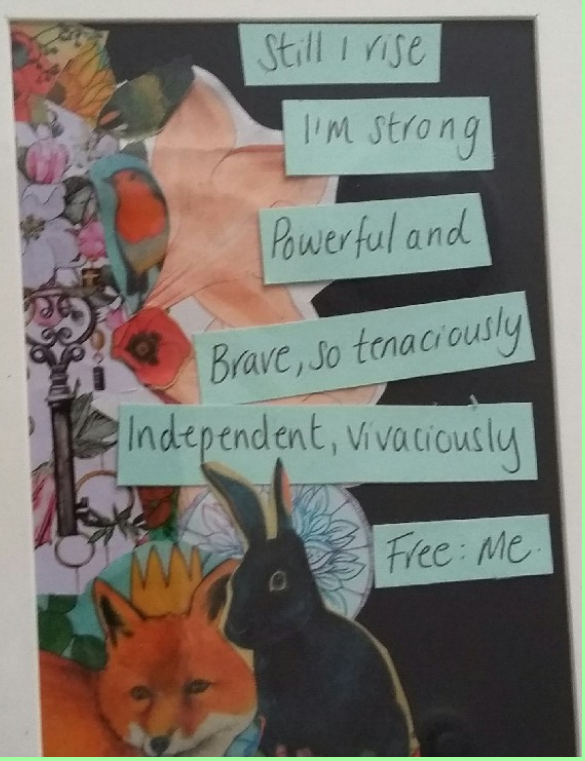
A syllable is a beat/sound which makes up a word.

For example the word poem, 'po-em' has 2 syllables, and the word syllable, 'syll-a-ble' has 3 syllables.









The rules for writing a cinquain are:

Line 1
= 2 syllables
Line 2
= 4 syllables
Line 3
= 6 syllables
Line 4
= 8 syllables
Line 5
= 2 syllables



Here are some Images of members Emma, Garth, Paul and Margareta from one of our Cooking sessions run by Ron.

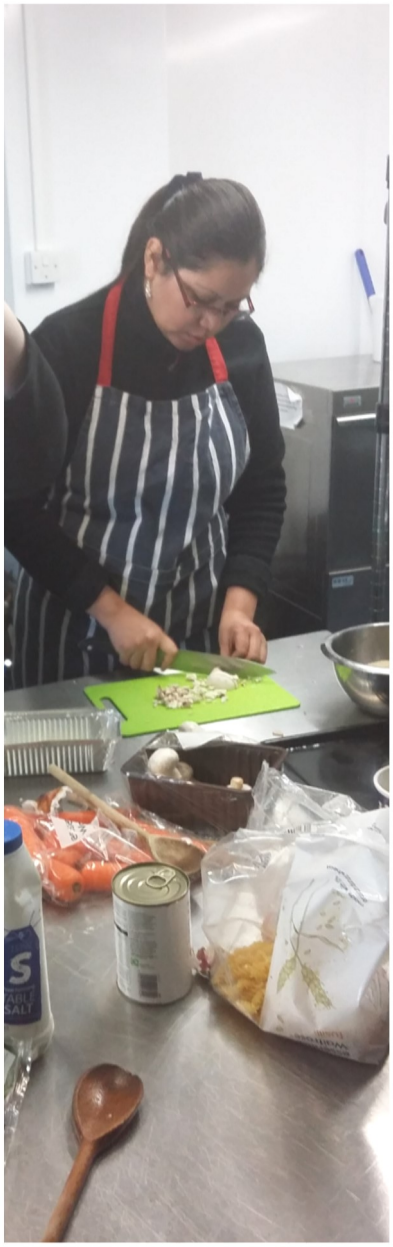
The sessions are open to people of all abilities, and you will learn how to make beautiful meals and desserts on a budget.

There Is also an opportunity to gain a qualification, should you wish to seek further training.

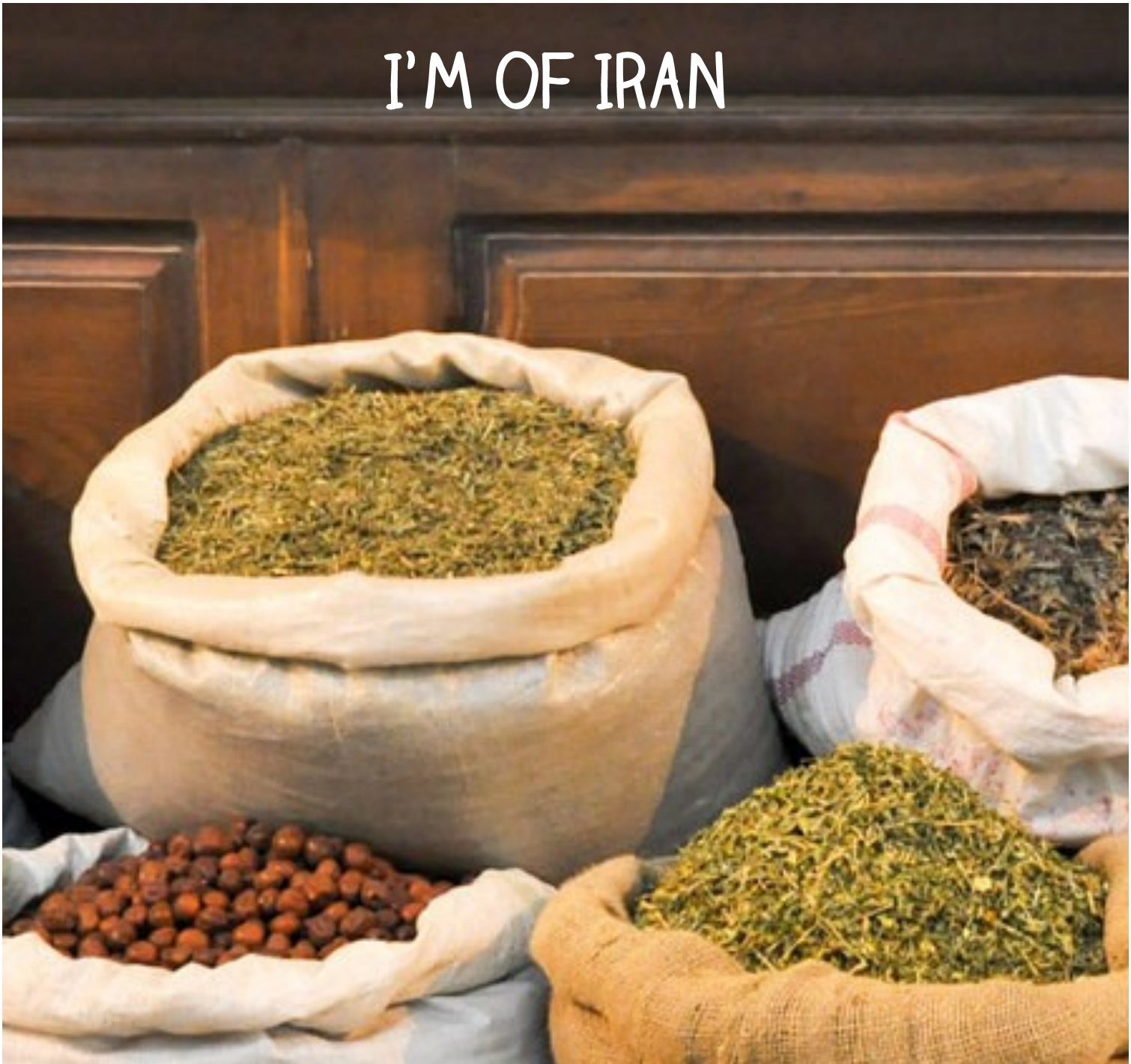


If you are interested in the sessions for this term please have a look at the Crisis timetable for sessions near you.

If you have any recipe ideas you would like to share , please feel free to send them in!



I'M OF IRAN



I'm from a country that is called Iran. It's located in the Middle East and I spent my whole life in Shiraz before coming to Liverpool. My life in Shiraz had four seasons, surrounded with lots of gardens and historical buildings. Our city is famous for literature and writers who write fantastic poems like Hafez Saadi Khajooei Kermani.

I'm going to write down about myself. It doesn't mean that I could publish an autobuiography book, it's just a little summary to explain generally. I am Amin, aged 25 and I'm originally from Iran. I have been living in the UK for approximately 8 months. In terms of this time, I have got familiarised with Liverpool's people and culture. I have found plenty of charities that can help me to improve and they are ready in case I have further issues such as problems with immigration documents.

When I was at home, I used to fix cars. I was self employed so I had a very good income. I'm looking to run my own business in future and it makes me increase my knowledge. It's based on English. When I go through it, it makes me think about further study and education.

A sound inside me shouts at me and says, 'keep carrying on like that and you can reach Uni'.

Anyway, in my case, I like Iranian food. Brutish foods are mild for me because we use a dash of spices in our food. I will show you how you can make one of our dishes and it comes exactly from my city. We call it Shriaz Salad. What we need for the ingredients are onions, cucumber, tomatoes, unripe grape juice and just a little bit of black and red pepper and salt.

Image: Bruno Vanbesien

DIGITAL PHOTOGRAPHY



Photo by Claire Middleton


Photo by Amy Gerrard



Photo by Mick Oakes



Photo by Mick Oakes


Photo by Kevin Davis





Photos by Kevin Davis

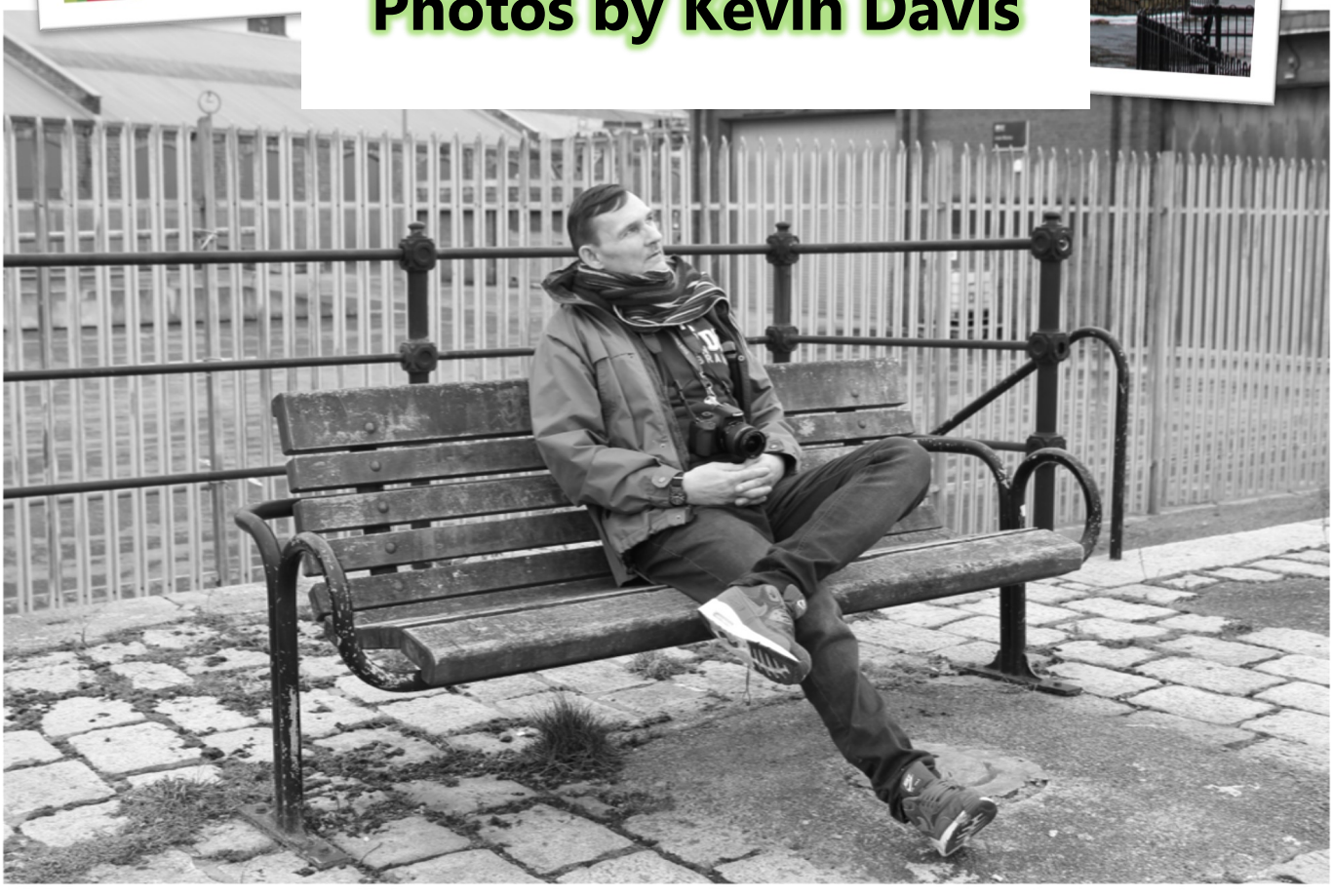



Photo by
Kevin
Davis





Photos by Eddie Taylor





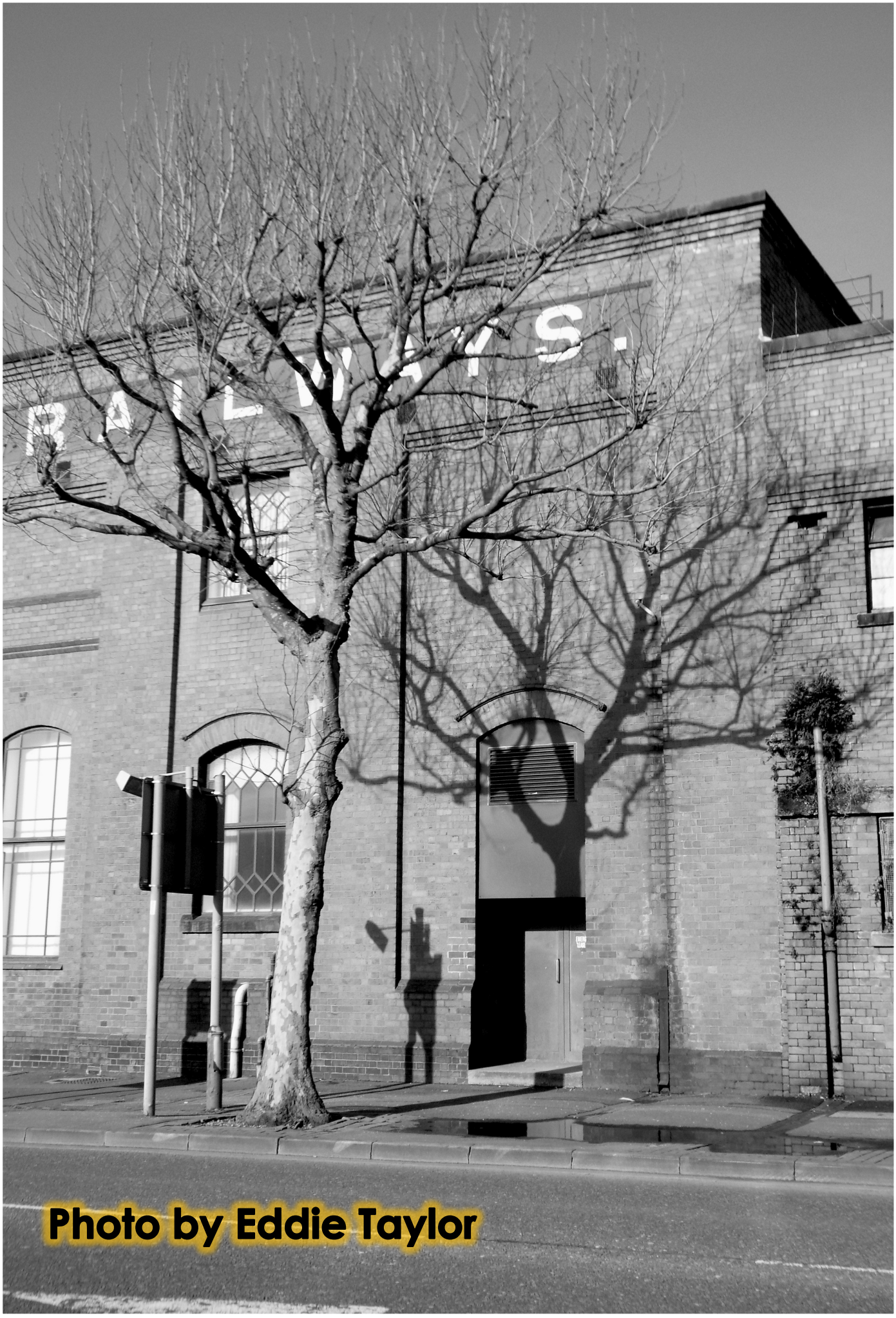


Photo by Eddie Taylor


Photo by Reece Portsmouth-Jones


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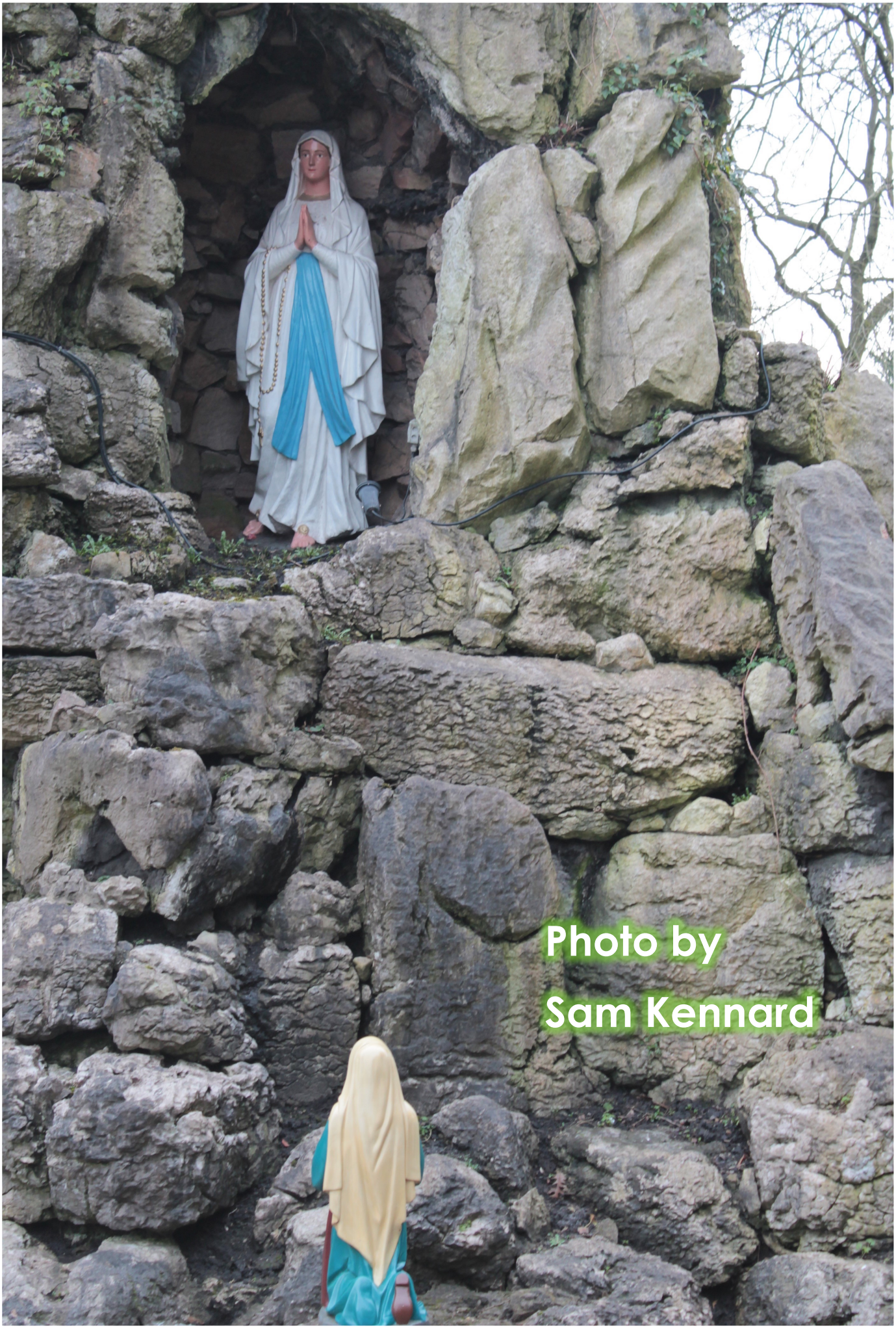

Photo by
Sam Kennard


Photo by Stephen Johnson


Photo by Stephen Johnson

The Young Person's Advisory Service YPAS assists young people aged 10-25 years who are experiencing difficulties in their lives.

They offer one-to-one support, to young people aged 10—25 who, due to a wide range of needs, are isolated and often have low confidence and self-esteem.

The Aim of the project is to support and give confidence to young people in setting goals, focusing on enhancing positive mental health and well-being, assisting young people to break down any barriers or challenges faced.

The team consists of social workers, youth workers, Qualified information, advice and guidance workers and students from various universities.

Here are some of the ways YPAS and its team work to assist and support young people to promote well-being:

· Confidence building sessions

· Advocacy

· Multi-professional working were required

· Employment skills and life skills sessions

· Support in Challenging unproductive thought processes and feelings

· Support in setting (SMART) goals

· Support in developing problem solving skills

· Self-awareness sessions

· Budgeting sessions

YPAS Plus - SOUTH
Lyndene Road
Liverpool
L25 1NG

T: 0151 305 2031
E: support@ypas.org.uk
F:0151 707 1252

Opening Times:
Monday 9:15 – 5.00pm
Tuesday 9:15 – 5.00pm
Wednesday 9:15 – 8.00pm
Thursday 9:15 – 5.00pm
Friday 9:15 – 4.00pm

YPAS Central Hub
36 Bolton street
Liverpool
L3 5LX

T: 0151 707 1025
E: support@ypas.org.uk
F:0151 707 1252

Opening Times:
Monday 9:30 – 8.00pm
Tuesday 9:30 – 8.00pm
Wednesday 9:30 – 8.00pm
Thursday 9:30 – 8.00pm

YPAS Plus - NORTH
Croxdale Road West
Liverpool
L14 8YA

T: 0151 305 2040
E: support@ypas.org.uk
F: 0151 707 1252

Opening Times:
Monday 9:15 – 5.00pm
Tuesday 9:15 – 5.00pm
Wednesday 9:15 – 5.00pm
Thursday 9:15 – 5.00pm
Friday 9:15 – 4.00pm



Young Person's Advisory Service

GYRO

"GYRO provides a safe, comfortable space where young people who identify as Lesbian, Gay, Bi, Trans or Questioning their sexuality or gender identity (LGBTQ), can get to know other young people like themselves."

"GYRO are LGBTQ+ youth provisions in Liverpool for 12-25 year olds providing LGBTQ+ youth groups and 1:1 support for young people who identify as Lesbian, Bisexual, Gay, Trans or are questioning their sexuality or gender identity to reduce negative mental health issues and risks and promote positive well-being.

We run a LGBTQ+ youth group for 16-25 year olds that runs between 6pm-8pm on a Thursday each week.

Young people can self-refer for 1:1 work or can be referred by a professional or responsible adult by following the guidelines on our organisation website

http://www.ypas.org.uk/make-a-referral/

Young people do not need a referral to our group they can just present themselves on the day and time that the group is on and staff will welcome them and introduce them from there.

There is no cost to accessing our services.

you will be greeted by a member of staff who will take you to do some paperwork and tell you about what we do.

You can ask us any questions and we do not tell anyone that you are seeing us UNLESS you have been referred by a professional or there is a safeguarding issue.

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you will be greeted by a member of staff who will take you to do some paperwork and tell you about what we do.

You can ask us any questions and we do not tell anyone that you are seeing us UNLESS you have been referred by a professional or there is a safeguarding issue.

A dedicated Information, Advice and Guidance (IAG) worker with an LGBT+ specialism is also available for confidential support if you find groups difficult to engage with.

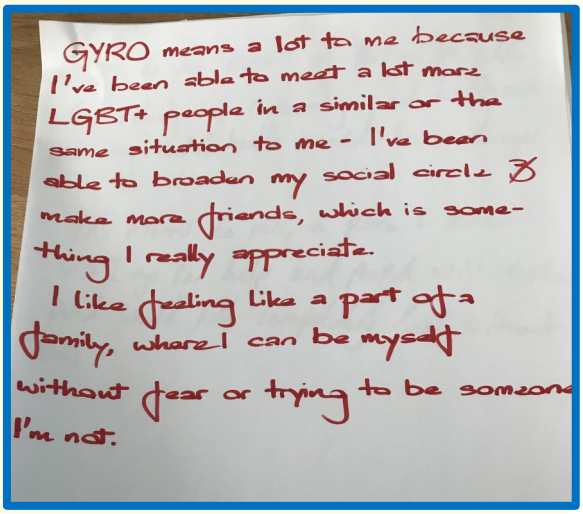
We are aware that LGBTQ+ youth are more likely to face discrimination, homelessness, mental health distress and other complexities compared to their non LGBTQ+ peers and work hard to challenge the inequalities facing LGBTQ+ young people by promoting their rights to anyone who will listen!"

If anyone wants to get in touch to find out more about what we do or can do for them then you can

email **gyro@ypas.org.uk**

or

phone **0151 707 1025**



ABOUT ETHIOPIA.

By Dawit Zerue

(Created in IT sessions using Publisher)

Ethopian Traditional Dress

What do the Women wear?

Traditional women's clothes are called habesha qemis. These clothes are made from a cloth called shemma which are woven in long strips and then sewn together. Shiny threads are often woven into the fabric and patterns are frequently added to the garments. Women also frequently wear shawls.



Image www.flickr

What the men wear?

Most of the men wear shorts everywhere. People wear Ethiopian traditional dress in holiday times and during church. In the last 40 or 50 years, some people, particularly in the cities, have begun to wear Western style clothing, but in the countryside the more conservative Ethiopians still wear Ethiopian traditional dress. Have look the image traditional dress with traditional music instrument

Image from Wikimedia commons



Ethiopian food

Kitfo

This is where *kitfo* (raw meat in warm clarified butter and spices), *wots* (various stews), and a goldmine of vegan dishes are cooked with Eastern spices and fiery *bebere* (chilies and various spices). All food is engineered for sharing on a bed of spongy *injeera* (thin fermented bread made from tef flour).



Zilzil tibs

are a sure bet here; strips of sirloin steak are seasoned with garlic, black pepper and *nit'ir k'ibe* (spiced clarified butter) and seared on a skillet that's delivered to your table.



Fit Fit

The ***fit fit***, a pile of bits of *injeera* sautéed in a spice mix that's something like Ethiopian hash, or the leftover *injeera* that's soaked up brick red, tart



Doro wot

Doro wot is a celebration dish - it is a stew prepared with chicken, beef, lamb, a variety of vegetables, spice mixtures such as

berbere (a spice mixture including chili peppers, garlic, ginger, basil, korarima, rue, ajwain or radhuni, nigella, and fenugreek) and niter kibbeh (is a seasoned clarified butter). The stew is traditionally eaten with injera, a spongy flat bread known as injera



Language

Amharic

Amharic is the official national language of Ethiopia. English, Arabic, Italian and French are widely spoken by many Ethiopians. The Ethiopian languages are divided into **four** major language groups. These are Semitic, Cushitic, Omotic, and Nilo-Saharan. There are more than 80 languages in Ethiopia including

amharic, oromomigna, tigrigna, guragigna, etc...



Some quick facts

- Ethiopia is located in horn Africa. It is a landlocked country bordered by Eritrea to the north, Kenya to the south, Djibouti and Somalia to the east, and Sudan and South Sudan to the west.

- It has the second largest population in Africa with approximately one hundred million people.

- It is widely believed that human existence started in Ethiopia. Archaeological digs in Ethiopia have yielded the oldest traces of humanity.

Bale plateau, Ethiopia

- The capital is Addis Ababa.

- Ethiopia's landscape varies from high plateaus to lowlands.

- Ethiopia's climate varies from very dry to very wet.



Images obtained from: www.nationalgeographic.com, solarey.net, www.flickr.com, Ontheworld.com. With creative commons

YOU SAID, WE DID!

You wanted Crisis do an information seminar for the street outreach teams so that they all know about Crisis and how to refer...

We held an information session in the office for partner organisations. This was promoted at the monthly outreach meeting in January and saw many outreach team members attend, for us all to share knowledge.

You asked if there is any way we can make the Member Forum more accessible for non-native English Speakers...

We spoke to other Crisis Skylights to learn from our peers across the country. Members can bring a friend to help translate, which Tim fed back to the ESOL classes, where most of the members attend. It is challenging to cater for every language, especially as the forum is open, however members can also complete suggestion forms to put their ideas and feedback forward and can seek support from our ESOL Tutor. We have seen an increase in non-native language speakers, who are always welcome at the forum.

You wanted/asked for a smoking cessation group...

Claire Yates is currently leading on this in Merseyside. Contact her on 0151 2187000 to discuss, or speak to a Crisis team member who can refer you.

You wanted/asked for more general and forthcoming information on events...

The team have been regularly updating reception staff with news/events to build our ongoing media presence and information sharing to our members. Reception staff will continue to add these to the website and keep it more current going forward. You can also get hold of current issues of Merseysiders on our website: https://www.crisis.org.uk/get-help/merseyside/, on Facebook by searching for Crisis Skylight Merseyside, and on Twitter @CrisisMside

Your ideas, suggestions and questions are always welcome at the forum. If you can't attend, no problem. Ask a team member for a suggestion form which will be submitted to the forum on your behalf.