



HOW

THE LIGHT GETS IN

Crisis

Spring 2021
2nd edition



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Welcome readers!

Shortly after the restrictions began last year a group of Crisis Skylight Merseyside members and staff came together and decided to begin this magazine project. Members wanted to have a creative project to work on and share with others. The project involved members, staff and volunteers working together and gave us a way to stay connected and focused on something positive during the uncertainty of the year. The first edition of How The Light Gets In was printed in December 2020 and was delivered to hundreds of people, it is also available online [*here*](#)

We invite contributions of art, articles, photography, poetry, creative writing and are open to new ideas for content. For more information please contact: merseyside.magazine@crisis.org.uk.

Now as we start to emerge from the year we've had, and look forward to restrictions easing, we offer you this second edition on the theme of hope, heroes and writing our own stories and futures.

From all of the How The Light Gets In team, we hope you find enjoyment, inspiration and entertainment in these pages.

A couple of months ago I received a very welcome email from a good friend asking if I'd be interested in volunteering for a drama project that she was running for Crisis.

Following lockdown, my husband and I were desperate to get back to socialising and meeting people again and Paula gave us our first opportunity.

We first met Paula shortly after I started needing to use a wheelchair. I often felt isolated and, by chance, I discovered that she ran community drama classes. They were such fun and easily accessible. I soon made great friends and my self-confidence grew. So much so, that I took part in many community performances.



One performance in which I played a cleaner – needed me to access the stage up a central ramp. My mobility scooter was adapted to resemble a sit-on floor polisher and I ascended the ramp with a 'WARNING Cleaners at Work' sign on the back of my seat, which made for an interesting entrance!

Following this I supported Paula on a number of projects as a volunteer along with my husband John. Paula thought we'd be ideal for her new drama project and got in touch. We were delighted to be signed up as Crisis volunteers by Lauren, the Merseyside Volunteer Coordinator. Our role involved supporting Paula and her drama group members with making a zoom short film which aimed to raise awareness of the continuing social stigma associated with homelessness. Despite my limited technical ability, we both signed up immediately.

It was lovely to meet new faces and we were introduced to the characters we were to play in the short film which was called Putting Down Roots. The storyline followed 'Jeff', who had become homeless, was placed in a B&B due to Covid and eventually found a flat due to intervention from Crisis. However, things don't go as smoothly as they should. Check out the film we made [here](#)

Based on a real situation, the film raises awareness of the misconceptions of how homelessness can happen.

Our scripts were delivered to us and we had several read-throughs, adapting and re-wording until we were all happy that the story felt 'real' to us. Gradually, we gained confidence and our performances improved until we felt ready to shoot. Tony – the Crisis media champion, recorded the scenes, adding a musical score, intro text and a cast list.


Staff members were invited to our premiere but, sadly, there was no popcorn or red carpet, so we had to make do by providing our own tea and biscuits at home. There were smiles all round as we gave our final nods of approval and, despite the cameo appearance of my double chin, I was delighted with the result. Despite it being their first experience of performing, our fellow cast members did a marvellous job.

Let's hope that our efforts prove useful in raising awareness of anti-homelessness discrimination and encourage more member participation on similar drama projects. The film could even possibly be used in Housing Association training.

We are hoping that we get to meet our new friends in person, once lockdown is completely over. We've really enjoyed our first experience of volunteering for Crisis. You can find out how to volunteer for Crisis below, if it's something that you'd like to try. We hope you enjoy it as much as we do.

Jan Syme – Crisis Skylight Merseyside Volunteer

If you would like more information about volunteering with Crisis Skylight Merseyside please contact merseyside@crisis.org.uk or call 0151 218 7000

A man with a beard and a grey hoodie is sitting and playing an acoustic guitar. He has a tattoo on his left arm and is looking towards the camera. The guitar is a sunburst acoustic guitar. The background is a plain, light-colored wall.

Learning a musical instrument produced the biggest difference between the before-and-after test scores. It was discovered that this practice engages every part of the brain at the same time, whilst also increasing the activity within the **corpus callosum** – the bridge that connects the two hemispheres of the brain.

Learning a new musical instrument (9.70% IQ increase)

1 Hobbies that can raise I.Q.

2

Arts and Crafts (9.68)

“I hadn’t drawn anything since school, but really enjoyed the relaxed chat of the art class and even got my pictures published.”

Crisis Art Class member

It may be that the leisure activities that many of us have taken up, or done more of during lockdown, have increased our intelligence. A survey of 4,694 volunteers by DIYS.com has found that gardening, knitting and reading are among the pursuits that can boost our IQ.

3

Exercising (7.37)

Participants took an IQ test before and after doing a range of activities, with the difference between the two scores being taken as an indication of the degree to which the brains of the participants were stimulated.

In second and third place in the study came knitting and exercising, respectively, with both stimulating improved brain engagement. 71% of knitters in the study said that a session with the clacking needles helped with their concentration, whilst those who exercised were found to have an increased capacity for memory.

4

Reading (7.07)

A spokesperson for **DIYS.com** stated: "As the study shows, arts and crafts, among other mobility-training activities, can improve our mood alongside developing our cognitive skills. Without realising, these activities are improving our emotional wellbeing as well as making us smarter."

So, if you're looking for a hobby that can boost your brainpower, maybe you could pick from the full range of pursuits tested in the study which are listed below, alongside their attributed percentage increase in IQ score.

- 5) Practicing meditation (6.38)
- 6) Learning a new language (5.88)
- 7) Gardening (5.10)
- 8) Online video gaming (4.80)
- 9) Making/editing videos (4.26)
- 11) Writing/blogging (4.12)
- 12) Colouring in an art book (4.00)
- 13) Daily journaling (3.30)
- 14) Playing a new boardgame (2.00)
- 15) Sewing (1.20)

"The relaxation class takes me out of myself and always leaves me with a feeling of peace."

Crisis Relaxation Class member

The Park is quite quiet
Some people are
sitting on the grass
talking quietly
and earnestly
others are knocking
a ball about
gentle slaps
There are quite
a few dogs about
A spaniel
has lost his ball
and runs
maybe in an
intelligent pattern
maybe not
to find his ball
Can't hear the traffic
on the main road
maybe the headphones
noise cancelling
actively

The Park

Can hear an
ice cream van
playing greensleeves
which is always sweet
in this virus infested
world ...
and some birdsong
tweeting with barking
I am becoming more
attuned to the sounds

*Photograph and Poem:
Andy, Crisis member*



GOBEKLI TEPE: TURKEY'S ANCIENT ENIGMA

Article: Ste Preston, Crisis member


The discovery of the stone-age structures unearthed by the excavation of Gobekli Tepe, in south-eastern Turkey, has upended our understanding of the development of human society and civilisation. Tradition had it that human settlement resulted from the development of agriculture, which provided a stable food source for the growth of human populations, and thus society. The construction of Gobekli Tepe, though, was begun by hunter-gatherers at the end of the last ice-age, and is of a scale which must have required enormous collaborative effort – over the space of three millennia.

The prehistoric mound of Potbelly Hill – Gobekli Tepe in Turkish – had protruded from the northern edge of the Fertile Crescent since long before the time of Sumer – and the invention of writing that flowed from that founding civilisation of the region. Littered atop with broken slabs of limestone, the site had been dismissed as a medieval graveyard following an initial anthropological investigation in the 1960's.

To the eye of German archaeologist Klaus Schmidt, though, who first visited the site in 1994, the mound appeared man-made, and he returned with a team of five archaeologists to begin a full-scale excavation in 1995. Schmidt's dig soon began to uncover standing stones, some so shallow that their tops were scored by plough blades; and what he and his team found, over the next few months of the short digging season, displayed architecture and art way in advance of the presumed capabilities of hunter-gatherer societies.

A one-acre site, comprising 5% of the 300 metres-wide complex – has been excavated so far and exhibits massive standing stones, up to 5 metres high, with estimates of their weight ranging between 8 and 10 tons, surrounded by rings of slightly smaller stones which support capping stones thought to weigh in the region of 4 tons themselves.





Not having found any evidence of human habitation at the site, Schmidt believes that Gobekli Tepe was a centre of religious observance; and that the site overall comprises a series of temples. Ground-penetrating radar and geomagnetic surveys have revealed constructions in a further twenty locations within the complex which have yet to be investigated.

Art abounds within Gobekli Tepe. Everywhere there are representations of vultures, lions, foxes and scorpions. Human faces are carved into the capping stones of the smaller monoliths; while bas-relief sculptures of snakes and lizards twist and crawl over the broad sides of the pillars. Flooring of polished lime has been found in this devotional site, and all of this achieved by the use of flint tools.

Dating back nearly 12,000 years, Gobekli Tepe was as old at the time of the construction of Stonehenge as Stonehenge is today. Schmidt says that the complex is the first human-built holy place, and we have to wonder at the motivation of these ancient people to maintain their massive cooperative effort for three thousand years. Yet the site was abandoned 9,000 years ago and unaccountably, before they left, the descendants of over a hundred generations of builders back-filled the entire site with earth. This has had the effect of protecting their work from the elements and given rise to the remarkable state of preservation that we can see today. Perhaps this was the plan all along, as earlier constructions within the complex were similarly buried, with more stylised versions built on top and alongside.

Schmidt says that if the site is studied by archaeologists for the next fifty years, they will barely scratch the surface of what can be discovered there. It may be that the only certainty we can have about Gobekli Tepe is that the more we dig, the more the mystery deepens.

Listen to Ste talking more about Gobekli Tepe.

A large, moss-covered tree trunk with exposed roots in a forest. The tree trunk is thick and textured, with many roots spreading out from its base. The roots are covered in a thick layer of green moss. The background is a dense forest with green foliage.

Here I Am

Lee Hughes - Crisis member

Planted firmly, deep underground
Grasping roots taking hold
Sprouting out, a sudden shoot, rushing
High for the sky
A single way, until many branches are racing
Up and up
A spring of blossom, true growth emerging
New heights conquered and standing tall
For many more years, I stand and grow
No stopping now to many starts
The weakness breaks
And falls
A season to refresh, glowing strength
Empowering motivation
Going for the stars
As the seed given, granted the beginning
For ME.

Bohemian Rhapsody is a very accurate portrait of Freddie Mercury and the band Queen, centred around their titular 6 minute hit. The cast are all very good, capturing the essence of the real life characters, from Freddie played by Rami Malek through the band to their families and record company execs.

Particularly interesting is Tom Hollander's portrayal of their music lawyer, who becomes one of their biggest champions despite being appointed by the record company. He advocates the track Bohemian Rhapsody despite its length at 6 minutes, at a time when only 3 minute tracks got radio play. Eventually he takes over as the band's manager.

Freddie's loneliness in not having a family like the other band members is covered in the film as is his diagnosis with AIDS. The climax of the film is the Live Aid Concert. Many think they were the best act that day and night.

You can watch the film's trailer [*here*](#)

Bohemian Rhapsody Film Review

Article: Andy, Crisis member Artwork: Ste Preston, Crisis member



The Adventures of Radiant Man

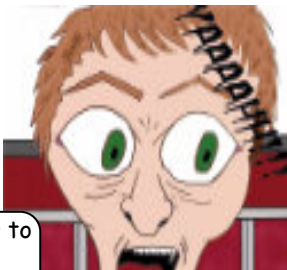
By Lee Hughes, Crisis member

So you're probably wondering who I am sat here looking down on the city like so! Well for that answer I need to take you back a few months...

Few months earlier

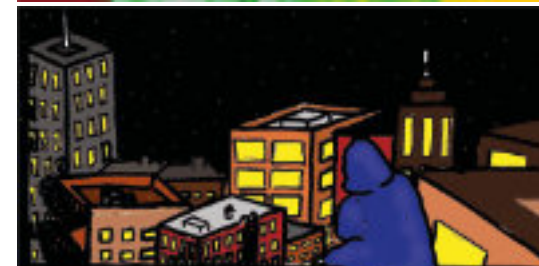
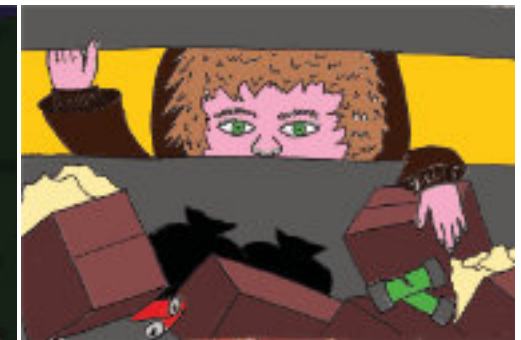
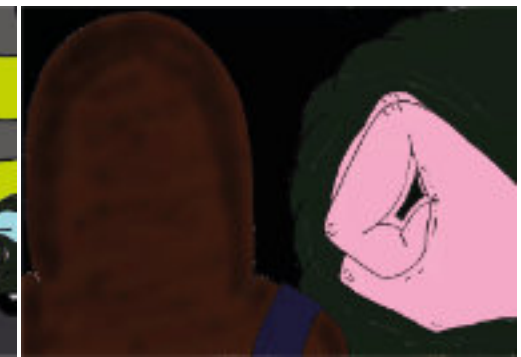


It started here. Another day grinding to make ends meet in a soul draining job.

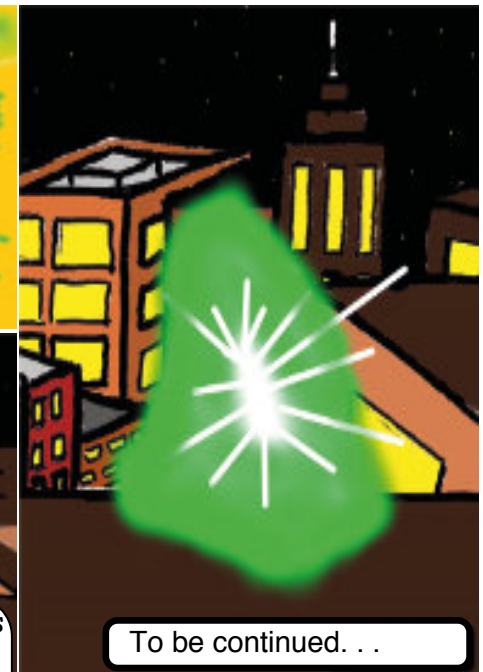


Few weeks later...

I'm so hungry and tired. I need to find somewhere to rest



So yeah that happened and to think that's only the start of it. What happened next was unreal. I'll tell you all about it, but first I have something to do. Catch you soon...



To be continued. . .

THE HERO'S JOURNEY

How The Light Gets In interviewed Ashleigh Nugent about his new book Locks, we also had a great chat about The Hero's Journey that we wanted to share:

This is really worth looking into... Joseph Campbell was the world's most famous ever mythologist- somebody who studies myth and religion- and what he noticed was that anywhere you go, anywhere in the world, as far back as you want to go, this same story keeps getting repeated in the myths and in the religions. He called it The Hero's Journey. You also see people using this story whether they know about The Hero's Journey or not. They do it kind of unconsciously; the same way that we all have very similar dreams, similar themes that come up in dream, and that kind of thing. This stuff lives within us because it's been with us for thousands of years. We've been teaching each other around the campfire in the same way, everywhere in the world, for thousands and thousands of years.

So The Hero's Journey in simple terms... see if you recognise this:

This is Lord of the Rings, Harry Potter, Rocky Balboa, Mad Max, Hunger Games; this is just about every movie going, ok check it out...

1. Ordinary world.

It starts at home, there's your Hero, they're at home but something's not right. Harry Potter's living under the stairs or whatever, something's not right.

2. Call to adventure.

Then there's a call, something happens that says to the Hero: 'You're gonna have to leave here and go somewhere else on a journey.'



3. Refusal of the call.

But the Hero tries to refuse. Maybe the family are holding him back. Luke Skywalker's aunt and uncle are going 'No you can't go, you've got to stay with us.' Or Harry Potter's aunt and uncle are trying to hold him back. Or maybe Rocky's going 'I'm not boxing anymore, I hung up my gloves.' Or the detective going 'I hung up my belt years ago.' Or whatever it is, you know what I mean. They don't want to go, some kind of fear, or society holds them back.

4. Meeting the mentor.

Then along comes a mentor. In The Terminator it's the dude from the future isn't it? Someone older or wiser comes along. Obi Wan Kenobi or Hagrid.

5. Crossing the threshold.

Someone comes along and inspires the Hero to leave the ordinary world and cross over into the world of the adventure.

6. Tests, allies, enemies.

Then they will be challenged, they will have to work out who are their friends and who are their enemies, friends become enemies, enemies become friends. Like the cop who's got the new partner who they hate but then they end up loving them, like Men In Black, you know what I'm saying?

7. Approach.

Then they will have to train for some big challenge, there's going to be a big battle or they have to find the baddie, or there's going to be something that happens that will lead, in some way, to a death and rebirth.

8. Ordeal, death & rebirth.

Either actual or kind of symbolic, they have to shed the skin and give something up. Rocky Balboa never wins the first fight, he has to get knocked out first, yeah?

9. Reward, seizing the sword.

And then, if he has got the guts to get up after being knocked out and loosing, and goes and trains and finds out what his power is- his force, his Jedi Force, his sword, his light saber, his philosopher's stone, his Holy Grail- then he'll be able to fight on and he'll defeat the enemy.



www.novel-software.com



Crisis member Andy on the summit of Pen-y-ghent in the Yorkshire Dales. 18 April 2021

10. The road back.

After doing that he will take the journey back home and he'll return back home with the Jedi Force, the Magic Elixir, the philosopher's stone, and he will make the world a better place.

11. Resurrection.

He'll return back home and change the world for the better.

12. Return with elixir.

By having the belt.. change himself for the better.. by having the Jedi Force.. change the world for the better... defeat the Empire...whatever it is.

And that's the Hero's Journey.

We tell this story because it's a code to how to live a successful life, how to overcome the setbacks, how to get up when you've been knocked down. How to make the most of life and how to use the difficult things, that may have happened to you in the past, to find your purpose in life and then to self actualise. Not to be what society says you are, not to be what your family says you are, but to be what you know you are. The process of the journey is the destination ok?

There is no end point to it, you know? It's living it that matters. It's being what you honestly are and as great as you choose to be. Daring to be the best that you can be in any given moment. That doesn't mean stressing out that you're not good enough or that you haven't achieved this thing or that thing, it just means accepting that you do have power and you're going to choose to use that power. Even if just the power to not take crap off other people and to be ok, when they'd rather see you not being ok, or when the system tries to screw you over; you're going to be ok anyway!

Listen to more of this interview and conversation about The Hero's Journey ***here***

For more information about Ash and his work:
<https://www.riseupcic.co.uk/>

National Day of Reflection
23rd March

AT 12 PM ON TUESDAY

23RD MARCH 2021

A MINUTES SILENCE TO

REMEMBER THOSE WHO HAVE DIED

CONNECT WITH ANYONE WHO IS
GRIEVING

AND LOOK TO THE FUTURE WITH
HOPE

**let's honour
the minutes silence
with people across 🇬🇧**

Hope Springs Eternal

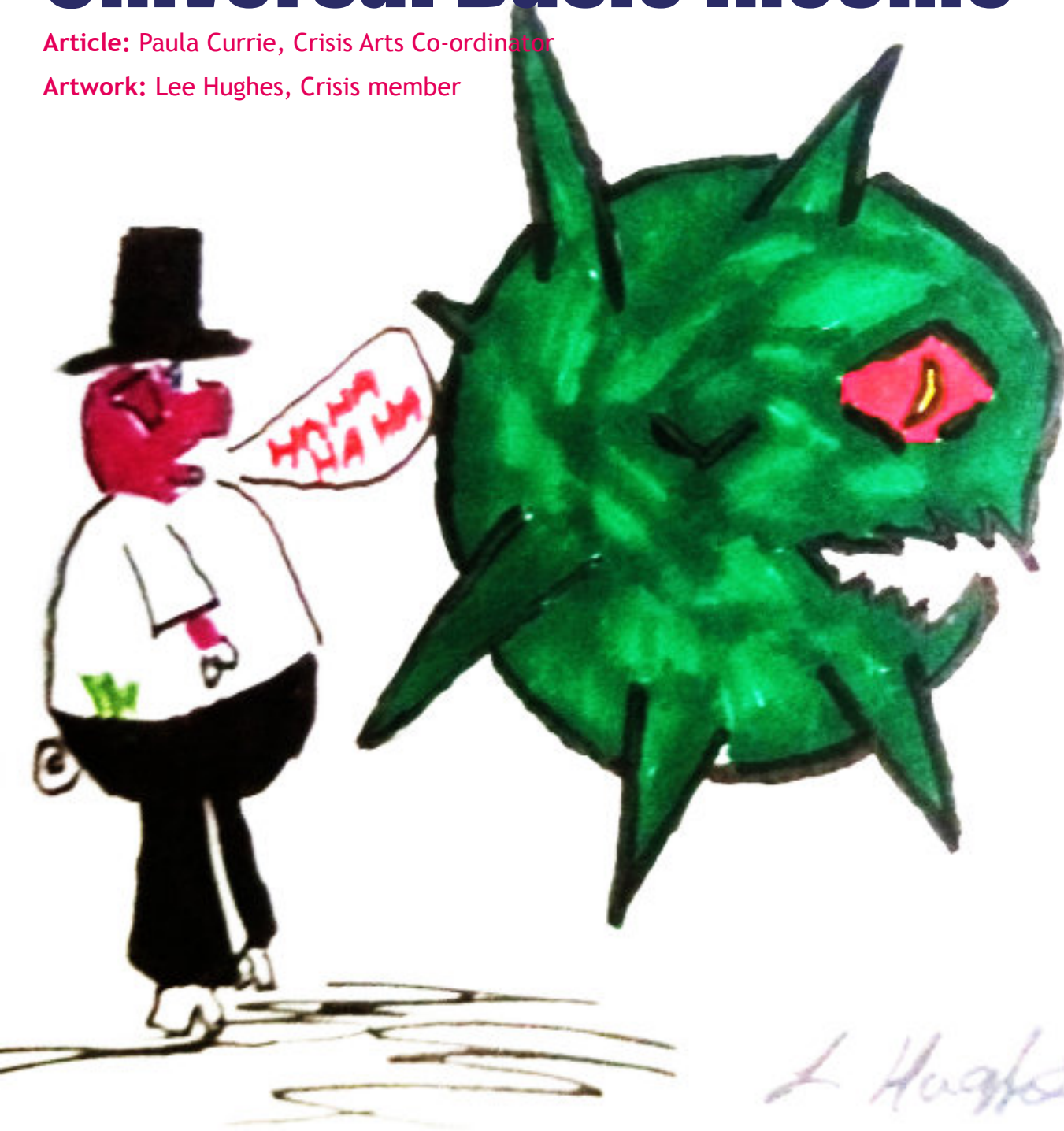


Poster and Photograph: Lestari, Crisis member

Universal Basic Income

Article: Paula Currie, Crisis Arts Co-ordinator

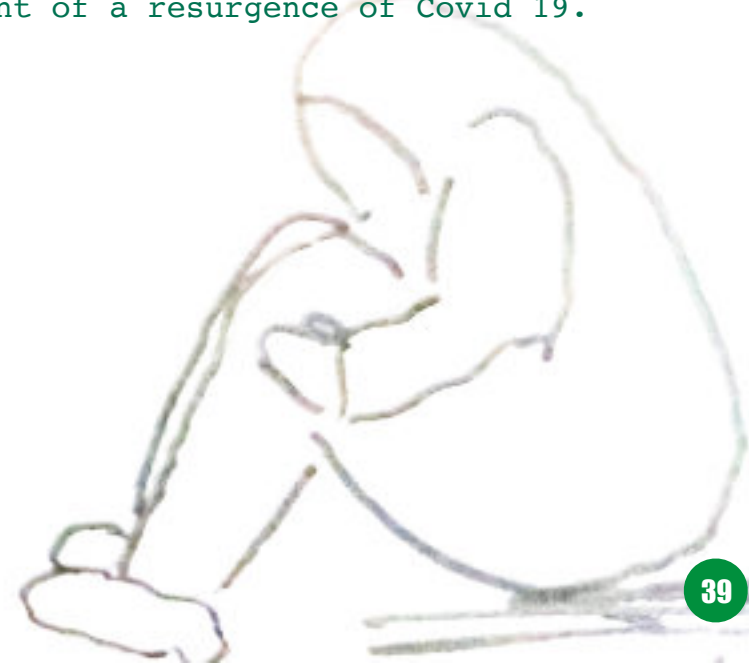
Artwork: Lee Hughes, Crisis member



The Case for Universal Basic Income.

As we move out of lockdown it is important to acknowledge the impact that the pandemic has had on social inequality. Lockdown brought the hidden 'have nots' into sharp focus. The Trussell Trust recently issued a statement which highlighted the substantial rise in food bank use during the pandemic. They recorded a rise of over a third. They also distributed over a million emergency food parcels to vulnerable children and young people.

As this latest lockdown eases, it's vital that we ensure that these social inequalities are addressed. In the same way that The NHS and Welfare State were brought into being following the hardships that British citizens endured during the second world war. This could be the ideal opportunity to provide British citizens with financial support following the pandemic and to provide them with a financial safety net in the event of a resurgence of Covid 19.



The Government has spent billions on furlough schemes to protect incomes during the crisis. This has shown that it can be done – if the circumstances are right. So should we now be considering another way to offer financial protection for the population if we enter a third wave?

Now could be the ideal time to discuss Universal Basic Income. If you don't already know, Universal Basic Income (UBI) is a policy which means that every citizen in the country would be entitled to a regular payment from the state to provide a net through which individuals cannot fall. This feels absolutely necessary in the current post-lockdown landscape. According to The British Medical Journal:

The gulf between the wealthiest and poorest had been increasing even before the Covid-19 virus destroyed the globe's health and economies. Recent research indicates a growing depth of poverty, and women and children are the biggest casualties of this deepening divide. The world bank predicts that the number of people living in extreme poverty will increase by 70-100 million in 2021 alone.

We should be doing more to mitigate against this. Countries who have trialled UBI have noted a range of health, social and economic benefits to the scheme. For example, Finland piloted scheme which ran during 2017-18 recipients of UBI reported lower rates of depression, loneliness, sadness and overall mental strain. Additional study in Kenya produced similarly positive results.

A review of studies focusing on the effects of UBI on health was published in 2020. 27 Studies reported health benefits, including reduced mortality, improved adult health and increased provision of nutrients for low birthweight infants.

The health benefits are clear. Social and economic benefits have also been widely reported. Critics of the scheme claim that such schemes 'discourage people from working' – although a recent Finnish study which involved monthly payments of 560 Euros, actually showed a greater increase in employment for families with children. When surveyed recipients also reported better financial well-being, mental health and cognitive functioning as well as higher levels of confidence in the future.

Other criticisms of the scheme include fears that providing a basic income will encourage laziness, would have a cost implication higher than the current benefit system which would lead to higher taxes. There are also fears that the scheme would offer welfare support to criminals and lead to a rise in crime. However, Andy Cooke, former Chief Constable of Merseyside Police actively disagrees with this notion and recently made a public statement citing poverty as a leading cause of crime. So providing people with a basic income is the most effective way of cutting crime. According to Andy Cook:

...Reducing poverty and increasing opportunities are the best way to prevent crime in cities.

A much earlier Canadian study conducted in 1974 which called UBI 'Mincome' and focused on addressing rural poverty also showed positive benefits. One of the recipients of the scheme Joy Taylor is a strong advocate of the scheme. She states 'Knowing that extra money was coming in made life that bit easier. You no longer needed to be afraid of paying the bills or what you were spending on bills or what you were spending on food. It gave you that peace of mind'.

Joy's words have never felt more relevant. Universal Basic Income is a scheme that would make huge steps in the 'levelling up' agenda that the government is currently focused on.

Universal Basic Income would be a fitting legacy and reward for the hardships and difficulties that we have all endured during the Pandemic and is something that we should lobby the government to consider.

Bowie at Glastonbury is his stage set from 2000. He had recently had laryngitis but still his singing is terrific in that unique voice.

Bowie's banter with Glasto fans includes the insight into his fame, he admits he won't take off his jacket because it would spoil his cool ensemble, so he swelters in the heat uncomfortably.

The set includes all his classic hits plus new work and extended versions of songs. It is an excellent roundup of his career at that time. The set is all the more doubly poignant with his recent passing and the cancellation of this year's Glastonbury.

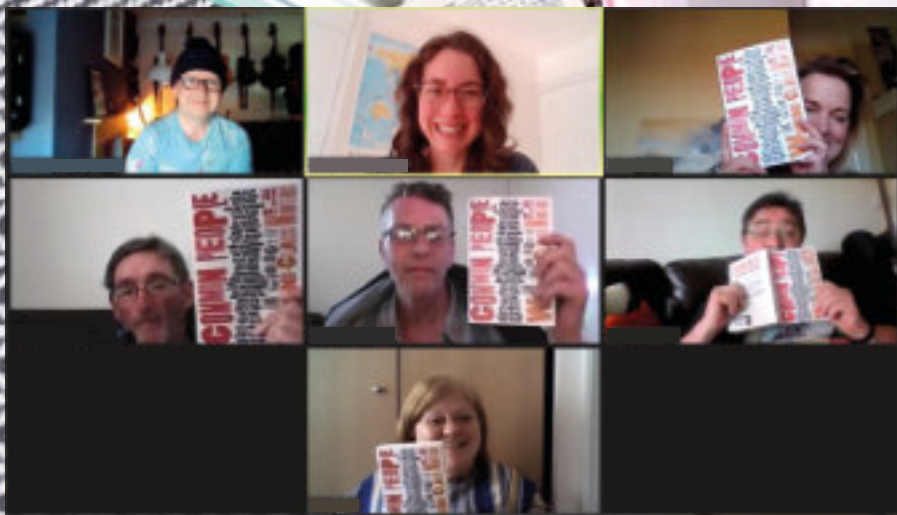
This is a must have live set. Listen to Life on Mars from this set [here](#)

Bowie at Glastonbury

Article: Andy, Crisis member

Artwork: Sarah, Crisis Arts Tutor





World Book Day

Photograph: Lestari, Crisis member



Little Boxes

Review: Andy, Crisis member

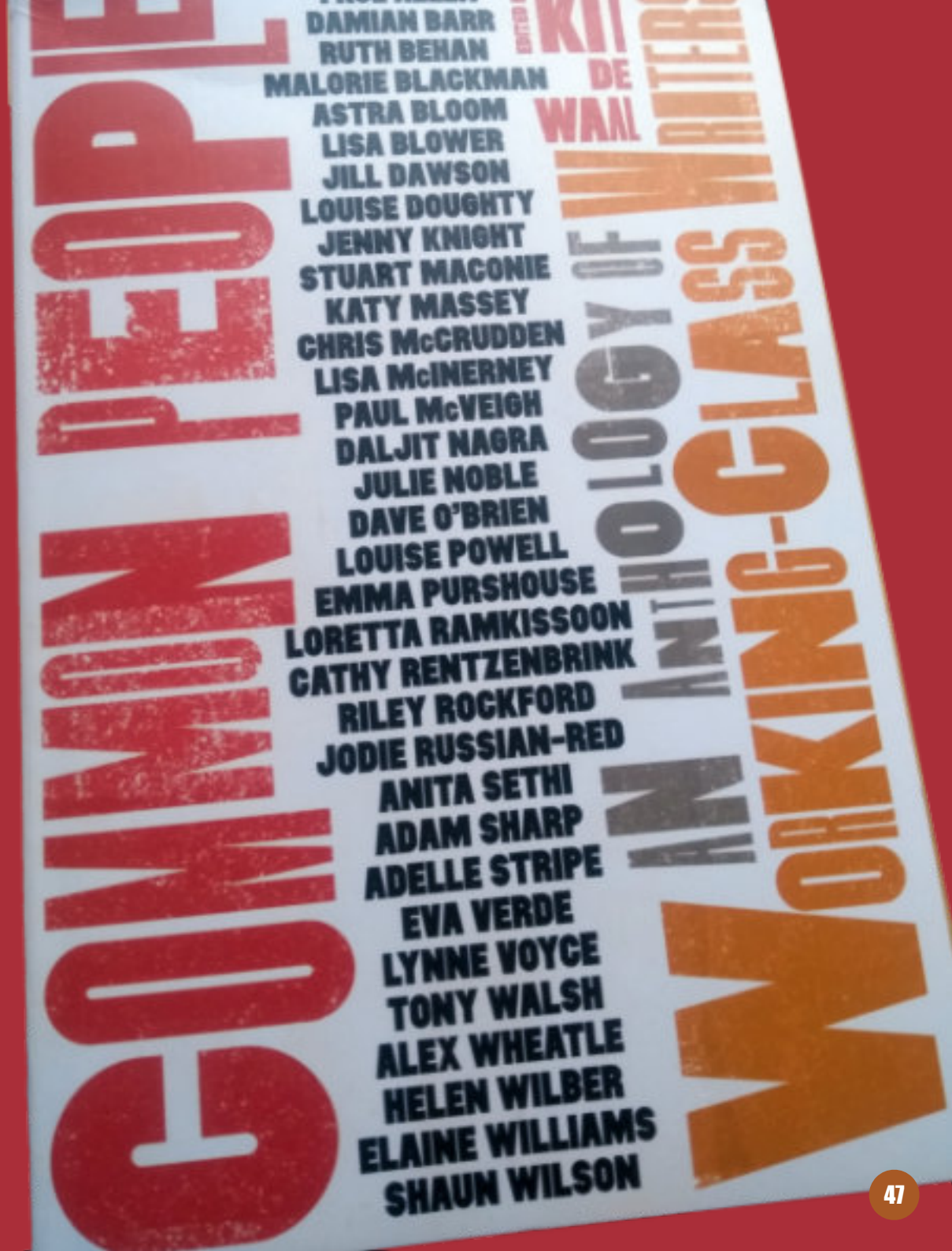
We have been reading 'Common People' by various authors for World Book Day. This is a compilation of short stories and poems about the British working class.

Stuart Maconie is a BBC radio 6 music presenter, he does a fairly nostalgic show at the weekends with Mark Radcliffe. Stuart grew up on a Wigan housing estate as a working class boy.

Stuart's entry in the compilation 'Common People' is the short story entitled 'Little Boxes', the title refers to a song by Pete Seeger, the American folk singer/songwriter though he didn't write this song!!

Stuart's story is a heartfelt love of his upbringing and the new estate in the modern design that ultimately failed. He talks about the chippy, the characters he group up with and the houses which had individuality like the people. He thinks the song stinks, pompous and narrow- minded!

It's a moving entry in the book 'Common People' and achieves its aim to subvert stereotypical thinking.



Driftwood by Adelle Stripe

Review: Ste Preston, Crisis member

Driftwood by Adelle Stripe is the account of a young woman on a visit to her father in the house that she grew up in. The title immediately appealed to me and the narrative is full of things that have been washed up and been left where they have settled. Here in this tiny hamlet of seven houses, where the verges are “mapped by discarded milk-shake cartons and rampant convolvulus”, lives the subject of the story in the “red brick house where sheets of tarpaulin flap between broken fence posts”.

The account is full of vivid imagery of the flotsam and jetsam of the scavenging life of a retired farm labourer, his chief preoccupation being to keep the fire going, whatever the weather: “The fire in the hearth reminds him that he’s alive. He dreads the day he’s no longer able to light it”: “He spends his days carrying seasoned husks of fallen ash, birch and rowan...drags driftwood from the snake bend in the river and stacks snapped branches in funeral pyres along the banks”.

The story is the record of the man’s life now, and a memoir of the author’s younger days there. Where, in the unheated house with ice-fronds on the insides of the windows (a farm labourer’s wages wouldn’t pay for coal), she’d warm the bedroom air every morning with a hairdryer; and she recalls the cheap record player and stacks of vinyl records that were her one consolation and escape from the gloom: Yet she was looked after here and still regards it as home.

Once a month his friend Les (“who has a cartoon face that’s real...He blends into the woodland”) delivers a load of firewood and they chat together as they chop: “stories of lost lives, bloated floating bodies and slurry-pit drownings”. And on quiet days he recalls the past, “the lost elation of his youth. He takes comfort in the myth of the man he once was”.

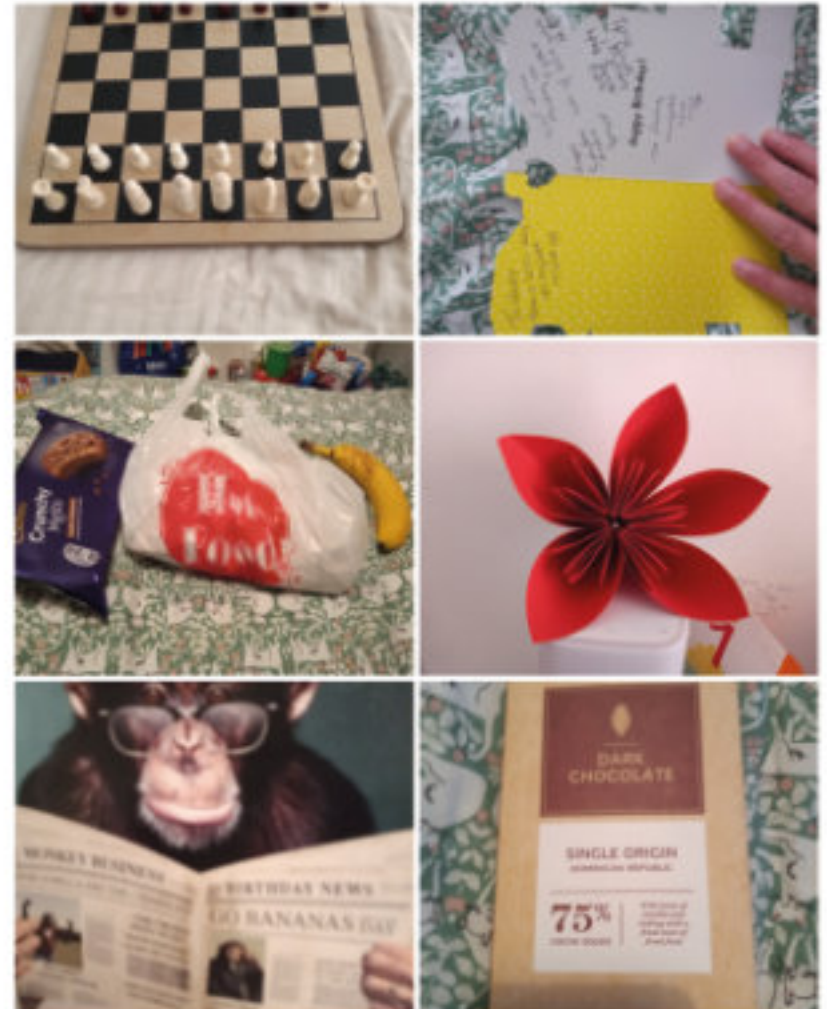
His parents had lived in the house before him – there is an old photograph on the mantelpiece of his father presenting a prize bull to the queen – and have now moved to sheltered accommodation: “Death valley he calls it”. “I’d rather snuff it in the fields”. This man and his life are part of the landscape and he wouldn’t have it any other way. He is uncomplaining and completely at peace with his life – even seeming stoical about losing half of his foot in a baling machine as par for the course: “He knew farming was a dangerous profession. More men killed than in the pits or at sea”. This man’s life flows like water, taking the path of least resistance; and like driftwood, he’ll be content with wherever and whenever the current leaves him.

H O M E



Sarah Randle, Crisis Arts Tutor

H O M E



Andy, Crisis member

I heard that you died today
King George! You called yourself
Fearless, determined, a force of nature
Dead

I went for a walk
To remember you
To the spot I'd heard there were Kingfishers.
I watched and waited in the darkening light
For a flash of blue
Beautiful, bright

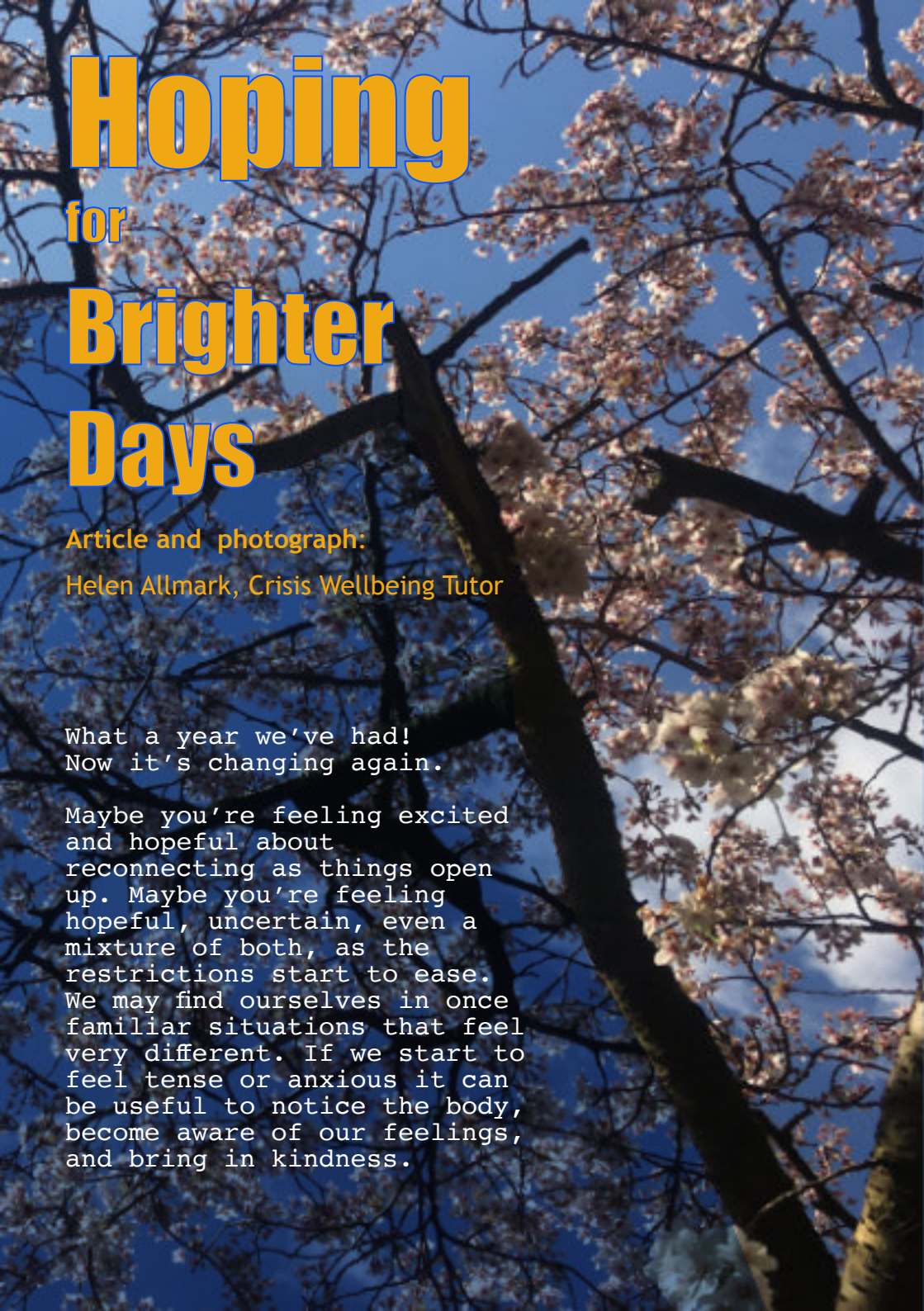
I imagined a poem I'd write
The Kingfisher as you: a light momentarily
Beautiful, bright.
A flash of blue
I didn't see a Kingfisher
I remembered You.

Remembering You

(In memory of George, former Crisis Member)

Paula Currie - Arts Co-ordinator





Hoping for Brighter Days

Article and photograph:

Helen Allmark, Crisis Wellbeing Tutor

What a year we've had!
Now it's changing again.

Maybe you're feeling excited and hopeful about reconnecting as things open up. Maybe you're feeling hopeful, uncertain, even a mixture of both, as the restrictions start to ease. We may find ourselves in once familiar situations that feel very different. If we start to feel tense or anxious it can be useful to notice the body, become aware of our feelings, and bring in kindness.

If we can notice and learn to focus on the sensations in the body, rather than the thoughts we have, we may be able to soften the tension in the body a little.

Also noticing what we're feeling, naming the emotions and remembering it's ok to feel however we feel, there's no right or wrong response to these changes.

The superpower of being as friendly and kind to ourselves in these difficult moments, maybe imagining how we'd speak to a friend who was feeling tense or anxious, speaking to ourselves in as gentle and supportive a way as we can.

Know you can go at our own pace with these changes. The way that works for us is the way that works! Maybe we slow down. Maybe we remember what helped us through some of the difficult times? Spending time in nature? Connecting with other people? Playing some good tunes? Comedy? Food? Dancing again?

If you are feeling that you could do with more support at the moment there are links on the back page of this magazine for Crisis, Qwell and LifeRooms services.

Hopefully we can now start to move towards brighter days and the future we would like to live. Maybe we have learnt some useful things about ourselves, and what's important to us, during this last year. Perhaps individually, or as communities, or even globally, we can take what we have learnt into the future we'd like to see and make the days ahead brighter for all of us.

Wishing you well as you find your way through these changes and hoping you can enjoy this beautiful spring... and beyond.

Here's to brighter days

Need Help or Support?

Crisis help people rebuild their lives and leave homelessness behind for good. For further information about Crisis Skylight Merseyside support and learning activities please contact: **merseyside@crisis.org.uk** or call **0151 218 7000**.

Qwell is an online safe and confidential space to share experiences and gain support from our community and qualified professionals.

<https://www.qwell.io/>

The Life Rooms provide a safe and welcoming space to meet others, access opportunities and learn about community resources.

<https://www.liferooms.org/blog/welcome-to-the-life-rooms-online/>

For help with housing please contact the following:

Liverpool Housing Options: 0800 7316844
www.liverpool.gov.uk

Wirral Housing Options: 0151 666 5511
www.wirral.gov.uk/housingoptions

St Helens Housing Options: 01744 675150
www.sthelens.gov.uk

If you feel that your current situation is putting you at risk of violence, abuse or harm contact:

Careline: Liverpool: 0151 207 7617
Careline: St Helens: 01744 676 370

