



Together
we will end
homelessness

ISSUE 13: May 2021

THE VOLUNCHEER

Crisis Skylight Coventry & Warwickshire's Volunteer Newsletter

NEW THIS ISSUE:

Editor's Letter
Members' Success
Meet New Admin,
Joyce West
Learning News
Herbert Re-Opens!
Nat'l Vol Week 2021
Tree of the Week
Puzzle Pages & More
Wellbeing TopTips



Letter from the Editor

As I write, there is *less than 24 hours* until the official launch of Coventry's City of Culture 2021, the long awaited city wide arts festival whose theme 'The City Where Movement Began' celebrates our creative and industrial heritage.

Our Crisis Arts Coordinator, Ben, and many of our creative members are involved with this yearlong series of events. Check out: <https://coventry2021.co.uk/>. This issue is packed with great news and views—let us know yours!

-Amy Rugg, Volunteer Coordinator

SUCCESS STORIES: OUR MEMBERS ARE *CONNECTED*

Our Digital Inclusion Project has now distributed over 800 Tesco Mobile devices to our members across the UK. Recently, a member provided some feedback on how the device has helped them.

They gave us a heart-warming and thought provoking response that truly shows the impact the devices are having with our members.

"From u/credit to registering for legal requirements such as poll tax and water rates, the access to the internet has been invaluable. I have started to furnish my flat which, especially in lockdown, was impossible. No used stores were open, visiting sellers was against the rules. Without the tablet, I couldn't register for education and vocational courses. Family contact is being rebuilt, in a slow and safe way, as the relationships weren't happening because of my situation. Rebuilding slowly via text, messenger and email means I have some sort of family support now that I didn't have before. I feel more like a human being, part of society again, which from homelessness is a huge leap. I am human. At last. Mental health support is easier to access and less intimidating too."

-Pete Gilbert, Digital Inclusion Administrator



"I feel more like a human being, part of society again, which from homelessness is a huge leap."



SKYLIGHT Q & A: MEET JOYCE WEST, OUR NEW ADMINISTRATOR

Q.: When did you first join Crisis and what is your role?

My first day was 13 April 2021. I am the Temporary Support Team Administrator.

Q.: What did you do before?

I've worked previously for a number of organisations including a professional body supporting housing professionals to create a future in which everyone has a place to call home, the NHS, local authority and within school environments.

I also prepare and deliver 30 minute weekly sessions online sessions for young people at my local church which is great fun but also hard work.

I have a busy, buzzing house filled with my husband, grown up son, his girlfriend, her dog (a lovely Maltese). There's never a dull moment.

Q.: What's a typical day like for you at Crisis?

My days at Crisis have been varied and never the same. I start my day by checking emails and making sure they are actioned and that the inbox never gets too full. At the moment, when I am in the office I don't tend to sit at my desk as I have been helping to produce signage and resources. Over time, I will support the team with general administration tasks, management of the meeting room diaries and resources, processing invoices and purchase orders, and checking credit card statements.

Q.: Have you ever volunteered and what was your experience of this?

I volunteered many years ago when it was the [former] Walsgrave Hospital helping at mealtimes and providing a bedtime drink to the patients. It was really rewarding chatting to the patients and their visitors and made me appreciate the work that the staff do on the wards.

Q.: Cats or dogs?

Well it was cats- I had a lovely tabby cat when I was young. I was a little wary of dogs but that has changed recently as we have a dog living with us and my younger son has just got a golden retriever puppy which is full of energy.



WORK, LEARNING AND WELLBEING

The Learning Team are offering some face to face learning sessions again and developing our allotment area with a sheltered space to allow for the unpredictability of the British weather in the shape of a pergola; this should help ensure activities can continue there regardless of the weather.

We've planned a range of wellbeing activities, and some will be held at the allotment. We're also working closely with the City of Culture on a photography project set to run in the coming weeks providing members with the opportunity to take self-portraits with professional quality equipment, developing their photography skills.



-Gareth Bunn, Learning Manager

LEARNING AT WORK WEEK 2021

Learning is a human thing. We learn constantly, adapting our understanding and behaviours, building on what we already know and can do. How can we grow this capacity for learning to become active lifelong learners?

Learning at Work Week 2021 takes place across Crisis from 17-23 May 2021 on the theme 'Made for Learning'.



Workshops available for all staff and volunteers will be running throughout the week; book via your Crisis Learn account. We've also added several new e-learning courses that will inspire your creativity, deepen your understanding, and motivate you to keep on learning.

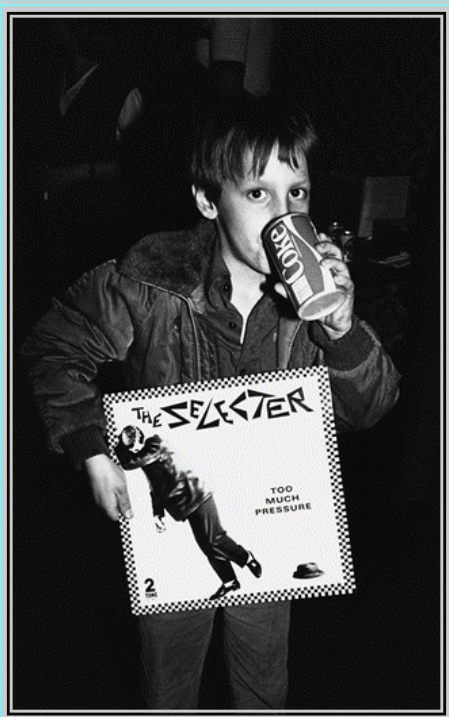
HERBERT ART GALLERY AND MUSEUM REOPENS

There are not many things you can do without having to pay anymore (I was charged for using a public loo last week). So, to be able to see amazing and spectacular works of art without having to stump up an admission fee, really is a privilege. It's one that can be enjoyed right here in Coventry at The Herbert Art Gallery and Museum.

As for almost everyone, the pandemic has not been kind to the Gallery. Although they've made the most of the time by repurposing and upgrading the gallery. "It's been a difficult 12 months for everyone, so now we are incredibly excited to be able to welcome visitors back to a much-improved venue", said **Joy Corcec**, Communications Officer at the Herbert Art Gallery and Museum.

Excited? They should be, as they have two fantastic and contrasting exhibitions to mark the start of UK City of Culture 2021: **'2 Tone: Lives & Legacies'** and **'UnNatural History'** will both open to the public on Friday 28th May.

UnNatural History, curated by Invisible Dust, explores natural history and climate change, with a range of jaw dropping and thought provoking works of art. Designed to explore the role of art and the artist in natural history, it delves into our relationship with ecology, climate change, extinction and threats to bio-diversity.



Most of you know the 2 Tone sound was born in Coventry: the **'2 Tone: Lives & Legacies'** exhibition celebrates this enormously important part of our local heritage through quotes, pictures, fashion, interviews and memorabilia. Unsurprisingly, you'll be hearing some of the energetic upbeat sounds from the label, too.

Joy looks forward positively: 'This year will be an exciting year for the Herbert and Coventry, so we're pleased the gallery will be ready to host major world-class visual arts exhibitions in 2021 and into the future.'

More information can be found [here](#) about the exhibitions, and information about volunteering opportunities can be found [here](#).

-Steve Townsend, Volunteer

Images: © Toni Tye



VOLUNTEER SPOTLIGHT

Yes, you guessed it, 1-7th June is National Volunteers' week. This is a chance for everyone to say thanks for the contribution millions of us make across the UK through volunteering.



It seems like there's a stripped-down number of ways you can get involved this year (due to the pandemic), but the Voluncheer is showcasing a couple...

Sharing your Story

Would you like to share your volunteering story to tell the world what volunteering means for you? Let Amy know what volunteering with Crisis means to you on our social media pages: <https://www.facebook.com/CrisisCoventry> #volunteersweek

The Big Lunch

This year's Volunteers' Week festivities also includes The Big Lunch. On 6 June, you can join in online, on your doorstep, in a park, or over the fence (guidelines permitting). This is your chance to celebrate community connections, recognise fellow volunteers and talk to others about your experience volunteering. This weekend in June is the UK's annual get together for neighbours and communities.

Give us a clue... How would you like to celebrate?

Email: amy.rugg@crisis.org.uk

-Steve Townsend, Volunteer

Tree of the Week: Oak Tree



This oak tree is in the middle of the Devil's Punchbowl, a National Trust site in Hindhead. Although it is bare at this time of year, the tree looks spectacular in late spring-summer when it has all of its leaves. Oak trees are an important part of ecosystems, hosting hundreds of different types of insects and supplying mammals and insects with an important food source

-Gemma Drake, Volunteer



THE PUZZLE PAGES

THE CITY OF CULTURE COVENTRY QUIZ

How much do you know about Coventry? Have a go with the questions below:

1. Legend has it that the city was the birthplace of which patron saint of England?
2. Britain's car industry was founded by D—— in a disused Coventry cotton mill in 1896.
3. **True or False:** William Shakespeare was said to have jilted a Coventry woman on the eve of their wedding to marry Anne Hathaway.
4. How many twin towns and cities does Coventry have?
5. What denomination of £ note was paid for the first time in a worker's peacetime wage in Coventry in the 1950's?
6. What famous female author based her most famous novel on life in Coventry in 1830?
7. What was the title of the novel mentioned above?
8. Which great Victorian actress was born in Coventry?
9. What revolutionary new fibre was developed at Courtaulds?
10. In November 1940, what was the principal reason why the fire that destroyed Coventry Cathedral couldn't be put out?

DAD JOKES...

A ham sandwich walks into a bar and orders a beer. The bartender says, "Sorry we don't serve food here."

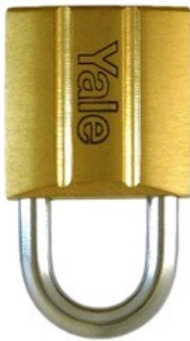
Yesterday, my yoga teacher was really drunk....
Which put me in a very awkward position.

Need answers? See last page...



COVID DINGBATS

1.) Easy



2.) Medium



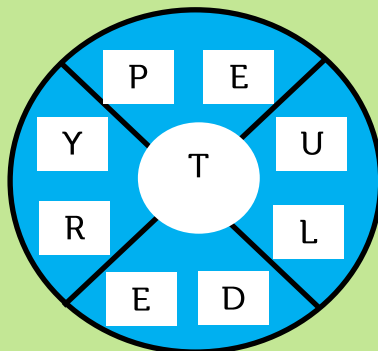
3.) Challenging

TOP



BOTTOM

PUZZLES



How many words of three or more letters each including the letter at the centre can you make from this diagram. We've found 35, including one 9-letter word.

beer

laws

Starting at either end, change one word into another by only changing one letter on each rung of this tricky word ladder

Need answers? See last page...



WELLBEING

TOP CHILL OUT TIPS

With all this volunteering it's important to take a step back sometimes to let yourself rest and remind yourself why you are volunteering in the first place. That's why this month, we are giving you two tips: one for rest and another to re-spark your passion.

SPOTIFY WAKE UP & WIND DOWN This month's rest tip is a podcast recommendation for anyone out there with Spotify. Spotify Studios have created a podcast called 'Wake Up/ Wind Down (UK & IE)' hosted by Niall Breslin. Every day the podcast releases two short meditations, one in the morning and one in the evening. Each episode is around 3-9 minutes, the perfect length for people with busy lives. Access the podcast here: <https://open.spotify.com/show/7pqSBiqn7j1SNh3ZXn3Vqf?si=OhMzKCEwSq2NyevrVSsJ1Q>



WRITE OUT YOUR STRESS: Our tip to re-spark joy is a **journal prompt**. Journaling can be a reminder of why you volunteer for Crisis, Coventry. If you keep a journal you will also be left with a little note to self when you are struggling and it could be a memento to all the incredible work you have done to help Crisis end homelessness. Your journal prompt for this month is: 'what are the everyday things that you are grateful for?'

- Gemma Drake, Volunteer



ANSWERS

The Coventry Quiz

1. St George
2. Daimler
3. True
4. 26
5. £5
6. George Eliot
7. Middlemarch
8. Ellen Terry
9. Tencel
10. The fire service did not have enough water

COVID Dingbats:

1. Lock down (lock upside down)
2. Vaccination (vacs + nation)
3. Furlough (fur + low)

Word Wheel:

Nine-letter word: reputedly

Other words: deputs, deputy, deter, duet, duty, eluted, erupt, erupted, etude, let, lute, pelt, pelt-ed, pert, pertly, pet, peter, petrel, put, repute, reputed, retype, retyped, rut, tee, teed, tree, true truly, try, type typed, tyre, yet

Word Ladder:

beer—seer—sees—sews—saws—laws

ONE MORE THING...

Volunteer Shout Out: Do you *love to write*? We would like to hear from members willing to volunteer to write articles, stories, or poems for our newsletter. Time commitment is flexible and all contributors will receive support and an opportunity to see their work in print!

Interested? Contact: volunteering@crisis.org.uk