



Together
we will end
homelessness

the Voluncheer

CRISIS SKYLIGHT COVENTRY AND WARWICKSHIRE

Success Stories – Meet the Staff – Volunteer Spotlight – National Volunteers' Week – City of Culture – HOME – Phone Box Cafe – Wellbeing – Tree of the Week – Scams Awareness Week – Puzzles Pages



SUMMER 2021

Letter From Editor

This summer's turned a chilly spring into a hotter season than I was expecting having only just turned my heating off a few short weeks ago. But here at Crisis, things are just as hot as ever, with new learning offers for members, a new allotment and community gardening offer and much more (see pg 3). We've recruited a new volunteer, Martin Lea (see pg 5), our first office-based volunteer post-pandemic. Coventry City of Culture's exploding with new things to do, including 'Home' (see pg 7), Sadie meeting Prince Charles and lots more. And our Steve Townsend, Newsletter Volunteer is holding our first community fundraiser post-pandemic out of his local public phone box (look out Superman, you've got competition!). And of course, we've got puzzles, jokes, riddles, and Tree of the Week. Relax, enjoy our new format and let me know your thoughts and ideas; we're listening!

-Amy Rugg, Volunteer Coordinator

SUCCESS STORIES

Member Successes: **Our members are so renting ready**



Our members regularly exceed all expectations and this month is no exception; five members have already completed their Renting Ready courses and are moving forward in their capabilities around successfully maintaining a tenancy and a home.

With support from our housing team and progression coaches, the sky is the limit for members' futures.



MEET THE STAFF

SADIE SMITH, WELLBEING TUTOR

Q&A

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

A: I joined in October 2019 and I'm the Wellbeing Tutor. I help members access activities such as art and craft, cooking and gardening to improve their mental and physical health and wellbeing. I get to enjoy all the fun of the creative courses we offer and chatting in the sunshine with members is my favourite part of the job.

Q: What did you do before?

A: Prior to this I worked at Myton Hospice as an occupational therapist helping patients access their hobbies and various activities. Originally, I started my career as a therapist with the NHS working in the community rehab team helping people who had recently had a change in health continue to enjoy activities and daily living tasks and maintain their independence. My passion is helping people get involved in the things they love to do and getting creative.



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

A.: Typically, (pre-COVID) you would find me in our Learning Hub running various arty classes, usually covered in paint or glue. Hopefully this will be returning to normal soon and again I can fill the days with cooking, gardening, sewing, etc. and generally getting my hands dirty. I am also often found on our Crisis allotment foraging for edible weeds, attempting to grow all sorts of fruit and veg and again I'm usually covered in mud and dirt.

Q.: What would your ideal volunteer role be?

A.: My ideal volunteer role would probably be something outdoors in nature, maybe walking groups or gardening for people. I've never had the time so far [to volunteer] but maybe in the future, I'll get the chance.

Q.: Cats or dogs?

A.: Absolutely cats, I like the fact that cats consider humans their staff rather than owners.



WHEN SADIE MET THE PRINCE



During the city-wide launch of Coventry City of Culture 2021, Prince Charles and the Duchess of Cornwall visited Coventry and toured several sites of importance, including the Cathedral and the Herbert Art Gallery and Museum. Whilst attending a funding review of the Canal & River Trust (of whom Prince Charles is Patron), the meeting included a showcasing of the charity's work. Sadie was invited by the Trust to join a canal boat ride, one of the visit's planned highlights.

Here is what Sadie had to say:

"We all had the chance to chat to HRH and I told him about the work we do to get members access to the outdoors and using the garden area in the canal basin to do horticultural therapy type activities and run gardening sessions."

"He seemed interested in the project and made some comments about how tricky it was to keep on top of things at this time of year when everything is growing so fast."

- Gemma Drake, Volunteer

VOLUNTEER SPOTLIGHT

MARTIN LEA



Meet Martin Lea, our newest volunteer working with Pete Gilbert, our Digital Inclusion Volunteer for Crisis UK, based in our Skylight. Martin, a PhD fellow in chemistry with Warwick University will become our first Digital Inclusion Volunteer on Tuesdays from 12-4 pm and will help end homelessness by offering support with getting our members online and connected, sending off and receiving delivery of devices and giving over the phone encouragement and practical support with Tesco Mobile devices.

Martin's first day will be Tuesday 22nd and we look forward to getting to know him and becoming a part of Team Coventry and Warwickshire. Martin was inspired to volunteer after seeing the consequences of the pandemic on homelessness in our city.

When asked about how he feels about volunteering he told me:

"I wanted to volunteer at Crisis in order to try and make a difference in the community. I often spoke with the homeless people in the streets of Coventry and my hometown of Newcastle which inspired me to try and seek out a volunteering opportunity. I am extremely excited to be starting as the Digital Inclusions Volunteer at the Coventry and Warwickshire skylight as I feel it will be a rewarding experience to introduce technology to those who may have missed out on it, and really develop skills for the members that they will keep with them for life, and will suitably prepare them for a world which is so digitally dominated."

- Amy Rugg, Volunteer Coordinator

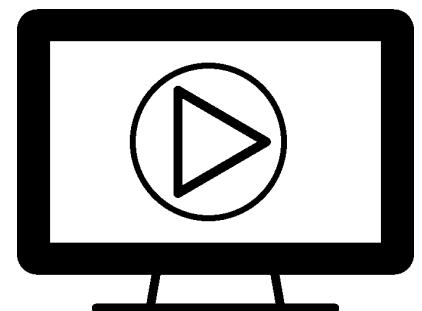
National Volunteers' Week Events



There have been a range of events running at Crisis in connection with National Volunteers' Week. On the 16th of June I attended the **Crisis Entrepreneurship Forum: *How Lived Experience Contributes to Startup Success***. Guests included Rob Curtis, co-founder and CEO of Daylight; Sophie Maxwell, founder of The Really NEET Project; and Alice Adams, founder of Power With. I found the event along with the panel phenomenal. They discussed how lived experiences can act as superpowers when creating a startup. Therefore, it is so important to involve people with lived experiences more in the design and delivery of such startups (co-production), rather than just tokenising them. This does not mean however those people without lived experiences are less vital to an organisation. It is essential to have caring people with empathy and organisational core values involved with either lived or learned experience.

The Forum has been recorded and will be available to any staff and volunteers with a Crisis account. I highly recommend checking it out;

I learned an incredible amount about business, entrepreneurship, and co-production. There are also a range of other short pre-recorded videos up of Crisis Learn now under the Volunteers' Week section on to check out.



We would love to hear about any events that you attended over the last week. Feel free to email Amy about any reflections that you have had and let us know if you would like these included in the next addition of the Voluncheer.

COVENTRY CITY OF CULTURE

WHAT HAS HAPPENED SO FAR?



Coventry City of Culture 2021's launch opened on the 5th of June with the theme: 'This is the City Where Movement Began'. Since then, pop-up events have been kicking off all over the city: music, dance, spoken word, parkour.

One headliner event on the opening was fourteen modern-day Godivas riding through the city on horseback to symbolise social justice, inspire others to get involved in the city, build community, and celebrate our diversity and heritage.

It's this same spirit the Crisis Skylight Coventry and Warwickshire, (*and your editors at Voluncheer*), hope to create. Read on for how our Skylight members and staff are getting involved and check out the links below.

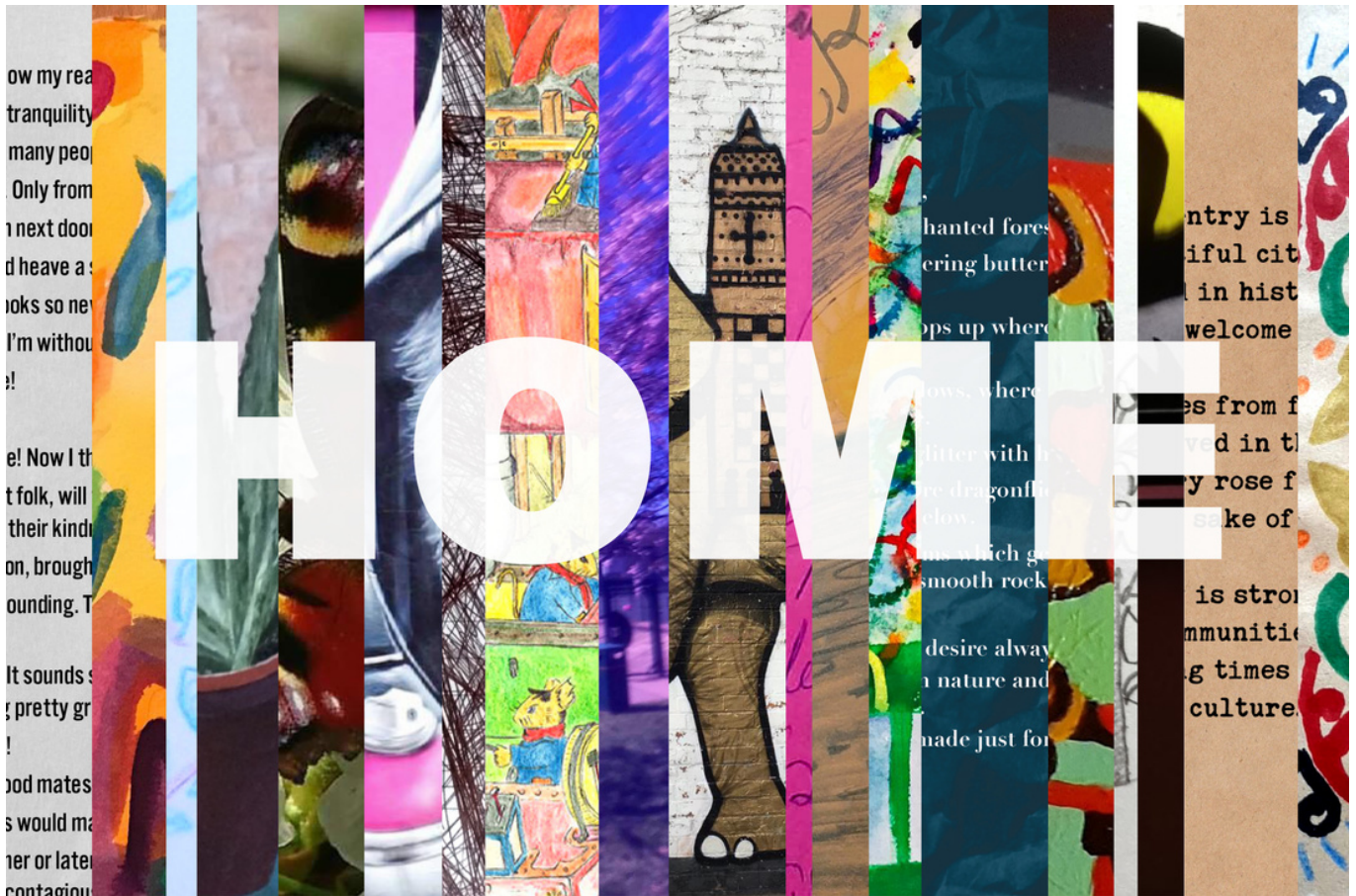
Link to events and volunteering: <https://coventry2021.co.uk/what-s-on/>

Link to YouTube: https://www.youtube.com/channel/UCIpBngO0nn6_2NHH7HAjreg

- Gemma Drake

HOME

FESTIVAL OF ARTS AND HOMELESSNESS



HOME Festival of Arts and Homelessness is opening on World Homelessness Day on the 10th of October and is part of Coventry City of Culture 2021. A key focus of the year-long festival is to portray Coventry as a caring city. Working to end poverty and homelessness is a key part of this. HOME and City of Culture aim to be empowering and leave a good legacy and all the art exhibitions are co-created by artists, members and others who have lived experience of homelessness. Ben, along with a graphic designer curated the art and exhibit's direction with a steering group of five or six service users.

Ben has been working with members on the arts HOME Festival for around a year and a half with three main strands to the project that will contribute to create HOME. The Voluncheer will update you more on the outcome of these projects in the next issue, but we wanted to let you know what to look out for and highlight what you can get involved in:

- A photography project in collaboration with photographer Anthony Luvera that will build on Luvera's eighteen-year body of work with homelessness across the UK. Disposable cameras will be used to create assisted self-portraits, which will hopefully then be exhibited outside in October.
- A taster session in collaboration with Cardboard Citizens, Theatre of the Oppressed, and Choir With No Name.
- Postcard project- A postcard art exhibit of the 'Send a Smile' lockdown postcards sent by participants last year with hopeful messages designed to address isolation and loneliness.

A bit about Ben Davenport

Ben, our Arts Coordinator at Crisis Coventry, for three years, believes in the importance of holistic education and giving members the confidence to express themselves through art. His classes reflect these core values.

Since the pandemic started, Ben has been busy running online classes and outreach sessions to hotels during the 'Everyone In' scheme during the first lockdown. As things get back to normal, Ben has started to run outdoor in person sessions.

Contact Ben to get involved:
benedict.davenport@crisis.org.uk

- Gemma Drake, Volunteer

Phone Box Cafe

27th June 2021 at 11 am - 3 pm

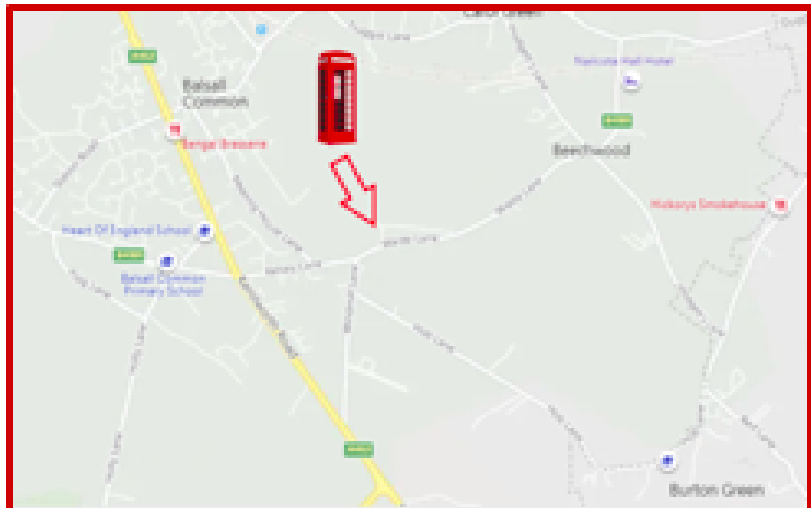
Old Waste Lane, Balsall Common CV7 7GG



June 27th sees the first (and probably last!) opening of the Telephone Box Café. Residents of Old Waste Lane, Balsall Common, young and old, (well oldish) will serve a selection of tea, coffee, soft drinks, cakes maybe even ice cream amongst other culinary treats, in a wonderful little corner of the Berkswell Parish. So, quench your thirst, delight your tastebuds, all for the benefit of Crisis. Sounds too good to be true? Well, believe away, because it's happening.

The café is situated right on a public footpath, so you might think about working up an appetite first? There are a number of great routes around from the University of Warwick along the Greenway, or across footpaths towards Berkswell. (*Do check beforehand though as some are closed due to HS2 works.*) Either way, we really look forward to welcoming you here between 11 am and 3 pm on Sunday 27th June, to the Telephone Box Café on **Old Waste Lane, Balsall Common**.

– Steve Townsend, Volunteer



WELLBEING



Wellbeing Journal Prompt

Sit down in a quiet, comfortable place away from distraction and close your eyes. Take yourself on an imaginary walk. The route can be through somewhere beautiful that you have been, like a park, forest, garden, or museum.

It can also be somewhere fictional, somewhere that you have seen in a dream, movie, or book. Now, open your eyes and write about this journey. What did you see? Where did you go? How did the air feel like on your skin? Were there any smells or sounds? It doesn't matter how good your writing is just let the words flow on to the page.



Action for Happiness

This issue's wellbeing top tip is a free 10-day coaching program for happiness offered by Action for Happiness. Designed to help those who have struggled during the isolation of the COVID-19 pandemic, the program takes only a few minutes every day. Access the free program here:

<https://10daysofhappiness.org/> or visit <https://www.actionforhappiness.org> for other wellbeing tips and ideas.



June's Wellbeing Calendar

Crisis Sklight Coventry and Warwickshire is offering a range of online health and wellbeing activities and classes over the summer. These include yoga, fitness, mindfulness, personal development, chill & chat, and wellbeing. There is something for everyone. Find the link here:

<https://www.crisis.org.uk/get-help/coventry/timetable>

Tree of the Week

Oak



This collection of oaks are in Puttenham Common in Surrey, a Site of Special Scientific Interest due to its many species of aquatic plants, invertebrates, birds, fungi, dragonflies, and butterflies. It is also a site of high archaeological interest as there have been finds made in the area from almost every period. However, that is not why these trees have made our 'Tree of the Week'.

On the day that I went for a walk around Puttenham Common and took photos of these trees, there were hundreds, if not thousands, of fuzzy green caterpillars hanging by silk threads from the trees. Walking beneath the trees, these threads and therefore the caterpillars with them would stick to your clothing.

I have had trouble identifying these pesky but fascinating little critters. Species possibilities include the Winter Moth Caterpillar, Oak Leafrollers, Inchworms, and Cankerworms. Do any naturalists out there think they can identify this species? Email or facebook us if you think you can do a better job than me.

-Gemma Drake, Volunteer.

Scams Awareness Fortnight

Awareness Raising and Support Against Scams 14th-27th June



What's it all about?

I know what you're thinking, "How do I know this article is genuine? Scams Awareness Fortnight? Sounds a bit sus to me, these things are usually days or maybe weeks, but fortnights? And that image is a dead giveaway!"

Well if you were, I'm preaching to the converted. But don't worry, this is straight-up guy, honest. If you don't believe me, ask Citizens Advice who host the event in collaboration with the Consumer Protection Partnership.

Their aim is to create confident, alert consumers who know what to do when they spot a scam. This year's campaign will take place from the **14-27th June**.

Here are Citizens Advice's top tips for spotting scams:

- If it seems too good to be true – for example, a holiday that's much cheaper than you'd expect – it probably is.
- Someone you don't know contacts you unexpectedly.
- You suspect you're not dealing with a real company – for example if there's no postal address.
- You've been asked to transfer money quickly.
- You've been asked to pay in an unusual way – for example, by iTunes vouchers or through a transfer service like MoneyGram or Western Union.
- You've been asked to give away personal information like passwords or PINs.
- You haven't had written confirmation of what's been agreed.

What if you might have been the victim of a scam?

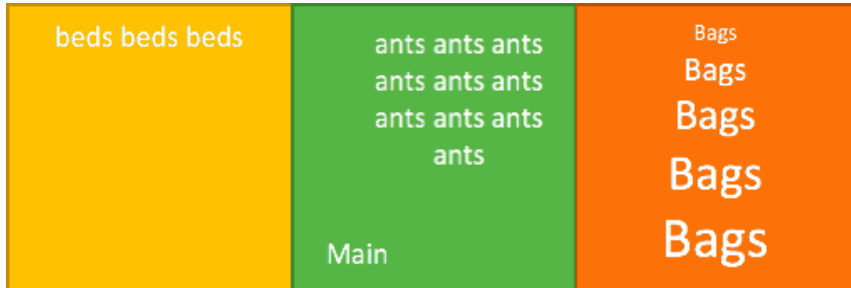
- Contact Action Fraud using their free online fraud reporting tool using the link below. You can do this any time of the day or night. You can also report fraud by calling the Action Fraud team on 0300 123 2040 or check out <https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime>
- Contact Citizens Advice if you're having trouble paying your bills and are worried about what to do: <https://www.citizensadvice.org.uk/>

-Steve Townsend, Volunteer

The Puzzle Pages

Puzzles – Jokes – Riddles – Caption Contest

Summer Gardening Dingbats



Riddles

Riddle 1: The more you take, the

more you leave behind. What am I?

Riddle 2: What has a head, a tail, is brown, and has no legs?

Caption Competition

We are running a new segment of the newsletter for this issue– a caption competition! We want to hear your best captions for the two photos on the right, taken by our very own Steve Townsend (volunteer) on his holiday in Cornwall. Steve has written a possible caption for the first image, it is on the answers page if you need some inspiration. If you think you have a witty caption up your sleeve email it to Amy at amy.rugg@crisis.org.uk



Dad Jokes

I quit my job at the helium factory – I didn't like being spoken to in that tone.

I watched a documentary on how ships are built yesterday. It was riveting!

My uncle was crushed by a piano; his funeral was very low key.

–Jokes by Stewart Francis



The Puzzle Pages

Puzzles - Jokes - Riddles- Caption Contest

Word Search

K K
 L I
 W Q P D
 B Z B I
 W E K I H W
 L G G V Y T
 J B W M A C J O H O C K E Y R N L C E C
 X V O L L E Y B A L L S H O O T I N G T
 Q U X Y B Q T Y I F F A L X C F Y Y
 O I I H A U Z L N O H U F Z S Y
 O C N I D E C C T O P V I W
 Y I G Y M S A I K T N J
 P C D G G Z I T F K N B W X
 N L N K K R R N R E C W A L
 W E I G H T L I F T I N G O L T
 N L N G W L G H O A C K W L
 A I I G G R S Y N N I Q B K
 A W D T P G I N S F
 S O P B B G Q X
 R V C I

FOOTBALL
 GOLF
 BADMINTON
 BOXING
 CYCLING
 EQUESTRIAN
 FENCING
 HOCKEY
 ROWING
 SAILING
 SHOOTING
 TENNIS
 TRIATHLON
 VOLLEYBALL
WEIGHTLIFTING

Sudoku

		1	4	3	5	7		2
						5		6
		2	7					3
5		3		7	6			
9	7				3	2		
		8			9		5	7
		5		9	4			8
2		6	5		7			
3		9		1				

Word Ladder

miss
cute

Puzzle Answers

Summer Dingbats

Answers

- 1) Raised beds
- 2) Low maintenance
- 3) Growing bags

Caption Competition

Image 1 caption idea: "Well you see, it's tough being a seagull with 1 leg much shorter than the other"

Sudoku

6	9	1	4	3	5	7	8	2
8	3	7	9	2	1	5	4	6
4	5	2	7	6	8	9	1	3
5	2	3	1	7	6	8	9	4
9	7	4	8	5	3	2	6	1
1	6	8	2	4	9	3	5	7
7	1	5	3	9	4	6	2	8
2	4	6	5	8	7	1	3	9
3	8	9	6	1	2	4	7	5

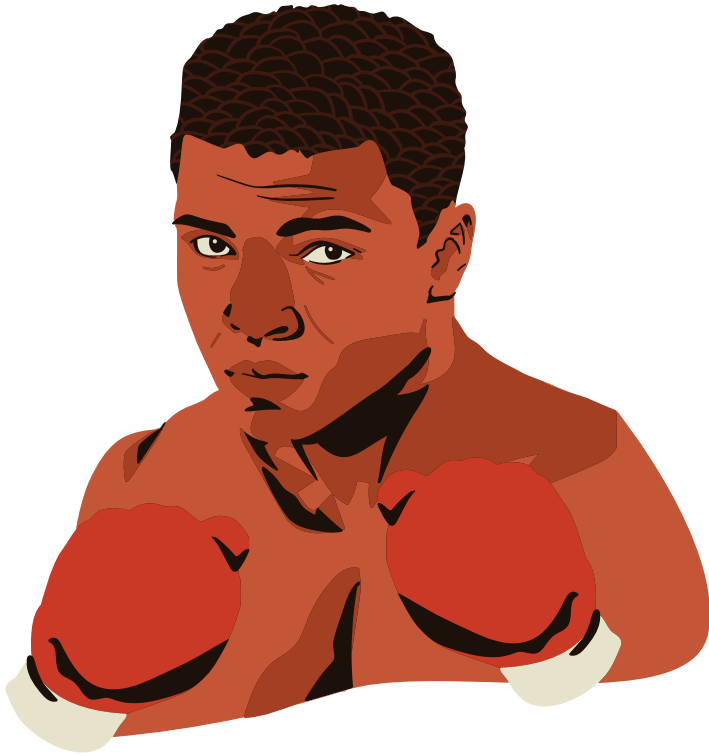
Word Ladder

miss
mist
must
mutt
mute
cute

Riddles

- Answer 1: Footsteps
- Answer 2: A penny

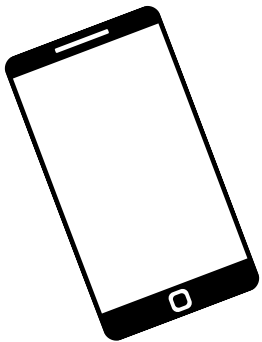
Volunteering Quotes



"Service to others is the rent you pay for your room here on Earth."

— Muhammad Ali

We need your news & views



We would love to hear your views or new ideas, experiences, stories, poems, or pictures.

The most important part of this newsletter is *YOU*.

Here's how to get in touch:

 volunteering.coventry@crisis.org.uk



<https://www.facebook.com/CrisisCoventry>

OR try our QR code:

