



Volunteer Newsletter Issue 2: May 2020



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This Edition:

Hello from the editor

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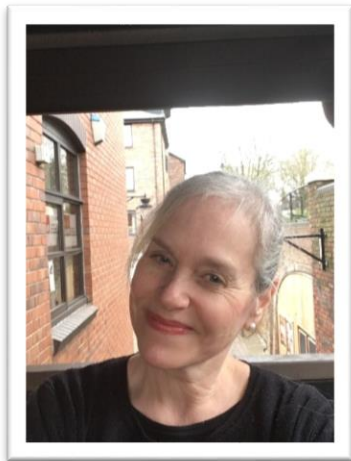
Tree of the Week...that's right

Lighter Side of Life

The Competition (Give it a go!)

NEW! Well-being Calendar

Hello from the editor



Hello, again

Welcome back to Crisis Skylight Coventry's volunteer newsletter. A few of you have gotten in touch to say they've enjoyed reading and share some of their thoughts and ideas. Thank you so much to all who got in touch – keep your comments coming; we love hearing from you.

This week I've been bowled over by the spring blossoms on the trees, enjoyed the few days of sunny weather and, after the rains, how vividly green my garden appears. The other day I was shocked on my daily walk by the cloudless Mediterranean blue of the sky. Whether these are a side effect of our improved air quality in the global lockdown, or my own change of focus, it is a stunning and hopeful reminder that living things continue to thrive and survive in this time.

During these times of social distancing we would love to keep in touch with our amazing volunteers. If you have anything that you'd like included in future editions of this newsletter, please let me know on the details below.

If you have a question about volunteering past or future, Crisis' work or would like a chat, feel free to call me on my mobile 07891 847 270 or email me at amy.rugg@crisis.org.uk

If you don't already, please follow us on Facebook @crisiscoventryandwarwickshire

If you have anything that you'd like included in future editions of this newsletter, please let me know on amy.rugg@crisis.org.uk. Equally, if you would prefer not to receive this communication, please contact me and I will take your details off my emailing list.

Correction:

From our first issue we stated that Langar Aid received £5 from Crisis when it was in fact £5,000!

Success Stories

Across the Nation



The Partnerships and Philanthropy team are extremely proud to announce that a new virtual event for young people and children will be advertised to supporters from Monday 04 May.

A Future without Homelessness will bring together the families of philanthropists, corporate partners, Crisis champions and Christmas volunteers in a free digital contest, which will be delivered on 30 May by our partner Wildgoose Events.

Players will take part in the challenge from their own homes: it is an app-based introduction to homelessness and aims to inspire the young people who play the game to become the generation that ends homelessness for good.

You can get involved too: why not make the team happy and be the first brave soul to sign up? It's free and there is no fundraising target - this is purely to raise awareness of homelessness issues and inspire people across Britain to play their part in ending it, together.

If you want to find out more, please head to the event page or contact ella.dinsdale@crisis.org.uk

Our Local Picture

Learning and Wellbeing:

The learning team have been working hard over the past few weeks to ensure members are as supported as possible during these challenging times. We are holding online tutorials with learners where possible and ensuring that we touch base over the phone with members we are currently working with. In addition, the team have designed learning packs for their subject areas which have been sent to members to help further their learning remotely.

Moving forward we are exploring new ideas and possibilities to help better meet members needs as it becomes more apparent that social distancing and current events may continue for some time. This includes discussions about developing a suitable virtual Learning Environment which will allow for online teaching, creating an online timetable and preparing online resources. As a result, some of our more traditional classes may be postponed temporarily to allow us to focus more on the curriculum areas which will better serve members' needs at present. As things progress, we will keep you updated.

-Gareth Bunn, Learning Manager

Letter from a Member: Ending Homelessness Together

Last week, one of our Members wrote in to tell us how much she feels she's been helped by Crisis. We wanted to share an excerpt with you, as you are all just as much a part of our member's triumphant successes:

'...There is no easy way to introduce my story. So...I am just going to dive right in.

I will not at this time go into the how's and why's I found myself at the office of Crisis, late October 2019. That is a tale for another day. I can tell you though that when I arrived late afternoon, accompanied by two delightful social workers, I was rocking, sobbing, sweating. And my hair...well let's not even go there!

This is where I first met Ash,... you have more patience than I could ever muster... your ability to maintain an almost lightness at a time when my world was painfully dark, is a rare and unique skill. And I hope you remember ...our walks through Coventry City Centre. Although the sights should have been the Cathedral, Transport Museum, War Memorial Park, ours was the Council House and Salvation Army...those visits were the beginning of my journey with Crisis, to a new life....

Let's skip a few days, lots more tears....and bad hairstyles. I find myself back at Crisis office, only this time I have decided it is more comfortable to lie on the floor, under a table (don't ask!).


Spent and preparing to say my final goodbyes to my children, Amanda, you sat with me. I wish I could remember exactly what you did, the words you spoke to me. But I know in the blur of my memory that you were there all the time. To me, you are an Angel. A beautiful woman with an exceptional heart.

When so-called friends had deserted me...Amanda and Ash were the ones literally sitting in my corner. Two individuals I had never met....nobody will convince me that the care given to me was 'just their job'. There was nothing short of love and kindness, which cannot be taught.

Saving you until last Shelley.....I struggle to find words that would do justice. If you had £1 for every desperate text and call...you would be a very rich woman and if I had £1 for every reassuring reply, I would be equally as wealthy.

We took this journey together and you have remained by my side...listened...talked...comforted me

You bought me a bed, a kettle...and a cooker so that I can eat. We chose paint, picked out carpet, called energy suppliers, [and] signed my tenancy. Hopefully after lockdown, we can share a cuppa in my lovely new home!

The NHS are doing a wonderful job saving lives...Shelley YOU saved mine. YOU are...my frontline hero. My rainbow is reserved for YOU 

I am recovering. Getting stronger. I have good days and damn rough days. But I owe it to the three people who worked so tirelessly with me, not to give up.

When I sit on my balcony, with a drink in my hand and the sun shining on my face..... I say this is because of you Crisis.....Ash, Amanda....Shelley'

Creative Corner

Lucky Lowe, one of our brilliant Community Speaker Volunteers, is a gifted artisan crafter and made these stunning felted creations – even making the felting textile herself – truly getting back to first principles. We love the textures and deep cerulean tones. Thanks for sharing, Lucky! And love the cute dogs napping their way through the pandemic...that's the way to do it!

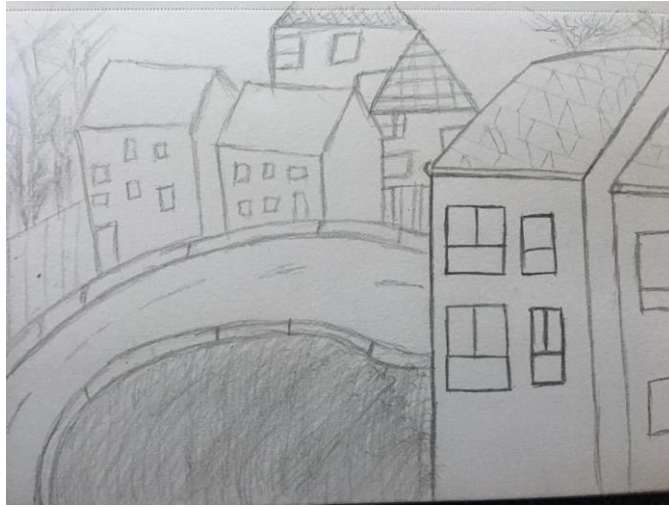


Volunteer Quote of the Week: *'I volunteered to change things, help others, the usual reasons. What I did not expect was how volunteering would change me.'* – Anonymous

Has volunteering changed you? Let me know in a few lines.

Our Members are Creative People

Art work by our members this past week...



If you draw or paint or are a maker of things (anything from building a diy bbq to knitting a blanket), take a picture and send it to amy.rugg@crsisis.org.uk and I'll pop it in the next edition!

If you are a poet (and you know it) send me your lines of verse and we'll put them in the next issue (for better or worse!)

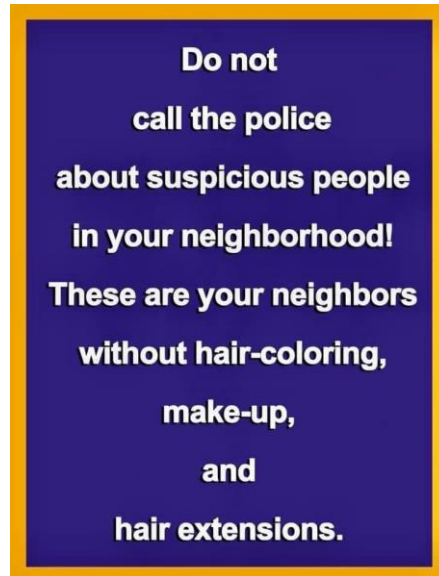
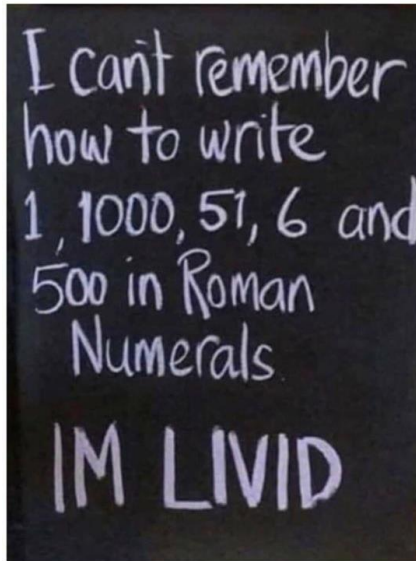
Tree of the Week

May I introduce this grand old friend who greets me on my daily early morning walks. Can anyone guess what type of tree he (or she) is? S(he) was planted in my local park on it's opening in Coventry in 1909 and has provided shelter and shade ever since. Let me know your answers and I'll email you to confirm your answers.

Do you have a favourite tree or shrub? Send me a photo and I will pop it in the next issue.



Lighter Side of Life



Brain Box Challenge

Answers to our last brain box challenge of naming the fast food logos is attached to this newsletter

May Competition – How many songs can you spot and name? Dig deep and have a go! Answers by email and answers will be sent out in the next newsletter. No prizes but lots of encouragement.

Desert Island Bookcase:

Do you have a list of books that would keep your spirits up and your imagination refreshed if you were castaway? Here are my favourite reads to inspire and amuse:

The Hiding Place Corrie Ten Boom

The famous account of a Dutch family who hide Jewish refugees in their watchmaker's house during WWII

Robinson Crusoe William Dafoe

The granddaddy of desert island drama, pre-Love Island!

Kensuke's Kingdom Michael Morpurgo

What does one boy discover that can only be learned by being cast away on an island whose only other inhabitant is a Japanese war veteran?

The Shepherd's Life James Rebanks

Lake District sheep farmer vividly describes this socially isolated life which occasionally puts him at odds with society

Elizabeth is Missing Emma Healy

A woman with dementia experiences exclusion and overcomes society's rejection whilst investigating the mysterious disappearance of her sister.

Anita and Me Meera Syal

Meena overcomes racism and society's rejection with creativity and an unusual friendship in the Black Country during the 1970's.

Silas Marner

George Eliot

A man cast out of his community finds love and acceptance by striking out on his own in this famous classic of social isolation and reunion.

The Thin Man

Dashiell Hammett

A private investigator lives on the margins of a twilight world in one of the first detective novels giving birth to a genre.

Would you like to share your list? Or maybe write a short review of a book you love.

Getting hold of books at the moment can be tricky, but I understand 'Waterstones' has an on-line service (other Booksellers are available!)

Do you have ideas or resources for teaching others? Our Learning Team is always looking for new resources to share with members who are isolated during this time. Contact Gareth Bunn at gareth.bunn@crisis.org.uk.

Getting Up and About – In or Out

Check out our new wellbeing calendar with great ideas and suggestions for moving, grooving and just 'being'. What's your favourite exercise?

One of our volunteers swears by belly dancing!

I have recently learned to hoola hoop in my garden – my top COVID-19 skill so far!

Big Lockdown Art Show Thing (BLAST)

We are planning an online art exhibit later this summer of artefacts and creative work of both volunteers and members' work during lockdown. This co-production could really show how talented our lovely members and volunteers really are. Painting, drawing, sculpture, pottery, printing, textiles or photography all welcome. Please contact me if you would like to participate.

Please stay safe, look after yourselves and your families and look forward to meeting you all one day soon.

Best Wishes Amy and the CSC Team