

A LOT OF LOVE IN THE ROOM... AT THE HCCT OPEN MIC NIGHT!



What can I say? It was just the best night ever. Having joined the gang at HCCT fairly recently, this was my first experience of the phenomenon known to those 'in the know' as Open Mic Night... and what a pleasure it was to be a small part of this brilliant celebration of talent... and bravery. Everybody seemed to be having a good time. Great acts, great food... great stuff!

R.E.M at Twickenham Stadium, Jackson Browne at The Albert Hall, Bruce Springsteen in Hyde Park... yeah yeah... did

them, got the 't' shirt etc... but where was the love? The only thing missing from last month's Open Mic night was the 't' shirt. Everything else was here, in big lovely chunks of goodness!

Congratulations to all participants; performers, helpers and supportive audience... and many thanks for an inspiring and gorgeous evening.

By Paul M Barratt



A VERY POSITIVE STORY!

Globe Media was established to give people from different cultures the opportunity to show their country in a different, positive perspective. This is Roze's story....

When I heard about the "Positive Story" Project, organised in collaboration by Springboard Media and Holy Cross Centre Trust, I was very interested in it.

The tutors in each session, Romily, Glory, Pietro and Kirsty, were all highly professional with significant experience and lots of patience!

During our 4 month session I wanted to achieve some media skills, such as digital and audio story creating, article writing and website making but I actually got so much more. I made some lovely new friends at the group and I also learned how interesting, creative and friendly people can be.

At the beginning we came together as strangers from different cultures but by the end we had become close. It was a very exciting time for everybody involved and we are all very grateful to everyone involved in organising it.

By Ariza Roze

If you would like more information about this project please check out their website

www.springboardmedia.org.uk/globe/ or ask those involved!



MENTAL HEALTH MATTERS

On 1st April a group of service users from Holy Cross and Mind in Camden attended a Mental Health Matters workshop at St Pancras Hospital Conference Centre. The theme of the day was “*Reauthoring the Stories of Our Lives*” and was an opportunity for people to share stories, experiences and ideas about mental health needs. The approach is based on ‘Narrative Therapy’, a self-help approach to personal development and managing mental health which recognises individuals as the experts on their own lives.

The day was well attended, with a very good turnout from our Day Centres in particular. Feedback was very positive. Many participants said they found the day very worthwhile, and a very good free buffet lunch was enjoyed by all.

The next *Mental Health Matters* workshop is on Tuesday June 29th. If you’re interested in attending this or future events speak to Danny Saunders or any member of staff.

WOMEN’S GROUP!

The women’s group have been doing lots of exciting activities this month and there’s even more going on next month so come along and join in the fun!



**Programme of Events for the Women’s Group
Meets every Tuesday at the Holy Cross Centre from 14:30 to 16:30**

Date	What’s On
4 th May	A trip to the Foundling Museum. (Have a guided tour and learn about Britain’s original home for abandoned children)
11 th May	Games day! (With exciting prizes for the winners!)
18 th May	Picnic to Richmond Park (Enjoy a sunny day out to the park!)
25 th May	Creative Writing (let your imagination take you into a whole new world!)



TRICYCLE CINEMA FILM OF THE MONTH:



A successful British ghost-writer is given the opportunity of a lifetime when he is asked to write the memoirs of former British Prime Minister Adam Lang, after the first writer on the project dies in an unfortunate accident.

But as he begins the project, the ghost-writer starts to uncover information linking the Prime Minister with American intelligence agencies. Now it seems his predecessor's death may have been no accident.

Tickets cost **2 Time Credits** each

To book speak to a member of staff or call **0207 278 8687**

A CHILLY TRIP TO THE FARM!



On a cold spring day a group of timebankers decided to embark on a journey to Hackney City Farm!

We all wrapped up warm and boarded the bus in search of the animals. It cost 2 time credits to explore the farm and then warm up with a hot chocolate at the cafe afterwards.

Everyone enjoyed the fun afternoon out and are looking forward to the next timebank trip in the Spring!

FLEXICARE NEWS

The next **Flexicare Coffee Morning** will be on **Wednesday 28th April** between **10:00-11:30am** at the Holy Cross Centre. Please talk to your STR Worker who will support you with transport arrangements and accompany you on the day. All who attend will receive time credits. We look forward to seeing you there!

The coffee morning in March was enjoyed by the service users and STR workers who attended. We had a very useful discussion on how we can improve our service. We are always keen to hear from our service users about what we are doing right and wrong, as we are always trying to improve our service delivery. If you have any thoughts on this matter, please contact us on the details below. We look forward to hearing from you.

We would like to give a warm welcome to our new Foundation STR Workers:
Catherine Roberts and **Sandra Ositelu**

We are always looking to recruit Foundation STR Workers into Flexicare. Volunteering is an excellent way of gaining hands-on experience in social care work. There are opportunities for various training courses and also the City & Guilds level 2 & 3 courses in mental health work. Regular individual and group supervisions are provided, but primarily it is a rewarding experience of working with a diverse and interesting group of service users by promoting their independence and recoveries. If you would like further information about STR work with Flexicare, please don't hesitate to contact us on 020 7278 4708 or email to greg.kalabza@hcct.org.uk



HCCT
holy cross centre trust

TRAINING AND EMPLOYMENT WALL

EQUALITY & DIVERSITY TRAINING

Tuesday 27th April 10am-1pm
This is part of the mandatory training for all STR workers so make sure you come on the day!

SAFEGUARDING VULNERABLE ADULTS TRAINING

Monday 24th May 10am-1pm in the Crypt. This is essential training for all volunteers and co-producers. There are 16 places so book early to avoid disappointment!

FOOD HYGIENE TRAINING

The next opportunity to do a food hygiene course and gain a recognised qualification at Level 2 is **Tuesday 18th May 9.30am-4.30pm**



If you are a regular kitchen volunteer you should gain or refresh your food hygiene certificate.

VOLUNTEER INDUCTION



Inductions for new volunteers this month are on **Thursday 13th May and Saturday 15th May 10am-2pm** If you are volunteering with us and have not attended a four-hour induction you should sign up immediately!

To sign up for all trainings simply ask your supervisor/session lead to put your name forward. You will be given a training confirmation slip, a reminder to put the date in your diary.

QUOTE OF THE MONTH!

“The thought is often worse than the deed.”

Well known saying!

Do you have a quote, story or photo that you would like to see in the HCCT Newsletter? Please let Linden know and you can earn time credits for your contribution!

CONGRATULATIONS!

Congratulations to the following people:

- Zahra Beknonunou
- Tim Crowstaff
- Roger Gobell
- Helen McGuire
- Tajinder Rai
- Sandra Simara
- Jose Veiga
- Catherine Whittaker



who passed exams contributing to their Level 3 VRQ Certificate in MH Work, accredited by City and Guilds. The course requires a lot of commitment to the running of the Day Centre Consortium, so thanks for all their efforts.

Those who attain level 3 in Mental Health work should commit to give 140 hours of their time to the organisation, supporting and enabling service users but also working at a more senior level, leading groups and organising activities. The 140 hours are monitored as a time bank exchange. To ensure the quality of service we provide, we are committed to developing everyone who gives their time in this way. The next Level 3 course begins on **Monday 17th May**. The course runs over six months and training sessions are once every three weeks (9 sessions), 6-8pm at Crossfields Day Centre in Swiss Cottage. Ask your supervisor about the application procedure or for your name to be put forward and start saving up your hours now!

