

WHAT WE FOUND AT THE FOUNDLING MUSEUM!



The Women's Group and other Timebankers recently enjoyed an informative day out at the Foundling Museum. Our guide Alice Mayers gave us a historical overview of the Foundling Hospital, London's first home for abandoned children, and was very helpful. We are pictured with Thomas Coram, who founded the hospital in 1794.

It cost 2 time credits to come on the trip. Everyone enjoyed the tour and found it very educational. The Foundling Museum is also London's first ever public art gallery and Aurora thought the paintings were very beautiful.

The Foundling Museum have also started a Community Choir every Monday from 6pm to 8pm. It costs £3 or 2 time credits to join in a relaxed evening of singing.

HAVE YOUR SAY AND YOUR SPACE

HCCT would like to introduce the HCCT Forum and reintroduce Your Space.

The HCCT Forum Meeting is an inclusive meeting for everyone involved with HCCT and will be held on the first Wednesday of every month from 3:30 to 4:30pm. It is a platform where people can voice their issues, get involved and hear announcements about new activities, events and training. The next HCCT Forum is on Wednesday 2nd June at 3:30pm.

Your Space is a positive, creative space where people can share ideas and be supported to plan activities, trips and things they would like to see at the centre. Your Space is on at the centre every Wednesday from 5pm to 6pm.

Come along and get involved!

WELCOME LINDSEY!



Hi, my name is Lindsey and I'm a Mental Health nurse and Social Worker student. I feel extremely privileged to be part of the HCCT for 50 days. I will be at the centre on Wednesdays and Fridays and on Thursdays I am with Flexicare. I have already been involved in Wednesday's singing lessons, which I have enjoyed immensely. I am also enjoying the delicious food that is prepared and provided for HCCT's members. I am very excited to be here and look forward to meeting you all!



WHAT WOULD YOU LIKE TO LEARN TODAY?



It's Adult Learners' Week from the 17th-21st May! This is the UK's largest and longest running learning campaign. Every year, it encourages thousands of adults, whatever their age and background, to give learning a go. It's also Silver Surfers' Day on the 21st May, which encourages over 55s to get more familiar with the Internet.

HCCT is also celebrating becoming a UK Online Centre, which means we can offer more structured online courses to everyone who currently uses or wishes to use our computer facilities.

In sessions during this week, there will be support to register for and use these short online courses. Learners then choose from various courses – everything from “online basics” for complete beginners to “how to participate in e-bay auctions”! There are some really good “skills for life” modules like “understanding UK politics”, “understanding money management”, “using a mobile phone” and “using digital TV”. Courses are open to beginners and improvers at all levels with support if you need it.

If you would like to get one-to-one support with your computer skills, see Linden to facilitate a one-to-one learning exchange.

WOMEN'S GROUP!



MEETS EVERY TUESDAY AT THE CRYPT AT HCCT FROM 14:30 TO 16:30
PROGRAMME OF EVENTS

DATE	WHAT'S ON
18 th May	Picnic to Richmond Park
25 th May	Creative Writing (Let your imagination take you into a whole new world!)
1 st June	British Library (Explore this amazing space)
8 th June	Computer session (Improve your computer skills)



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TRICYCLE CINEMA FILM OF THE MONTH:



The story of a group of British jihadists who push their abstract dreams of glory to the breaking point. As the wheels fly off, and their competing ideologies clash, what emerges is an emotionally engaging (and entirely plausible) farce. In a storm of razor-sharp verbal jousting and large-scale set pieces, Four Lions is a comic tour de force; it shows that while terrorism is about ideology, it can also be about idiots.

Tickets cost **2 Time Credits** each!

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

CROMER STREET PEACE GARDEN IN BLOOM



FLEXICARE NEWS

The next Flexicare Coffee Morning will be on Wednesday 26th May between 10:00-11:30am at the Holy Cross Centre. Please talk to your STR Worker who will support you with transport arrangements & accompany you on the day. All who attend will receive time credits. We look forward to seeing you there! The coffee morning in April was enjoyed by the service users & STR workers who attended.

Robert had an interesting idea to hold "themed" coffee mornings. If you have any ideas as to themes you would like to see, please contact us on the details below. We look forward to hearing from you.

We are now holding HCCT Forum Meetings on the first Wednesday of every month for everyone involved with HCCT. The meeting is a forum for communication & feedback. It is an opportunity to have your say, to be involved. The next meeting will take place on Wednesday 2nd June from 3:30 to 4:30pm at the Holy Cross Centre. We look forward to seeing you there!

We would like to give a warm welcome to our new Foundation STR Worker, Valentina de Rogatis.

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 & also the City & Guilds level 2 & 3 courses in mental health work. Regular individual & group supervisions are provided, but primarily it is a rewarding experience of working with a diverse & interesting group of service users by promoting their independence & 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 greg.kalabza@hcct.org.uk.



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TRAINING AND EMPLOYMENT WALL

FOOD HYGIENE TRAINING



Tuesday 18th May 10:30-16:30 at HCCT Crypt

A full day's training for those ordering, storing, handling, preparing and serving food or supporting others to do these tasks. Passing a short test at the end of the course ensures a recognised level 2 certificate in Food Hygiene.

HEALTH AND SAFETY



Tuesday 8th June 09:30-12:45 at HCCT Crypt

A half-day course, accredited to level 1. Participants will learn about keeping themselves and others safe in a working environment. Essential for all volunteers and optional for time-bankers and services users at the price of 3 Time credits.

SAFEGUARDING VULNERABLE ADULTS



Monday 24th May 10:00-13:00 at HCCT Crypt

Trainers from London Borough of Camden introduce principles of Safeguarding and Camden's policy and procedures concerning the reporting of abuse. This is essential core training for all volunteers and is open to time bankers and service users.

To sign up to any of the training simply ask your supervisor/session lead to put your name forward. You will be given a training confirmation slip as a reminder to put the date in your diary!

QUOTE OF THE MONTH

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present Moment."

Buddha

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 AND THANK YOU!

**Paul Barratt
Mick Doyle
Grant Edwards
Suzanna Lutolli
Canan Tewolde**

Have all passed the exam component of their Level 2 certificate in Mental Health Work.

As well as studying to complete their Certificate all have given a lot of their time and effort to HCCT or Mind in Camden and we thank them for their continued work and congratulate them on their qualification.



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