

# S2Review

S2R  
Support to Recovery

Issue One  
Summer 2009



**New! A quarterly newsletter about Support to Recovery, mental health service provider in Kirklees**

Inside :  
Spring Into Action

Haworth Sponsored  
Walk

Direct Payments, access  
cash and opportunities!



**Hello and welcome to this new, quarterly newsletter from S2R, a joint effort by our members (service users), and staff.**

S2R now has a website and S2Review will be posted there as well as being available in printed form. Our target audience is our members, organisations that refer individuals to us, our Board of Trustees, and fellow voluntary sector services in Kirklees. Because, since the merger of Concern for Mental Health (Viewpoints) and DASH in April 2008, S2R has gone from strength to strength, and we want to share this news with you.

Simultaneously we need feedback as we continue to try to develop services that will meet the needs and aspirations of a wide variety of people.

Going forward, S2R is committed to seeing a greater take-up of Direct Payments and better engagement on the whole from our members with Individual Budgets and Personalisation. Garrie's story is hopefully the first of many we will be sharing, not only as a celebration

with a bit of persistence, some new money and a new way of doing things are feasible.

Hope you enjoy reading S2Review. All feedback is welcome— contact details are on The Back Page.

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*Cover photo— some of the woollen goods going to Operation Christmas Child Samaritan's Purse*

# Dawn 's Story



*Dawn receiving an Award from Derek Morris at Doncaster College, 2008.*

Hi, my name is Dawn Hellewell. Before I came to S2R, I was lacking confidence, anxious, nervous of being in groups, and would close up. Since I started going to S2R, with the aid of counselling and the different courses that S2R run, the Socials and the help of devoted and dedicated staff, I am conquering my lack of confidence. Now I can be part of groups and enjoy joining in the different activities. I have now started to do voluntary work for S2R. I help on Wednesday night with the 'Out of Hours' staff, which I really enjoy, doing different research and quizzes for other service users. And I have set up a Sign Class, as I have my British Sign Language Level 1 and I wanted to continue to use sign language and thought it would be a good idea to get other service users to do likewise, so we can involve deaf service users and make them feel welcome. Recently we had a S2R trip to Doncaster College for the Deaf, as a way of rewarding the Sign Language Group for their hard work so far, and showing us all what can be achieved. The College really was a very

impressive facility, providing a range of courses such as Joinery, Painting and Decorating, Agriculture, IT, Maths, English and Hairdressing.

I am also involved in setting up an art group on Fridays which is at an early stage but is going well. Also! I'm involved with S2R's Singing Group, Singing 2 Recovery, and I have applied to do voluntary work with disabled and deaf people. Recently I passed the Walker Leader training course with Kirklees Council, and I have started doing voluntary work with the SAAT group, accompanying South Asian women on local walks.

I am really busy these days, and I feel like I have much more purpose and things to look forward to.

This is all due to me coming to S2R and using their services and would like to take this opportunity to thank each and every member of staff, as I know I could not have got this far without their support and belief in me. I'm also really pleased to have got to know and

## Spring Into Action



S2R was pleased to take part in a vibrant event hosted by Kirklees Council at Brian Jackson House in Huddersfield on May 21, 'Spring Into Action'. There were forty five organisations at the event, all of them working in the field of mental health. The S2R stall was a popular spot and the supply of pens and key rings ran out in double-quick time!

These events are very useful focal points for service users and their carers, the general public wanting to know about mental health, and ideal for colleagues to catch up with one another. Look out for news of the events that S2R will be putting on to celebrate World Mental Health Day, October 10.

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## ***Direct Payments, Personalisation, & Individual Budgets, Your Chance to Shape S2R 's Services***

Personalisation is a key concept in social care, and S2R is keen to get to grips with what it means for us as a provider of mental health services. On pages 8 and 9, you can read about how one of our members is making positive strides thanks to the recent award of a Direct Payment.

We want more of our members to take up Direct Payments, and to take a lead in shaping our services. If you attend S2R or support someone that does, we 'd value your input in continuing our progress away from a segregated Centre to a resource that 's part of the community in Kirklees. Contact details are on The Back Page!

## Haworth Walk Packs 'Em In!



*Just some of the thirty S2R members and workers that undertook the 10 mile route on May 30.*

S2R member Sharon came up with the pretty venue of Haworth as being a good walk to do to raise our profile, and to start a pot of money to support S2R's Walking Groups.

The walkers were blessed with one of those hot days we occasionally get in Britain. Waved off at Dewsbury Railway Station by S2R Chair, David Wright, and the Deputy Mayor of Dewsbury, the group had a cracking day out, and have raised over £1200.

A photographer from the Dewsbury Reporter was there to capture the moment. S2R Senior Worker Graham Hellawell commented, "It

was a really good day, and it's great to see an idea from one of our members come to fruition. Walking is a key part of our provision; it's good, gentle exercise, and something we can link in to 'mainstream' activities in Kirklees. "



# Back of the Net!



***S2R and the Assertive Outreach Team combined to enter a team in the Good Mood Football League, (5 A Side), run by South West Yorkshire Mental Health Trust.***

S2R Worker Phil Nelson is a keen footballer and was pleased with how the day turned out on April 30. "We didn't have much time to practise together as a team, so we were happy with finishing third out of eight teams." The League saw a series of games lasting 10 minutes played out over the course of the day, at The Zone, near Huddersfield's Galpharm Stadium.

Participating in a team and getting exercise were two of the rewarding aspects of the day, a sense of achievement was a further boost. If there are any interested footballers out there, more tournaments will be held throughout the year. There's also Phil a regular practice session at The Zone, Tuesday mornings 10.30 to 12.00. For a fee of £1, a training session run by Huddersfield Town Academy coaches is laid on. "It's a good work out and the men and women that have been coming are really enjoying it. Women are welcome to play too", said Phil.

# Paula 's Story



Before I started attending S2R about two years ago, I really struggled to get out on my own. I suffered panic attacks and felt fearful and anxious a lot of the time. When I went to S2R I was petrified at first and I had to meet a member of staff at my bus stop to get me there and home again.

Gradually we built it up so I was getting to places by myself. It was tough at times, but I never gave up. You really can do it yourself, with some encouragement.

When I started at S2R I used to attend the Women 's Group. Now I go to the Zest group, which is a group of men and women going out places for the day and talking with each other. I 've been to places I wouldn 't normally go to, such as museums, art galleries and parks. By attending S2R, I feel a sense of achievement. I have more confidence, more friends, and support from the staff for those

when I 'm not having such a good day.

Now that I have made friends with other S2R members, there are more options for me, we can meet outside of what 's going on at S2R.

Recently I 've started going to the Monday Social, and really enjoy meeting new people that are coming along, as well as The Quiz.

The computer course I am doing through Learn Direct and S2R has been really good, I didn 't know one end of a mouse from another but now I 'm much more confident using the computer at home. When I can get on it after my daughter, that is!

*Thanks to Paula for sharing this personal account with the S2R staff for inclusion in the newsletter.*

## South Asian Success

Historically, provision of services to South Asian people who have a mental health issue has been patchy. S2R is committed to continuing our engagement with the South Asian community. At the moment we have Mahfooz, Raj and Ranjit who can speak Urdu, Hindi, Punjabi and Miripuri, and thus engage in a meaningful and culturally-sensitive way with our South Asian members. All three workers are within our Out of Hours Team but we are prioritising the addition of an equivalent service for the Day Team, and will be publicising this soon. We are keen to see even more South Asian members at all of our sessions, so if you 'd like to join in, contact us or get referred.

# Garrie 's Just Glad to Bee Here

Oralu: How long have you attended S2R?

Garrie: About a year.

Oralu: Tell us about your project.

Garrie: I acquired a small bit of land at Taylor Hill in Huddersfield. At the moment all my time is spent securing the site so the vandals don't get it in. It's frustrating, as I'd much rather use the time to grow fruit and veg, but I'm keeping the council informed about the vandalism problem.

Oralu: How long have you been a bee keeper?

Garrie: About 5 years. I had nine hives in my last place, each hive kept 50,000 bees.

Oralu: Blimey. That's a lot of bees. What got you into bee keeping?

Garrie: I was into horology – watchmaking, putting clocks together and fixing them. Horology requires a lot of beeswax when mending the timepieces, and it's very expensive to buy. I was advised that keeping bees would provide the beeswax, and that's when I decided to get into bee keeping. I went to Manchester College and took a degree studying Alternative Medicines at Leeds College. Recently I qualified at White Rose College, Huddersfield, as an Holistic Therapist.

Oralu: What aspects of keeping bees do you enjoy?

Garrie: There's a conservation element attached to it, as well as all the benefits of being out in the open air. And I like the thrift factor!

## *Direct Payments . . .*

Oralu: It was a Direct Payment that funded the bees project. Could you tell us a bit about how that happened?



Garrie: Well, I didn't know about them but it was suggested to me when I was in one of the Socials at S2R that it could be a good option to try, to get funding for something that would make a real difference to me: getting my livelihood, bee keeping, back again. S2R got Richard to sit down with me and plan what we needed to ask for and to help with the paperwork. Lo and behold we were successful. I'd encourage all of our members to think a little differently; what would help you to continue your recovery? Some money being awarded could make a real difference.

Oralu: What stage are you at right now?

Garrie: Still securing the allotment, in preparation for moving my hives to the site. There's a lot of work involved. Friends that are looking after the hives are being paid in honey and beeswax. I'm also grateful to the on-going help and support from S2R members and staff working on the site, and the free access to the computers at S2R. And Kirklees Council are keen to see their logo on the honey once I'm up and running.

Oralu: What will the Direct Payment be spent on?

Garrie: It's going to fund – a bee suit; another two hives, so that I'll have eleven hives altogether; and it'll also pay the annual ground rent for the land.

Oralu: It's really good to have such a buzz around the place. It's BEEN really good to hear such a promising story and to know you're a real hive of activity.

Garrie: *Groan.* Oh bee-have.

• *Bee Sure to read these bee facts*

The Queen Bee lives for *seven years*.

- The worker bee; female, lives for 42 days. It spends 20 days in the hives and 22 out gathering/foraging for food.
- The drone; male, lives for 48 days. It protects the hive and collects water.
- The Queen Bee can live as long as seven years.

# Pervez Just Clicked

*Interview by Oralu Mai, photos by Pervez*

Pervez is of our newer members.

He was open with me in saying he was very low in his mood, and lonely. Living on his own and not seeing people was getting him down. Pervez heard about S2R through SAAT, the South Asian project, and Mahfooz Shah, a longtime worker there but new to S2R, hastened Pervez 's referral to S2R.

Pervez spoke frankly about the positive impact he 's felt due to meeting new people, talking with each other, and finding out about the different groups that go on. Although Pervez still lives on his own, he 's finding he no longer feels as lonely as he did before he started coming to S2R. He was surprised by how much he has in common with the other service users at S2R.

Recently Pervez started a new hobby, joining in the Photography Group run by S2R Community Development Worker, Phil Nelson. So far Pervez and the other snappers have been to Keighley, Denby Dale, Wakefield,



*“ He was surprised by how much he has in common with the other service users at S2R. ”*



S2R Worker Neil Buchanan encouraged Pervez to collate his photos, and at the end of March, in the S2R Main Room, there was an informal exhibition of Pervez 's work so far.

S2R Worker Owen Smale said, “The photographs went down really well. Hopefully, it 'll encourage our other members to take up a hobby or find a way to get involved. ”



# Q & A with . . . Julie Cockcroft

*Julie is a Community Development Worker within our Community Links Team, our day time service, which operates during office hours, Monday to Friday.*

## ***How long have you worked for S2R ?***

Two years.

## ***What kind of work do you do?***

I do two types of support, one to one with individuals in the community, and group work. I'm involved in our morning Socials, the allotment and a singing group that we run on a Friday.

It can be quite hectic, but I enjoy my job and find it very fulfilling.

I'm a great believer in trying to bring the best out of the people we support, and of develop confidence in people. When you see that confidence coming it is very rewarding. Most days are full of variety, there are always challenges in the job!

## ***Hobbies?***

Singing. It makes me feel happy , and I find it very relaxing. I feel very passionate about singing and the positive changes it can have upon people when they start to sing and to enjoy it. It's really great to see the change in people, becoming more

confident and assertive, all because of singing. I've seen singing be a great way to relieve anxieties, too.

I'm also a practising Christian, and attend Church regularly on Sunday mornings.

## ***Future Hopes?***

Just to continue doing the job to the best of my ability. I've definitely grown because of this job, and become a stronger person. I hope to carry on using the experience I've gained to set new goals with the people I work with.

## ***Julie has several dedicated colleagues at S2R, who may or may not agree to a Q&A in future editions!***

*They are: Amanda, Catherine, David, Denise, Graham, Grant, Jade, Janet, Linda, Lynda, Margaret, Mahfooz, Moira, Neil B, Neil C, Owen, Phil, Raj, Ranjit, Rob, Siân and Ulyn.*



# There ' s Allot Growing On

Allotments are all the rage in the U.K. at the moment, with several councils now operating lengthy waiting lists for people wanting a plot.

Many people derive great benefits from the exercise, the fresh air, and the sense of achievement from seeing something grow from seed to finished product.

S2R ' s allotment was acquired a few years ago, and has changed for the better from an untended wasteland to a fecund oasis, popular with members and staff alike.

At least once a year, we acquire half a tonne of the finest cow manure and everybody mucks in, to get it from



*and Owen (Sunday).*



Photos: left = Owen and Garrie; top right = Alan.

# It ' s Great Up North!

## **Dewsbury**

Batley      *CLECKHEATON*

You may not be aware but S2R is a Kirklees-wide service. The two projects that merged in April 2008, Concern for Mental Health and DASH, were always Huddersfield-based services. Now as S2R we have premises in Dewsbury and recently have started to offer session in Batley and Cleckheaton.

Options we have tried so far include Socials (also known as Drop Ins), outings in the local community, and, responding to the wishes of our members, an arts and crafts session.

Our Health & Wellbeing Service has been busy meeting a wave of new referrals, and we are running taster workshops based on personal development, and self-help, covering areas such as Managing Anxiety, and Anger Management .

We are always open to suggestions from our members and referrers as to what options we should be providing, and as the North Kirklees service is not as developed as our Huddersfield provision, now is a good time to let us know what would be useful to you.

## *Celebrating Success*

This is a regular column to highlight the achievements of S2R ' s members, showcase positive feedback to our team, and share tips for coping with mental ill health.

***groups, which she enjoys and values “***

***“ Attending S2R charity work and arts and crafts  
“ Thanks for today, was feeling really crap before I  
came but had a good morning. I think the others  
enjoyed themselves too. ”***

***“ Thanks for today, got loads of info. ”***

***“ Thanks so much for helping me today, had a fab  
time, I feel really spoilt. I wouldn ' t have done it  
without you! ”***

***“ Thanks, you are positively a star and a half for  
trying to help out. ”***

***“ Remember, we all have skills and talents. We  
are here to help others and help ourselves. Relive  
happier times through music and dress. Give  
yourself something to look forward to each day.  
Best of luck and the only way is up! “***

***Sources, not in order: an excerpt from a care  
professional ' s report; comments noted on  
our Recovery Star forms; text messages sent to  
S2R staff .***

# Knitting for Africa

If you come along to a Social at S2R one afternoon you may find yourself drowned out by the click clacking of knitting needles. That's because an enterprising group of our members have gone into knitting overdrive. The Samaritans run a scheme called

Operation Christmas Child, a shoebox appeal, and our knitters are contributing to this by producing woolly hats and jumpers.

When Bev, Denise, Jean, Margaret, Marvine, Pat and the several other dedicated wool-twirlers started off, they were knocking out one hat per couple of weeks. Now they are regularly making at least one hat per Social, and so far the total knitted stands at well over one hundred.

Some of the members have been down to the Crossroads Centre in Meltham, to see the finished hats, jumpers and scarves going in to the shoeboxes. If you would like to contribute to this laudable project, the date for dropping off the shoe boxes is 1-18 November.



[www.samaritanspurse.uk.com/occ](http://www.samaritanspurse.uk.com/occ)

0870 011 2002 / 01993 770 652

## Singing 2 Recovery!

S2R Community Development Worker Julie Cockcroft is a talented singer. Talking with the members during a Social one morning she soon garnered a lot of interest in setting up a group that sings for fun. Attendance has far exceeded expectations and Julie commented "It's really good to see people being creative and seeing a different side".



At the moment the group meets for two hours on a Friday afternoon to meet, and sing for fun. Julie and the members of the group are always mindful of possible pathways for singers that want to make more of their talent. HOOT, Beaumont Street studios and performing as an ensemble have all been mentioned! If you are interested in coming along please ring us on 01484 539 531 and

## THE PEOPLE POEM

Bobby thinks she is always right

Julie is so polite

Martin writes poems about a fox

Leslie wears bright green socks

Alan always wears a hat

Robert is quiet, he knows that

Denise likes to sit and knit

Dawn likes to sing quite a bit

Anthony has long grey hair

Keri has such style and flair

Nazir can draw and paint

Shaun isn't gay, I know he ain't

Paula likes to talk a lot

Neil can dance, rhythm he's got

Owen likes to travel the land

Jeffrey's got a busy evening planned

Phil is such a healthy lad

Nicola's fed up, she is so sad

David likes to have a drink

Alison likes to sit and think

Richard loves the warm weather

Oralu is so clever

Kevin we've not seen for a while

Margaret always makes me smile

All these people I know well

Are they happy? I can't tell

But there is just one thing I know

S2R is a good place to go.

*By Shaun Burke*

## CHARMED

I am watching 'Charmed'

On the Portable DVD

With a 3.6 inch screen

Three sister witches have charmed

The fans of this programme

The witches have a mint of money

Series three, four, one, six and  
seven have charmed me

The first, fifth, eighth and ninth

Are yet to charm me.

*By Martin Krutina*

**Please send us your letters /**

**comments / feedback / poetry / art**

**other creative writing**

# The Back Page



REGAYN is a social and support group for gay people, including people who are lesbian, bisexual and transgender. The project is independent from but affiliated to, S2R. We meet at venues outside of S2R, in social, community settings.

We are aiming to provide an accepting and non-judgemental space for people from the LGBT community who may be experiencing mental health problems, from day to day stress to more enduring illness.

We meet socially, sometimes for a quiet drink, sometimes for a walk or a trip to the cinema.

If you're gay, or think you might be, and you like the idea of socialising and getting some support, this could be a group for you. And we are open to suggestions from you..

*For more information, please contact S2R and ask for Owen or Neil B.*

***In our next issue... due out October 2009***

***Focus on World Mental Health Day ,***

***Stef 's Art, and the S2R website.***

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