



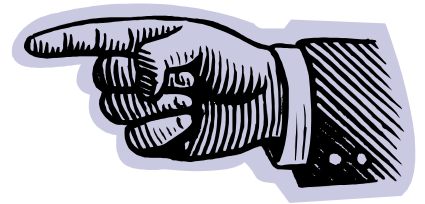
LIKE MENDED
NEWSLETTER

Issue 1 2011

DUDLEY MIND

NEEDS

YOU!



Are you interested in carrying out surveys for Dudley Mind? Or would you like to be on our interview panels and choose who we employ? Full training will be given, and payment once trained (within benefit limits where these apply) .

A meeting will be held at Dove House on 11th March 2011 for those interested

Please Contact Liz Connor to find out more.

Tel: 07930 159814 or 01384 442 938



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Announcements

Congratulations goes to Victor Davies who was nominated as helper of the month.

Nick Sherrey was the winner of our previous newsletter competition, his poem was a fantastic contribution and he was given a prize.

Book Review: Black Beauty by Anna Sewell



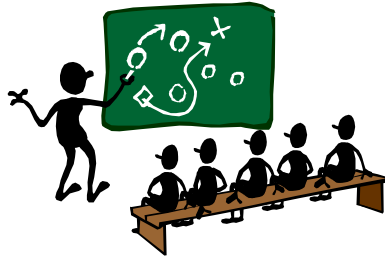
Black Beauty is a story about a wild horse with a distinctive white star on his forehead. The story includes all of his adventures throughout life told from his own perspective including his hardships and the times of being passed on from trainer to trainer. Black Beauty has a happy ending with him enjoying his retirement.

“I love the story. My mother introduced me to it when I was younger”, states Christina.

Everybody in the “Book Club” group enjoyed the book and rate it 9/10.

By Stephen Bridge, Donna Hartley, Christina Hessletine, Wendy Hill
and Karen Roberts

Training Project at Dudley Mind



I know some of you have been very eager for the training project to start. It's taken me a few weeks to do some of the planning and preparation that's needed so that we can go ahead, thank you for waiting!

So now is the time for sharing the plan and getting started. I've organised a couple of information sessions so that you can come along and find out more about what will happen and ask any questions you might have.

These will be held in the **Meeting Room** on the second floor of **Dudley Library on St James's Road in Dudley town centre.**

You can come to an information session on either **Monday 21 March at 10am** or **Wednesday 23 March at 1pm.**

For those of you who are still not sure and want to have a more practical introduction to training there will be two taster workshops you can book onto the following week. I will give you the dates and details at the information sessions. This will give you a real chance to see if it's what you expected and to decide if it's right for you.

I look forward to meeting you at the information sessions and to working alongside you on this exciting new project!

Liz Sewell

Victor's Jokes (groan....)

How do you make an apple puff?
Chase it around the garden.

What do you call a woman who stands between two goal posts?
Annette

Why has the milking stool only got two legs?
Because the cow had the udder one.

Maggie's Christmas Meal

It was the Thursday before Christmas and about 9 of us left the Kingswinford Christian Centre to go for our meal at the cottage. We went by taxi about 11:30. I sat next to Sue and we looked at the menu, I ordered beef & turkey. This came with Yorkshire puds, roast potatoes, cauliflower and carrots. I was too full to order a pudding but some people did.

We pulled some crackers and I had a coffee and a lager. I had a really nice time and would love to go again next year.

International Women's Day

Come and join us to celebrate International Women's Day on 10th March at Kingswinford Christian Centre. Women only!



10:30am until 3:00

***For more information
Contact Dove House
01384 836391***

Want to grow your own?



Jasmine Road
Allotment Group

I really like getting involved in the allotment group, being out and about, growing and sowing stuff. It helps me to feel good, and working with others is fun.

We are a small group and we would welcome you joining us.

Mark

Sedgley golf Driving range

A group of us regularly meet up, on a Thursday morning and hit the range.

This is not only good gentle exercise, but a good social time, out in the fresh air and this also helps with building a positive structure to the week. Beginners welcome.

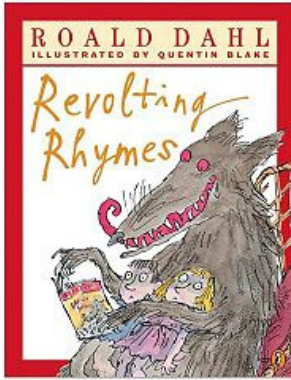
£3-00 for 50 balls

£5-00 for 100 balls



Ask Nick Sherry or Natalie Roswess-Bruce for details.

Book Review: Revolting Rhymes by Roald Dahl



“I thought some of the rhymes were quite funny and some of them were quite revolting” says Karen.

The rhymes are about Cinderella, Jack and the Beanstalk, Three Little Pigs, Snow White, Little Red Riding Hood and Goldilocks.

The book has a universal audience: children would find the goriness funny and there is also some adult humour in it. The majority of the group said that Cinderella was their favourite parody. Everyone recommends this book and give it 10/10.

If anyone would like to join the Book Club group we meet at Brierley Hill Library, every Tuesday at 10.30am.

Poetry

Countryside

Green trees, fields, full of cows,
Pig pens, styes, full of sows,
Cockerels crow at the crack of dawn,
As dew drops glisten on the desert lawn,

One should truly go amiss,
If one couldn't find,
Your own startling peace of mind,
Out here where rules of time are
Yours to make sublime,

The minutes, hours and days,
May never go away,
But once you can find,
Your own peace of mind,
You might just find time,
Most infinitely divine.

By Felicity Day

SUIT Meeting – 1st Monday of every month

Leisure Forum – 3rd Thursday of every month



Lights, Camera, Action!

Lights, Camera, action!

Mental health the movie!

Want to make a film?

Got views on mental health?

Got a recovery story?

Learn the creative potential of film

Contact Liz Connor On:

01384-442938 or 07930159814



Staff Announcements

Goodbye to Beki,

Sadly Beki Fenelon left Dudley Mind on 18th February. She will be missed by all of us and we wish her every Success in her new role as an Assistant Occupational Therapist in Birmingham.

We are pleased to announce that Natalie Roswess – Bruce is taking over the post of Day Services Recovery Coordinator for the next 6 months.



Beki

Natalie joined us on Monday 21st February 2011 and will be based at Dove House. I'm sure you will all join us in wishing her well and wishing her much success in her role!

Fancy writing an article for the newsletter?

We'd appreciate any art, poems, other writing or even what you've been up to lately out and about in the local area.

If you wish to contribute to the newsletter please pass any articles on to a member of staff.



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