

New Start Newsletter

Your Home. Your Voice. Your Newsletter

2011, QUARTER 4 EDITION



New Start-Supporters of the 2020 Decade of Health and Well Being

This year, New Start has been evolving into a more **'Health Focused'** organization, supporting initiatives such as the 'Liverpool 2020 Decade of Health and Wellbeing campaign'. This campaign aims to promote small, achievable lifestyle changes which can help people to lead a happier and healthier life by encouraging them to make small alteration to their daily routines and potentially add 7.5 years to their life expectancy. The underlying message is that mental health and well being is important as physical health because feeling good is a vital part of being healthy:

There are 5 simple ways to achieving wellbeing:

CONNECT!-With others, at home or at work, in your community. Simple ways of doing this can be through neighbourhood activity days / festivals / multi cultural events, play projects and community gatherings.

BE ACTIVE!-An active lifestyle not only keeps our bodies healthy, but makes us feel good too. Cheap and easy ways of being more active involve walking instead of taking the bus / power walking / jogging around the city's amazing parks or even joining a local gym. Whatever your fitness level, becoming more active is easy.

TAKE NOTICE!-It's easy to rush through our busy lives without pausing for thought. Take a look around the city and see how special our environment is, at all levels though a packed cultural calendar , tours of historic buildings and nature walks in our green spaces.

KEEP LEARNING!-Try something different such as learning a new instrument / reading a book you would not normally choose or even exploring another language. All these things will set a challenge, increase motivation and confidence.

GIVE!-Do something nice for a friend or stranger, buy a Big Issue help out in your local community. Putting your efforts towards a good cause can be rewarding on both a personal and a community level.

Through the work we deliver to the communities of Liverpool, New Start acknowledges the part the organization needs to play to promote health and well being to clients accessing the service. By embodying health and well being contributing to positive health outcomes throughout the communities we work in and support across the city. Whatever your background, whatever your interests, we all have one thing in common-we want to stay healthy and feel good-both physically and mentally. It's impossible to enjoy life without it!

For more information and details of events happening near you-please visit the website:
www.2020healthandwellbeing.org.uk

Thank you to Angela Parker for submitting this article.

ROSHEEN BARTON , a previous tenant within New Start's Abstinence Scheme (now the Harmony Project) explains her success story:

Before coming to New Start I was a lost soul addicted to heroin and crack cocaine, I had also had a problem with alcohol and seen no way out. My addiction took me to homelessness, crime and prison.

Eighteen months ago I found my journey into recovery and that was New Start, Robbie one of the Support Workers gave me a chance to go to an Abstinence house and for the first time I felt secure and I felt I was finally getting the right support. Robbie advised me to go to a day treatment centre called Sharp and I took his advice this helped me to face my addiction and my personal problems.

I was also able to attend 12 step meetings which helped with my recovery with key working sessions and daily contact with Robbie, slowly I was getting my life back.

After twelve months in Abstinence based housing Rob offered me a flat in New Start with weekly support and Robbie was always there at the other end of the phone. I was able to live independently with my boyfriend who is also in recovery.

Eighteen months ago I was a lost little girl now I have my own flat and I have also started a full time job in The Brink which is a recovery bar part of Action on Addiction. My job role is Front of House Leader, I cannot believe how much my life has changed I now feel like a member of society. New Start has given me my life back and Robbie is still there for me now. Thank God I found New Start.

Would you like to contribute?

If you have a success story / poem or review you would like to see in the New Start Newsletter, please speak with your Support Worker.

TIPS FOR KEEPING WARM THIS WINTER

Try not to stay sitting down for long stretches. Get up and move around a bit. Any kind of activity, from walking to the shops (as long as it's not very cold) to doing the vacuuming, gets your circulation going and makes you feel warmer.

During cold weather, regular hot meals and hot drinks will provide warmth and energy.

When sitting down, a shawl around the shoulders or a blanket over the knees will provide a lot of warmth.

If the temperature falls below 16 degrees Celsius, the elderly especially could be at risk of suffering from hypothermia, heart attack or a stroke.

A warm, milky drink before bed can also help and, if you sometimes wake during the night feeling cold, you could keep a flask of hot drink by your bedside too. Try and make sure you have enough bedclothes.

The Wonder of Alice...

Visit TATE LIVERPOOL and experience the magic of Lewis Carroll's 'Alice in Wonderland'



Lewis Carroll's timeless novels, *Alice's Adventures in Wonderland* and *Through the Looking Glass*, have fascinated children and adults alike since their publication over 150 years ago. *Alice in Wonderland* at Tate Liverpool is the first exhibition of its kind to explore how Lewis Carroll's stories have influenced the visual arts, inspiring generations of artists. The exhibition will provide insight into the creation of the novels and the inspiration they have provided for artists through the decades.

Alice in Wonderland will also showcase an exciting selection of contemporary art, demonstrating the continuing artistic relevance of Carroll's novels. Works by Anna Gaskell, Annelies Strba and Torsten Lauschmann will all appear, exploring ideas such as the journey from childhood to adulthood; language, meaning and nonsense; scale and perspective; and perception and reality.

Exhibition runs from 4/11/2011-29/01/2012

Tickets: £8 / concessions £6-well worth a visit!

Visit: www.tate.org.uk or call 0151 702 7400



Message from Liz

As we approach Christmas that magic time that touches us all or another, I think for some of us it may be a day of feasting and for others to pray but for all of us it will always be a day of remembrance-a day in which we can think of all the things we have liked, experienced or loved.

This year, I know many of us will be struggling to give gifts and I thought about something I had come across, it reflects the sentiment of the season:

- To your enemies forgiveness
- To your friends, good deeds
- To the needy, gestures of kindness
- To all good charity
- To all children a good example and to yourself-respect

For me, these are gifts that money cannot buy and it doesn't have to be Christmas to give them.

Best Wishes

Liz

(Liz Traynor / SP Contract & Development Manager)

Everton Road Dentist Surgery have a free emergency service which operates during evenings and weekends. This is an appointment system only, please call 0151 300 8349 where staff will be able to help you, you may leave a message if the line is busy.

(Thanks to Sam Ismail, CHS Support Worker for providing this information)

SP Christmas Shopping Trip.

New Start SP Support Workers Peter Smith & Sue Amos accompanied several SP tenants on a Christmas shopping trip to Cheshire Oaks at the beginning of December. This gave everyone the chance to catch up on any last minute gift buying or for others to simply browse the many shops on offer and enjoy a spot of lunch. More outings will be arranged in the New Year, if you have any suggestions please speak with your Support Worker.

Have you got a passion for football?

If so, why not head on down to The Pitz and join the Liverpool Homeless Football League? Games are held on the last Tuesday of every month, 10am kick off. Speak with your Support Worker for more details!

Athletic Triumph!!!

Congratulations to New Start tenant, Carl Heijndrickx, who took part in the Liverpool Marathon on: 9.10.11 and came 11th overall with a time of 2hrs, 49 mins.

Carl also came 2nd in his age category. What a terrific achievement this is, well done Carl!



Damien Kelly , a previous tenant within New Start's Abstinence Scheme (now the Harmony Project) tells us how he went from living in shared accommodation, to being employed and gaining his own tenancy....

My interaction and support with New Start began in January 2009 when I moved into a new abstinent house that had just become available, the house was in Curate Road, I instantly liked "cure-it" and thought it a good omen. This was after 19 years of excessive drinking that had turned to alcoholism with full blown addictive behaviors that tore through relationships, family and jobs.

When I entered the support of New Start, I had two pairs of tracksuit bottoms and a few t-shirts and a coat, this was my worldly goods !, on the first day at Curate, Robbie Annesley the support worker made it abundantly clear that he was a fair man who would not have any messing around, the house was amazing, very clean and well equipped and contemporary. A few days after moving into the house, I started to attend SHARP treatment center, New Start and SHARP worked very closely together to make sure that everything was going okay at every juncture of my journey through treatment and beyond.

Upon leaving treatment I committed myself to fellowship and service, after seven months sobriety I started volunteering at the Lighthouse Project which became Addaction, this was a very interesting and informative time, I learned a lot whilst here, volunteering at Community voice and the Big Issue followed, during this time I was involved with a group set up called Abstinence in Merseyside which I chaired for a while.

I was a tenant at New Start for 13 months all in all, with very regular visits from Robbie and him sorting out any problems that arise, I had other support from the White-chapel Centre who together with New Start helped me achieve my tenancy in a flat in Toxteth, after all I had been through, this was the first tangible evidence of my recovery to me, something material and visible, I made a nice home here, something I never achieved pre recovery.

August 2010 I started work for the social partnership as a fixer, being a fixer I could find my own placement in a service in Liverpool, I chose to work at SHARP Liverpool, where I found a way through the previously un navigable chaos of my past, I worked here for a year which is the length of the fixers contract, again my time here was amazing, I loved my year at SHARP, upon the ending of the contract I applied for another job as a Community Engagement Worker at a new non alcoholic bar in Liverpool city center, I succeeded in attaining employment there, and this is where I presently work, there is a lot to the job, and it keeps me very busy, but I like being busy.

During my recovery I have lost 9 friends to alcoholism and addiction, real close friends all aged 40 to 45, this really reinforces to me, as if I ever needed it, what a killer addiction is, also during my recovery I have seen such beautiful things and experienced these things, I know that life is not easy and things happen in your recovery, things that are most definitely not in the plan.

I have a loving girlfriend and a beautiful daughter called Grace, two stepsons and a nice life, I have a future to look forward to without the hindrance of my addiction and mal adaptive behavior's scuttling everything that I wish to achieve, I am finally going to become the man that I was intended to be.

I owe New Start a big debt, they have been nothing but supportive during my recovery and from the very first day walking through the door at Curate Road, I had no idea what was around the corner, but I wanted recovery with all my being and that is a good start.

Thank you NEWSTART

Damien Kelly

Contact Us

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CHILDREN'S SERVICE BROOK COTTAGE

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All in One Chunky Winter Broth-a wholesome broth that takes just 20 minutes to Warm you up in winter, is low in fat and can be cooked on a budget!

2 x 400g/14oz cans chopped [tomatoes](#)
2litres/3½ pints vegetable stock
4 carrots , peeled and sliced
2 x 420g/15oz cans mixed beans , drained and rinsed
175g [spinach](#)
1 tbsp roasted red pepper pesto



Tip the canned tomatoes into a saucepan along with the stock, bring to the boil, then turn down the heat and throw in the carrots.

Gently simmer the soup until the carrots are cooked, about 15 minutes.

Stir in the pulses and spinach and heat until the spinach has wilted.

Spoon in the pesto and gently mix into the soup. Serve with some crusty bread.