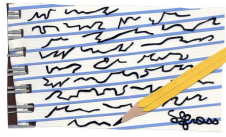


Your Home. Your Voice. Your Newsletter

R.I.G member puts pen to paper to win £20.00 competition prize!



We are proud to announce that New Start resident and regular RIG attendee, Tony McLean as winner of the open competition as featured in the last edition of the newsletter. New Start held a poetry competition amongst service users within our numerous tenancies in Autumn of 2009. Entries received were of a high standard and the R.I.G group were invited to choose and select the best submission. After much deliberation, they were able to award the £20.00 cash prize to Tony McLean who was the successful winner with his poem which is published below for everyone to enjoy. Well done to a very worthy winner whose poem was sensitive and moving.

The Lights Glow So Warm So Free
 Beckoning Me to Come Back Home
 Glowing Over the Land and Sea
 One Day I'll Return All Alone
 So Many A Year Past So Fast
 Since the Day I Last Walked Down the City Street
 All So Many Years Gone So Fast
 One Day I'll Feel Those Cobbles Beneath My Feet
 While Away I Tried My Hand at Fame
 But Never Forgot My Roots
 Didn't Quite Win The Eternal Game
 So Now I'm Back to Rest My Weary Boots

I Sailed Many An Ocean Seen Many A Sight
 Seen Many A Wonders of the World
 And Laid Awake So Many A Night
 Missin me Mum and Me Baby Girls
 But Liverpool You Had a Space in My Heart
 And I have never forgot
 Liverpool Even Though We've Been Far Apart
 My Brother and Liverpool You Are My Heart
 As Never Again Will We Part

TONY MCLEAN

Christmas Day with Queenies at the Liverpool Adelphi Hotel.

What a wonderful Christmas Day our service users experienced due to the generosity of Herbert's of Liverpool. .



The day included entertainment from some of Liverpool's best known celebrities.

A Christmas lunch fit for a King and a genuine good will from everyone to people who otherwise would have had a very different Christmas day.



Illuminating trips to Blackpool lights!

Two trips to Blackpool were held during November, both with high attendance numbers. Residents were accompanied by Support Workers-Claire McDonnell and Jackie Annesley on the first outing and by Pat Hampton and Liz Traynor on the second.

During both trips, there was plenty to do including (windy!) promenade walks, time at Blackpool Pleasure Beach, opportunity to take in the famous Blackpool illuminations and some souvenir shopping. All of this was topped off with a warming fish and chip supper! Despite the rain and cold winter weather, spirits were high and this did not prevent both staff and residents from having a thoroughly enjoyable evening. New Start will look to organise further trips to Blackpool later on in the year, whether you had such a terrific time that you would like to come again, or if you were unable to come last time and would like to come along -we will keep you up to date with plenty of notice and look forward to seeing you there!

Inside this issue:

- 1 Free Counselling Service
- 1 Warm Front Grants
- 2 RIG Update
- 2 Culture Activities
- 2 A word from Liz
- 3 LHFT Update
- 3 SP Thank You
- 3 Toy Appeal
- 4 Management Article
- 4 Healthy Recipes

Warm Front Grants

It has been a particularly challenging and cold winter this year and this has been a real concern for New Start.

With this in mind we requested that EAGA visit all of our tenancies to ensure that the systems they have in place provide the maximum warmth and are energy efficient.



Many of our residents qualified for the maximum in Warm Front Grants while others were provided with energy efficiency and fuel poverty guidance.

Swine Flu



As always, New Start put their staff health and well being at the heart of everything we do and recently ensured that everyone had the opportunity to have the flu Swine Flu vaccination.

The response was really good and the outcome for the service was that this averted the dreaded Swine Flu.

TRAINING AND DEVELOPMENT

New Start know the value of ensuring that their staff receive training sufficient to deal with the demands of their jobs and to this end we have been able to support the staff teams to access effective resources. It is thanks to Supporting People Liverpool that we have accessed excellent training during 2009 and have recently received their 2010 schedule. The schedule for forthcoming training will be accessed by staff and is financially manageable to the organisation.

Let's Cook....Penne All'arrabiata!

Penne all'arrabiata-sounds complicated, but its actually a very simple, quick and cheap Italian dish. Traditionally made with a Roman based source of garlic, tomato and olive oil, there is also a healthy dash of chilli (arrabiata translated means angry) but you can make this as hot or mild as you like!

- 4-5tbsp olive oil
- 1 onion, peeled, halved and finely chopped
- 1/2-3/4tsp dried chilli flakes, plus more if you wish
- 2tsp tomato purée
- 400g can of good quality chopped tomatoes
- Salt and freshly ground black pepper
- 250ml vegetable stock
- 250g penne pasta

Gently cook the onion, garlic and chilli in the olive oil for 2-3 minutes until soft. Add the tomato purée, chopped tomatoes and stock, season, bring to the boil and simmer gently for 30 minutes, stirring every so often. Add a little water if the sauce is getting too thick, as it needs to be a good coating consistency for the pasta. Meanwhile, cook the pasta according to manufacturer's cooking instructions then drain, reserving a little of the cooking liquid for adjusting the sauce, and toss into the sauce, adding a little more olive oil and cooking liquid if necessary.



Christmas Toy Appeal



New Start would like to say thank you to Nugent Care who provided our families with a very generous amount of toys which they received through their Christmas Carol services that took place in the Metropolitan Cathedral in December. Our thank you is also extended to Liverpool Heartbeat who donated toys from their public donations.



Message from Liz

It was really good to be able to visit and introduce myself to you last year and it seems an age since I wrote to you wishing you all Christmas happiness.

I have seen some changes since joining New Start in July 2009 and I feel they have been positive for you as tenants. Regular House Meetings in our shared houses have been well attended and have captured what residents want from the services we provide. Frequent outings to Loggerheads, Shopping trips, barge trips and cultural days have been well received.

I would like 2010 to be a year of continual outings with increased participation from everyone to enjoy activities throughout the year.

Message from New Start's Senior Management Team

In recent years, New Start has undergone a programme of expansion that has seen the organisation nearly double in capacity, mainly through the successful development of our Community Housing Scheme and our Abstinence Housing and Support Service.

Growth inevitably leads to change and we are confident that we have adapted well, have become more efficient and have implemented structures that will not only see the continual

Growth inevitably leads to change and we are confident that we have adapted well'

Improvement in our existing services, but will stand us in good stead for any future developments we undertake.

The ability of our workforce to adapt as the organisation has evolved, has been instrumental in our success, and The Senior Management Team would like to thank all the staff at New Start for their hard work, flexibility and commitment especially during the last year.

'We express our appreciation to all partner organisations and their representatives who have continually supported us'

We would also like to express our appreciation to all of our partner organisations and their representatives, who have continually supported us in our endeavours to deliver and develop quality housing and support services, to benefit the lives of those who access New Start.

Finally, we would like to extend our best wishes to everyone accessing New Start. We sincerely hope our services are making a positive impact in your life and that you are satisfied with the standard of service you receive. (FEB 2010)

R.I.G Christmas Meal

An Indian Meal at Akayasha, Prescott Road was a Christmas treat from New Start to the RIG as a thank you for all they did for the organization in 2009.

The RIG members organized the meal and it was enjoyed by all who attended.



Community Housing Scheme



Angela Healy and the CHS Team are delighted with the expansion of the Community Housing Scheme and aim to secure more quality homes of a high standard.

It is hoped that the scheme will continue to benefit families in 2010. For more information about the Community Housing Scheme, please visit our website:

www.newstarthomes.org.uk

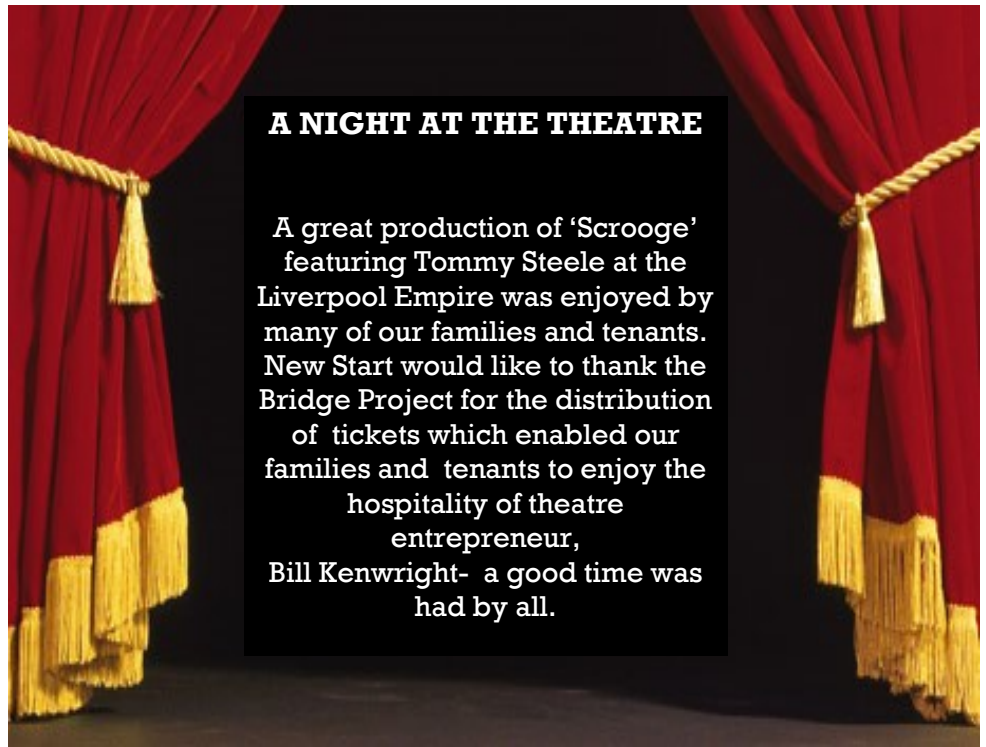
New Start have a brilliant and newly modernized website. It is accessible through

www.newstarthomes.org.uk

and features lots of information about the various services we provide and how to refer through to New Start.

If you are able to, please take a look at our site and see what it could mean to you if you are in need of housing or if you are a provider wanting services to meet the needs of vulnerable persons who you work with.

We welcome any comments or feedback about the site.



A NIGHT AT THE THEATRE

A great production of 'Scrooge' featuring Tommy Steele at the Liverpool Empire was enjoyed by many of our families and tenants. New Start would like to thank the Bridge Project for the distribution of tickets which enabled our families and tenants to enjoy the hospitality of theatre entrepreneur, Bill Kenwright- a good time was had by all.

NEW START PROJECTS

Many of you reading this newsletter may have known New Start from the beginning but may not be aware of how as an organisation we have grown and expanded. The Community Housing Scheme now has 70 family homes, providing housing and support to overcome identified barriers faced by vulnerable families in accessing quality housing within Liverpool's private landlord sector.

We also have Halkyn House an Abstinence Project meeting the needs of people in recovery from alcohol and substance misuse and Prospect Lodge which continues to be a great resource for people with mental health issues.

We also have the Supported Tenancies service which has provided accommodation to homeless people. The ST service is long established, will be known to many of you, and continues to offer residents excellent housing and support.

As an organisation it is our intention to continue to respond to the demand for specialist services and to encourage partnership working to ensure we offer ongoing innovation.

For 2010 we are hoping to develop New Start in several areas so please read our future newsletters and check our website regularly for updates.

Future R.I.G Meeting Dates

Thursday 25th February

Thursday 25th March

Thursday 29th April

Thursday 27th May

Thursday 24th June

Thursday 29th July

Thursday 26th August

Thursday 28th September

Thursday 28th October

Thursday 25th November

ALL RIG meetings will be held at 4 Jubilee Drive, beginning at 2:00pm.

Free Culture!

Musicians' gallery: a.P.A.t.T

a.P.A.t.T. are a Liverpool based musical collective whose innovative genre-mashing performances have been winning them wide-spread acclaim. This project has them creating tone poems which reflect the different galleries.

Their recent projects have included their presenting Terry Riley's "In C" at the Bluecoat, and the creation of a live score to Nosferatu, broadcast from Liverpool city centre's Big Screen, a commission by BBC Radio Merseyside.

Date: Saturday 20 March 2010

Time: 2pm

Titanic, Lusitania and the Forgotten Empress Exhibition

Fascinating objects salvaged from around the wreck of the Titanic 2.5 miles down on the ocean floor are new attractions at the Merseyside Maritime Museum. The exhibits are spectacles, a White Star Line cup, lead ventilation grill, a gold wristwatch, five tie pins and a five dollar banknote. Dr Alan Scarth, curator of the Titanic exhibition, says: "These objects are very evocative of the most famous shipwreck of all time. The personal items are particularly moving because they represent the terrible human cost of the disaster."

**Merseyside Maritime Museum
Albert Dock**

UNTIL DEC 2010