

New Start Newsletter

Helping People Help Themselves

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Your Home. Your Voice. Your Newsletter

NEW START, NEW DIRECTION

July 2010 saw a new venture for New Start, we have now opened our first children's home. The new home is in Knowsley and has received a lot of praise from Local Authority Social Care staff who have visited the detached four bedroom cottage.

We have appointed a team of experienced and committed staff mostly from Merseyside building on our commitment to create local jobs.

The new staff team have a very experienced and well qualified Manager, Julie Collins. Julie has worked in a number of Local Authorities including Liverpool and Halton.

Our aim is to provide a high quality, therapeutic environment where young people feel safe and to give them opportunities and support to help develop their potential. We already have two young people living with us and we have had a lot of interest from other Local Authorities in the North West and in the Midlands.

To open the home we had to pass a very challenging registration process supervised by Ofsted.

Thanks to a great team effort from New Start's administration team, maintenance staff and management at the home we received a very positive Ofsted registration report.

Allen Baynes (New Start, Director of Childcare) said that he hopes this new venture, will

'provide a new model for residential childcare'

and also that:

'our aim is to be the best provider not just on Merseyside but in the North West'

In the next edition of the New Start Newsletter we will provide an update on how our new service is developing and introduce you to our new Manager.

For more details on Brook Cottage, please visit the New Start Website on:

www.newstarthomes.org.uk

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Gas Safety Checks

New Start have recently written to you all advising you of the law in relation to us carrying out annual gas safety checks on gas appliances within your properties.

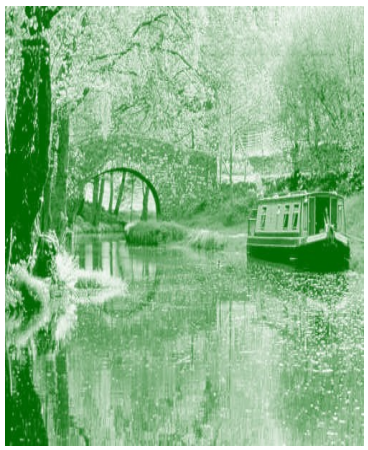
We will always give you advance notice of when we will be calling and rearrange the time and date to meet your convenience.

These checks are essential to your health and well being and we appreciate your co operation.



Activities & Events

During the sunny month of June, a BBQ was held at Prospect Lodge. All New Start residents and staff were invited to spend time in the beautiful surroundings of the garden which is wonderfully maintained by the New Start Gardner, Chris Wilson. The attendance was high and the BBQ was Overseen by Stephen Baynes. There were delicious hamburgers, hot dogs and salads enjoyed by all.



The Supported Tenancies Team are also planning a trip on the Wirral Narrow Boats and a visit to the Blackpool Illuminations in October. Please speak with your Support Worker for details. The events and activities which are provided by New Start are always popular and successful, we look to continue to organize these for residents and also welcome any ideas which you may have.

How to Make the Perfect Curry Cheaply!

Most supermarkets can charge up to £5 for spice mixes. If you visit your local ethnic shops you can buy these mixes for less than a pound, just find an airtight jar to keep them in and they will last you all winter.

All curries consist of a mix of 5 basic spices, the balance of these and the adding of other ingredients such as tomatoes, creamed coconut, or crème fraich, can create a strong spicy curry or a creamy one.

These are:

- Whole cumin (one teaspoon)
- Coriander seeds (remember to grind before use)
- Red and green chillies (can be dried, remember seeds are the hottest part)
- Garam Masala (one teaspoon)
- Ground turmeric. (one teaspoon)

Use about one teaspoon of each, add onions, meat of your choice and fry until the meat is cooked, you can add a small amount of water or oil at this point. How dark you fry your onions will indicate how dark the curry will be. So for a light curry like a korma, lightly sauté your onions. For a medium curry like a Balti, your onions need to be browned and for a Vindaloo they need to be very brown.



When the meat is cooked, you can add either tinned tomatoes.

For darker curry or coconut milk or cream for a creamy curry. Then leave to simmer for an hour. You can add extra spices or condiment according to taste.

Thanks to Angela Healy.

FEEL THE BEAT WITH THE NEW START MUSIC GROUP!

The New Start Music Group are still active and many residents have been enjoying the sessions for a number of months. The Group is held each Friday and is divided into two classes in accordance to ability. The Group is led by a qualified tutor who has been playing guitar for a many years.

Come along, bring your instruments and meet new people.

Sessions are held at 51 Prospect Lodge as follows:

- Beginners 10:00am-12:00midday
- Advanced 01:00pm-03:00pm

ROMAN WORD HUNT

V	E	R	L	A	M	I	U	M	T	J	
I	H	L	W	A	Q	Y	Z	O	O	P	U
L	F	U	V	U	U	S	T	A	S	B	P
L	O	I	S	R	A	D	E	N	A	R	I
A	R	C	H	E	D	I	B	F	I	T	T
C	U	W	I	L	U	T	A	Y	C	O	E
A	M	H	E	J	C	C	S	I	C	G	R
E	O	I	L	S	T	H	I	D	G	A	B
S	A	N	D	A	L	S	L	A	V	E	C
A	R	N	G	L	A	D	I	A	T	O	R
R	P	K	H	Y	P	O	C	A	U	S	T
P	U	B	L	I	C	B	A	T	H	S	Y

MOSAIC
OILS
VILLA
CAESER
LAUREL
SLAVE
ARCH
SANDAL
DENARI
TOGA

HYPOCAUST
DITCH
SHIELD
FORUM
JUPITER
GLADIATOR
VERULAMIUM
PUBLIC BATHS
AQUADUCT
BASILICA

Warm Front Grant Update

New Start began the process of securing Warm Front Grants for tenants within our houses and flats across the service. Many tenants were assessed and accepted as needing energy efficiency measures to their homes but progress has been particularly slow.

New Start have been in regular contact with Warm Front who have said delays had taken place due to a harsh and cold winter which meant they received thousands of requests for support and they applied a strategy to ensure the elderly and most vulnerable families were given priority.

Warm Front have written to applicants and apologised for the delays and aim to provide Warm Front Measures to all applicants in the near future.

Liverpool Homeless Football League



These photographs were taken at the Liverpool Olympic Games which were held at the beginning of September. Organized by Team Manager, Dean Marr the New Start lads won the gold medals in the following events:

Football: Held at Litherland Park

Dragon Boat Racing: Held at Liverpool Marina

Well done to the team, especially as this second achievement follows the promotion to the First Division with a great team effort led by Captain Alan Inman and supported by regulars Dean Marr, Alan Hampson and other players.

A formal presentation was held at The Pitz, Everton Valley where the team were honoured to receive their medals and awards by Premiership Referee, Chris Foy.

The new season is due to start in October, we wish the team best of luck and congratulate them on their fantastic achievements to date.

Message from Liz Traynor...

You know the old saying 'time flies' well it does, I have been with New Start for 16 months and it feels like yesterday that I wrote to you all to introduce myself. Lots of positive actions have been put in place in the last year and all for the benefit of our residents and tenants.

The World Cup was a big let down for us all as was Wimbledon. However, one thing has been constant in New Start and that is the commitment to ensure we provide good quality support and accommodation standards for you all. I know I have met with most of you before but I am looking forward to visiting everyone soon.

Liz

Handy Hints

For quick and easy way to clean the inside of a microwave put a couple of drops of lemon juice into a bowl of hot water and heat in the microwave for 2-3 minutes. Any burnt on food will simply wipe off and your microwave will smell citrus fresh.

Delete your birthday from your Facebook account to prevent identity theft.

Do you have dried up old tinned shoe polish? Simply add a couple of drops of white spirit and leave in a warm place (like an airing cupboard) and in a few hours it will be like new and ready to use.

Lime scale on your kettle? Boil some white vinegar and water in the kettle a few times and the lime scale will disappear. Be sure to thoroughly rinse the kettle before use.

For stubborn burnt on black bits on your oven shelf, rub gently with a fine grade sanding paper then wash in hot water, the sand paper will remove all the stubborn grease.

To make your lettuce last longer, when you take it home from the supermarket submerge it in ice cold water for 5 minutes then thoroughly dry it and store it in the salad compartment of your fridge on kitchen paper and it should last up to a week.

Rather than use the money sorting machines in local supermarkets which can take up to 30% of your money, ask your local bank or post office for some money bags and save your 'slummy' until you can put it in your bank, then you don't have to pay any commission and all the money is yours.

If you live with housemates who are always using the last of your milk, get together and arrange a 'kitty' for everyday essentials such as toilet roll, milk bread and tea. Arrange for someone to do the shopping on pay day and you shouldn't fall out over the last cup of tea.

Turning your thermostat down by just one degree centigrade can save you 6% on your heating bills - around £30 a year. You probably won't notice the difference that this makes in your home, but if you do find that you're cold at home, rather than turning the gas up, simply set your boiler to come on a little earlier, that way you won't be cold while you wait for the house to heat up.

Many people forget the importance of keeping wrapped up and warm at night. You don't need to keep your heating running all night though. Just set it to come on about half an hour before you get up, and wear bedclothes and socks. You could also use a hot water bottle, or an electric blanket - though not together of course.

Thanks to Angela Healy.

HOW MUCH IS BAD CREDIT COSTING YOU?

Central Liverpool Credit Union is a non-profit making financial co-operative. Offering a convenient savings account and low interest loans to its members. Credit Unions aim to help you take control of your money by encouraging you to save what you can, and borrow only what you can afford to repay. Credit Unions provide free life and loan insurance to their members as an additional benefit subject to age. This service is open to anyone living in the L2, L3, L6, L7, L8, L13, L15, L17 or L18. To apply you will need to prove your identity, address, income and any state benefits you receive. After paying a small joining fee you save regularly to accumulate a sum of money, you decide how much you want to save, as little or as much as you like. Loans can be granted to people over the age of 18 within the above postcodes. Please see right for examples. If you would like a copy of the Credit Union Leaflet please speak with your Support Worker.

Credit Union Helping Hand Fund

Loan at 27.03% Annual Percentage Rate (APR)

Loan Amount: £500

Weeks to Repay: 52

Repay each Week: £10.27

Includes Interest of: £63.40

Credit Union Savings Based Loan

Loan at 12.68% Annual Percentage Rate (APR)

Loan Amount: £500

Weeks to Repay: 52

Repay each Week: £10.21

Includes Interest of: £410

Typical Doorstep Lender

Source Provident Personal Credit Website 23/3/10

Loan at 272.2% Annual Percentage Rate

Loan Amount: £500

Weeks to Repay: 52

Repay each Week: £17.50

Includes Interest of: £31.09

Thanks to Claire McDonnell .

EQUALITY & DIVERSITY

New Start have always endeavoured to ensure we reflect absolute diversity and fairness of access across our many projects and to this end we have increased our referral sources through engagement with specialist providers. This has been a positive for New Start who have now increased their support for service users from ICCM, Refugee Action and Asylum Link.

New Start :
Working Together with
The Social Partnership

New Start are delighted to have been invited to work the Liverpool Social Partnership.

The Partnership specifically deals with and supports people to engage in positive employment options.

Some of the participants of the Social Partnership are recruited to the 'Fixer' Programme which provides support for people wanting to access meaningful work and / or volunteer placements.

After working with the partnership New Start decided to consider a Fixer for placement and in July we recruited.

The Placement is proving to be a real challenge for the fixer but it is providing her with the professional skills necessary to gain permanent employment.

In August, New Start approached the Fixer co-ordinator and we have successfully recruited a second Fixer to our Residential Mental Health Project. New Start see this as a bonus for their projects and also as an opportunity to support people back into employment.

If you would like more information on how to become a Fixer who engage in the Social Partnership please visit the website www.tsp.org.uk or contact Jackie Bethal on 0151 258 1199 ext 330. Or alternatively, you can speak with your Support Worker.

Liverpool Biennial

Liverpool is hosting it's sixth annual Biennial festival from September right through to December.

There are endless activities to engage in, talks to attend as well as plenty of street art, exhibitions and guided tours. Highlights include the John Moores Fine Painting Exhibition where you can take part in the public vote and be part of the People's Choice Award. **ENTRANCE IS FREE**

-Walker Art Gallery, Liverpool City Centre

The FACT (Foundation for Art and Creative Technology) are also hosting continuous events and exhibitions, some of which you can get involved in yourself. For details see: www.fact.co.uk

You can download an events brochure or simply browse the listings by visiting the official Biennial Website on:

www.biennial.com

Fifteen Questions with....Claire McDonnell

Claire has been a Support Worker with New Start since January 2009. She is currently expecting her first baby and enjoys spending time with her much loved, veteran award winning pooch, Milly.

What is your first childhood memory?

Falling off a climbing frame.

What is your greatest fear?

Snakes!

What is your favourite word?

Mint!

Which living person do you most admire?

My mum.

If you could banish one thing, what would it be?

Litterbugs

Where / What was your first job?

Washing dishes in a local cafe.

What trait do you most deplore in yourself?

Sarcasm.

What three items would you take with you on a desert island?

My dog. A book and a football.

What is your favourite smell?

Freshly cut grass.

What is your favourite book?

The Witches, by Roald Dahl.

Who or what is the greatest love of your life?

My husband.

The best place you have ever visited?

Runswick Bay, Yorkshire.

What word or phrase do you most overuse?

Mint!

What do you most enjoy about your job?

The variety.

Complete this sentence Life is....

What you make of it!

Why not visit our website for more details about what we do and how to make a referral?

www.newstarhomes.org.uk

You can also contact the services below via telephone or e-mail:

HEAD OFFICE

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4 Tunnel Road
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