

New Start Newsletter

Your Home. Your Voice. Your Newsletter



Helping People Help Themselves



New Start welcomes new staff ...

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New Start have two new Support Workers.

Sue Amos joined New Start on 14.03.11 and will work in the Supported Tenancies service. Sue is a highly experienced person having had many years of providing support to adults both in residential and visiting support settings.

Sue has met some of the people she will be supporting and hopes to meet with all of her Service Users in the coming weeks.



Sam Ismail also joined us on the 14.3.11 and will be working in the Community Housing Scheme. Sam is very experienced and has solid background in providing support to Service Users in an individual and housing support setting and like Sue, she has met some of her new Service Users and will be meeting with them all the coming weeks.

I am sure you will all welcome Sam and Sue as your new Support Workers.

Liz Traynor

SP Contracts & Development Manager



Energy efficiency tip! -don't leave appliances on standby and remember not to leave laptops and mobile phones on charge unnecessarily.

New Start listen to staff as well as residents!

New Start's staff have just completed a questionnaire to help the management team understand what the staff think. The staff were asked to identify what they think has gone well over the last year, what has not gone well and whether the staff are happy at work. The findings will be used to

help sharpen the way New Start operates. It is important that as the organisation grows we don't lose touch with the 'family ethos', which has been so crucial to the development of New Start. The success of New Start has been built on the excellent staff team and

their comments over the years have really shaped the way that the business has developed. The findings will be feedback to staff at a Training Day which will be held in the near future. Allen Baynes, who has coordinated this work said:

"I am really pleased that so many staff took the trouble to complete and return the questionnaire. It will be a valuable source of information as we grow New Start"

March 2011

**NUTRITIONAL
INFORMATION**

Guideline Daily
Amount for 2,000
calories per day
are:

70g fat

20g saturated fat

90g sugar

6g salt.

Let's Cook-Brunch Packed Omelette!

Serve your breakfast a little differently with this chunky omelette recipe. Great for using up leftover cooked potatoes this cheap breakfast costs under £2 to make!

Prep time: 6 mins
Cooking time: 10 mins
Total time: 16 mins
Skill level: Easy
Costs: Cheap as chips

Ingredients
100g baby new potatoes, thickly sliced
4 slices smoked back bacon or ham, chopped
200g mushrooms, sliced
4 medium eggs, beaten
3 tbsp semi skimmed milk
1 tomato, sliced

Method

-Boil the potatoes for 5-6 minutes until tender, then drain.

-Meanwhile, heat 1 tbsp. oil in a small non stick frying pan and add bacon, for 2 minutes. Add mushrooms and fry for 3 minutes then stir in the potatoes.

-Whisk the eggs and milk together, season and pour into the pan. Cook gently for 304 minutes, adding the tomatoes for the last 1 minutes, until golden and cooked through-out.

-Cool slightly before taking out if the pan.



WOODLAND TRUST - HEDGE PLANTING AT BROOK COTTAGES!



For the last four years we have taken part in the Sainsbury's Active Kids Scheme collecting the vouchers in order to obtain games and equipment for our group.

In partnership with Sainsbury's The Woodland's Trust offers free trees and hedges to schools and youth groups. We applied and were delighted to be selected and received thirty hedge saplings.



As part of the Scouts obtaining their community badge they agreed to come along to a children's home on Merseyside and plant the hedges given to us in their garden as a community project.

Originally, we had arranged to plant the hedges at the children's home on National Tree Week. However, with the weather conditions we experienced at that time we had to postpone.

On Saturday 26th February 2011, 12th Fairfield Scouts Troop met up with Chris Wilson, New Start Gardner at Brook Cottage Children's home.



As you can see from the photographs, the Scouts certainly enjoyed this experience and in particular enjoyed helping Chris to measure and dig the holes with Chris being most informative about the hedges they planted.

Thank You very much for all the hedge saplings donated this was very much appreciated by all.

Sue Moffatt

**Scout Leader
12th Fairfield Scouts**



Message from Liz Traynor....

Hi Everyone,

I usually write to you to update you on events, outings and celebrations.

Today however, I feel it is necessary to tell you that Liverpool City Council has had a massive 140 million pound slashed from their budget: 91 million for 2011-2012 and a further 41 million for 2012-2013.

These cuts have effected many support services across Liverpool this year and will have a further impact in 2012 and 2013.



New Start have lost a good deal of funding and we have all had to give a little more in terms of cost of living charges and staff for the third year have experienced a pay freeze.

Regardless of these financial difficulties New Start will continue to provide a high standard and quality support to all our Service Users.

Best Regards

Liz

**SP Contracts & Development
Manager**

KEEPING FIT. STAYING HEALTHY!!!



Keeping fit not only keeps you healthy, but it can also make you happier and improve concentration levels!

Exercise does not have to be boring, why not use it as an opportunity to meet new people? It also does not have to be expensive! Local Leisure Centre, Peter Lloyd offer a wide variety of different classes at affordable prices. Why not give it a try and see what you think?

Below are some details of just a few classes, but you can access a complete list of all classes at this leisure center and others by visiting www.liverpool.gov.uk.

Over 50's Keep Fit

A focus on flexibility, core strength, balance and relaxation

Thursday 10:00am – 11:00am (£3.00 concession Senior / £4.00 adult)

Aqua Fit

Instructor led class held in the heated 25 meter swimming pool. Kind to your joints and fun too!

Tuesday & Thursday 07:00pm-08:00pm / Wednesday & Friday 12 noon-01:00pm

As well as offering classes, Peter Lloyd also have the following facilities: fitness suite, sauna and steam room, sports hall and synthetic pitches.

Essential Information

What? Peter Lloyd's Community Leisure Centre

Where? Bankfield Road, Liverpool, L13 0BQ

When? Opening times are as follows:

Mon-Fri 8am-10pm

Sat 8am-4pm

Sun 9am-4pm

How can I get in touch? You can contact the center by telephone on 0151 254 1968



New Start resident makes a difference in Malawi

New Start Community Housing Scheme resident Alison, has recently returned from a trip to Malawi which was organised by St Andrews Church, Anfield.

Alison was one of a team of six people who travelled to the African country to help develop and improve community projects that are supported by English churches. The work which the team were involved with focussed mainly on a local prison and an orphanage.

Alison's favourite experience of the trip was hosting a pampering day for female prisoners, some of whom had their children living with them in the prison. The team manicured nails for the women and provided tea and coffee, drinks which the local women were not used to tasting and as part of the day's programme Alison got to share the story of her journey with drugs and faith.

The team also presented cash which had been donated to provide laundry facilities and crockery such as plates and cups for the 2200 inmates at the prison. The team that went from Liverpool were part of The 359 Degrees Project, which works to help people turn their life around and improve lifestyles.

Alison first came to New Start in April 2008 after being referred to our organisation's Abstinence Service by Adelaide House – a Liverpool based Direct Access Homeless Hostel for women. Following her referral to New Start, Alison lived at Halkyn House for four months and benefited from the drug and alcohol free environment at the scheme.

During her stay at Halkyn House, Alison was referred to Summer Grove, an abstinence based housing and support service for families, where she would have opportunity to rebuild her relationship with her family whilst continuing to address her problems and overcome barriers to accessing and sustaining long-term independent housing.

In July 2010 Alison was again referred to New Start, but this time it was for housing within the organisation's Community Housing Scheme. Alison was accepted on to the scheme and is now living in her own independent accommodation, where she is able to access support through New Start's own independent CHS Support Team. Amazingly, Alison is now a volunteer at Adelaide House where her own journey to recovery started, working two days every week helping and inspiring other women who are experiencing many of the problems she has experienced herself.



Alison with children from the orphanage in Malawi

Visit our website for more information on New Start, our work in the community and details of how to make a referral:

www.newstarthomes.org.uk or contact us at one of our office sites below:

24 Hour Support

Prospect Lodge
51 Prospect Vale
Fairfield
L6 8PF
Tel: 0151 280 2860
Fax: 0151 280 2860

Community Housing Scheme

49 Prospect Vale
Fairfield
L6 8PF
Tel: 0151 281 8808
Fax: 0151 291 5785
E-mail: chs@newstarthomes.org.uk

Supported Tenancies Scheme

49 Prospect Vale
Fairfield
L6 8PF
Tel: 0151 281 8808
Fax: 0151 291 5785
E-mail: info@newstarthomes.org.uk

Abstinence Based Scheme

9 Halkyn Avenue
L17 2AH
Tel: 0151 7351949
Fax: 0151 280 2860
E-mail: halkyn-house@newstarthomes.org.uk

Head Office

4 Tunnel Road
The Job Bank
L7 6QD
Tel: 0151 708 7103
Fax: 0151 708 8239
E-mail: admin@newstarthome.org.uk