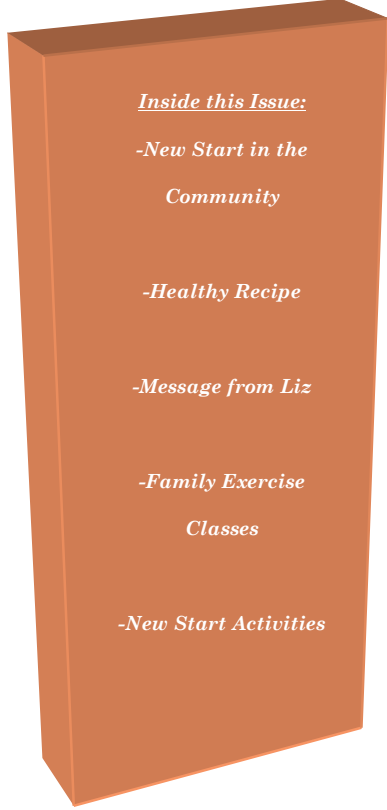




NEW START NEWSLETTER

YOUR HOME. YOUR VOICE. YOUR NEWSLETTER

Issue 13-Quarter 3, 2011



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NEW START CHILDCARE



Where every child matters

Brook Cottage is now one year old!

Brook Cottage Children's Home is now 1 year old. Happy birthday!

Since registering in June we have had 4 young people here with us, the young people have been very complex in their own rights, however we have had 2 successful move on, 1 young person returned home to her family and the other has gone to live independently.

In October we were inspected by Ofsted, we received a good on all, quite an achievement for a first inspection so I would just like to say a big thank you to all our staff without them we wouldn't be achieving this.

In our next inspection we are aiming to achieve an outstanding so we are working very hard to accomplish this status.

November saw an amazing event which we will now hold yearly bonfire night, what a success we invited all our young peoples and staff families and we had a great night... all are welcome to attend this year.



We are now becoming known with local authorities and are getting a positive reputation for working with complex young people, we have close links with education, health and resources in the community, all our visitors love the cottage and the work we do with the young people we get lots of positive feedback, even our young people give us great feedback.

As we are growing (as we are) we are identifying the specialist areas in which we can develop our provision and this is an exciting time for all, we will continue to work with our young people and to take our high quality of childcare forward with their input..

Julie Collins

Registered Manager



Picture 1: Brook Cottage lounge area

Picture 2: Exterior of Brook Cottage

Your handbook...



All New Start Service Users are given a copy of the New Start Resident Handbook when they move into one of our tenancies. The handbook contains information on Health and Safety, Equal Opportunities and Safeguarding as well as other important policies and procedures and a list of useful contacts. If you have problems or concerns in regards to the contents of your handbook, please speak with your Support Worker who will be happy to help you.

What's on at Kensington Community Learning Centre

Located on Prescot Road, Kensington, opposite McDonalds / LIDL supermarket.

Every MON	L6 CREDIT UNION hold a weekly surgery at KCLC – 10.30-12.00
Every TUE	The local Citizens' Advice Bureau (CAB) hold a drop in surgery from 10.00 to noon. Bridges offer a free drop in "counselling" service to members of the local community.
Every WED	Book in for one of our Computer Inductions and let us find an IT course for you – from complete beginners up to level 2 – courses are FREE*
Every THUR	Learn Direct are here running a range of online accredited courses. From English and Maths to NVQ's in Customer Care and Retail.
Every FRI	The Victim Support group hold a surgery for members of the local community from 10.00 – 12.00
ALL WEEK	FREE* IT courses for all levels

PESTO CHICKEN & PASTA SALAD



Summer is here and hot weather means salads! Light, fresh and healthy salads do not have to be dull and boring, spice it up with chilli and prawn, or why not try tuna and egg? This pesto chicken & pasta salad is both affordable & delicious.

Preparation time: 10 minutes

Cooking time: 30-35 minutes

Serves: 4

Ingredients

2 chicken breast fillets
1 tsp olive oil
4 tbsp pinenuts
150g/5oz pasta shells
1/2 red onion, sliced
225g/8oz cherry tomatoes, halved
175g/6oz cucumber, deseeded and cut into sticks
1 (120g) bag Italian salad leaves

For the dressing:

1 tbsp olive oil
2 tbsp pesto sauce
1 tbsp red wine vinegar

Heat a griddle pan. Pour the olive oil into a small pan, then use a brush to brush both sides of the chicken with a little oil, season well. Cook the chicken breasts on the griddle for 15-20 mins, turning once until golden brown on the outside and cooked through. Thinly slice.

Meanwhile, cook the pasta in boiling salted water for 8-10mins or until just cooked and still 'al dente'. Add the pinenuts to the remaining oil in the small pan and cook over a low heat for 2mins or until golden brown and toasted. Drain on kitchen paper.

Drain the pasta in a colander then run under the cold tap until the pasta is cold. Drain then place in a large bowl. Add the chicken pine nuts, onion, tomatoes and cucumber. Mix all the dressing ingredients together and toss into the salad bowl. Season to taste. If liked, the salad can now be refrigerated for upto 2 hours until required.

Just before serving, add the salad leaves and toss again to mix.

Enjoy!

Calories:	414Kcals
Protein:	25g
Carbohydrate:	35g
Fat:	21g
Saturated fat:	2g
Fibre:	3g
Sugars:	5g
Salt:	0.2g



New Start are very aware of the importance of Fire Safety and keeping up to date with training, law and legislation. This means ensuring that our staff are trained to a high standard which keeps themselves and New Start service users safe. Our Support Workers have recently been trained by a certified Fire Officer, Peter Deegan who has given staff the knowledge and the practical tools to carry out fire assessments at our properties. The training session was in depth, informative and the skills and knowledge learnt will be used effectively to benefit everyone across our services. Peter and New Start Maintenance Manager, Stephen Baynes will also be attending properties to conduct fire risk assessments on a regular basis to ensure all accommodation meets health and safety requirements. A copy of the fire testing schedules will be placed in the communal area of each household to keep service users informed and up to date on the times and dates of the testings.



Would you like to.....

-Learn how to reduce stress

-Develop new skills

-Find out what's going on in your area

ALL IN A WAY THAT SUITS YOU?

Then get in touch about a free Well Being course!

Open to those aged 50 and over.

For people registered at the following practices:

Ellergreen Medical Centre
Gillmoss Medical Centre
Jubilee Medical Centre
Moss Way Surgery

For more information please contact Maxine Martin (University of Liverpool)

E-mail: Maxine.Martin@liverpool.ac.uk

Tel: 0151 794 5607



Spotlight on...The Spider Project

The Spider Project believes that there are many pathways to recovery. Through meaningful creative and physical activities, we will inspire, motivate and empower individuals and communities to realise their full potential by moving beyond addiction.

The Spider Project is an award winning relapse prevention and aftercare service offering a range of creative, cultural and physical activities for people who have come to terms with their substance misuse and want to move forward with their lives.

We aim to provide former drug and alcohol users with a diverse range of stimulating, enjoyable activities designed to nurture new skills or develop existing ones.

For more information visit the website: www.spiderproject.org

Message from Liz

Hi all,

July the 19th was a big day for Liverpool. The opening of the new Liverpool museum. It cost a whopping 75 million but I believe it is full of artefacts and information about Liverpool, What life was like during the war, the Victorian era and there are other features relating to employment the docks, the shipyards.

There is information about some of the top stores, now no longer there George Henry Lee, Lewis's.

Blacklers', I bet most of us remember the rocking horse and the Christmas grottos.

Other information about education and how it has evolved from yesteryear to the standards of today.

Toys, games and history. I'm sure every one of us will identify with some of the memorabilia on show, maybe from stories from parents, friends and family.

The museum costs nothing to visit and you would be able to spend a day there.

I am looking forward to going and I am sure i will be impressed and take a lot from my visit.

Hope you all try to visit.

For more information visit the World Museum Website on: liverpoolmuseums.org.uk

The Museum is open from 9-5 seven days a week.

NEW START IN THE COMMUNITY



I recently on New Start's behalf took part in Employability Interviews in partnership with Liverpool Compact at Archbishop Blanch. The aims of the interviews are to help students compete application forms and gain experience of an interview scenario. I would go through an application form with the students on their strengths and weaknesses in areas such as communication, general demeanour, academic achievement etc.

Kevin Guttridge-New Start Welfare Benefits Officer

All Valley
Liverpool
Active City...
Sport & Physical Activity Alliance

20
10 Year of
Health &
Wellbeing

Porchfield Close, Off Storrington Avenue, Croxteth,
L11 9DT.
Tel: 0151 547 4455 (Internal #1082)

Family Exercise Classes

Mondays from 6-7pm
£2.00 a session for a family of 3



Resident Involvement Group

New Start values the input of service users and we welcome and encourage feedback from everyone who resides within our tenancies. The Resident Involvement Group is a service user led forum which enables New Start residents to have an active voice in the service. The RIG is about empowerment, meeting other New Start residents and having the opportunity to shape the service by getting involved in recruitment / policy and training. RIG meetings will be held every month and there will be a Support Worker present to provide feedback.



At present, we are in the process of compiling a list of names. For those who are interested in getting involved in the RIG, please inform your Support Worker who will keep you up to date on developments.

Look out for information on New Start Activities...

The summer is underway and hopefully we shall see more sunshine over the coming months. New Start Support Workers will be arranging a timetable of activities and outings to take place shortly.

In the past our narrow boat excursions and trips to Blackpool illuminations have been well attended and enjoyed by all. We will be arranging such trips again but we would also like to hear your suggestions. Perhaps you would like to visit a local museum / art gallery or Port Sunlight village?

Please speak with your Support Worker if you have any suggestions and keep a lookout for notices of forthcoming trips and activities.



Benefit from Imagine Befriending Services

Having a mental health issues can make you feel isolated and alone. Imagine runs a Befriending Service to help overcome this. The service is provided by volunteers and the benefits of accessing this includes: confidence building / meeting new people and participating in community activities.

If you are 18-65, live in Liverpool and access support from your GP / local Community Mental Health team you could benefit from a befriending service.

Please contact: **0151 5252 0085** for more details or e-mail: befriending@imaginementalhealth.org.uk

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: The Job Bank, 4 Tunnel Road, Liverpool, L7 6QD

T: 0151 708 7103 E-mail: admin@newstarhomes.org.uk

COMMUNITY HOUSING SCHEME: 49 Prospect Vale, Fairfield, Liverpool, L6 8PF

T: 0151 281 8808 E-mail: chs@newstarhomes.org.uk

SUPPORTED TENANCIES SCHEME: 49 Prospect Vale, Fairfield, Liverpool, L6 8PF

T: 0151 281 8808 E-mail: info@newstarhomes.org.uk

24 HOUR SUPPORTED ACCOMMODATION: 51 Prospect Vale, Fairfield, Liverpool, L6 8PF

T: 0151 280 2860 E-mail: info@newstarhomes.org.uk

ABSTINENCE SERVICE: Priory Road, Walton, Liverpool 4

T: 0151 260 0514 E-mail: halkynhouse@newstarhomes.org.uk