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Well July went by so fast and we now find ourselves into August. We have a trip to Morden Hall Park to look forward to as well as the usual events and meals. Please remember that there is a Bank Holiday at the end of the month which means that there will be no Hope Project on the 28th August.

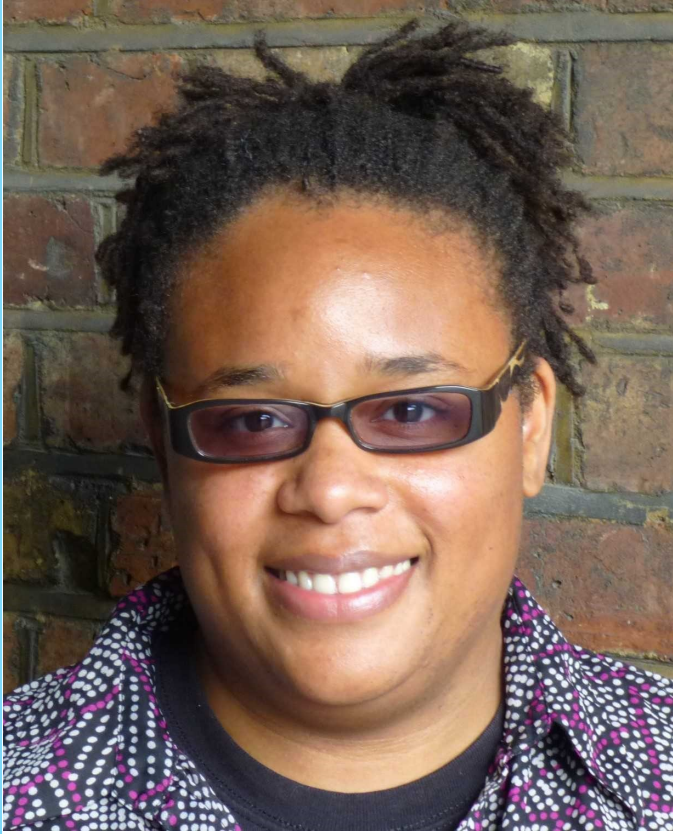
New Trip – MORDEN HALL PARK – 8TH AUGUST 2017 @ 11.30AM



**National
Trust**

We have decided to take a trip to the beautiful Morden Hall Park. It is a National Trust run gardens and is well known for it's rose beds. Not only is it close to Morden Tube Station (end of the Northern Line 500 yards from the entrance) but has plenty of access via buses.

We will be meeting at the front of Morden Hall Park entrance at 11.30am. It is accessible from the 80, 118, 157, 164, 201, 470, 93, and the K5 bus routes (Morden Station stop) as well as from the Tramlink (Phipps Bridge Station). For further details please speak to the volunteers or Peer Supporters at Open Office or call Mark on 07595 410 451. Please bring food and drink with you for the afternoon. Please also make sure to bring sun protection even if it is not sunny as you can burn when it is cloudy. Looking forward to seeing you there.




We are sorry to inform you of the passing of one of the long standing volunteers from the Hope Project. Venetia Morrison passed away recently. I am sure that you will wish to join us and the Hope Project in expressing our heartfelt condolences to Venetia's family. She will be missed by all who knew her. R.I.P

COFFEE MORNING @ GRAVENEY & MEADOW, TOOTING - 3RD AUGUST @ 11.30AM



 Graveney & Meadow, 40 Mitcham Rd, Tooting

 Tooting Broadway Tube - 2 mins

 Buses - Any bus that runs through Tooting.

Graveney & Meadow in Tooting. It is a relaxed venue with plenty of space for everyone. Also if the weather is fine then there is a large garden to the rear of the premises. The only cost will be the drinks that you wish to buy on the day. We look forward to seeing you all of the day. Graveney & Meadow is next door to McDonalds.

KEW GARDENS VISIT - 21ST AUGUST 2017 @ 11.30AM



ROYAL BOTANIC GARDENS



Kew Gardens, Richmond, TW9 3AB



Clapham Junction (outside Sainsbury's at the front of the station) 11.30am or 12.15pm at Victoria Gate, Kew.

Our volunteers (Lenita and TBC) will be outside the front of Clapham Junction station (Sainsbury's Entrance) at 11.30. They will be only waiting 15 mins to allow for latecomers. From there they will travel by train to Richmond train station where you will all travel by bus to Victoria Gate of Kew Gardens where they will meet up with anyone who has made their own way. At approximately 4pm (or a time that is agreed on the day) they will be returning via the same route. It would be very helpful if when you all meet up that you provide a mobile phone number to the volunteers to get hold of you in the case you get separated from the group or want to go off in a smaller group. It would also be good to let the volunteers know beforehand if you are intending to go on this trip so that there is no delay leaving for Kew. Please refer to the guidelines for events further in the newsletter.

HEALTH & CRAFT EVENT AT THE HOPE PROJECT - 14TH AUGUST @ 15.00



Tooting Neighbourhood Centre,
28 Glenburnie Road, Tooting, SW17 7PJ

Tel: 0208 767 1619 - Mobile 07939 808 411



Tooting Bec Tube Station



Bus 219 & 319 to Glenburnie Road

This will take place 2 weeks before Fun Mondays. We would like to express our heartfelt appreciation for the staff at the Hope Project for the assistance and the use of the facilities to enable us to run these 2 events. There will also be the usual things there such as pool, table tennis as well as the computers to enjoy there. If there is anything else that you would like to see added to the list of things that we are doing there then please let us know and we will try to fit it in. Looking forward to seeing you there.

SOCIAL LUNCH @ THE SPREAD EAGLE - 17TH AUGUST @ 13.00



 Spread Eagle, 71 High Street, Wandsworth, London, SW18 2PT

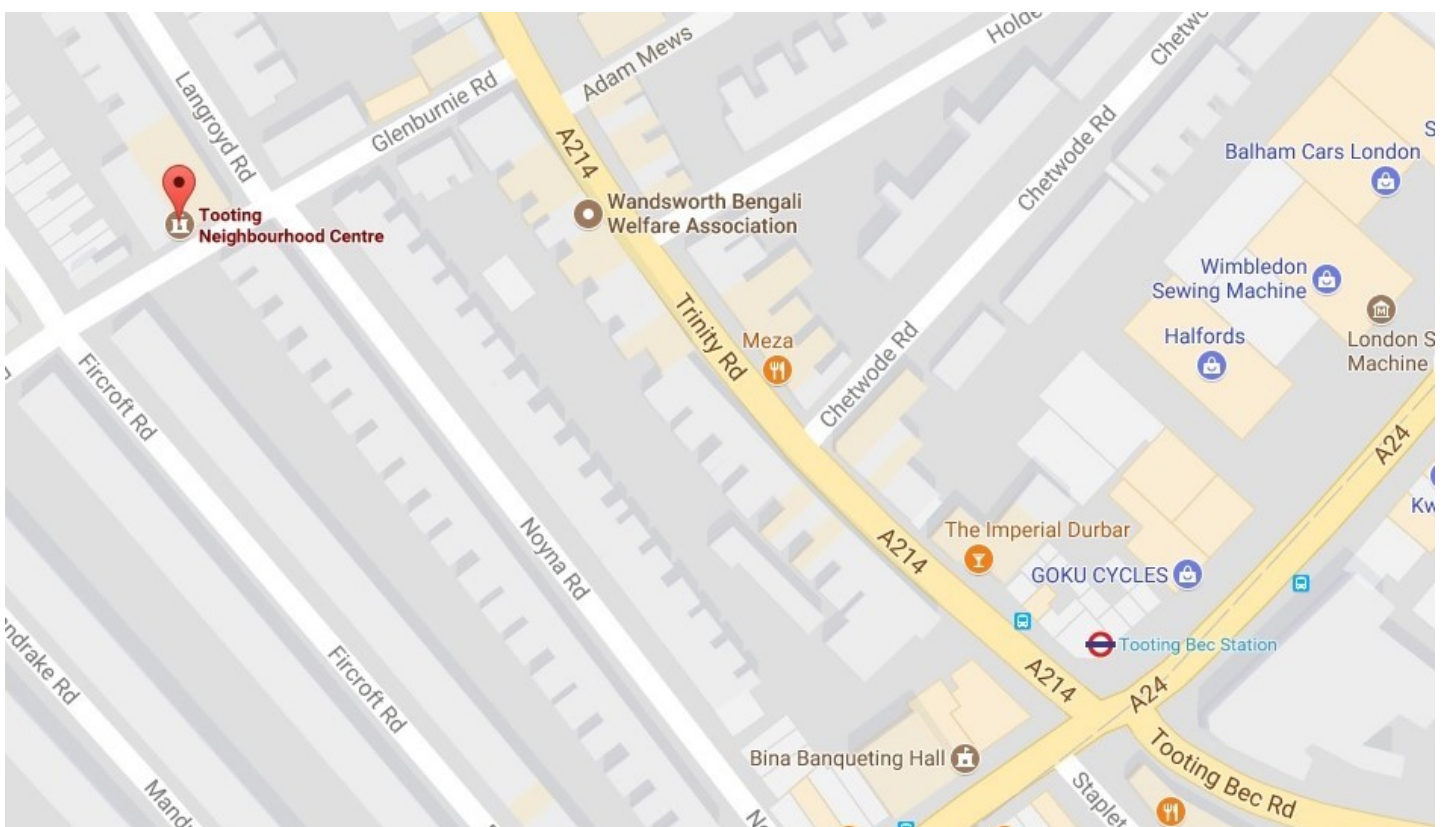
 Wandsworth Town Train Station

 Any Bus that goes to Wandsworth High Street

The Spread Eagle is a great example of a late-Victorian town centre pub and still has its original iron canopy above the entrance, plus wood panelling and etched glasswork inside. It is situated across the road from Wandsworth Council Offices and just around the corner from the Southside Shopping Centre. We will meet inside the pub at 1pm. Meals cost just £6.00 (drinks extra but reasonable prices) Please refer to page 11 for guidelines on events.

THE HOPE PROJECT LOCATION

It has been mentioned to us that some people have found it difficult to find the Hope Project (which is held in the Tooting Neighbourhood Centre) so we have decided to include a map of the local area to assist people to find the centre.





Costa Coffee, Odeon Cinema,
Putney



Any bus to Putney High Street.

We have decided to move this coffee morning to the Costa Coffee that is located within the Odeon Cinema at the bottom of Putney High Street. Come and join us for a drink and a natter from 11.30am. If the weather is nice we may sit out the front of the cinema and watch the world go by.

SOCIAL EVENT @ THE ASPARAGUS - 25TH AUGUST @ 13.00



The Asparagus, 1 - 13 Falcon
Road,

Battersea, SW11 2PL



Bus 344 from Clapham Junction.
Nearest stop Battersea High Street

We will be meeting up at the Asparagus in Battersea as usual. Friday is Fish Friday at Wetherspoons so come and join us for a nice meal in pleasant surroundings. It is within walking distance of Clapham Junction station and there are many buses that serve the area. Please refer to page 11 for guidelines on events.



THE HOPE PROJECT

MONTHLY TIMETABLE



<u>3.00PM TO 5.00pm</u>	<u>5.00 to 5.30</u>	<u>5.30PM TO 7.00PM</u>
<u>MONDAY WEEK 1</u>		
Board Games	Dinner For £1.00	Creative Writing
Drawing And Colouring		
<u>FRIDAY WEEK 1</u>		
Well-being woman's group	Dinner For £1.00	Bingo
Well-being Art Group		
<u>MONDAY WEEK 2</u>		
Well-being men's group	Dinner For £1.00	Board Games
Well-being Art Work		Poetry Writing
Drawing & Colouring		
<u>Friday Week 2</u>		
Board Games	Dinner for £1.00	Bingo
Creative Writing		
Drawing And Colouring		
<u>MONDAY WEEK 3</u>		
Live Music (No TV)	Dinner for £1.00	Creative Writing
Board Games		Drawing
<u>FRIDAY WEEK 3</u>		
Well-being Woman's Group	Dinner for £1.00	Bingo
Board Games		
Drawing And Colouring		
<u>MONDAY WEEK 4</u>		
Well-being Men's Group	Dinner For £100	Live Music (No TV)
Card Making		Colouring and Drawing
Crafts		
Needlecrafts & Knitting (On request - Need 1 weeks notice)		
<u>FRIDAY WEEK 4</u>		
Well-being Group Chat	Dinner For £1.00	
Board Games		
Games Tournament (Pool, Table Tennis)		

ALWAYS
AVAILABLE EVERY
SESSION

Pool Table
Table Tennis
Someone To Talk To
Computer & Internet
TV (Unless Stated)
Tea & Coffee (20p)

If you would like to do
anything different
then please let a
member of staff know
and we will try to

Please help
the staff clear
up at the end
of the day

PLEASE NOTE
THAT THE HOPE
PROJECT IS
CLOSED ON ANY
BANK HOLIDAYS
THROUGHOUT
THE YEAR

Colour Key

Hope Project
Days

Wandsworth Your
Way Days

APPEAL FOR MORE VOLUNTEERS FOR EVENTS AND SOCIALS



We here at Wandsworth Your Way have always appreciated the time that our volunteers put in to the events and social events that we have been running for the last few years. We are appealing to all of you to come and volunteer with us and get our events and social events back up and running again. The main things are detailed below with the locations and the rough time each month that they will be. As a volunteer you would need to be able to attend each event on the specified day in order to be a point of contact for those people

who are attending. A small allowance is made to pay towards your expenses (subject to a receipt be produced).

The main things that we would need to be covered are -

- 1) **The Asparagus lunch @ 1pm** - Last Friday of the month in Battersea.
- 2) **The Spread Eagle lunch @1pm** - 2nd Thursday of the month in Wandsworth.
- 3) **Coffee morning in Graveney & Meadow @11am** - First Thursday of the month in Tooting.
- 4) **Coffee morning in Costa @11am** - Last Tuesday of the month in Wandsworth.
- 5) **The Hope Project @ 3pm** - 2nd and last Monday of the month. We have already have a regular and valued presence at The Hope Project but we would like to bolster this important part of Wandsworth Your Way's work.
- 6) **Kew Gardens** - We have been going to Kew Gardens for many years now and with the improvements in the weather we would like to restart this again. Days are flexible.

We also need some volunteers for some of the Open Office sessions (although these will be continuing as normal and will not be affected by any changes to the calendar.

It may be that you already attend some of these on a regular basis but would like to become a little more involved. And alternatively you may wish to attend some new events.

If you would like to volunteer on a regular basis then please speak to Mark Fisher at Open Office or speak to any Your Way Worker to register your interest in doing so. A short meeting will need to be done just to go through that basics of volunteering for Wandsworth Your Way. If you would also like to this could be a stepping stone to other possibilities such as becoming a Peer Supporter. Most people volunteering for us have gone on to be a Peer Supporter and some have even gone further. It is up to you on how far you So please come and help us to help others on their journey to recovery.

Thanks in advance, your Wandsworth Your Way Team

INFORMATION ON OPEN OFFICE

It has come to our attention that some people are a little confused about our Open Office session times. Just to clarify the session is open every Wednesday between 09.30 and 12.30. You can come in at any time that we are there. If you would like to book an appointment with any of the staff this can be done by calling 07874 235 865 to request an appointment. Otherwise please feel free to drop in at any time for a coffee and a chat.

AND ALSO

OPEN OFFICE – EVERY WEDNESDAY @ 9.30 to 12.30



🏠 Heathbridge Practice, First Floor, 125 Upper Richmond Rd, Putney. SW15 2TL

🚶 East Putney Tube Station is also a few minutes walk

🚌 Buses 37, 337 or any bus that stops at Putney Station.

This is an opportunity to meet new people. Staff and peer supporters will be there to help and guide you. So feel free to come in and have a drink and/or a chat. Sometimes there will be a few sessions where other activities are arranged. We also welcome feedback at this session about the service as well as future event suggestions. Please share your voice so that we are able to meet your needs and wishes. Looking forward to welcoming you to our next Open Office. **PLEASE NOTE Please do not arrive before 9.30am**

HOPE PROJECT – EVERY MONDAY & FRIDAY FROM 3pm TO 7pm



🏠 Tooting Neighbourhood Centre, 28 Glenburnie Road, Tooting, SW17 7PJ Tel: 0208 767 1619 - Mobile 07939 808 411

🚶 Tooting Bec Tube Station

The Hope Project acts as a mental health drop-in service and offers activities such as pool, table tennis and dominoes. We are happy to announce that the Hope Project is now subcontracted by Together, so please feel free to speak to a member of Your Way staff if you would like to go there or just turn up on the day. Please note that it is closed on every Bank Holiday throughout the year.

MAMA LOW'S KITCHEN – EVERY FRIDAY 11.00 TO 15.30



🏠 At the Catherine Low Settlement, 108 Battersea High Street, SW11 3HP

🚶 Walking distance from Clapham Junction Station

Mama Low's is a weekly user-led mental health drop in service, organised by Sound Minds & Canerows and Plaits. Everyone is welcome to attend. However a referral form needs to be completed. The referral form is available from the Sound Minds website. People self referring can pick up a form from the drop in at Mama Low's but they will not be able to attend until the following week.

YOUR VOICE MATTERS

As part of our continuing drive to improve the service that is on offer we extend the chance for all people to have a say in what we will do in the future. To help us decide some more of the comment and suggestion sheets will be made available at Open Office for people to fill in about what they would like to do, places they would like to go and see or any other events that can be included. Please bear in mind though that we cannot promise to do everything but we will try our very best.

URGENT APPEAL FOR QUALIFIED AND EXPERIENCED DRIVERS



We are looking for another driver to train to drive the minibus that we hire from Wandsworth Community Transport. We currently have one driver so we need to add another one.

You will need to have a clean driving licence and be able to attend our outings once a month. You will also need to complete a MIDAS training course which includes a classroom test as well as a practical driving test.

If you would like to volunteer please speak to Mark at Open Office for further information. Experience of driving large vehicles would be an advantage as we are looking for 2 drivers,

It will cost £35 to take the complete MIDAS test but only if the applicant is successful then we will pay that charge. The minibuses that we hire are an integral part of our outings and as such we need very reliable drivers so our outings can continue being successful.

Code of Conduct

People who take part in Social Activities are required to sign our Code of Conduct. Set out below are our terms of the Code of Conduct. Please sign below to confirm your agreement to this policy.

Wandsworth Your Way strives to maintain a welcoming and enjoyable environment for everybody.

To help us achieve this please do not:

1. Use physical violence or force under any circumstances nor invade other peoples personal space.
2. Tell discriminatory jokes, use name calling or make any remarks on the grounds of race, gender, sexuality, disability or age.
3. Attend any activities under the influence of alcohol and illicit drugs, i.e. resulting in noticeable change from usual behavior.
4. Use non-prescribed drugs or alcohol at Social Activities.
5. Disrespect other people's personal property and/or the venue of events.
6. Smoke in any part of the building hosting a Social Activity as per smoking regulations.
7. Use any IT services to access or download any offensive material.
8. Respect people's right to privacy. If anyone confides in you with any personal information it will be kept confidential. However if you are worried about someone's safety please inform a member of staff.
9. This code of conduct is in addition to the "Day Trips, Visits and Events/Lunches Rules & Guidelines", published in our newsletter every month.

Procedure

If any of the above conditions are broken, a member of staff must be informed. Staff will then arrange to meet with all parties concerned in private. This could then lead to a range of outcomes, such as signposting to additional support or withdrawal of aspects of the service.

If there are concerns or problems, any complaints will be dealt with through the complaints procedure which is available on request.

I have read and agree to abide by the Code of Conduct.

Member's Signature

Date

Wandsworth Your Way, C/O 12 Old Street, London, EC1V 9BE
07874 235 865
wandsworthyourway@together-uk.org
www.together-uk.org/yourway

****DAY TRIPS, VISITS AND EVENTS/LUNCHES RULES & GUIDELINES****

It has become clear that we have to introduce certain rules and guidelines for Day Trips, Visits and Events/Lunches due to problems with organising and running them. Please refer to the specific items below for more information. If you are unsure of anything then please speak to Mark at Open Office, any staff member or any Peer Supporter.

DAY TRIPS

1. When booking for a day trip your place will only be confirmed when the full cost is paid in full.
2. When the full cost has been paid then there will be no refund of any money unless your seat is sold to another person.
3. Your seat can only be sold to another person once the minibus is full (16 seats are available on all day trips).
4. If there have not been enough seats sold 5 days before the trip then the trip will be cancelled and all monies returned. This is due to the fact that we would still be charged for the rental of the minibus after that time.
5. A phone/mobile number is required when booking just in case something happens and the trip needs to be called off in an emergency.
6. Please abide by the meeting times on the trips. This includes being at the departure point, meal meeting point and the return meeting point on time as agreed by the group.
7. If there is enough space on the minibus you can bring a friend/family member/carer with you (but not to the exclusion of service users).

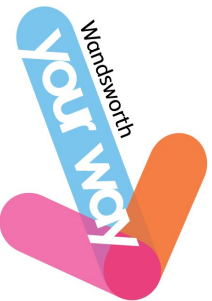
VISITS

1. Please text Mark on 07595 410 451 to let them know if you are going to be attending any visits such as Kew Gardens so that when meeting up we know who we are looking for. You can also see them at Open Office. This is not always necessary as people can just come but it gives us an idea as to how many people will be attending.
2. Please abide by the meeting times and leaving times as agreed by the group on the day.
3. If you decide to leave early or stay later then you must inform the organiser (who will be identified to you on the actual day) that you are leaving or staying.
4. Please wear suitable clothing with you on the day. If it is likely to be raining or if it is going to be sunny and hot then please make sure you bring anything with you to protect yourself such as umbrellas or sun cream as appropriate.
5. Visits are open to friends/family/carers as well.

Events/Lunches

1. If you are coming to any other event/lunch then please let Mark or any Peer Supporters know so that we know to expect you at the event. This does not mean that you cannot just turn up on the day.
2. If you are unable to come on the day then please try to text or ring Mark to let him know.
3. Events and Lunches are also open to friends/family/carers as well.

We apologize for having to bring in these rules and guidelines but by protecting the Day Trips, Visits and Events in this way will mean that they can continue in the best way possible for everyone.



August 2017 Social Activities

Mon	Tue	Wed	Thu	Fri	S	S
	1	2	3	4	5	6
Calendar Colour Key BLUE - Your Way Event that is attended by staff BLACK - Outside Events that are not attended by Your Way Staff	PSM	Open Office @ 9.30-12.30 Heathbridge Surgery, Putney (LB2-MF2)	Coffee Morning, Graveney & Meadow, Tooting @ 11.30 (LB1-MF2)	Mama Low's Kitchen 11.00-15.30 Battersea		
7 The Hope Project @ 15.00 to 19.00 Tooting Bec	8 MORDEN HALL PARK 11.30 MAIN GATE (RM-MF2)	9 Open Office @ 9.30-12.30 Heathbridge Surgery, Putney (LB1-FH)	10	11 Mama Low's Kitchen 11.00-15.30 Battersea	12	13
14 Craft & Health Event @ The Hope Project 15.00 to 19.00 Tooting Bec (MF2-TBC)	15	16 Open Office @ 9.30-12.30 Heathbridge Surgery, Putney (LB2-MF2)	17 Spread Eagle Lunch, Wandsworth High Street @ 1pm (RM-MF2)	18 Mama Low's Kitchen 11.00-15.30 Battersea	19	20
21 The Hope Project @ 15.00 to 19.00 Tooting Bec Kew Gardens - 11.15 Clapham Junction (LB1-	22	23 Open Office @ 9.30-12.30 Heathbridge Surgery, Putney (LB1-FH)	24	25 Social Meal @ Asparagus Battersea @ 1pm (RM-MF2) Mama Low's Kitchen	26	27
28	29 Coffee Morning - Costa Coffee, Odeon Cinema Putney @ 11.30 (LB2-MF2)	30 Open Office @ 9.30-12.30 Heathbridge Surgery, Putney (LB2-MF2)	31	List of PS & Volunteer's RM - Richard, LB1 - Lenita LB2 - Luke, MF2 = Maxine FH - Fiona		
BANK HOLIDAY						