

November 2018

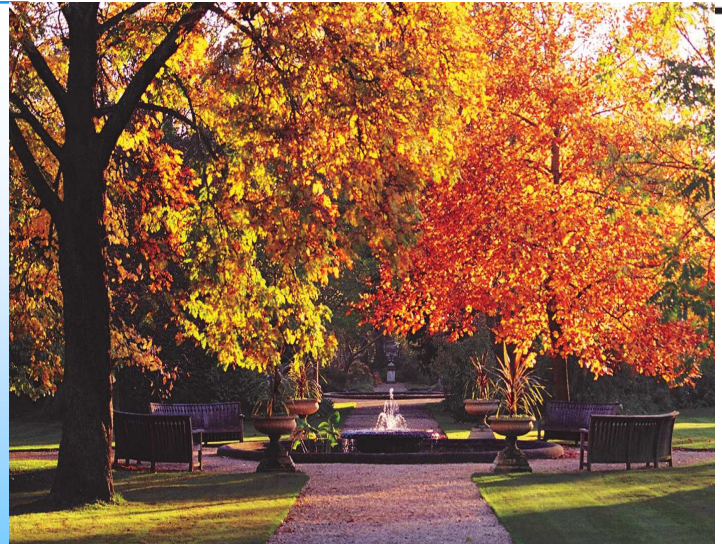
Welcome to our Autumn Edition Newsletter

Meeting others

Our weekly day and evening drop-ins are your chance to meet others with similar experiences and share information and support in a safe and relaxed setting.

If you haven't been in a while, you're always welcome! Steph will be here to answer any questions or concerns you may have. Food is provided.

If you don't want to come along to a group but you would like to meet up with someone for a bit of extra support 1-2-1 from a peer support buddy, please call Steph who will try to arrange this for you.



We're moving!

After nearly 10 years at Grovehill House, we're on the move. From Tuesday 27 November, our new address will be:

Flat 1—3 The Old Bakery
South Road
Reigate
RH2 7LB

PLEASE NOTE: There will be no drop in on 27 November or 29 November as all the staff will be busy moving and making the place welcoming.

What's On

Tuesdays:

Drop in: 11am—3pm except 2nd Tuesday of the month which is 4pm - 8pm

Yoga— 1st Tuesday of every month 14.00—15.00

Wednesdays:

Appointments morning and afternoon

Zumba: 12.15pm to 1.15pm

Thursdays:

Drop in: 4pm - 8pm except 2nd Thursday of the month which is 11.00—15.00

Counselling: by appointment only. Usually every other Thursday.

The website is updated weekly so check back for details of upcoming events or contact Steph if you are interested in joining us for outings.

www.stpetershouse.org.uk

Service User Forum

The next Service User Forum will be in January. If you have anything that you would like discussed please let Steph or one of the Forum members know. All notes from the meeting will be put on the notice board and the SPH website for everyone to read.

Did you know you can...



Follow us on Twitter - @StPetersHouse



Like us on Facebook - www.facebook.com/StPetersHouseProject/

money raised by
healthSound
through



Past Events

Summer Fundraising Events

We held two fundraising events at The Castle Pub in Outwood in August. The first was a jamming session on a Sunday with a BBQ and the following Saturday live music, with a raffle and a quiz.

In total we raised £500.05p which will go towards the peer support project. If you have any ideas for outings or what you would like to see happening at SPH please let Steph know.

The event was part organised with people at St Peters House, The Castle Pub which hosted and helped promote the event and David Loxley who organised the bands and supporting the quiz. Thank you to everyone who supported us whether attending on the day or helping out. An especially big thank you to Mark and Steph who kindly walked around getting raffle prizes for us.

Hepatitis C Workshop with Yvonne Dawson

In June, Yvonne Dawson, specialist Hepatitis C nurse, visited us to talk about Hepatitis C. She talked about:

- The history of Hepatitis C
- Its signs and symptoms
- Treatment for Hepatitis C

Around 215000 people in the UK have Hepatitis C.

It was good to find out that, with modern treatments, it is usually possible to cure the virus.

If you missed this workshop, but would like us to run it again, please let us know.

Brighton Days Out

We have had a couple of days out in Brighton. Everyone enjoyed the fresh air and especially the fish and chip lunch. As this trip is so popular we will be organising another one. Please keep a look out on the website for the next date.



What's On

Get Active

We hold Zumba every Wednesday from 12.15 to 1.15pm, and yoga every 1st Tuesday of the month from 2pm – 3pm. Please let Steph know if you would like to come along as we only have room for a certain amount of people



We also go walking, weather permitting, in the local park or wherever you would like to walk. We usually finish with a hot / cold drink and sometimes a snack in the café at the park. We meet at the SPH office first, usually leaving by about 11.30, but you can always meet us on the walk. Let us know if you are interested or just turn up and join in. It's fun and good for your health.

Raising Awareness About HIV

We are hoping to hold an event to raise awareness about living with HIV next Easter. We are hoping to work with some drama students to develop a theatre production.

Do look on our website nearer the time for updates:

www.stpetershouse.org.uk

Information and Advice with Benefits

In the new year, we will run a workshop on PIP benefit including how to complete a form and what may happen at the assessment. This will be run by Steph and two service users. We will confirm the date on the website soon after we move.

We have also signed up to Social Welfare Training membership, which will help us to give you the most up to date information and advice on benefits. We are planning to look at ways we can involve the local Citizens Advice to give people further support in the future.

An Update on the Foodbank

For now, we have stopped FareShare deliveries of food but are still collecting food from Tesco's on a Monday night. This is handed out on a Tuesday as fresh food, and consists of bread, cakes, vegetables and fruit.

We still have some tinned/dry food if you need it, and recently received a donation from Redhill Methodist Church. If you are in need of food, please contact Steph who will try to help.

Funding Win for Counselling

We have successfully been granted 1-year funding for the counselling service from The Netherby Trust. Until this recent funding, this service was paid for through donations.

Counselling takes place with Judy from Just Wellbeing on alternate Thursday mornings. Counselling is initially for six sessions but can be ongoing.

If you think you would benefit from counselling, please get in touch.

Support for St Peters House

Fundraising update

A big thank you to The Netherby Trust and Raven Housing Trust's Brighter Community Fund for funding towards buddying 1-2-1 support and counselling. This is great news.

We have held a wine tasting at Majestic Redhill and also had another quiz night at The Castle Pub in Outwood and hope to hold more quiz nights and events there in the future.

Customers at Waitrose Horley raised £423 for us as part of their green tokens Community Matters Fund - we received the most votes!

Well done to Sue for all the fundraising - no mean feat with an office move too!

How you can support us

As a small charity, we are increasingly reliant on the support and generosity of people like you! Here are some ways you can help:

- Red Run, 10k, 1 December: Sue is running in the Red Run Worlds Aids Day event at Victoria Park on 1 December. Sponsor her or sign up yourself!
- Organise a coffee morning or cake sale - get friends and family together, have fun and raise money at the same time!
- Easyfundraising: you can support St Peters House Project by shopping online through Easyfundraising.org.uk. with almost 3000 retailers to choose from, you can buy online and we receive a

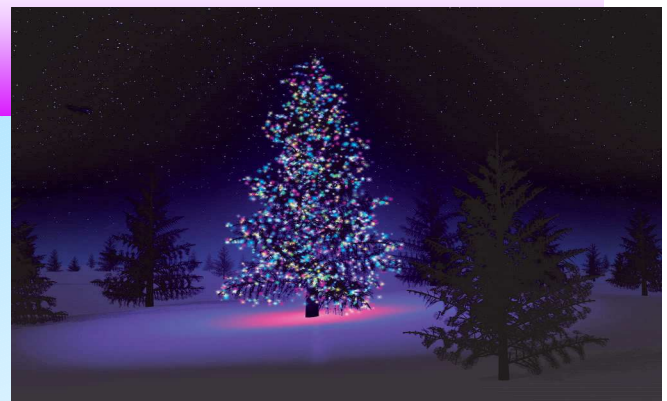


Christmas

The Christmas Party will be held on **13th December 2018 starting at 5pm to 9.00pm**

The party will be at our **new office in Reigate** so this is your chance to visit. We look forward to seeing as many of you as possible, come along and join in the fun. Please let Steph know if you are coming. This is important as we need to know how many to cater for.

Come along and celebrate a new start for the New Year.



CHRISTMAS RAFFLE

We will be holding a Christmas Raffle this year and if you have any donations they would be much appreciated. Please let Steph have them by end of November. Thank you.

CHRISTMAS CLOSURE

We will be closed from the 24th December 2018 and re-open on 2nd January 2019.

WE WISH EVERYONE A MERRY CHRISTMAS AND A HAPPY NEW YEAR

FROM ALL THE TEAM AT SPH

