

# NEWS FOR YOU

April Edition Welcome to our Spring Edition

## Investing in our volunteers

Ben Lee from SPH West Sussex has successfully completed and received a volunteer accreditation for us. This has been a lot of hard work on the part of Ben, but a fantastic outcome for SPH.

We have a plaque and certificate on the wall in drop in for all of you to look at.

Well done to Ben, all the staff and volunteers for this fantastic achievement.



## Opening Hours

We are open Tuesdays 11.00am-3.00pm apart from 2nd Tuesday of the month which is an evening drop in 4.00pm-8.00pm

Thursday evening drop in 4.00pm - 8.00pm apart from 2nd Thursday of the month which is day drop in from 11.00am-3.00pm

Emotional Wellbeing - Appointment Only  
Ask Steph for a referral.

Zumba—Wednesdays or Thursdays  
12.15pm to 1.15pm

Food Bank—2 weekly when drop in is on

## Fond farewell, and welcome

This month we say farewell to Stephanie Phillips and wish her all the best in the future and on her retirement. However, Stephanie has kindly agreed to stay on as a trustee for SPH, initially for six months.

Stephanie had a lovely leaving do. Thank you to everyone who came along to wish her well.

We now welcome our new Project Director Sue Lea. Sue has experience in the charity and housing sectors and is very enthusiastic about making sure SPH continues to support service users. A lot of HIV services including clinics are cutting back or closing and Sue wants to make sure SPH stays strong in these uncertain times and is still offering support to people who want and need it.

# FUTURE EVENTS

## Help with your PIP forms

We will be holding two workshops on Personal Independence Payments (PIP) forms. The first workshop will be held by Steph, Steve and Mark, explaining how the forms are completed and what you need to do. You can then take these home, complete in your own time and bring back for Steph to check.

The second workshop will then go through what has been missed when completing and what needs to be done to better your chance of a positive outcome with DWP.

Please look at the website for dates when these will be held and book your place. Dates to be confirmed.

## Want to know more about Hepatitis C?

A Hep C workshop will be held on the 14th June 2018 with Yvonne Dawes from Royal Surrey Hospital, Guildford. Please phone Steph and book your place. Lunch will be provided.

## Health and wellbeing: free yoga sessions

We are trialling a gentle yoga and relaxation class on Tuesday 1st May. Time to be confirmed. This class has been offered as a donation to SPH and hopefully will become a once a month class.

With the Zumba, walking, yoga and relaxation we hope to all feel better!

We look forward to seeing you, but please confirm with Steph for the yoga and Zumba class as the room will only be able to hold so many.



# PAST AND ONGOING EVENTS

## Days out

We have had two outings to Brighton this year as requested by service users. Some of you didn't want to come as you felt it was too cold, so keep an eye on the website as we will be organising another trip to Brighton when it gets warmer. Both days out we have been lucky with the weather and fish and chips were enjoyed by all.

We visited The Castle Pub at Outwood as we have been offered the venue for a fundraising event. When we visited on a Sunday bands were having a jamming session and they were really good.

We are back to Zumba and have also started walks in the park, with a hot drink to follow in the café. The park has some outdoor gym equipment so you can have a go on this and keep fit or just walk around the park.

Film Nights—we have held a few on a Thursday. We have a snack followed by popcorn whilst watching a film. Everyone has enjoyed this.

Meals out at the Toby Carvery—so far two this year and we hope to have another one soon.

## Co-production workshops: working together to develop peer support

We have held two co-production workshops in February with Kristie Adams and two service users who supported Kristie on the day. They had input before hand as well as on the day. Service users also participated in the workshop to get to understand what co-produced peer led support is about. We ask for feedback on what service users would like and also for them to put their names forward to help. Remember we are peer support led so you have a say in what is happening within SPH.

## Food banks—help needed

We will be holding two food banks a week. If you have any time to spare please speak to Steph to help run the food bank, such as putting the food away when delivered from FareShare or handing food out.

We have been receiving fresh food, bread, cakes, fruit and vegetables from Tesco on a Monday night which is kindly collected by Andy. Food is then handed out from Tuesday to Thursday.

# FUTURE EVENTS

## Raising money for SPH

The Castle pub at Outwood will be holding a fundraising event in the Summer in aid of SPH. The Manager Jon has said he has some ideas to raise money for SPH and is really keen to support us. We will be holding a raffle and David Loxley (son of SPH chair Heather) and his friends will be playing live music. If you would like to help support this event, please let us know. If not just come along and join in the fun.



## Peer support - your ideas wanted

If any of you have ideas or issues that you would like to put forward to the Trustees please let the service user forum or Steph know. At the moment the service user forum members are Steve, Phil, Nick, Mel and Richard. The next service user forum meeting will be 19th June. We will be having a discussion in a drop in for you all to put your thoughts forward, but if you can't make drop in let one of us know and we'll put your ideas and thoughts forward.

## Keeping in touch

**Please look at the SPH website as this is updated weekly: [www.stpetershouse.org.uk](http://www.stpetershouse.org.uk)**

The website has been updated and looks a lot better than the old version. As you are aware I no longer text drop in times as these don't change and are on the website. If there are any changes these will also be put on the website.

If you have any concerns or issues please do not hesitate to contact us so that it can be discussed. If we don't know we can't help.

Thank you all for your support with all the changes that have been happening over the last couple of years - hopefully now it will start settling down. This has been an unsettling time for service users and staff but we are now looking at a brighter future but if you don't support SPH we will lose it. With all the closures for support groups, clinics etc. we need to be more proactive in what SPH does. This service is for you, lead by you: have your say and enjoy the support and activities' on offer.

## Surveys: how are we doing?

We will be handing out evaluation forms and a personal star to be completed by service users in drop in. Please complete these as it is important to get feedback and to see how much service users are achieving personally.