



Lifecraft Times

Lifecraft is a user-led organisation for adults who have experience of mental health difficulties in their lives. To find out more please visit our website: www.lifecraft.org.uk or contact us on 01223 566957 or email: info@lifecraft.org.uk or Twitter @LifecraftCamb

Registered Charity: 1048144

July & August 2014

Happy Birthday Lifecraft

As you may know, this year Lifecraft celebrates its 21st Birthday. We have decided to take this opportunity to celebrate everything Lifecraft has achieved in the past 21 years and the staff, volunteers and members who made it possible. We hope you'll be able to join us on 1st August for what promises to be a wonderful event!

Trip to Lowestoft Monday 18th August



Leaving Lifecraft
at 10am.

Leaving
Lowestoft at
5pm, arriving
back at Lifecraft
around 7pm.

Please book early to avoid disappointment. To book a place we need a £5 deposit, which will be returned to you on the day. Seating priority is given to Lifecraft Members.

Contact Lifecraft for further information or to book your place on:
(01223) 566957 or info@Lifecraft.org.uk

We hope you can join us for a wonderful day!

A Note from Sharon

Dear Members,
As some of you might already know I am going on maternity leave and my last day will be the 1st August. I have enjoyed my time at Lifecraft and thank you all for making me feel so welcome. If you are going to the 21st Birthday Party I shall see you then and I'll also be in everyday that week to say goodbye to people. Sharon

Happy 21st Birthday Lifecraft

Friday 1st August

4pm—8pm

including a BBQ and disco.

*Come join us and celebrate
Lifecraft's 21st Birthday*

*Entrance is free but booking is
required. Tickets are limited and
are available only from Lifecraft
Reception. For more information
please contact Lifecraft on
(01223) 566957 or email
info@Lifecraft.org.uk*

Saturday Opening

Due to popular demand from our Members Lifecraft will be trialling opening on Saturdays this autumn. Lifecraft will be open to Members on 13th September, 11th October and 8th November. The plans for what activities will happen are still being finalised so if you have a great idea for an activity, event or new group let us know on (01223) 566957 or email info@lifecraft.org.uk

More information about the Saturdays will be available closer to September, so please keep checking our website www.lifecraft.org.uk or join our mailing list by emailing communication@lifecraft.org.uk to keep up to date with our exciting plans.

Lifecraft Diary and Activities: July & August

Monday	Tuesday	Wednesday	Thursday	Friday
Live More Worry Less 12pm - 1pm (until 18th August) Meditation & Mindfulness 3pm - 4pm Social Club (with a meal available) 4pm - 7pm	Arts and Crafts Workshop 2pm - 4pm	Singing Group 12pm - 1.30pm Creative Writing 2pm - 4pm	Women's Group 2pm - 4pm (see below for details)	Art Group 1pm - 4pm Social Club (with a meal available) 4pm - 7pm

Women's Group Schedule

3 rd July	Come and cook pizza with Steph. Free
10 th July	Meet up at the Livingstone's Café. Please bring money for your coffee and cake
17 th July	Bingo afternoon. Please bring in small prizes
24 th July	Cambridge Botanical Gardens visit. Free entry. Please bring money for your coffee & cake
31 st July	Flower arranging with Patsy for Lifecraft's 21st anniversary celebration
7 th Aug	Join us for a chat and give each other manicures, bring your favourite nail polish/tools.
14 th Aug	Picnic, location weather dependant, meet at Lifecraft. Free
21 st Aug	Come and learn how to make Origami. Free
28 th Aug	Playing card games and discuss future activities
4 th Sept	Flower arranging. Please bring in £5 the week before

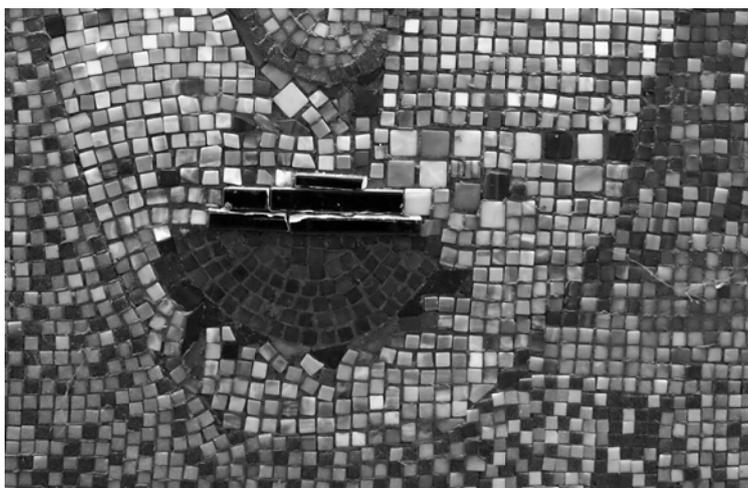
Arts and Crafts Activities

Art Group, Fridays 1pm - 4pm

In the Friday art group a communal art project will be starting soon. We are going to create the "Lifecraft Tree of Life", a large mixed media painting/collage that will incorporate the changing seasons and inspirational quotes, using different art techniques. The finished work will be displayed in the Lifecraft building for all to see. Anyone interested in taking part please contact reception or come along to the art group on Fridays 1-4pm.

Mosaic Project

Lifecraft has a piece of unfinished mosaic that need tidying up and completing. If you are interested in working on this project, please come along to the Art Group on Fridays or contact Lifecraft on (01223) 566957 or email info@lifecraft.org.uk



Craft Workshop, Tuesdays 2pm - 4pm

All members are welcome to come along to the arts and crafts group on Tuesdays 2-4pm. We have been making card mobiles, decorative boxes, felt flowers and up-cycling items using decoupage. We will also be doing some glass painting and making Christmas decorations in preparation for the Mill Road Winter Fair. There is the possibility to learn many other art and craft techniques too. The group is run by published illustrator, Karen Kellet.

Creative Writing

The Creative Writing Group meets every **Wednesday** from **2pm - 4pm**. We try to have some fun as well as doing a wide variety of creative writing, including poetry, short stories, newspaper articles and dialogue. We have also written a play, which was tremendous fun. New members always very welcome so, if you are interested come along! Some examples of the writing the group has produced are below. *Graham*

Shoes Give Me The Blues

Entering the ship shape shop,
I feel my confidence flip, flop and drop,
I notice the insoles and plimsoles.

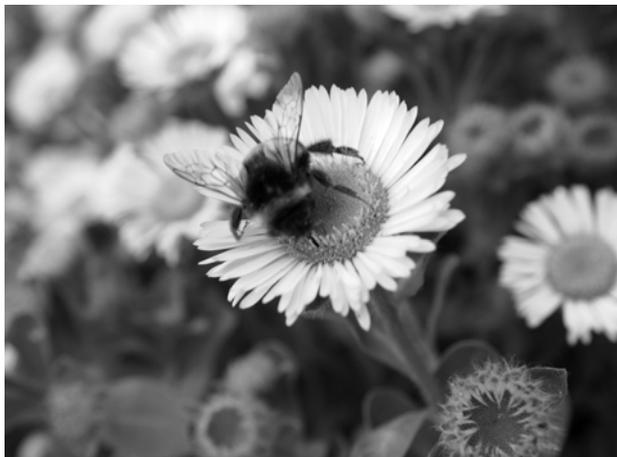
That instant emerges a persistent assistant,
"We sell shoes to slip on or boots with a zip on",
The wit continues "You know you're off
Your handle when you fit a sock to a sandal",
I sternly inform him I'm not amused,
Merely that I feel bemused,
At their limited stock of shoes and the
Unimpressive range they choose.

He looks aghast at my impromptu blast.
I am handed the shop's summer no brainer.
"Do try our soft, springy Adidas Trainer"
"I want nothing too big mister, it will be me who
Suffers a painful blister".

Reaching the till, I am issued a bill
"It is our mission to squeeze our customers for
Extra commission"
"No!" I rapidly leave full of relief.

Colours

The sky bears forth,
Like an expectant mother,
Heavy, pregnant clouds
The colour of sour milk.
I lace up and head out,
Pounding the pavements
And black tarmac,
Until I reach
Green grass burdened with droplets,
That explode from each stem as I pass,
Casting tiny rainbows in each
Perfect sphere of water
Diffracting the winter's morning light.



Photograph taken by Sharon Tracey during a Lifecraft Walk to the Cambridge Botanical Gardens

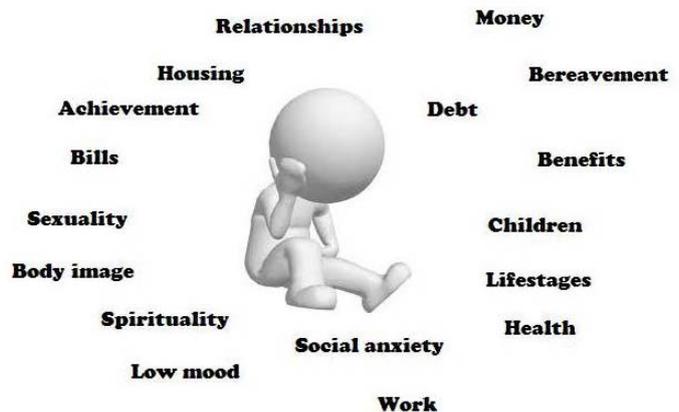
The Sleeping Grandfather Clock

Excerpt from a short story
John and Angela had booked themselves in a Bed and Breakfast down in the village, but John was on his mobile cancelling as they had both decided they couldn't leave their little abode and they had managed to get part of their bed in as far as the centre of the sitting room. The wall painting would get done when the weather permitted, at least it was clean and tidy for them to sleep comfortably and upstairs would be on tomorrow's agenda!

Eager to get on, John and Angela woke to the sun shining through the curtainless windows on their makeshift bedroom in the sitting room. Kettle on, windows open, paintbrush in hand, they began whitewashing the walls singing along to the radio. The old cream coloured fridge made the occasional strange noise, but would hopefully hang on until the following day when the new kitchen would be fitted, then they would have a cooker at last, as salads and sandwiches were all they'd eaten since arriving three days ago. Leaving the last coat of paint to dry they decided to have a break and walk along the cliff to take in the stunning view across the open sea, the last few yachts were sailing back towards the marina just down the coast, the immense golden sun on the horizon was an artist's dream.

Live More Worry Less

Come & join our welcoming group to learn & share coping strategies to enable you to manage your worries or anxieties. Live life to the full.



Mondays 12pm - 1pm, 16th June - 18th August 2014

For more information please contact Lifecraft on (01223) 566957 or email info@lifecraft.org.uk and leave a message for Naomi

Cambridge City Credit Union

Cambridge City Credit Union Ltd will be at the Bath House in Mill Road every Thursday where it will operate a collection point from 11.30am to 12.30pm. The Union aims to help its members save regularly, to lend to members at a reasonable rate of interest, to support and help members to budget and to look after their money. To be eligible to join you must live or work within the City of Cambridge. You can find out more by phoning (01223) 861772 or visit www.cambridgecreditunion.org.uk





Lifecraft services

LIFELINE

Freephone 0808 808 2121

Are you feeling: distressed, anxious, depressed, suicidal?
Needing someone to talk to, nowhere to turn?
We're here to listen.

Lifeline is a confidential telephone helpline service that operates across Cambridgeshire between 7.00pm and 11.00pm, 365 days a year.

Counselling Service

At Lifecraft members can access free, long-term, one-to-one counselling. We believe each individual is unique and worthy of respect. Please contact our Counselling Coordinator for more information: counselling@lifecraft.org.uk.

Lifecraft Information Centre

Lifecraft Information Centre is open Monday to Friday, 1pm to 4pm, for enquiries, information and signposting.

Shame No More

Shame No More is all about understanding how our mental health can make us feel. If you would like to look at ways in which you can improve your self-esteem and feel more confident about yourself, Shame No More could be for you. Shame No More workshops are now running at Recovery College Easy. For more information visit www.shamenomore.org.uk or email info@lifecraft.org.uk



Would you like to donate to Lifecraft?

Vodafone have come up with a new way of donating, simply send this message: LFCR11, then the amount you want to donate (£1, £2, £3, £4, £5 or £10) to 70070, and Lifecraft will receive the whole of your donation as Vodafone don't make any deduction for this new service. You can even donate with Gift Aid, which will give us an extra £2.50 for each £10.00 you donate. Why not give it a try - you know your donation will be put to good use.

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