



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

September & October 2014

LIFECRAFT'S

SATURDAY CLUB

13TH SEPTEMBER } 12PM
11TH OCTOBER } TO
8TH NOVEMBER } 5PM

Come along and meet old friends and make new ones

Tea, coffee and fresh sandwiches available

Check inside Lifecraft Times to find out about
new groups, events and opportunities

Lifecraft Diary and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Live More, Worry Less 1.00pm - 2.00pm Meditation & Mindfulness 2.30pm - 3.30pm Social Club (with a meal available) 4.00pm - 7.00pm	S.T.A.R.T. Group 12.30pm - 2.00pm (from 7th October see opposite page for details) Arts and Crafts Workshop 2.00pm - 4.00pm	Singing Group 12.00pm - 1.30pm Fun with Words 2.00pm - 4.00pm (see below for details)	Women's Group 2.00pm - 4.00pm (see below for details)	Art Group 1.00pm - 4.00pm Social Club (with a meal available) 4.00pm - 7.00pm

Women's Group Schedule

11th September - Come, receive and find out more on reflexology with Wendy
18th September - Come and brush up your computer skills
25th September - Meet up at the Black Cat Café. Please bring money for your coffee and cake
2nd October - Cooking pizza with Steph
9th October - Bingo with Tea and Cakes
16th October - Meet up at LivingStones Café. Please bring money for your coffee and cake
23rd October - Relaxation and card games, plus tea and cake
30th October - Come and brush up your computer skills
6th November - Music appreciation afternoon
13th November - Relaxation, plus tea and cake
20th November - Pictionary and discussing the next Women's Group schedule

Fun With Words

Fun with Words is the new name for the Creative Writing Group. The group will cover all forms of writing, from more formal types such as poetry, short stories and articles to fun items like limericks.

The emphasis is very much on enjoying writing and having fun. Everyone is welcome!

For more information contact Graham on 01223 566957
Wednesdays at 2pm - 4pm

Our Voice, Your Voice, One Voice

The Cambridgeshire Alliance is a user led organisation, run by people with disabilities for people with disabilities, and they have recently launched their Voice Network Project. Their Voice Network Project volunteers (known as Change Makers) are anxious to talk to local people who have direct or indirect experience of living with a disability or long term health condition.

Their 'Change Makers' will go into the community, talk to people and collect their experiences, to identify common issues, and collectively report them to Cambridge County Council, NHS Trusts or private business to help people understand the impact these issues have on our daily lives and how a small change could vastly improve our independence.

The issues that people are discussing with the Change Makers include: discrimination; attitudes to mental health issues; housing adaptations; transport; shopping; access; streets with broken/uneven pavements; parking or rubbish bins on pavements, as well as issues relating to the changes to direct payments and in transition from Children's Service to Adult Social Care.

If you want to find out more about this project the Voice Network Project will be attending

Lifecraft's Members' Meeting on Monday 6th October at 5pm.

If you would like to meet with a Change Makers and talk about your experiences individually please contact Graham or Lynne by phone on 0300 111 2301 or by email

voice@cambridgeshirealliance.org.uk and they can arrange to meet with you.

New Group, New S.T.A.R.T.

From Tuesday 7th October another series of six S.T.A.R.T. workshops will be running at Lifecraft. S.T.A.R.T. stands for Support To Achieve Realistic Targets. The workshop themes will include:

- SMART goals - setting and achieving realistic targets
- the cycle of change - making changes that last
- relaxation and mindfulness

Sessions are relaxed and supportive, lasting an hour and a half with a short break in the middle, with refreshments provided.

Everyone welcome - come along for one workshop, but better if you can stay for the whole six week series.

S.T.A.R.T. Group Tuesdays at 12.30pm - 2pm from 7th October. For more information contact Andrew on 01223 566957 or email Andrew@Lifecraft.org.uk

Member Employment

In October Lifecraft will be offering a new set of six month posts under our Member Employment Scheme. These posts will be linked to computer skills and work readiness. Members who are interested at this stage should contact Andrew or Britt on 01223 566957 or email Britt@Lifecraft.org.uk for more information.

World Mental Health Day

Friday 10th October is World Mental Health Day and this year's the theme is "Living with Schizophrenia". Lifecraft aims to take this opportunity to share the stories, experiences and creativity of its members with the public to help break down the myths and stigma around schizophrenia.

If you have a diagnosis of schizophrenia, psychosis or schizoaffective disorder and would like to share your story, art, or poetry as part of World Mental Health Day please contact Kezia on 01223 566957 or email Kezia@Lifecraft.org.uk

SUN Network

Have you heard of the SUN Network? It is a chance for anyone who uses the NHS for their mental health (or is a carer for someone who does) to meet, in an informal way, the people who make decisions about funding – and to get involved in saying what the NHS should be and do.

It does not matter whether you (or the person cared for) see a psychiatrist, GP or social worker, for example, or access drug and alcohol services, you are very welcome to come to meetings, held every few months in the Central Library in Cambridge (Lion Yard).

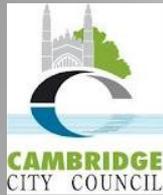
At the last meeting, we learnt that:

- Some surgeries are better at using the GPs' central point of access to seek advice (others will be encouraged)
- The sit-in at Lifeworks has resulted in the Trust agreeing for services to continue for five years
- Local provision of the IAPT service – therapy for mild to moderate anxiety – is to increase
- Newsletters will be provided to Lifecraft for people to read more, and we are inviting SUN representatives to come here to meet you soon

Anthony Davis, Chair of SCUF

21st Birthday Lifecraft

Dramatherapy, imagination and humour,
There is indeed a necessity for,
There's singing and creativity,
And the winter fayre celebrating nativity,
Also it's time to change,
Or perhaps just rearrange,
Although I haven't tried it,
I hear counselling is quite a hit,
If you have the need of a computer,
You do not have to be a London commuter,
Just hop into the quiet room,
And the answers may pop up soon,
There are courses and the odd party,
Like in the old land of the free,
And humour is evident,
Who knows is it heaven sent,
Staff and users come and go,
And they mix very well you know,
So I hope you all enjoy the 21st celebration,
And the brand new baby creation.



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. Waiting lists are currently full but please contact our Counselling Coordinator for more information about how the service operates: 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 East. Visit www.shamenomore.org.uk for more information 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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