



VCR Newsletter



Merry Christmas Everyone

WELCOME to VCR, your new tenants monthly newsletter

Vine Court Road is a purpose-built housing project, providing accommodation by way of 5 bed-sit style rooms and 2 individual self-contained flats for people who have an enduring mental illness, for up to a maximum of 2 years. We encourage service user to build on their expectations, abilities and experiences

Our daily work is geared towards recovery, developing and maintaining life skills, as well as the confidence to use those skills

It is conveniently located near local facilities such as doctors, CMHT, post office, chemists, bus routes, bakers, greengrocers etc.

Vine Court Road is staffed from **9am to 7pm Monday to Friday and from 10am to 2pm Saturday and Sunday**. Additionally we run a 24 hour, 7 days a week on-call system. Details of how to contact an on call staff member is given to all service users.

A named support worker is allocated to individual service users. Their role is to help the service user draw up a Personal Support Plan in line with the expectations and goals set out in the individual's CPA and to encourage the service user to develop the confidence and skills required to facilitate an eventual move-on from the project within two years.

Holly Chinnery, *Editor*

Christmas at VCR:

Service users and staff have been busy preparing for Christmas this year.

Singing and laughing along to Christmas songs, staff and service users joined together in purchasing Christmas decorations to embellish the Christmas tree and the lounge. This bought with it a sense of joy, involvement and wellbeing to the group.

The Art's and Crafts group, (see below for more details), made their own stockings to hang on their bedroom doors. Christmas cards were also made by service users to send to their friends and family. Furthermore, service users' decorated their bedrooms, waiting for Santa to come.

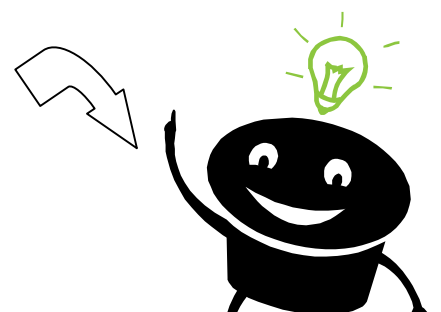
As a festive treat, the Sevenoaks Rethink Group has paid for staff and service users Christmas meal. A big thank you to Sevenoaks Rethink Group, particularly Carol Wright/Tony Wright.

THANK YOU

What would you like to see in the regular VCR newsletter?

Contact us on 01732 742351 /

Holly.chinnery@rethink.org



Activities at Vine Court Road

Art's and Crafts Workshop

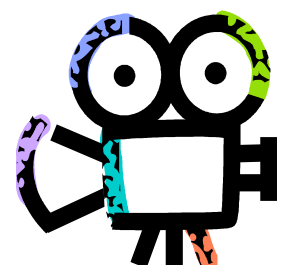


Service user, Natalie Galyer, has begun an Art's and Craft's workshop for other residents and staff. Being creative, Natalie will take the lead role and will give support where required. Talking with Natalie, she believes that the arts and crafts workshop "is a good way of relaxing, having fun and getting to know other service users better." Natalie goes on to state that Christmas has been a good time to start the workshop as "people are in the Christmas mood and are more willing to co-operate and join in." By planning, organizing and running these workshops has helped Natalie develop confidence, and assists her in her future goals."



Movie afternoons

As a fan of films, service user, Aaron King-Fisher has set up a weekly movie afternoon club. Aaron says "the movie club is to keep all service users occupied and to be up to date with new releases." To promote equality and diversity, Aaron has devised a movie list where service users write down films they would like to see. The morning of the movie afternoon, service users join together and chose a film from the list. In addition, Aaron will make cakes for afternoon tea whilst the movie.



Other Rethink Mental Illness Services in Kent & Sussex

KENT AND MEDWAY BME CDW SERVICE

Type: Community support

Location: Maidstone, Kent

MENDOS (MENTALLY DISORDERED OFFENDERS SERVICE)

Type: Criminal justice

Location: Hove, East Sussex

RETHINK ADVOCACY SERVICE (MAIDSTONE)

Type: Advocacy

Location: Maidstone, Kent

RETHINK SAHAYAK FLOATING SUPPORT

Type: Housing

Location: Gravesend, Kent

SAHAYAK

TYPE: COMMUNITY SUPPORT
LOCATION: GRAVESEND, KENT

SWALE USER FORUM

Type: Community support

Location: Sittingbourne, Kent

THANET WAY

Type: Employment and training

Location: Margate, Kent

VINE COURT ROAD (SEVENOAKS HOUSING PROJECT)

Type: Housing

Location: Sevenoaks, Kent

WILLOW LODGE

Type: Housing

Location: Folkstone, Kent





Local Events

STAG: Community Arts Centre, Cinema and Theatre

<http://www.stagsevenoaks.co.uk/>

Mother Goose pantomime

Legendary soap villain Leslie Grantham, who played Dirty Den Watts in Eastenders, will join the panto line up playing the Demon King in Mother Goose this Christmas from 9th December 2011 to 1st January 2012. On the full line up of this year's panto, producer Jamie added, 'It's a ridiculously talented cast. A soap legend, a children's TV legend, two chart topping singers, and a comic and dame back by popular demand for a third year in a row! The pressure is always on to make each year's panto better than the last, but with a cast like this, half the work is done for me!'.

For more information visit: <http://www.stagsevenoaks.co.uk/whats-on/live/mother-geese-133/>





Mental Health Awareness

Topic of the Month...



Do drug problems cause mental illness or does mental illness cause drug problems?

It can be hard to tell which problem came first – the drugs or the mental illness. Having a mental illness can make a person more likely to abuse drugs, to make their symptoms feel better in the short-term. Other people have drug problems that may trigger the first symptoms of mental illness. Some drugs cause a condition called drug-induced psychosis which usually passes after a few days. However, if someone has a predisposition to a psychotic illness such as schizophrenia, these drugs may trigger the first episode in what can be a lifelong mental illness. Using drugs can also make the symptoms of mental illnesses worse and make treatment less effective. Anyone who has, or is vulnerable to, mental illness is therefore strongly discouraged from using drugs.

Jokes



Knock Knock

Who's there?

Snow

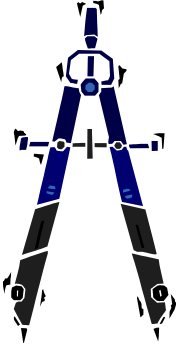
Snow who?

Snow business like show business!

Why was Santa's little helper feeling depressed?

He had low elf-esteem.

News Feed



Grammar School in pipeline?

A GRAMMAR school could be in the pipeline for the town, to meet a rising demand.

Council bosses have admitted they were concerned over the lack of places for Sevenoaks children and are pushing ahead with the plan.

Under Government rules, the new facility would need to be an annex of an existing grammar school.

County councillor for Sevenoaks West, Richard Parry, said: "I welcome the initiative from parents and also welcome the positive response from Cllr Whiting.

Minibus relied on by adults with learning disabilities to be axed

Adults with learning disabilities may be left stranded after a vital minibus service is withdrawn next spring.

Some users of the Sevenoaks Day Service are transported using a vehicle currently provided by Kent County Council (KCC), allowing them to go on trips or shopping.

But the lease will not be renewed when it expires in 2013 – and the bus will be taken out of service early next year. This comes after KCC transferred the use of a second minibus to another service.

Now parents and carers for adults with learning disabilities are concerned about their future.



Refuse Collections

Refuse collections will carry on as NORMAL over the festive season, Sevenoaks District Council has promised.

Residents should put their bags out on their usual collection day by 7am, as a weekly Monday to Friday service will be provided throughout the holiday period.

This includes collections on the bank holidays of Monday 26 and Tuesday 27 December and Monday 2 January.

The council's garden waste collection service is also unaffected and green bins and garden waste bags