



VCR Newsletter



Welcome to 2012

HELLO! Welcome to VCR 1st Newsletter of 2012. Residents and Staff would like to wish you all a very happy and prosperous 2012.

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.

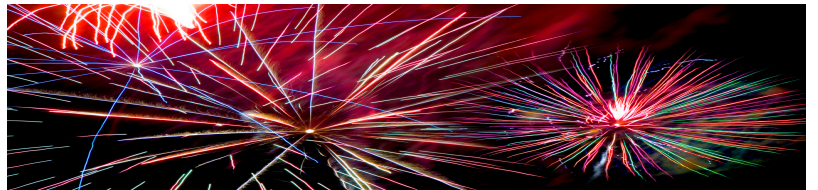
Vine Court Road is staffed from **9am to 7pm Monday to Friday and from 10am to 2pm Saturday and Sunday**. Additionally we run a 24 hour, 7 days a week on-call system. Details of how to contact an on call staff member is given to all service users.

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*

Residents and Staff return fresh faced and raring to go after a lovely festive period spent with friends and family. Residents are eager to get involved with the old and new activities being held at VCR, while Staff are looking forward to continue promoting equality and diversity within the service, locally and nationally.

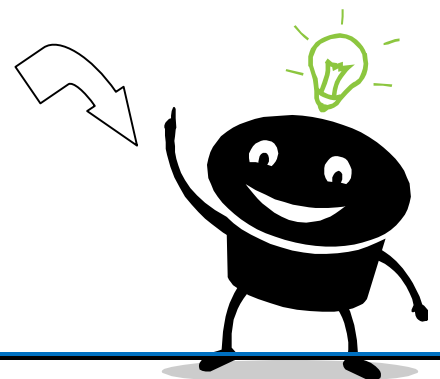
Find more information about activities and changes to VCR below.



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

Contact us on 01732 742351 /

Holly.chinnery@rethink.org





VCR Festive Period – CHRISTMAS 2011!!!

On the 22nd December 2011, VCR residents and staff joined together to celebrate the Christmas season. After much discussion it was decided that the residents would prefer a three course meal at the Harvester. Special thanks go to the Rethink group who provided the funds and also provided Christmas Hampers for the residents.

The meal went down swimmingly; resulting in the residents jokingly saying that “we should have a group meal out every month.” Any donations will be welcome! ☺



Service Users and Staff Christmas meal at Harvester, Riverside



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



2012 Activities

Come Dine with me

Residents will face friendly competition with one another to be crowned the winner of "Come Dine with Me".

Starting in February, one resident per month will plan, cook and serve a three course meal for the other residents to taste and give their opinion on via a scoring system. Staff will be available for assistance.

Watch this space for monthly updates!!!



Quiz/games evening

Every Thursday evening, residents and staff will host a quiz/games evening. Residents and staff can bring along games that they would like to play.

Education Training Employment (ETE)

To kick start the new year, Holly Chinnery, (Mental Health Recovery Worker) will be setting up an "Education, Training and Employment" weekly slot. During this time residents can come along to discuss interview techniques, update CV's, look for voluntary work, jobs and training opportunities.





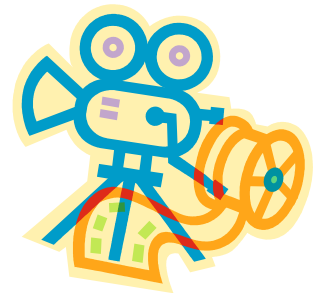
Art's and Craft's

After a successful pilot session, Natalie has decided to continue her Arts and Crafts workshop every Wednesday afternoon. This month the group will be making a calendar.

Movie Afternoon

The movie club afternoon hosted by Aaron is already going strong in 2012. A list is currently being constructed of the films residents would like to watch.

We welcome film donations 😊



Meetings

Rethink Mental Illness South West KENT Voluntary Support Group next meeting will be Thursday JANUARY 19TH AT THE Vine Church Baptist Church Meeting Rooms from 19:30.



Mental Health Awareness

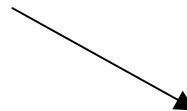
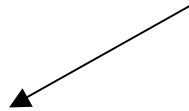
Topic of the Month...

Eating Disorders

An eating disorder is an illness that causes serious disturbances to your everyday diet, such as eating extremely small amounts of food or severely overeating.

Severe distress or concern about body weight or shape may also characterize an eating disorder.

Eating disorders frequently appear during the teen years or young adulthood but may also develop during childhood or later in life.^{1,2} Common eating disorders include anorexia nervosa and bulimia nervosa



ANOREXIA NERVOSA

Anorexia nervosa is characterized by:

- Extreme thinness (emaciation)
- A relentless pursuit of thinness and unwillingness to maintain a normal or healthy weight
- Intense fear of gaining weight
- Distorted body image, a self-esteem that is heavily influenced by perceptions of body weight and shape, or a denial of the seriousness of low body weight
- Lack of menstruation among girls and women
- Extremely restricted eating

BULIMIA NERVOSA

Bulimia nervosa is characterized by recurrent and frequent episodes of eating unusually large amounts of food and feeling a lack of control over these episodes. This binge-eating is followed by behavior that compensates for the overeating such as forced vomiting, excessive use of laxatives or diuretics, fasting, excessive exercise, or a combination of these behaviors.



News Feed

Housing Benefit Reform

Proposals for change in the way Housing Benefit assists those living in supported housing within the social and Voluntary sector with their rent

Public consultation Housing Benefit Reform – Supported Housing

This consultation seeks views on the Governments proposals to change the method by which help with rent is worked out for those who live in supported housing within the social and voluntary sector. It seeks views to inform our policy development as we look to re-design the way in which Housing Benefit helps with the higher rents sometimes faced by the elderly or those with disabilities. The public consultation applies to England, Scotland and Wales

Further information can be found at: <http://www.dwp.gov.uk/docs/consult-supported-housing.pdf>

Knole House forced to close?

Knole House brings in an average of 95,000 visitors per year. The historic building, once residing in by King Henry VIII and Elizabeth 1 is falling down. £2.7 million needs to be raised to fix leaking roofs and insect infestation.

The 600-year-old Knole, now owned by the National Trust and occupied by Lord Sackville, has been open to the public since the 17th century and forced to close only once before, during riots in 1884.



Jokes

Dave, at a New Year's party, turns to his friend, Kevin, and asks for a cigarette.

'I thought you made a New Year's resolution to **quit smoking**,' Kevin responds.

'I'm in the process of quitting,' replies Dave with a grin.

'Right now, I am in the middle of phase one.'

'Phase one?' wonders Kevin.

'Yeah,' laughs Dave, 'I've quit buying.'



When I thought about the evils of drinking in the New Year. I gave up thinking.