

Taking a

# Chance



ISSUE 1 JULY 2011

## WELCOME!

This is the **NEW** newsletter for The Hope - the Mental Health Self Help Support group in Witham. Things are changing at The Hope. Not only do we now have a newsletter but we also have a new Chair - Me! Of course those of you that couldn't make it to the open day won't know who "Me!" is yet but it was lovely to see so many of you there when I did my little talk and listened to what you wanted.

So "Me!" is Tracy Shave. Many of you will already know me, or heard of the name because I was one of the people who supported The Hope a few years ago when applying for the funding and I'm also responsible for the logo, website, leaflets and the cheque presentation event. See.... There I am in the photo taken a few years ago. Read more about me on the right.



**NEW CHAIR:  
TRACY SHAVE**

I've been running groups and clubs since the age of 10 when I set up a Care Bear club on my front lawn. I set up my first grown up group in 2004 when I founded Two Hands Plus - a single parent group in Chelmsford which ran for three years before I had to stop because of my sons Autism. I have Bi-polar Disorder II and used to work for INVOLVING ESSEX so when I was made redundant, I set up Moulding Futures to carry on the campaigning work I had done as PR and Communications Lead. I really want The Hope to be a success and will do everything I can to help make that happen. I won't be able to come every week but will try to put on as much as possible with the help of our other committee members Mark and Pat.

## WHAT'S NEW?

At the open day we talked about the group and what people already get out of it, what they would like to improve and some of the ideas I had for change. As your new Chair it is my responsibility to ensure that The Hope is really working for you and if it's not, to make the changes needed to make sure it is.

So during our open day I gave out a questionnaire for people to fill in if they wanted to. If you have internet access and wasn't able to attend perhaps you could fill in the form for us? Go to [www.hopeinwitham.co.uk](http://www.hopeinwitham.co.uk) and fill in the form.

Out of the feedback we received it was decided that a few changes will be made:

- The price has gone down to £1.50. If you are unable to afford this please let me know. We want this to be as inclusive as possible but we have rent to pay and other expenses.
- We will have a more structured programme of events that people can take part in. See the next page for more information.
- We will have a summer fete.
- We also decided to have a newsletter which is why you are receiving this.

# NEW GROUP SESSIONS - NOW TIL AUGUST

The majority of people who filled in the feedback forms wanted something different at the groups. Many don't want to just have the option of playing board games and even though art and craft equipment has been available it was felt that more guidance using this is needed.

For new members coming in who want to come for support and a chat it appears to not happen because people are sitting playing monopoly. For those of you who enjoy this - don't worry it will still be an option. For those of you who want more than board games you may be interested in the new structure for other activities.

If these still aren't what you want then you need to tell me. We can't create a group that is going to benefit you if you don't tell us what you want.

We are here to support and help so you have to tell us how we can do this.

**Thursday 23rd June and 18th August 1.30pm - 4pm**

Card-Making Workshop 2pm.

**Thursday 30th June and 11th August 1.30pm - 4pm**

Creative Writing Workshop 2pm

**Thursday 7th July & 4th of August 1.30pm - 3.30pm**

## Unlock Your Creative Mind Workshop

If you want to be more creative or try a new hobby this course will allow you to tap into the right side of your brain. £2 members (You are a member if we have your details.) you may also bring a friend at £4 (full price).



**Thursday 21st & 28th of July**

Making things to sell at our fete

**Thursday 25th August**

Games and Play shop

There is also cake, tea/coffee and the chance to chat at each session. We will be introducing a share session soon which will be for those who want to talk about their week but this is more likely to be in the evening once a month.

## SUMMER FATE FUNDRAISER

**SATURDAY 30th July**

VENUE AND TIME TBA

Please send in any items for raffles, prizes and if you want to come and make something to sell on our stall and help us raise some money come along one week!

**MORE DETAILS CAN BE FOUND AT [WWW.HOPEINWITHAM.CO.UK](http://WWW.HOPEINWITHAM.CO.UK)**

We want to be able to send this to you via email as an electronic version which will save us time, money and is more environmentally friendly. If you have internet access please help us by providing us with your email address below.

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Send this back to PO BOX 10730 CHELMSFORD CM1 9PW or go to [www.hopeinwitham.co.uk](http://www.hopeinwitham.co.uk) and register there.