



June 2013- Issue 17

Home Matters Supporting People Ltd

# The Messenger

The quarterly newsletter produced by service users and staff at

Home Matters Supporting People Ltd

It doesn't seem five minutes since the last issue of the messenger which was at Christmas time. This year seems to be flying by already. Summer started and now seems to be gone again for a while. Fingers crossed we will get a nice summer this year for a change. This issue of the newsletter has a large range of different articles. It includes a recipe, a word search, information on various shows and many other interesting articles. Check out the back page for your invite to Home Matter consultation event. It will give you an opportunity to hear about our new and exciting services, meet up with friends from Home Matters and enjoy some delicious home cooked food.

## **New Dementia Service**

Home Matters are delighted to be adding Dementia Services to the support they are commissioned to provide by Dudley Council. Ourselves, and two other agencies will be working with the Dementia Gateway to provide a 'sitting' service which will allow the Carer of the individual who is living with Dementia to take a few hours out. Our team will spend time with the individual, getting to know them and their interests. As well as interventions for the individuals, we will also provide links to benefits, health, advocacy and other services in line with the Supporting People remit. As an organisation, we feel privileged to be invited to work in the Dementia field. We have already met some lovely couples and individuals who are delighted to be receiving our support. We will certainly do our best to help them to maintain a good quality of life with both dignity and respect.

The new service has two new members of staff; Lesley Thomas who has a background in care and who most recently worked for Prestwood Nursing Home and Christine Carter who has worked in care and more latterly with individuals living with Dementia. Both ladies are very welcome additions to our team and we hope they will find their new roles both challenging and rewarding.



### In memory of Margaret Thatcher

Mrs Thatcher known as the Iron Lady died of a stroke 8<sup>th</sup> April 2013. Also known as the Grocers daughter was the first woman Prime minister in 1979. Baroness Margaret Thatcher died on Monday 8<sup>th</sup> April 2013. I remember the Miners' strike and the Falkland's war, but back in those days I was against Margaret Thatcher and what she stood for. Back in 1979, I had just got my first job. I was just coming up to the age of 19 years old.



By Vanessa Camm

#### Picnic in the park

Eileen, Brian & Gavin would like you to join them for picnic in the park during June/July date to be confirmed. Everyone bring individual pack lunch or contribute food/drink to share.

We would like to invited you to our next coffee afternoon which is on Wednesday 24<sup>th</sup> July at 1pm-3pm. Everyone is welcome to join us for a nice afternoon.



Vanessa and Allyson Maxwell would like to say thank you to everybody who attended the trip to Dudley town hall to see 2 Darn Hot.

It was wonderful! The acts included Abba, Wham, Stevie Wonder, Whitney Houston, Madonna, AHA, Lionel Richie, John Travolta and The Bee gees. They were all brilliant and worked really hard!

## Health and Safety

### No Smoking!

We would like to reiterate the smoking policy within group homes. The houses are residences of multiple occupation therefore by law residents are not allowed to smoke within the building. It has been reported that some residents are continuing to smoke within the houses regardless of the law. Cigarette ends are also being discarded carelessly, we must ask you to take care when disposing of cigarette ends appropriately in the bins provided. We must also remind you that if you are witnessed smoking in the houses by staff members, the management will issue you with a fine of £25.

Thank you for your co-operation.



### Film critic 2013

#### **Fighting For My Daughter**

An 80's film with bionic woman Lindsey Wagner (Woman fame)

Worth a watch with a star rating of \*\*\*

#### **Pistol Whipped (2008)**

Steven Segal. Good film action.

Recommended with a star rating of \*\*

#### **The Karate Kid (remake 2010)**

Staring Will Smiths son (Jaden Smith)

As good as the original

Give it a try with a star rating of \*\*\*

#### **Shawshank Redemption**

I have been told this is a good film which is worth watching starring Morgan Freeman.



## Spring word search by Vanessa and Gavin

### Seasonal flowers

Can you find the words in the word search below?

B	Q	K	A	M	A	R	Y	L	L	I	S	J
S	D	A	E	E	K	J	M	Z	I	A	L	Y
L	R	D	G	T	U	L	I	P	S	A	T	E
I	E	F	F	E	J	A	V	R	U	M	O	L
D	W	L	S	H	R	K	T	Y	C	L	X	L
O	O	C	H	E	X	B	E	G	O	N	I	A
F	L	K	B	Y	I	R	E	J	R	K	M	V
F	F	M	R	M	X	S	Y	R	C	Q	E	E
A	N	B	Z	C	Y	T	N	U	A	H	K	H
D	R	Y	R	J	M	Z	K	A	V	S	N	T
M	O	S	S	O	L	B	E	L	P	P	A	F
K	C	A	I	S	E	E	R	F	Y	U	Z	O
G	E	Z	T	W	B	L	A	H	P	T	A	Y
A	V	F	B	E	V	Y	M	H	N	P	L	L
B	B	L	U	E	B	E	L	L	I	Y	E	L
C	H	I	L	T	N	A	Z	W	L	V	A	I
Q	S	D	G	P	O	R	O	B	Q	J	S	L
G	R	A	P	E	H	Y	A	C	I	N	T	H
X	F	R	K	A	V	E	E	Y	X	B	R	T
A	S	W	E	E	T	W	I	L	L	I	A	M

Words to find:

Tulips, Crocus, Sweet pea, Daffodils,  
Freesia, Pansies, Sweet William,  
Amaryllis, Apple blossom, Azaleas,  
Begonia, Blue bell, Corn flower, Gerberas,  
Grape Hyacinth, Lily of the valley



## NEW PONTIFF IS A BRIDGE BUILDER

The recent Popes John Paul II and Pope Benedict XVI, has worked fixing the bridge caused by the chasm left from the Second World War. Indeed it is obvious the new Pope Francis follows in their tradition. His bridge building is clearly seen in his actions and words. The new Pope has a evident empathy toward all humankind, which was displayed in his statement "To intensify outreach to nonbelievers, so that the differences, which divide and hurt us may never prevail". He explained the significance of 'Pontiff' comes from the Latin '*Ponto=bridge*' Pontiff 'builder of bridges'. His papal name is important to all theologians he is named after the significant figure of Saint Francis of Assisi. Moreover, he became the first pope from the Americas.

Pope Francis was born 17 December 1936 in Buenos Aires the Argentine Capital, his birth name was Jorge Mario Bergoglio. His parents were both of Italian origins; his parents were normal day to day working class people. His father Mario Jose Bergoglio was a railway worker; who came from Piedmont region of Northern Italy and Jorge's mother's origins were also from the same Italian region. His father came to Argentina in order to escape the merciless Italian Fascist regime.

Pope Francis is the eldest son of five children; whilst merely a youngster he was a follower of San Lorenzo de Almagro football team. He was also enthusiastic of traditional Argentine 'tango' and 'milonga' music. He graduated with a certificate in chemical technology. He worked a few years in the food sector. Later, in 1960 he graduated an M.A. in philosophy and taught literature in Santa Fe region, the region where the world known footballer Lionel Messi was born.

In 1998, Pope Francis was ordained as the Archbishop of Buenos Aires, where he continued a successive empathetic work toward the poor and down trodden in the surrounding suburbs of Buenos Aires, such as abject areas like Fuert Apache, he was keen to develop a theological relationship between the church communities and the abject poor.

Every Holy Thursday he enthusiastically celebrated 'Washing of Feet' in the environments of immense poverty such as jails, clinics, hospitals and residential elderly centres. He continued these traditions when he became the elected pope, whilst visiting similar locations in Rome. He cleansed the feet of twelve prisoners, depicting the twelve disciples of the 'Last Supper', in which he broke papal tradition and bathed the feet of two women of a Serbian Muslim and an Italian catholic.

During the Argentine Dirty War, when his original country people were living under the oppressive dictatorship of Gaulterari. People were mysteriously disappearing of the streets and many mothers were murdered and babies secretly placed in military families, he declared an public apology of the churches failure of saving people from the merciless carnage regime.

In 2009 Pope Francis became renowned for his kindness to humanity and chose to reside in a small apartment instead of the glamorous grandeur of the sophisticated bishop's residence. He was deservedly elected the first America's pope on 13 March 2013.

Kind regards

Michael Burson.



Dear Friends

Dear lord in heaven, almighty creator.

We come to you in prayer to give thanks for  
our many blessings you pour down on us each day

.For the health and strength lord to do your will,  
I pray from all my friends and pray they will all be well,  
I will say a prayer for all of you.

Amen

By John Chilton



## Places of local Interest

- Himley Hall
- Black Country museum
- Dudley canal society: Dudley, Peartree Lane
- Hagley hall: Hagley Stourbridge
- Carpet museum: Kidderminster
- Key Museum: Willenhall
- Harvington Hall: Kidderminster
- Dudley Zoo: Dudley
- The Ruskin visitors centre: Amblecote
- The Crooked House: Dudley

Compiled By Vanessa Camm,

Michael Preece & Michael Burson

## Trip to Weston- super-Mare

Our annual trip the Coast,  
Weston- super- Mare is  
coming up on Wednesday  
the 10<sup>th</sup> July. Also before  
Weston a day trip to  
Stourport on Seven by  
popular demand will be a day  
at the end of June but the  
date is still to be confirmed.  
Everybody is welcome on



## Remembering Cradley Heath Speedway

In the eighties and nineties there was once a popular sport, which was situated near the town of Cradley Heath (West Midlands). I recall being a member of Dudley's Saint John Ambulance; I was a young cadet and enjoyed my duties at Cradley Heath. The Dudley Saint John Ambulance frequently cared for the Speedway riders when they unfortunately fell of their motorbikes.

One such world famous rider was the Danish rider Erik Gundarsen; he rode several years for the Heathens; where the enthusiastic crowds were shouting and urging the Heathens to victory. Erik Gundarsen was a great inspiration to me and fellow Saint John Ambulance member's like Graham Bunn. Unfortunately, Erik suffered a serious crash, which put an end to his Speedway riding; he was hospitalised. He later returned to Speedway in his native Denmark and became a director in management of their national team.

There were other famous riders such as Bruce Pennall. Simon Cross, Nicki Pedersen. The American Bruce Pennall moved back to America; to become an actor in the periodical entertaining television soap 'Chips'; a soap about American Police Motorbike Petrol in California.

The Cradley Heathens were a great experience and entertained numerous locals from across the Black Country and further afield such as the USA and Scandinavia. In its merit it encouraged bridge building of pride and awareness from the Black Country to a truly international audience; which worked on various levels and helped maintain a following from the 1940's until the 1980's where the ground was sold for housing developments.

Nowadays Cradley Heathens may have changed its name to Dudley Heathens and ride at Wolverhampton Wolves or Birmingham Brummies Speedway Grounds. And other teams may have changed or disappeared. Nonetheless, many people still share fond memories and some still follow Dudley Heathens. Nowadays, Speedway is regularly shown on cable television and local Wolverhampton Wolves Speedway rider Tai Woffinden is having a successful season. People in Dudley are still waiting to see if the local council will eventually allow Dudley Heathens to again have a stadium of their own.

By: Michael Burson.



## Jokes

1. Knock, knock, who's? There "Dr Who"
2. What's black and white and red all over?  
A newspaper
3. What's yellow and always points north?  
A magnetic banana
4. Man A: Hey man! Please call me a taxi, Man B: Yes sir, you are a taxi
5. Why did the tomato turn red?  
It saw the salad dressing
6. Yo mamma so ugly when she dropped you off at school, she got a ticket for littering
7. I am in a Chinese restaurant & this duck comes up with a red rose & says; "your eyes sparkle like diamonds. "i said ; waiter, i asked for a- Romantic duck.
8. I saw this man & woman wrapped in a barcode. I said: "are you two an item?"
9. Went to the paper shop- it had blown away.
10. A sandwich walks into a bar. The barman says, "sorry, we do not serve food in here!

By Marcus Butler

### Dudley Town Hall Concerts

Summer Gala Festival Concert

8<sup>th</sup> July

Tickets £3 each

Over 30 local rock bands play to a big audience during the Rock the Castle event on the first day of the festival. The music takes place on three stages inside the Dudley Concert Hall.

Members of Dudley Performing Arts, schools and community groups perform on three different stages. Dance and DJ performances take place inside the concert hall and on an outdoor stage.





# Carrot cake

## with

### cream cheese icing



#### Ingredients

- 250g/9oz plain flour
- 2 tsp baking powder
- 1 tsp salt
- 1 tsp bicarbonate of soda
- 150g/6oz light brown sugar
- 50g/2oz walnuts, shells removed
- 220g/8oz canned pineapple slices, chopped
- handful sultanas
- 2 ripe bananas, mashed
- 1 passion fruit, pulp only
- 150g/5oz carrots, grated
- 150ml/5fl oz corn oil
- 3 free-range eggs

#### For the icing

- 125g/4oz butter, softened, plus extra for greasing
- 225g/8oz cream cheese
- 450g/1lb icing sugar
- 1 tsp vanilla extract
- 100g/3½oz creamed coconut, grated
- 50g/2oz crushed pecans, to decorate

#### Preparation method

1. Preheat the oven to 160C/320F/Gas 2.
2. Sift the flour, baking powder, salt and bicarbonate of soda into a bowl and mix well.
3. Add the sugar, walnuts, pineapple, sultanas, mashed banana, passion fruit pulp, grated carrot, oil and eggs and mix well to completely combine.
4. Pour the cake mixture into a greased 22.5cm/9in cake tin and place into the oven to bake for 1-1¼ hours, or until cooked through. Test by pushing a skewer into the centre of the cake. If the skewer comes out clean the cake is ready.
5. If the cake top is browning too much, cover with a circle of kitchen foil.
6. Remove from the oven when ready and allow to cool on a wire rack.
7. For the icing, beat the butter and cheese together in a clean bowl until light and fluffy.
8. Add sugar and vanilla extract and mix well.
9. Add the coconut and mix again.
10. Once the cake is cool, remove from the cake tin and spread the icing all over the cake.
11. Decorate the cake with a few crushed pecans and serve in generous slices.

### **Calling all ladies**

Is there anybody interested in a girlie shopping trip to Merry Hill and then stopping off for tea and cakes, all interested parties contact the office on 01384 340441. Then will arrange a date.

Vanessa



### **FOOD BANK**

Due to financial difficulties last December year I had help from the food bank so that I could have enough food to last for three days at a time. Every time I had help from the Baptist Church and the Brierley Hill project, where I collected my food & toilet rolls as well & soap to wash with, from the general public donations. I had two food bank collections before I didn't need their help anymore. I would like to donate food and toiletry items if any of you are interested and would like to donate. All items would be gratefully received by someone like me, tins, pasta, jars sauces, jams or tea bags, coffee, fruit juice, sugar and sweeteners etc in date as well please, so I can give it to the food bank to help other people in need. If anyone would like to donate pass on to member of staff or leave at office. I will collect items and deliver to named charities as above this would be most kind of you; I would to thank you for your help.

Marcus J Butler

### **Sandwell mental health line**

The service is run by volunteers working for 'Rethink Mental Illness'.

The service is open to anyone who requires a listening ear, it simply provides someone for you to talk to, information, help and advice for people with mental illnesses.

The service is open Tuesday, Wednesday, Thursday, Saturday and Sunday  
between 6pm to 9pm.

Free phone **0800 13 25 61**

Although the service is targeted at people living in Sandwell  
we do believe that people in Dudley are still within the postcode range.



## Formula 1 Season 2013

Another exciting start to the F1 racing car season. There have been four races so far. The German racer Sebastian Vettel has won two events the Malaysia and Bahrain Grand Prix. The Australian race was won by the Finn Kimi Riikkonen and the Chinese race was won by the Italian Fernando Alonso. Moreover Great Britain has had some early advantages with the winning constructor team Lotus- Renault at the premier race at the Australian Grand Prix. In addition the British Formula 1 driver Lewis Hamilton just missing out on a podium Finish in the Chinese Grand Prix. The Barcelona Grand Prix takes place 12<sup>th</sup> May and kicks off the European leg of the Season. The eighth race of the season is the British Grand Prix which is held at Silverstone circuit in Northamptonshire on the 30<sup>th</sup> June 2013. An interesting Fact about entrepreneur and multi millionaire business man Mr Bernie Ecclestone was born in Lowestoft Suffolk in England. His Daughter is following in her father's footsteps she has a keen interest in Formula 1 business.

Michael Burson



### Brierley Hill Branch

Talking got me through!

You can talk to The Samaritans any time you like, in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal.

If you have any concerns about the service before you try it and you want to be reassured about them. Visit the Samaritans website and hear from some of the callers they have helped, visit them at: [www.samaritans.org](http://www.samaritans.org)

Please don't suffer alone. You can contact The Samaritans by:

TELEPHONE: 01384 78111, if you are short of money they are happy to call you back.

IN PERSON: Ring the above number to arrange a time to visit our Centre to discuss your problems.

ADDRESS: Beryl House, 8 Albion Street, Brierley Hill, West Midlands, DY5 3EE.

BY EMAIL: [jo@samaritans.org](mailto:jo@samaritans.org)

## The Local Traditions of May Day

There is a lesser known story of our locally and well beloved football player Duncan Edwards, who died shortly after the Manchester United Football teams Munich Air Crash (1957-58 Seasons). This may be true or be a fable of this brilliant footballer that he was a good 'Morris Dancer'. There are numerous reports; Duncan was reportedly known for his gift of Morris Dancing. He attended the local primary school of Priory Park Primary School (Dudley, West Midlands) where they celebrated the May Day celebrations, This type of location may well have inspired Duncan Edwards to take an interest in Morris dancing is still strong in many locations around the United Kingdom. In schools around the United Kingdom children are still celebrate with keen enthusiasm in various traditional May Day events.

The tradition May Day falls around the same period of International Workers' Day; however May day has been a long tradition in the United Kingdom; it is related to our Celtic past Beltane (Beltane is a celebration of the dividing period of Spring and Summer solstice) and the West Germanic and Scandinavian festival of Walpurgis Night (which is still celebrated by dancing around a bonfire); one example is a tradition of the Danish Seaman's Church in East Yorkshire.

There are various forms of celebrating 'May Day' from 'Morris Dancing' 'May Pole Dancing' and 'May Queen'. The celebration is grounded in the traditions of ecological fertility and rebirth of livestock, people and soil. People tend to gather around in communities and village fetes.

Traditionally the beginning Monday of May throughout The United Kingdom began as a festival of introducing the summer period. It is well established celebration that originated from the Roman epoch, which was evidentially beginning of ecological rebirth. One of the most important festive significance is the development of the national tradition of 'May Pole Dancing'.

'May Pole Dancing' is traditionally preformed by mostly by young girls, who dance is particular patterns developing different shapes of colour around the 'May Pole'. The patterns are established by rotating difficult colour ribbons around the 'May Pole'.

Moreover, the traditional dress is similar to Morris Dancers clothing, clothed white clothing, whilst sporting bells on different areas of the white clothing, the dancers also carry white scarves and long timber batons. They continued to dance, whilst dancing to majestic accordion music.

The celebration of 'May Day' is an interesting period of the year; and many people around the United Kingdom still enthusiastically partake from urban schools to village fetes. This traditional is well established from the poorest to the richest and is celebrated around the isles in different forms from 'Morris Dancing', 'May Pole Dancing' and 'May Queen'. Some people still celebrate the ancient Viking, Germanic and Celtic traditions like dancing around a fire and singing or chanting ritual songs.

Michael Burson

### Funny British street names

Fishey Lane, Leg of Mutton Road, Piddle lane, Porridge pot alley, Rotten row, Dog puddle lane, Silly lane, Trash lane, Trump Street, Willey Street, Tarmac road, Squeeze guts alley, Smellies lane, My lord's road, Fartown, Tickle lane

### Movie stars real names

Julie Andrews- Julia Wells, David Bowie- David Robert Jones, Richard Burton- Richard Walter Jenkins, Nicholas Cage- Nicolas Kim Coppola, Michael Crawford- Michael Dumble Smith, Tony Curtis- Bernard Schwartz , James Dean- Seth Ward, Judy Garland- Frances Gumm, Whoopie Goldberg- Cary Johnson, Charlton Heston-Charles Carter, Stan Laurel- Arthur Jefferson, Tina Turner- Annie Mae Bullock

By Michael Preece

Another Date for yours diaries is a trip to Stourport- on- Severn.

The trip will be on the 26<sup>th</sup> of June.

Please see staff if you wish to attend the trip.

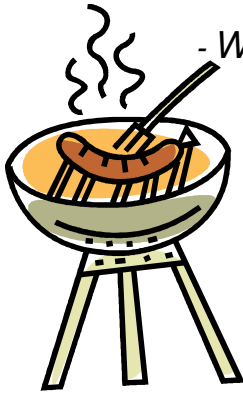


Home Matters have been commissioned by Dudley council to provide a Hoarding Service. We are really excited by this new project; the staff team have been busy undertaking training and research into the issues of Hoarding. Referrals to the service will be made through the supporting people gateway by; care coordinators, CPN'S, psychiatrists, GP'S and housing officers. Following assessment people can be supported up to approximately 6 hours a week. We can support with;

- Seeking medical, physical and emotional evaluations and treatment
- Identify the possibilities of treatments
- Finding a support group in your area
- Seeking the assistance of professionals; the problem won't go away
- Learning from others successes
- Developing a plan to make your place more functional and safe
- Sorting items
- Reducing the acquisition of new items
- Researching websites for resources to help with the hoarding issue

## **A Summer Barbeque**

*- Weather permitting! If not we'll have an indoor one.*



**On:**

*Wednesday 21<sup>st</sup> August 2013*

**At: 1.00pm**

**The Barn, Park Road, Quarry Bank**

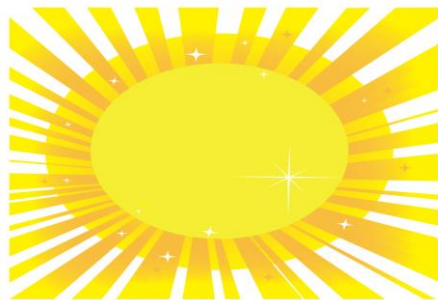


### **Your opinions matter!**

*So we would like to use this as an opportunity to get some feedback on our services and the support you receive.*

**.... come along and meet up with old friends and may make some new friends.**

Would you please confirm your attendance so that we can arrange numbers for catering.



### **Newsletter group**

Why not come and join us at the newsletter group on a Tuesday afternoon.

Although the news letter group is running strong we always welcome new members. All members of the group are encouraged to put something into the newsletter using reading, writing and PC skills. Also if anybody would rather do articles at home and not attend the newsletter group they can send them in to be included in the newsletter.



Please forward any articles to Home Matters Supporting People Ltd, The Barn, 82A Park Road, Quarry Bank, West Midlands, DY5 2HP

Telephone- 01384 340441 or you can also email- [minty@hmsp-ltd.co.uk](mailto:minty@hmsp-ltd.co.uk)