

365 SUPPORT LIMITED



Newsletter

November 2018

Introduction

Welcome to the 1st edition of 365 Support Newsletter

365 Company is now a well established Support Provider in the Wirral, Liverpool, Knowsley and Sefton areas.

CQC visited us recently and gave us a report rated "Good". Hopefully in the coming months/years we can get this to a report of outstanding.

A big thank you to all the staff and Service Users, past and present, who have contributed massively to the success of 365 Support.

Communication is a real challenge. Keeping everyone informed of what we are doing, plans, achievements, items of interest etc., is not always possible so therefore the emergence of this newsletter will hopefully assist with this.

Communication is a two way process so I would hope that we will get items of interest from service users, families, friends and staff members as well.

As this is the first one I would welcome ideas from everyone about what to include in the newsletter.

The aim will be for a 2 monthly edition to start with but this will be flexible and we can increase or decrease depending on the response.

If there is anyone out there with a journalistic flair please feel to contact me as I am only too happy to share this with.



*"It matters not how strait the gate
How charged with punishments
the scroll*

I am the master of my fate

I am the Captain of my soul."

**'William Ernest Henly'
from the poem Invictus**

The above is the last verse of the poem, which portrays the resilience of the human spirit.

Nelson Mandela took this poem to his heart and helped him survive through his long years in captivity.

Jobs Fair:

Being held at Edge Hill University on the 6th November '18 12pm to 2pm.

365 will attend and have a stand there and promote our Company and hopefully enlist some new recruits.

If there are any service users who would like to attend please let me know as your input would be greatly appreciated.

Reading Well for Mental Health

There is evidence available now from the National Institute for Health and Care Excellence (NICE) that self help books can help people to understand and manage common mental health conditions, including depression and anxiety. Often this is more effective if getting the support from a mental health professional as well.

So joining a local library will give you access to such books as well as a whole range of books which can provide hours of pleasurable reading for us all.

For an overview of all the books you can go to the website:
reading-well.org.uk/mentalhealth

The library is also useful to as it displays existing resources and events taking place in your local community.

Promoting good mental health

There is increasing evidence that exercise, particularly walking, is really beneficial for our mental & physical health. This is especially so if we combine it with taking an interest in our surroundings.

We are really lucky in Merseyside that there is so much on offer from coastal walks to rambles in the parks. Places to visit like the Liverpool museums, Albert Dock, Anglican and Catholic Cathedrals and the Walker art gallery to name but a few places of exceptional beauty and interest.

Is there anyone who would like to share their favourite walks or places they find interesting? If so let me know and we could include this in the next Newsletter.

Edge Hill University

We have established links with Edge Hill University which is based in Ormskirk.

They are a leading light in service user involvement.

Service users of mental health, Learning disability and physical health services are involved in the planning of training courses for students, students' exams and giving talks to students.

They have a payment system for the time spent by the service user.

Already we have two service users involved and we can provide more information if anyone is interested.



Budding Musicians

I'm aware that we have a lot of talented people within our midst e.g. musicians and writers.

Is there any artists out there?

So I was hoping that we may attract people to come forward and send in some poetry or short stories, anecdotes or anything of interest.

As for the music, could we create a music workshop? A place where we could regularly meet and discuss music, bring our instruments and have a bit of a jam and some fun.

Maybe go on to develop into a band? Who knows? "The 365 Bluesbreakers" Ok maybe we could come up with something more original.

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Let us know your ideas for the next 365 Support Newsletter!