

WWAG NEWSLETTER FOR FEBRUARY 2010

<p>PAGE 1 Christmas dinner at the Anglers</p>	<p style="text-align: center;">Some comments from clients that attended the Christmas dinner at the Anglers 09</p> <p>“Truly magical” evening wonderful people so much noise and laughter, beautiful atmosphere so much joy. Love Evelyn Happy Xmas</p> <p>It was a very good evening I thoroughly enjoyed it, it was a laugh. Marie.</p> <p>Burp! Had a brilliant time lots of drink flowing Julie.</p>	<p>Very enjoyable, the pork was gorgeous.</p> <p>The food was good enough to eat!</p>
<p>PAGE 2 London Trip to Covent Garden Mince pie morning Christmas meal at the JPC Acorn Christmas Lunch</p>		<p>I very much enjoyed the company on our table at the Christmas Annual Dinner, Louisa, Marie, Fiona, Evelyn, Duggie, Chris and Sue thank you. Roger was entertaining as usual. A fun evening all round Merry Christmas to everyone. Sarah</p>
<p>PAGE 3 C A B clinic A thank you from a client, for our Christmas Lunch Mind’s eye writers Badminton</p>	<p>Another wonderful WWAG evening full of Christmas cheer, had a great time thanks WWAG</p>	<p>! Triffic! Every year is the “ best ever “and this year was no exception, great time had by everyone today its ZZZZZZ’s time to sleep it off. Paul</p>
<p>PAGE 4 Badminton January coffee/tea morning. Yoga course Help with courses February walking group. Art group at the JPC Computer course</p>	<p>What a lovely evening, great food and company thanks to WWAG wishing you all the very best for all you’ve done for us.</p> <p>What a lovely experience and both company and food admirable. Thanks to everyone who helps to care for us. It’s all year.</p>	<p>I had a wonderful time at the Christmas dinner, my food was good and the company great. Ann</p> <p>This was the best Christmas dinner of the year with such a friendly and lovely people, the food excellent, the company the best lots of fun thank you for inviting me Nilda</p>
<p>PAGE 5 Computer course WWAG service user advocates clinic. WWAG Positivity Activities for 2010</p>	<p>A very good and enjoyable Christmas meal, the food was very good. Thank you very much. David R</p> <p>I had a very enjoyable Xmas meal and the company was very good. Thank you all at wwag. Stephen Murray</p>	<p>I don’t know if the staff at the Anglers has changed but I must say that the Christmas dinner this year was even better then last year’s. Josie and I had chosen the salmon dish which was delicious.</p>
	<p>I have enjoyed the Christmas meal, it was very good and I am sure everyone enjoyed the party. Thanks Michael</p> <p>It was very enjoyable, particularly the participation. Simon</p> <p>Really enjoyable evening, duck main course, delicious.</p>	<p>It was so nice to be among so many friends. The atmosphere was magic with everyone really enjoying themselves. We are hoping that next years Christmas dinner will be as entertaining. Ray and Josie.</p>

A Day in London

It was fantastic hope to go again Marie
What a fantastic day out with very lovely people.
Made my Christmas
Jingle Bells all the way Danielle
Good day but cold Thanks Doug
Happy Christmas a good start Sue
A good Christmas day out, with having a good
lunch too Liz
Ho lovely day, great company Jane
4 Hours in the warm looking at golden treasures in
the British Museum Beryl
A very enjoyable day out Simon
Cold enough for Christmas but very jolly HO
HO HO Ann
It was great fun, thank you for giving me the
opportunity to join in Ho, Ho, Ho Nilda
An enjoyable day, cold but fun! Hayley
Happy Christmas everyone Julie
Apart from the cold weather I had a nice day & I
had Indian food with my friends Abdur
Went to National Portrait Gallery & National
Gallery had lunch in China Town followed by the
afternoon in Raymond Revue Bar
Great day, went to National Gallery, lunch in China
Town & went round the shops a good day with
good company Chris N
A wonderful day out in London Thank you very
much
It was good
Covent Garden, at Christmas time Market, entered
smelling shops, entertainers, mulled wine & bobble
hats. Great day, great fun Roger
A very cold day in London shopping for last minute
presents after a long day in the cold it was very nice
to get on to a warm coach then on to see the lights
in Regent Street & Oxford Street on the way home
good day had by all Cathy
Not sure about a cold day it was freezing and I was
frozen, still nice to see all the Christmas decorations
and people rushing about getting their shopping.
Makes you feel that you are alive and part of it all,
but glad to get back into the warm. Anne

We had an excellent trip up to London in record
time! When we got off the coach we all realised
just how cold it was and made our way quickly to
the café for a hot drink.

An hour or so after we arrived it started to get really
busy and musicians started playing on the lower
level despite looking frozen.

We went through the Christmas lights on the way
home which were lovely – it was also lovely to be
back on the warm bus!! A good day but bitter.
Carole

Free tea/coffee and mince pie morning

The lounge filled up quite quickly which was
surprising as it was a freezing damp morning!
There were mince pies, and coffee cake and a
few biscuits for those who didn't like mince
pies. All those who came in seemed in good
festive spirit and were laughing and chatting to
each other.

Someone suggested singing Christmas Carols
so Roger rushed to find the song sheets we
had used at the JPC Christmas lunch! Quite a
few of the men took this as a good reason to
leave rather quickly but a few stayed and
helped out the ladies. Actually they sounded
very good and it added to the Christmas
feeling.

It seemed ever so quiet when everyone had
left but it was a fun morning and good to see
so many people. Carole

WWAG Christmas meal at JPC

**Thank you WWAG for a lovely Christmas meal.
You worked really hard and everyone had a
great time. Having had three Christmas dinners
this year I can certainly say WWAG's was by far
the best. The day was rounded off with a few
carols led by Roger, thanks again Paul G**

Acorn Christmas Lunch

The Christmas Pub lunch at the Royal Oak was the
first lunch with the new managers. Upon arriving
the tables were nicely laid out with crackers &
mince pies plus all the trimmings.

The food was very good & plentiful this was
followed by cake with cream coffee. One Acorn
Client wrote. The Christmas lunch was very nice at
the pub with the Acorn Club, the food was very
enjoyable. Thank you

Runnymede CAB outreach at the ACU - specialise in
Advice for people with mental health issues

Opening times are:

Mon: Drop-in sessions (no appointment needed) -10am till 12.30pm

Tue: By appointment – 10am till 1pm

At **WWAG** fortnightly - 10.30am to 12.30pm by appointment

Wed: By appointment – 10am to 1pm

Thu: By appointment – 10am to 1pm
and by telephone on 01932 874766– 1.30pm to 4pm

Fri: By telephone on 01932 874766 – 10am to 12.30pm

C A B clinic at WWAG

The C A B clinic at **WWAG** has run for many years and was for our clients that were by and large from **West Elmbridge** because of the difficulties that they had traveling to their office at the Abraham Cowley Unit.

The funding for this service has always been, **and continues to be**, intended for people who live in the **old North West Surrey patch of Runnymede, West Elmbridge, and Woking**. Though the Trust has reconfigured to cover the whole of Surrey, the C A B did not receive any additional funding to extend their area.

As some of our clients' will be aware, the clinic keeps getting fully booked for a Month in advance and we have to advise clients' to phone at the advertised times above if they are in a hurry or go to a local C A B.

If Marilyn is currently working with a client out of North West Surrey area, Marilyn will continue to do so. (Marilyn does such a good job that everybody wants to see her) Unfortunately from now on only our clients who live in **Runnymede, West Elmbridge and Woking** will be given an appointment at the **WWAG C A B** clinic.

Mind's Eye Writers

One of our clients came into the office to let us know about the above Creative Writing Group that meets fortnightly in Chertsey. The group is run by Helen White., who some will know from Project 18.

The only charge is 50p per session which goes towards the hire of the room. The 461 bus goes there from Walton or if you go by train it is right next to the station

If anyone is interested in the group please contact the **WWAG** office for further details and referral on: 01932 231918

A LOVELY THANK YOU FROM A CLIENT

19th December Joseph Palmer Christmas Lunch

The atmosphere was buzzing on this very cold day. I went into my art group as usual & I was looking forward to my Christmas Lunch at 12.30. It is always a lovely feast. Turkey & all the trimmings, we all pulled our crackers so we could wear our hats & laugh over the silly jokes.

As usual the meal was scrumptious, some people had seconds but I couldn't fit any more in, I had to leave room for mince pie & cream. After our meal we all sang carols, I haven't got a good singing voice but eagerly joined in. We all agreed we were as good as any professional choir. Ha. Ha!

Next Roger read out stories & each table had to make sounds & actions when certain words were read out. Our table was genies & we had to make a POOF sound along with the actions. The second we had to say where Santa lived. THE NORTH POLE with an upward pointing action. It was hilarious. The room was filled with happy laughter.

We all brought raffle tickets to see if we could win a hamper or a bottle of bucks fizz. Tracy won the bucks fizz & Lynda won the hamper. We all went home with a spring in our step all ready for Christmas. I would like to thank Anne, Carole, Cathy & Roger for all their hard work on that day & during the year. Thank you all. Christine Mackay

Badminton

This group did start on Friday 8th January, but! Only three hardy clients made it there through the snow and ice and I was not one of them.

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Come the next Friday (15th January) I managed it with one other client making a group of five.

When there are only five, then you do not get much time to sit a game out, so after not playing for three weeks it came a bit hard. Though I did win two games (with two different unlucky partners) that is a miracle! But it made my day the male players are really good to let me join them.

Badminton will now continue as normal, at 4pm on Fridays unless otherwise informed. Come on Ladies come and back me up if I can do it so can you. Anne

Free Tea/Coffee morning Jan 10

Well there was a choice of Doughnuts or Cake for those who came to this event but unfortunately there were not as many as usual. Some we knew were unwell and I guess the others didn't want to go out on such a miserable day.

Anyway those that were here seemed to enjoy themselves and look forward to the next one. Do check your dates for diaries to make sure you don't miss it!

Yoga Course at Henrietta Parker

I have started yoga and I would like to tell you that it is a lot of fun. I would advise you to sign up as it helps your stress level and also helps you physically. You learn things that you can practice at home and it is very relaxing. Louisa

Do remember that WWAG helps out with courses that will help you, as below:

- For courses costing up to £25 client contributes £5.00
- Courses between £25 to £50 client contributes £10
- Courses over £50 and up to a maximum of £75 client contributes £15
- One application per client per year.

Walking Group February 2010

Fresh air! Even though it was not a very nice afternoon it was good to be out of the office. We drove to outskirts of Staines and walked along the towpath towards Staines. It is about

25minute walk at a fast pace to reach the Slug and Lettuce where we have soft drinks or tea/coffee.

The only activity on the river was three boats of rowers who were struggling against the fast tide and high water...I must admit I was glad I was walking! The return walk was into the wind and very fine rain but it was not that unpleasant as we were chatting as we walked so the time passed quickly.

The next walk is on Wednesday 24th March and if the weather is good we might go to Hampton Court to see the first daffs and bluebells. Please join us. Carole

Art at the Joseph Palmer Centre

The group that started in January has been a bit different from some previous ones. We have done a life sketch of a young friend of Leanne's we did one with the hand that we normally use then one with the other hand. I found this very hard but some did very well with it.

Another week I walked in to find a stuffed pheasant sitting on the table that I had a go at drawing which I found very interesting and different. Then I started to colour it in pastel and water coloured the background, I am very pleased with what I have done. I would recommend this group to anyone. Marie

Computer Class

I have been doing the computer course for a few years now and have gained some certificates, but I have also gained confidence and enjoyment. These courses are great fun as well as being educational and Jennifer, the tutor, is terrific, she is so helpful and patient.

I think it is essential these days to have some computer literacy and coming to the WWAG courses is the ideal way to learn. Everybody has individual attention, which is essential, and goes at their own rate.

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There is no pressure to do exams if you do not want to, quite a few of the students do not do them, but I must say I have had such a wonderful sense of achievement when I have received my certificates for the exams I have taken that I would recommend it. So sign up for the computer course and get into the computer age. Ann

If you have a place please try to attend at your appointed time if not could you ring and inform us. We may then be able to fill your place

**WWAG Service User Advocacy Clinic
Just a reminder to clients about this weekly clinic held at WWAG every Thursday between 1.00pm – 4.00pm with our accredited advocates.**

The will give you telephone support, one to one assistance, write letters and help with filling in forms, information sourcing and guidance. They will refer you to other agents as applicable.

What isn't included is the Mental Health Act and Mental Capacity Advocacy. This service is for WWAG clients and anyone living in Elmbridge with a Mental Health issue. Please ring for an appointment on 01932 231918.

WWAG Positivity at the JPC

For those that did the group that started in October 09 Roger (now back new hip and all) is going to do a five week follow up course staying positive group Hopefully to start right at the end of February, those clients will be contacted and informed on his return.

This then will be followed up with a new ten week course starting early April. Any client that would like to attend this very popular group please contact the office.

FUTURE ACTIVITIES FOR 2010

January and February are always our quiet months but! Come March things start to get back to Normal?

First trip for 2010 is Oxford on Tuesday 23rd March. We have not been there for a few years and it can be lovely especially

along the river (might see the punts being used).

See the colleges and lovely buildings the shops are pretty good as well? Bound to be popular, only £10.50 interested? Get your name down.

PLEASE REMEMBER THE OFFICE IS CLOSED WHEN WE RUN A DAY TRIP.

As it is sometimes difficult for us to think of somewhere to go for a day trip bearing in mind the cost and the distance any clients with any ideas of where they would like to visit please either come in and speak to us or give us a phone call.

Drama therapy group for 2010, a group starts on Saturday 6th March, a very popular group. A lot of clients like it so much that they do it every time it comes around.

Read the write ups in last year's newsletter, unfortunately this group will only be running for 5 weeks, interested get your name down now.

Looking further ahead to the end of April we have decided to run a community get together in the Ship at Weybridge. They have always put on such a good spread for us.

This has come about with a sum of money left over from the summer sponsored walk. It will be run the same as last year's, 2.30 to 4pm. Clients let us know if they want to attend and either meet there or be at the office for 2pm if they need transport cost £1 per head

Future Events to Look Forward to in: February 2010

Badminton

Every Friday from 4pm to 5pm at the
Walton Leisure Centre Please ring office if interested
£ 1 per client

WWAG Service User Advocacy Clinics

Every Thursday 1pm to 3.30pm.
Please ring the office for an appointment **Free**

Citizen's Advice Bureau at WWAG

Tuesday's 2nd 16th 2010
10.30am to 12.30pm. Please ring the office for an
appointment. Save yourself a trip to the ACU **Free**

Walking Group (weather permitting)

Wednesday 3rd February 2010
Meet in office at 1pm to leave at 1.30pm
Tea/coffee at the end of the walk **Free**

Saturday Art Group continues

Sat 6th 13th 20th 27th February 2010
At the Joseph Palmer Centre from
10.30am to 12.30pm. Clients will be informed by letter

Computer Training Course starting again:

Monday 1st 8th 15th 22nd February 2010
from 12 noon to 3pm. **Free**

Free Tea/Coffee/Doughnut Morning –

Tuesday 16th February 2010
These FREE coffee mornings are at the WWAG office.
10am to 12.30pm - all welcome

Closed Date:

Tuesday 23rd March Day trip

OFFICE is CLOSED every Friday
Phones still manned between 10am 4pm

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10am to 12.30pm - all welcome

Day Trip to Oxford

Tuesday 23rd March 2010
Meet at P&Q at 8.45am to leave at 9.00am
29 seats available **Cost to Clients £10.50**

WWAG Forum
Tuesday 6th April
in office lounge
2pm to 3.30 pm
All clients welcome