

WWAG NEWSLETTER

FOR JUNE 2010

<p>PAGE 1 Day Trip to Brighton Stop Press Future Party</p>	<p style="text-align: center;">DAY TRIP TO BRIGHTON</p> <p>I have had a nice day with Stephen going to the shops & having coffee, I am glad the weather was sunny Thanks WWAG. Michael</p> <p>Great weather—very nice day pity about the traffic. Doug</p> <p>Nice day sun was out but chilly on the seafront. Peter</p> <p>Nice day it made a change walking plenty of sun but cold. Dawn</p> <p>It was nice. Marie</p> <p>Thank you to WWAG for today a truly different way to spend a day. Thank you to Roger Cathy & Anne for coming. I will say hello to Carole also at WWAG also thank you to the coach driver! Robert</p> <p>Had a lovely day in Brighton weather sunny & bright, went to shops in the morning & walked along the sea front in the afternoon. Spent all my money</p> <p>Thank you Anne Cathy & Roger for organising a lovely day, I hope Carole's knee gets better and she will be able to come on the other trips. Stephen</p> <p>It was a pleasant day just like the weather Stephen Mell</p> <p>Thank you for a wonderful day out much enjoyed. David R</p> <p>It was very nice weather. Rosina</p> <p>After a slow start – stuck on the motorway just before a big accident – the day was great. Beautiful Brighton wonderful weather and good company, chilled out on the pier in the sunshine and on the beach. Another perfect day. Roger</p> <p>What a good start to the WWAG coast trips Brighton!! Bit windy in places, but a blue sky, and sunshine all day, spent a relaxing day just pottering along and chilling out, lovely, roll on the next one. Anne</p>	<p>We all kept our spirits up while we were stuck on the motorway after a very bad accident for over an hour.</p> <p>We finally got to Brighton a nice day the sun was out but chilly on the seafront, leisurely walk along the sea front lots of hot chocolate to keep warm a good day. Cathy</p> <p>Lovely sunny day out, – not quite warm enough yet to sunbathe. Good company as always. Jennifer</p> <p>Thank you to the driver for the safe journey, was very fortunate with the weather, had a wonderful day enjoyed Brighton. Mark</p> <p>Nice stroll on the pier and along the front towards Hove. Lanes were interesting & food was good. Ron</p> <p>Had a great time in Brighton on my 1st WWAG trip after a slow start (accident on M25) we arrived. It was busy along the seafront for a mid week. Awesome sunshine, fun and laughter. Tony</p> <p>What a lovely day. Abdur</p> <p>An interesting journey to Brighton where we remained stationary on the M25 for an hour and a half due to an accident.</p> <p>We all kept in good spirits though and it was a unique experience seeing other drivers getting out of their cars and chatting to each other in the middle of the motorway!</p> <p>On arrival at Brighton the usual fun and laughter was had by all and well worth the journey. Ginny</p> <p>Stop Press - PARTY WWAG Summer Party scheduled for Saturday 7 August at JPC. Ticket only as always. Please Book places now to save disappointment!</p>
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WWAG April Walking Group

It's very enjoyable to go for a walk to somewhere nice. If the weather is nice
Thanks to WWAG Abdur

Great Windsor Park-by far the best WWAG walk to date absolutely fab gardens and colourful plants, beautiful weather, and beautiful people to spend the afternoon with. Ginny

Enjoyed the trek through the jungle, forgot my polo pony, for the Windsor match. Scenery great and pub visit special too Ron
Enjoyed the sunshine & laughter throughout the Windsor Park Gardens, found the walk very relaxing Tony

The walking group detoured into Windsor Great Park and across Virginia Water to the Belvedere Arms where I am writing this. We now have 2 1/2 mile return to the car past the polo pitches. Exercise, fun, laughter great company and sunshine-perfect. Roger
A beautiful day for a walk in Windsor Great Park all the lovely coloured plants to look at while walking through the well maintained gardens, stopped at the Belvedere pub for a coffee, before making our way back to the car. Cathy

Our walk started at 1.30pm this Month so we ventured a bit further afield. As the sun was shining we decided to head for Windsor Great Park, we were lucky and found a free place to park. After a short walk we found ourselves on the hilltop route with wonderful views all around, it was beautiful with lovely blossoms in various colours, I could go on forever a really lovely walk which we must do again. Anne

Community Get together

We found a nice tea and the universe in one Afternoon. Thanks Doug J

It was so nice to meet with so many friendly people at the community get together. The added bonus was the fact the weather was so sunny. Ray & Josie S

I didn't feel very hungry but the food appeared to be very nice and generous.

The Ship Hotel is very a nice venue, it has a nice courtyard/garden to sit in it was a warm spring day, so it was particularly pleasant & nice. I must say I really enjoy coming to the community get together's and I would like to thank WWAG very much Stephen Murray

A wonderful setting inside and outside in the garden a blue sky, delicious cakes, and a chance for gracious living with friends. Gill B

It was lovely, delicious cakes and nice coffee. Becky E

Beautiful surroundings and pleasant company Beryl.

I thought the ship was a very nice afternoon for the first community get together of 2010, had the nicest tea/coffee afternoon and cake in the sun. Michael

Wonderful afternoon, brilliant organisation well done Roger Anne, Carole and Cathy. Betty

Cake was fattening, coffee was strong, what a nice day meeting such nice people. Ruth

Cakes were really nice and to talk to people. Marie
Nice spacious open venue. Good service, friendly. Isobel

A very sunny afternoon and it was nice to get out of the office, to a lovely venue with lots of cakes tea/coffee and good company. Looking forward to another one soon Cathy.

For the first get together of the year it was brilliant, warm and sunny so you could sit outside in the courtyard or inside with the patio doors wide open and feel comfortable.

Loads of cakes to choose from and plenty of coffee and tea sounds good, come and join us at the next one, but please remember to let us know so that we can book the correct numbers. Anne

Doughnut Morning in May:

This turned out to be our quietest free tea/coffee morning yet, but out of the few that we had, we managed a few in-depth conversations, some of which made us have a good laugh. Next one is not due until Tuesday June 22nd hopefully some more of you will join us then.

Mental Health Cookery at the Henrietta Parker
I have been doing the mental health cookery for 3 years now. The cookery tutor Adrian Adamson and his assistant Louise are very kind, helpful and always on hand to assist or guide you.

It's a basic cookery class but we do some exotic things like a cous cous summer salad. I've learnt the basics such as chopping vegetables using the oven and hob. I recommend this course for everyone who finds cookery difficult and wants to learn the basics. Stephen

This course costs £47.50 including the food that you get to eat; WWAG clients that have not booked a course for this year could do it for £10 with WWAG paying the rest.

Day Trip to Margate

Lovely day lots of walking and good weather.
Peter.

Nice beach Sun Sand great day. Dawn

Been there and brought the tee-shirt Julia.

Had a super day in Margate went round charity shops and pound shops in the town centre, brought lots of small items Michael brought a TV table for his flat, he's getting a new TV for his birthday from his step-Mother.

The TV stand was from a charity shop and we had to lug it down from the town, to the front to load in the boot of the coach, a real bargain. Had a super day, and thank you staff team WWAG for arranging such a lovely trip.
Stephen Murray

It was a really nice day Marie.

Good day out must go again when it's open
Alan.

A wonderful day out thank you very much.

Lovely sunny day, but that's what we always get on a WWAG day out to the coast Jennifer.

Beautiful WWAG weather, warm and sunny all day, a lovely beach and a nice walk along the front thank you WWAG Ann.

What a beautiful day just what I needed over all, the company, well as good as ever, the weather WWAG weather is the best, thank you all again Nilda.

Enjoyed the WWAG weather enjoyed the great fish and chips. The walk was good too thank you for an enjoyable day Tony

It was a good day and it was appreciated as well thank you Stephen Mellamphy.

Well! We have now been to Margate, lovely beach it was clean and smooth, lovely to walk on. Collected shells looked in pools and rocks saw some poor dead crabs and Nilda even paddled. Once again the sun shone brightly on us, a lovely day. Anne

Margate – Magical, mysterious, marvellous sunny day. Fantastic beach walk to sea pool and then through the harbour before the tide came in. We all went to a great takeaway fish and chip shop and sat at the tables in the sunshine. Best fish and chips in Thanet great day out again with WWAG wonderful weather.
Roger

It was a very nice day sunny and hot in Margate, Stephen and I went around shops and brought some things. I think Margate is very nice and had a few coffees also thanks.
Michael

**NOTE TO ALL CLIENTS PLEASE
REMEMBER AS STATED ON THE BOTTOM
OF YOUR EVENTS CALANDAR:**

**PLEASE GIVE ADEQUATE NOTICE IF YOU
CANNOT KEEP A BOOKING.**

**FUNDS ARE LIMITED AND CANNOT
COVER THE COST OF THOSE THAT DROP
OUT AT THE LAST MINUTE**

**WE WILL TRY TO SELL YOUR TICKET,
BUT REFUNDS ARE NOT GUARANTEED,
PLEASE MAKE PAYMENTS ONE WEEK
BEFORE EVENT.**

Walking Group May 19th

Reasonable day weather wise for a walk in the wonderful and beautiful Richmond Park, seven of us arrived to be greeted by the many deer which we were able to get right up close to. When I say "deer", according to Anne they were "reindeer" and had horns rather than antlers!

We headed towards a lake walking, talking and joking around. Headed back to a lovely café where we had well deserved refreshments a lovely afternoon out. Ginny

A pleasant drive to Richmond Park on arriving we saw lots of deer some not very old and very tame. We had a pleasant walk to the lakes then up to a lovely café overlooking Richmond (you could see Heathrow on a clear day).

Sitting and talking while we had a cold drink then finishing with a pleasant drive back home. Cathy

Computer Class

Jennifer, the computer tutor, has just given me a certificate and a diploma for my computer exams that I have done. I have been coming to computer classes at WWAG for about five years and have passed five exams and that is why I got the diploma. I was absolutely ecstatic and cannot believe that I have done it, and I have enjoyed every minute.

Jennifer is a marvellous tutor, patient and calm, who gives you individual attention and lets you go at the pace that is right for you. I cannot recommend this class enough they have given me such a boost to my confidence and stopped me from being such a technophobe.

If you just want to learn about computers without doing exams of course you can do that but I have to say it make you feel really good to get a certificate. Ann

MAY COMMUNITY GET TOGETHER AT SILVERMERE

What a wonderful afternoon sitting in the sun, with tea and cake.....hope there are more British sunny days. Motorbike Mark

Lovely weather, great location, having a wonderful time. Paul G

Nice weather, good company, what more can I say Bruno

Great afternoon sitting by lake and munching on cakes.

Glorious day, great company, another great day with WWAG. Pat T

One coffee? No! of course not,! With cake at Silvermere. Thanks for organizing

Very good day, thanks for organizing it Marie

Really nice cake, good company and nice and warm Sue B

Beautiful place been looking forward to this all week Fiona MacDonald

Lovely to visit Silvermere again for coffee and cakes. Ray & Josie

Thank you for the great company and lovely venue. Julie

Had a lovely sunny afternoon, great company and lovely tea and cake. Just what I needed
Thank you Jane

Sunny Silvermere...tea, coffee, cakes and scones. Terrific company and conversation while in the fresh air overlooking the lake. How else would you spend a sunny afternoon?

Roger

Been away for a while so great to get together and catch up with friends. Excellent cakes at Silvermere . Please if possible keep these community get togethers going. I .love them.

Tracy x

I am full right up been a pig for eating too many cakes. Anne

A Gloriously sunny afternoon sitting by the lake and eating gorgeous cakes. Lots of good company and laughs what could be better, Thank you WWAG Ann

A lovely setting by the lake at Silvermere the sun was shining people were chatting over their tea/coffee and some lovely cakes. We say thank you to all the staff for a good verity of goodies to eat Cathy

Badminton and Social

Friday is Badminton Day. Every week a group of us go to the Excel Leisure Centre in Walton to play badminton. We meet up at 4pm and play for an hour. We play doubles so it's not too strenuous and usually play about 3 games each. We have lots of fun, work up a bit of a sweat and improve our fitness a little.

If you fancy joining in please come along. We provide the rackets so you only need to bring yourself. It doesn't matter if you've never played before just come and have a laugh and a bit of fun.

Afterwards we go to the Weir pub for a chat and a drink then go home about 6 o'clock.

Hope to see you there. Written by Paul G

Discovery day 1st June 2010

This was a fun, feel good day with music, comedy, drama and Positivity. Just short of sixty people attended at the beautiful RiverHouse Barn in Walton on Thames.

The following comments are just some from the Evaluation slips handed out at the end of the day.

One positive word about the day

Fantastic, good fun, uplifting, Happy, Enlightening, Good fun, Excellent

What did you think of the day?

As usual an Uplifting day, Food for thought and recharged the batteries

Positive good fun, nice to be apart of a positive day, well planned, and great experience, did not miss the sun as we were all shining.

What was the most memorable part of the day for you?

Sarah's story was great, Dancing to Amarillo, Ray telling jokes, the music and the sing along Positive messages Positive quotes & Affirmations Attitude. E+R = O (Event + Response = Outcome) Every moment was memorable. Good advice - Roger as usual was a star. The involvement of everyone.

What other events/training would you like in the future?

Physical exercise A day themed workshop Confidence building, More events like Discovery

Day so pleased **WWAG** is providing so many services.

Art Group at JPC

This is one of the most popular groups **WWAG** runs and is enjoyed by many clients.

Leanne the tutor is liked by all and plans a varied and imaginative course giving clients the opportunity to experience many different techniques and art mediums.

The Art Group is always full to capacity and it is important if you are interested in having a go that you put your name down for a future course, on the understanding that there must be a commitment to attend the whole course. Thank you to Leanne for making it such an enjoyable group. Written by Carole

Positivity Course at the JPC May to July 2010

The Positive Involvement – Life Skills Course is running again at the JPC. These courses are designed to build confidence and self esteem and help people feel good. This group are already on week five.

“The Positivity group has been really good. The people have changed since the beginning of the group and I think everyone has enjoyed it. We learn a lot each week plus Roger crams in so much, but we've had great fun, playing with the beach ball etc”. Written by Becky

C A B Clinic at WWAG

Due to staff shortages Marilyn can only run these clinics every four weeks. This means the next clinic will be held on Tuesday the 27th April, this will continue until we hear differently, we will then inform

Runnymede CAB Opening Times

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

Future Events to Look Forward to in: June 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 22nd June 2010
10.30am to 12.30pm. Please ring the office for an
appointment. Save yourself a trip to the ACU **Free**

A 10 Week Positivity Course: Continues
Friday 4th 11th 18th 25th June to be held at the
Joseph Palmer Centre from 1.00 pm to 3.30pm. **Free**

Saturday Art Group continues
Sat 5th 12th 26th June 2010
At the Joseph Palmer Centre from
10.30am to 12.30pm. Clients will be informed by letter

Free Tea/Coffee/Doughnut Morning –
Tuesday 22nd June 2010
These FREE coffee mornings are at the WWAG office.
10am to 12.30pm - all welcome

Computer Training Course starting again:
Monday 7th 21st 28th June 2010
from 12 noon to 3pm. **Free**

Day Trip to Portsmouth/Southsea
Tuesday 15th June 2010
Meet at P&Q at 8.45am to leave at 9.00am
29 seats available **Cost to Clients £10.50**

Possible Walking Group (weather permitting)
Wednesday 9th June 2010
Meet in office at 12.30pm to leave at 1.00pm bring
along a packed lunch with Tea/coffee at the
end of the walk **Free**

Community Get-Together, Fairmile
Tea, Coffee & Cake Tuesday 29th June
2pm at office for a lift OR 2.30pm at the venue
Please Ring office to book your place (for catering)
£1 per client

Office Closed Dates:

Tuesday 15th June Day trip

Tuesday 13th July Day trip

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

Future Events to Look Forward to in: July 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 20th July 2010
10.30am to 12.30pm. Please ring the office for an
appointment. Save yourself a trip to the ACU **Free**

A 10 Week Positivity Course: Continues
Friday 2nd 9th July to be held at the
Joseph Palmer Centre from 1.00 pm to 3.30pm. **Free**

Saturday Art Group continues
Sat 3rd 10th 17th 24th 31st July 2010
At the Joseph Palmer Centre from
10.30am to 12.30pm. Clients will be informed by letter

Free Tea/Coffee/Doughnut Morning –
Tuesday 6th July 2010
These FREE coffee mornings are at the WWAG office.
10am to 12.30pm - all welcome

Possible Walking Group (weather permitting)
Wednesday 14th July 2010
Meet in office at 12.30pm to leave at 1.00pm bring
along a packed lunch with Tea/coffee at the
end of the walk **Free**

Computer Training Course starting again:
Monday 5th 12th 19th 26th July 2010
from 12 noon to 3pm. **Free**

Day Trip to Bournemouth
Tuesday 13th July 2010
Meet at P&Q at 8.45am to leave at 9.00am
29 seats available **Cost to Clients £11.00**

Community Get-Together,
Tea, Coffee & Cake Tuesday 20th July
2pm at office for a lift OR 2.30pm at the venue
Please Ring office to book your place (for catering)
£1 per client

Sponsored Walk for WWAG
Sunday 25th July meet at the Weir public house
Walton on Thames 10.00 am for a PROMPT START
at 11am to walk to Hampton Court Bridge and back
Approx 7 Miles

WWAG Forum
Tuesday 3rd August in office lounge
2pm to 3.30pm
All clients welcome