

WWAG NEWSLETTER

FOR JANUARY 2012

<p>PAGE 1 Day trip to London</p>	<p style="text-align: center;">Day Trip to London</p> <p>A tremendous day out! Really great company and great fun. John S</p>	<p>Thank you WWAG for another great day out. Ann</p>
<p>PAGE 2 Continued London Trip Christmas Dinner at the Anglers Christmas lunch at JPC</p>	<p>Pleasant company and day out could have been warmer. Irene.</p> <p>Lovely day out – bit chilly but we all survived, Xmas lights were very good. Jenifer.</p> <p>Had a nice day. Dan</p> <p>I had a lovely day. Rosina</p>	<p>What a wonderful day, an unforgettable experience thank you WWAG and a happy Xmas it was a good WWAG day as usual. Nilda</p> <p>Thank you WWAG for a wonderful day out with lovely people – thank you Roger for pushing me around all day, great to see London. Sue</p>
<p>PAGE 3 Christmas lunch at JPC January Curry Night Windsor walk</p>	<p>A nice day out explored a bit of London. Went on the eye and had an exotic sushi lunch. Robert</p> <p>I had a good day. Marie</p> <p>Had a good day in London brought a few goodies, good food and company. Bruno</p>	<p>What a brilliant day out to London, great company and I loved Covent Garden and the German market. Such impressive lights in the Streets and shops thank you WWAG. Love Carol</p> <p>The London trip to South Bank, the London Eye, Covent Garden and then driven home through the Christmas London lights was brilliant. Roger</p>
<p>PAGE 4 Windsor walk New Year Tuesday art Doughnut morning Badminton Writing group</p>	<p>Very cold but wonderful day in London, sampled Gluhwein for first time. Not bad, warmed my cockles, wonderful company as always. Ginny</p> <p>Weather bright but cold, it was nice to talk to all my friends at WWAG. Had a really super day, thank you very much WWAG staff for organising such a wonderful trip. Stephen Murray</p>	<p>Always a nice trip at the start of December makes it feel like Christmas is really on its way. Not quite as cold as last year but cold enough plus we did see the sun. German market much the same with a few new additions, London lights are always worth seeing good day and great company. Anne</p>
<p>PAGE 5 C A B New Year Party Five week Positivity Focus update Drama Therapy</p>	<p>London day was great with good weather, next year Covent Garden? Doug</p> <p>Thank you for changing a Bah – Humbug person into someone who is starting to understand what Christmas is about. Thanks to the team for all their support plus positivity. Benjamin</p>	<p>It was a bright but cold start to the day. We got to the South bank about 10.30am and we all went for coffee except Nilda and Ann, who went to book a trip on the London eye.</p>
<p>PAGE 6 Wednesday and Saturday quizzes Computer Training Art at JPC Marathon runner Poem by a client</p>	<p>Thoroughly enjoyed my day trip to London, it was a fantastic experience and I loved every minute. I especially enjoyed the merry – go – round. Thank you WWAG, love Tina</p> <p>I had a nice time and delicious foods, I am very happy. Abdur</p> <p>A wonderful day in London, I went on the London Eye with Nilda and it was fabulous. Lots of fun and good company</p>	<p>We had a stroll along the stalls, and some of us bought something we had not seen before for Christmas. A group of us went to Covent Garden and had something to eat and a stroll around the little market then a walk back to the coach. By then we were cold and looking forward to seeing the lights before going home. Cathy</p> <p>We had a good journey up there and it was really sunny with blue sky, only the freezing wind spoilt it a little. .</p>

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Had usual coffee/tea when we got there and then a little wait until the German Market opened.

There was quite a good selection of different type of things for sale but most were expensive. After lunch we had a look around Covent Garden, listening to singing in the background.

After we got back on the coach, where I defrosted myself! We went through the Christmas lights, which were great. Carole

Christmas Dinner at the Anglers

On a cold evening in mid- December we all met up for the annual **WWAG** Christmas meal. It was a chance to see old friends and also some new ones at the meal.

I had butternut soup for my first course, which was very tasty. My main course was a very traditional roast turkey meal, the portion was generous and it was very tasty and nice. For sweet I had a Bakewell tart thing, which again was very nice.

After the meal Roger gave speeches and a summary of the past year. For some reason I was excited about the yearly Amarillo song and really tried to sing my best. In previous years I dreaded this, but this year I was really up for it.

The **WWAG** Christmas meal was very enjoyable and I look forward to another year. May you all enjoy Christmas and good luck in the New Year 2012. Stephen Murray

It always seems especially cold on the evening of **WWAG** Christmas dinner at The Anglers but I guess that helps to make it feel more Christmassy! The downstairs was crowded with **WWAG** clients all having a drink and a natter before we went up for the meal.

I thought the food was much better than the previous year and really enjoyed it. Afterwards Roger gave his thanks to Trustees, staff and volunteers and then rattled off a stream of jokes!

All in all a very good evening which I am sure everyone enjoyed. Happy Christmas. Carole

The Xmas meal at the Anglers pub was really enjoyable this year. The food was good value for

money and the company was excellent. I was seated on a small table of 6 which suited me well.

I can find larger events a bit stressful, so not having to shout down the length of a long table helped me. Roger's jokes have definitely improved this year, or maybe he is getting better at delivery. Really enjoyed the Amarillo audience participation. Kevin

I think the Christmas dinner is always good at the Anglers, in Walton it is always good every year. Michael

The Christmas dinner went with a bang between Rogers's jokes, fine food and drink, meeting up with friends, old and new great night. Thank you .Cathy and David

Wonderful get together, good company and great Christmas spirit. Paul G

As usual terrific! The Anglers is the ideal location right by the River Thames and we get the whole of the upstairs to **WWAG** so we can make as much noise as we like.

The food was excellent, the company was excellent and all in all a terrific evening. Let's do it again next year, not forgetting Roger's jokes!! Paul

Another wonderful **WWAG** event! What a Christmas party. Irene and I enjoyed it immensely, so did the staff!! Somewhat embarrassing when mother and Jamie, started mucking about, though very funny as well.

What can I say about Roger's jokes? Apparently nothing as they left most people speechless. Personally I was crying from both laughter and pain! It must be said that the **WWAG** team have once again worked very hard to make the evening appear effortless! Congratulations! John

WWAG Christmas lunch at JPC.

What an enjoyable get together, good company, great atmosphere and a delicious lunch. Thank you to all who shopped for prepared and served our roast turkey dinner.

A fun Christmas themed quiz, thanks to Tina's hard work, before eating. After lunch Roger had a captive audience to listen, laugh and groan at his vast supply of jokes!!! A cheery Christmas Carol sing-along completed a grand day. Thank you **WWAG**. Love from Carol. x

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SATURDAY CHRISTMAS LUNCH

I never made last year's Christmas lunch with *WWAG* and so I was really looking forward to the experience. Everyone seemed really jolly and just as excited as I was. We started the morning with a coffee and then went next door for the Christmas Quiz. Most people participated and seemed to enjoy the questions and the winners were chuffed with their prizes.

When we entered the dining room, the tables were so beautifully laid; the 'staff' had obviously worked very hard. The aroma of the Christmas dinner was soon wafting over us which made our tummies rumble even more. At last, it was soon time to eat and we didn't even have to get up out of our seats to collect our dinner.

Once again, Anne, Roger, Cathy and Carole made every effort to make sure we all had a fantastic time; and it was! The food was superb; the atmosphere was amazing and the entertainment was great fun, we all had a laugh (or groan!) at Roger's jokes and we all had a great time bonding with people that we might not normally spend a lot of time with. It really was such a perfect day and one that I will treasure. Thank you *WWAG* for giving me the opportunity to spend time with some really wonderful people and to have a really tasty Christmas dinner! Tina

January 2012 Curry Night

Our first curry night of 2012 and not a bad turn out. Good food, lots of laughs and great to catch up after Christmas. Cathy

Good Food, good company, good night. Doug J

Great food and good company. Jamie

Nice meal and with good people. Walton Steve

All these lovely people and food too! My cup runneth over John S.

I had a really nice curry, consisting of Chicken Shaslic and boiled rice, it was very nice, it was recommended by Abdur last time I came here. Stephen M

Nice Food fine Company. Eddie

Nice Company. Shel

Lovely occasion Thanks. Brian

Great Indian food excellent company and endless laughter. Thanks to *WWAG*

Windsor Great Park

Our First Walking Group in Windsor Great Park weather was dull but not cold. It was nice to be out in the fresh air, a walk to the river and back to the pub for a cold drink.

Cathy

Nice and lost in the woods taking a course in tracking, for next time in Windsor park.

Drinks in the pub saved the day. Ron

I enjoyed the walk even though it nearly killed me. I am sure that I have lost a little weight today. Bruno

A great walk but I was glad to see the pub. We will all remember not to get Jennifer or Roger navigating. John

A well organised walk, very pleasant especially the cup of tea afterwards. Duncan

Lovely walk - good job I came to lead everyone astray! Jennifer

My first day out in the beautiful fresh air this year - Thank you, very enjoyable, and interesting talking to our new member plus meeting the gorgeous dog in the pub. Clare

Had a great time walking in a beautiful park, with very friendly people. Looking forward to the next one bless. Fadila

Had such a lovely walk and Jennifer knew the way around Windsor! We had a lovely drink at the Bailiwick pub, even if Roger was a bit pongy after treading in some doggy pool! Poo whiff. Tina

A good group of us collected for our first walk of the New Year and what a walk Windsor Great Park, lovely.

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The day was a bit grey but dry and it got very warm going up and down dale, as we did seem to go the long way back. We did finish up in a rather nice old fashioned pub but instead of us having teas and coffees most had a cool refreshing cold drink. Anne

Tuesday art group at the River house Barn

WWAG is a local charity supporting the recovery and the improvement of quality of life for people with mental health issues within the community. This new course is supported by the RC Sherriff Trust.

The course brings together those with a passion for art. Most of the learners come with a self-motivated project to pursue but they are encouraged to enhance them with further discussion and research.

The first terms work consisted of portraiture: animal and aboriginal art as well as still life and abstract art. A variety of mediums have been used, including acrylic paints, pencils and pastels. The results have been phenomenal and well worthy of being shown in this exhibition. Corinne

Doughnut Morning

Considering the weather was bitter outside, clients were still brave enough to venture outside and come to the 'Doughnut Morning'. The lounge was lovely and full and the cakes AND doughnuts went down a treat.

It was good to see some new faces too and have a natter about other upcoming events at **WWAG**. It was so good to see everyone chatting away and getting on so well together; it's always such a good opportunity for people to meet up and catch up on all the news. Thank you for another lovely 'Doughnut Morning'. Tina

Badminton Write-Up

It's only recently that I have started playing badminton with **WWAG** and I'm thoroughly enjoying it. Being rather larger than everyone else, I've had a bit of a clothes crisis at times but

actually, no-one else seems to take any notice of what I'm wearing anyway, and they're far busier concentrating on their matches.

I hadn't played badminton for many, many years and so I was a bit rusty to say the least, however, Anne and all the other players have been so kind and have been extremely patient with me whilst I'm learning.

I would thoroughly recommend the badminton group to anyone that wants to get back in to some sort of exercise. It really is great fun and it's so nice to meet up with friends and go for a refreshing drink at The Weir afterwards. The badminton group is held every Friday at 4:00pm and we normally get to the pub at 5:00pm if anyone wants to join us. Tina

New Group Creative Writing Write-Up

The first **WWAG** Creative Writing class went extremely well. John S. had obviously spent a great deal of time preparing for our lesson and it was a joy to be a 'student' of his. When we started, the majority of us thought that we wouldn't have anything to write and that our creative juices wouldn't flow. However, with John's guidance, patience and encouragement, we soon got in to the swing of things and it was difficult to actually get us to *stop* writing.

I would thoroughly recommend this class to everyone. It really doesn't matter whether you are a novice or an expert at creative writing because we are all able to go at our own speed and use our own ideas. John is an excellent 'tutor' and really wants us to enjoy and make the most out of the lesson. I had great fun and I'm really looking forward to the next creative writing afternoon.

Thank you John for taking the time to prepare all the work and for all your encouraging words. Tina

This group is being run monthly so come along and give it a go; please remember that when a group like this is on the lounge will be closed to other clients. Clients will still be able to use the computer room, and offices where we will try and provide tea/coffee.

C A B at AC U, Chertsey

Telephone advice Tue & Thu 10am – 12noon.

Advice Telephone line - **01932 874766** -

No drop-in sessions currently at ACU office

Interviews by pre-booked appointment only.

New Year Party

Thank you so much for such an enjoyable New Year's Party. I can only imagine the amount of hard work, organisation buying and paying for such an event. Everyone I've spoken to who came to the party has given a glowing account of how much they enjoyed the party. Best wishes Stephen Murray.

On Saturday 14th January **WWAG** held a New Year party at the JPC. Everybody turned up in good time ready to party. I think everybody had a wonderful time, I certainly did, the disco was really good and so was the Karaoke - there was some real talent there.

Many of us danced our foot off which was really good exercise for getting rid of that extra weight put on at Christmas.

As usual the catering was fantastic. There was loads of lovely food and I know I ate too much it was so delicious. I wish **WWAG** would have more of their great parties and I would like to give a big thank you to all the **WWAG** staff for all their hard work and for giving us such a great time. Ann

The party was good I sang and danced the night away, everyone enjoyed themselves and the food was good. Marie

Five Week Positivity Course

I was sad when the 10 week Positivity Course ended and so I was really chuffed when Roger said that there would be a 5 week course starting in January.

We had all bonded extremely well and so we eagerly awaited the start date. We had been putting the things we had already learnt in to practice and the 5 week course is now re-enforcing everything. It's helping us realise that we *can* change our way of thinking and turn a negative thought in to a positive.

I've seen my new friends really blossom and come out of their shells and I would thoroughly recommend Roger's Positivity Courses to everyone. Not only are they life changing but they are great

fun too. Our courses have consisted of many thought provoking, inspirational and beneficial moments but we've also managed to laugh along the way and we are all enjoying watching each other's journey to the ultimate goal of mental well-being. Tina

Focus Update – Paul Graham

Attended several meetings including topics of Self Directed Support, Patient Advice and Liaison (PAL's) and a presentation on Employment Support Allowance transition from the CAB.

Self-Directed Support

Marketed as extending choice and flexibility in assessed social care needs provision.

This is a new way of assessing, choosing and providing the support people need. If you are entitled, Self-Directed Support gives you a personal budget. Either receive a direct Payment or Surrey County Council to arrange and Pay for the support. Limited pot of money.

Patient Advice and Liaison Service – PAL's

Internal restructure has merged PAL's with Surrey and Borders Complaints department. Pal's quarterly report to go to Focus committee. David Sills has left the organisation.

Employment and Support Allowance – ESA

For people who cannot work due to illness or disability Already in place for new claimants and being phased in for existing Incapacity Benefit and Income Support claimants Transition involves medical assessment interview to confirm you have limited capability for work **WWAG** have latest descriptor explanation document helping you understand how points are allocated. At least 15 points required to qualify. If ESA rate is less than current benefit levels, levels are frozen until such times as ESA catches up.

Drama Therapy

Audrey has excelled herself again. Great ideas for improvisations and mimes, not to mention a good variety of relaxation, Jamie's favourite!

Everyone taking part enjoys themselves thoroughly, even when doing speakeasy. The six weeks are flying by and all too soon will be over, but all us diehards will immediately start looking forward to the next season with expectation. Audrey we will miss you, comeback soon John.

Wednesday Quizzes

These are a popular event and well attended. The questions are a mix of general knowledge and we have some very brainy people in the group.

I have been getting better with the answers and won this month (a fluke) but will keep trying so come and join us only once a month and great fun Thanks to Tina. Cathy

Saturday Quizzes

Just before Christmas we were having quizzes on a Saturday and had a laugh answering these questions, everybody enjoyed the funny answers that were given and some of us learnt something too.

Tina does a great job organising the questions and answers to both Quizzes Thank you Tina. Cathy

Wednesdays are the days that we hold 3 different groups, walking, writing group and the quizzes. So check your dates for diaries for the days and times of them

Computer Training

This has been running since Monday 9th and goes on till the 13th February; we have had some clients not turn up for their sessions, without always informing us.

There is a long list of client names down for this course, so please if you feel that you cannot commit to your sessions please let us know. We do have new clients joining **WWAG** and quite a few ask for this course

New art group at the J P C

New group will be starting on Saturday 18th February once again this is a very popular group and we do have problems fitting everybody in. If interested please call, all that get a place will receive a letter please let us know if you can or can't do it.

If you eat regularly at the Joseph Palmer Centre dinners, please try and let us know if you are not attending. As we shop on Fridays it's sometimes hard to judge how many to cater for. Thank you

We have been very lucky and very pleased to make this announcement:

Phillip is an ex client who is an artist and has picked up and got on with his successful life. Now he has kindly offered to do this for the benefit of **WWAG** and all of the clients

LONDON MARATHON 2012 SPONSORSHIP

I am running the London 2012 Marathon to raise money for **WWAG** (Walton & Weybridge Advocacy Group for people with mental health issues) Please sponsor me so that this essential local charity can continue to help people.

All you need to do for now is fill in your name, email address and the amount you wish to sponsor. I will email you personally when I have completed the marathon to collect the sponsorship money.

Thank you for your support. Phillip Witcomb
We have sponsor forms at the office if you would like to sponsor Phillip, or travel with a group of clients prepared to go to London by train to support him and cheer him on contact us, date Sunday 22nd April other details to be arranged.

Please contact us on 01932 231918 or pop in if you would like more information on any of the above.

Poem by a client

It's all waiting
Sleeping daytime sickness
Come on overcome.
Move to pastures new
It's all waiting
The cabaret
Shrill chirps
Rook's ravens fly
Seagulls hover
The robin says hello
Clasps the pinnacle bud
Nigel

Future Events to Look Forward to in: February 2012

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 4.00pm.
Please ring the office for an appointment Free

User Led Curry Night

Thursday 2nd February 2012
from 7pm. Please ring office if interested to
put your name down so we can book the table

5 Week Positivity Course:

Friday 3rd February 2012 to be held at the
Joseph Palmer Centre from 1.00 pm to 3.30pm. Free

Computer Training Course:

Monday 6th, 13th, 20th, 27th, February 2012
from 12 noon to 3pm. Free

Possible Walking Group (weather permitting)

Wednesday 8th February 2012
Meet in office at 1.00pm to leave at 1.30pm with
Tea/coffee at the end of the walk Free

Saturday Drama Group

Sat 4th, 11th, February 2012
At the Joseph Palmer Centre from
10.30am to 12.30pm. Clients will be informed by letter

Free Tea/Coffee Morning –

Tuesday 14th February 2012
These FREE coffee mornings are at the *WWAG* office.
10am to 12.30pm - all welcome

Creative Writing Group

Wednesday 15th February 2012
To be held at the *WWAG* 'office from
2pm to 3.30pm Free

Saturday Art Group

Sat 18th, 25th, February 2012
At the Joseph Palmer Centre from
10.30am to 12.30pm. Clients will be informed by letter

Quiz Group

Wednesday 22nd February 2012
To be held at the *WWAG* office from
2pm to 3.30pm Free

Office Closed Dates:

Day Trip Tuesday 27th March

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

Future Events to Look Forward to in: March 2012

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 4.00pm.
Please ring the office for an appointment Free

User Led Curry Night

Thursday 1st March 2012
from 7pm. Please ring office if interested to
put your name down so we can book the table

Saturday Art Group

Sat 3rd, 10th, 17th, 24th, 31st, March 2012
At the Joseph Palmer Centre from
10.30am to 12.30pm. Clients will be informed by letter

10 Week Positivity Course:

Friday 2nd 9th, 16th, 23rd, 30th, March 2012 to be held at the
Joseph Palmer Centre from 1.00 pm to 3.30pm. Free

Possible Walking Group (weather permitting)

Wednesday 7th March 2012
Meet in office at 1.00pm to leave at 1.30pm with
Tea/coffee at the end of the walk Free

Free Tea/Coffee Morning –

Tuesday 13th March 2012
These FREE coffee mornings are at the *WWAG* office.
10am to 12.30pm - all welcome

Creative Writing Group

Wednesday 14th March 2012
To be held at the *WWAG* office from
2pm to 3.30pm Free

Computer Training Course:

Monday 5th, 19th, 26th, March 2012
from 12 noon to 3pm. Free

Quiz Group

Wednesday 21st March 2012
To be held at the *WWAG* office from
2pm to 3.30pm Free

Day Trip to be Decided Please Ring Office

Tuesday 27th March 2012
Meet at P&Q at 8.45am to leave at 9.00am
29 seats available Cost to Clients £11.50

WWAG Forum

Tuesday 13th March 2012

in office lounge

2pm to 3.30pm

All clients welcome