

FULL CALENDAR FOR THE SUMMER



Welcome to our spring/summer edition. With just a short while to go to our two festivals, I hope you are looking forward to them. There will be lots of new things to try out for your health and wellbeing and they should be a lot of fun. I spent a Saturday in April watching the Essex five-a-side football tournament. It was great seeing some of you compete, so well done to the Bernard Brett boys, the Thurrock LD team and the Havering team for your good spirit, and good luck to the boys in the final. I want to mention two new services we are setting up in Sussex for older people. These will give care to people in their own homes and start in October. This edition has loads of great stories showing the fantastic work going on across our services – lots of art projects and cooking events. I'm particularly pleased to see the Duke of Edinburgh award being promoted. We are now a licensed provider for this award, which is a great honour. Finally, In Touch joined us two years ago and the time feels right to fully integrate them into Family Mosaic. The In Touch brand will go, but staff and services will remain the same. I hope you all have a great summer and I hope to meet lots of you at the festivals.

YVONNE ARROWSMITH, GROUP OPERATIONS DIRECTOR

Thanks to the Maisie Sheed Trust

Many of the activities reported in this issue of Reachout were very kindly funded by the Maisie Sheed Trust fund.

| other languages |

এটি আঞ্চলিক ভাড়াটিয়াদের (রিজিওনাল টেন্যান্টস) নিউজলেটার কানেকশনস্। আপনি যদি এই নিউজলেটার ইংরেজীতে পড়তে না পারেন এবং এখানে যেসব ভাষা দেখানো আছে, আপনি তার কোন একটি ভাষায় এর কোন অংশের অনুবাদ চান, তাহলে অনুগ্রহ করে যোগাযোগ করুন enquiries@familymosaic.co.uk অথবা 020 7089 1069 নম্বরে টেলিফোন করুন।

reachout, Family Mosaic Konut Kurumu'nun Doğu Londra yöresindeki kiracları için çıkardığı bir dergidir. Bu derginin İngilizcesini okuyamıyorsanız ve herhangi bir bölümünün Türkçe'ye çevrilmesini istiyorsanız, lütfen 020 7089 1069 numaraya telefon ederek ya da internete bağlanıp enquiries@familymosaic.co.uk adresine mesaj göndererek bizimle iletişimi kurun.

Đây là bản tin của người thuê nhà khu quý vị, Connections. Nếu quý vị không thể đọc bản tin tiếng Anh này, và quý vị cần bản **reachout** trong bản tin được dịch ra một ngôn ngữ trong nhóm ghi ở đây, xin liên lạc với chúng tôi tại enquiries@familymosaic.co.uk hoặc gọi số 020 7089 1069.

Warsidahan goboleed waa mid loogu talagalay ijaartayaasha, **reachout**. Hadii aadan warsidahan ku akhrin karin Ingiriisi, isla markaana u baahato in qeybo lagu soo turjubaano luqadahan halkan ku xusan, fadlan nagala soo xiriiir enquiries@familymosaic.co.uk ama soo wac 020 7089 1069.

Este es su boletín de noticias regional **reachout**. En caso de que no pueda leer este boletín en inglés y necesita que alguna parte de éste sea traducido a una de los idiomas que aquí se indica, le rogamos se ponga en contacto con nosotros a través de la dirección de correo electrónico enquiries@familymosaic.co.uk o llamando al 020 7089 1069.

Voici **reachout**, le bulletin régional des locataires. Si vous ne pouvez pas lire ce bulletin en anglais et s'il y a des articles qu'il vous faudrait faire traduire en l'une des langues mentionnées ci-dessous, veuillez nous contacter à enquiries@familymosaic.co.uk ou téléphoner au 020 7089 1069.



ESSEX REGION

General enquiries
01268 498 500

Visiting support services
Thurrock, Basildon, Castle Point,
Rochford, Rayleigh
0800 288 8883
Southend 01702 445 870
Havering 01708 776 770

LONDON REGION

General enquiries
020 7089 1000

Visiting support services
Hackney, Islington
020 7241 7940
Hammersmith & Fulham
0800 123 1991
Redbridge 0800 970 8401
Kensington & Chelsea
020 7351 2522

SOUTH REGION

General enquiries
01273 468 010

www.familymosaiccareandsupport.co.uk
enquiries@familymosaic.co.uk

DON'T FORGET THE FESTIVALS!



Our care and support **Health, wealth and wellbeing** festivals are just around the

corner and we look forward to seeing all of who are you able to join us on the day.

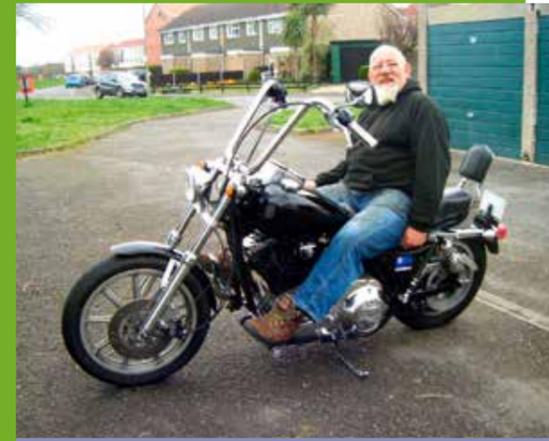
If you live in **London, Essex or Kent** your festival is on **14 May** in **Orsett Hall, Orsett**, between 11am and 3pm.

If you live in **Hampshire or Sussex**, your festival will be at **Bognor Regis Butlins** on **10 June** from 10.30am to 3.30pm.

For more information please speak to your support worker.

ONE MAN AND HIS HOG

Keen biker Peter Wort has just realised his life ambition of buying a Harley Davidson, writes housing support worker Jenny Rowlands



Peter, who uses our New Forest learning disability service, turns 60 in October.

Lucky find

A few months ago we found a pension fund he had paid into many years ago and forgotten about. A few calls later and we found he had a nice amount coming to him on his birthday.

Peter is a regular at his bike club and has long dreamt of owning a Harley Davidson. Last Christmas he was offered

one but couldn't afford it. He asked me to find out if he could draw some of his pension a little earlier – and the answer was yes!

I have since visited Peter and have never seen him so happy. He was literally bursting at the seams with excitement as he showed his new bike to me.

'I've wanted a Harley since I was 16,' Peter said. 'I am 59 now and my dream has finally come true.'

'It's taken me a long time to get a Harley Davidson... Now my dream has finally come true.' Peter Wort

NEW PROCESS FOR HANDLING COMPLAINTS

We are changing the way we handle your complaints. This move comes after a review of our old process for managing complaints and feedback.

You felt the process was too complicated and would be better focused on solutions.

We have taken that on board. All service requests are now managed by one person. They will keep you updated until we meet your request or explain why we can't.

If you are unhappy with the time it takes us to meet a request you can ask for an independent review of your feedback and we will scrutinise the way we served you.

The new resolution process is explained in a new leaflet and at www.familymosaic.co.uk

WILD ABOUT WILDEBEEST



Last summer I was fortunate enough to spend a few days on safari in the **Masai Mara game reserve** in Kenya.

River crossing

The safari was timed to coincide with the annual wildebeest migration.

We were not lucky enough to see the animals cross the river from the Serengeti but we did get to see thousands of wildebeest and huge numbers of zebra and buffalo.

The presence of the animals attracts their predators and we saw lots of lions, cheetahs and leopards, all at close quarters. It was an amazing sight.

On the banks of the river, hippos and a big crocodile were basking in the sun.



Add to this several families of elephants and giraffes, and flocks of various types of antelope, baboons, ostriches, vultures and more.

It was a fantastic experience which I will remember forever.

Derek Davies
Martlet House, Saltdean

BRAVE NEW WORLD

Knowing how to use the internet with a computer is becoming as important as having a phone and power to light and heat your home. If you want to learn how, **Get Connected** is the project for you

You can use the internet to pay bills, do the shopping, look for a job, keep in touch with friends and family, learn new skills, find a new home and keep up with the world.

Very importantly if you get a welfare benefit, the internet will for some of you soon be the only way to claim it.

Get Connected has lots of different computer courses, from starters to advanced. We also have courses you can do on a computer at home.

Your tutors will be Family Mosaic staff and you may also get a helping hand from other customers working on their computer skills.

SALTDEAN TENANTS GET CONNECTED LONG DISTANCE

We ran an **online computer course** (learnmyway.com) at Martlet House earlier this year, writes Markus Kitzberger. The course runs for eight weeks, two hours a week. It is done over the internet so everyone can choose their own pace and you can repeat any sections you think you need to work on again. Our special thanks to Derek Davies and James Dixon, who kindly shared their good IT skills to help their neighbours. Martlet tenants are now hoping to get communal broadband installed so they can all **Get Connected** to family, friends and loved ones.

DANIEL GETS CONNECTED TO A JOB WITH THE COUNCIL

Since signing up to a **Get Connected** course, **Daniel** has had a string of successes. His latest is landing a **job with Havering Council**, teaching local people the basics of using a computer.

And he's been told that his experience of teaching other computer skills as a young **Get Connected** trainer is what got him the job at his local library.



Daniel offers guidance as fellow tenant Abdul learns his way around a computer

Daniel uses our floating support service for people with a learning disability. He says: 'During my time as a Family Mosaic customer I have grown so much in myself and my confidence has soared. I try to give back however I can.'

We signed Daniel up as a trainer after he completed his first **Get Connected** course.

These are some of the other things Daniel has now done:

- become **tenant rep** at Harold Wood Hall, where he is a friend and mentor for new tenants and first contact when staff are not around

- become active on his **local forum** and the **care and supported housing regional forum** and on the **customer-led bid panel** he helps approve or reject customers' bids for funding for activities
- helped with **outings**, even contacting his local MP for tickets to a trip to parliament
- in summer helps out on a local **youth project**

- been **elected vice chair** of **People First**, a service speaking up on behalf of anyone with a learning disability in Havering
- become a **rep** on **Havering Learning Disability Partnership** board. Dawn McClenaghan, who manages our Havering learning disability service, says: 'Daniel is completely different to the way he was when we first met. He is now full of confidence, and so much more assertive. I have watched him learn to believe in himself.'



WEST SUSSEX TAKES TO THE SURFING LIFE

I have been running eight-week **Get Connected** courses in older persons' schemes in **West Sussex**, helping learners pick up basic skills in IT, writes Becky Mansfield.

At Mountbatten Court, Churchill House and now at the Nightingales, everyone has been enthusiastic and they've been fantastic to work with.

Some started with no knowledge at all but soon learnt about emailing, online shopping, web browsing, Skyping and much more. Family Mosaic has installed a computer and wifi at each scheme so tenants can carry on learning and use it whenever they want.

Most importantly everyone has enjoyed themselves.



'It's been very interesting. I've learnt a lot and will tell other residents about it.'

Gerda Brattle

'It's been the best experience for a long time.'

Pam Sheils

Churchill House



Mr and Mrs Jones of Plowright House have set up an email account so they can stay in touch with their daughters



'I can talk to my niece at no cost and have seen her flat for the first time.' Celine using Skype at Paul Byrne Court



'Can I listen to another Elvis song please?' Regina, Paul Byrne Court, after just 20 requests!



'It's been very interesting and staff have been very patient.' Doreen Marshall, Mountbatten Court

INTERNET WIDENS HORIZON FOR WEB'S SILVER SURFERS

Almost all our **schemes for older people** now have computers wired up to the internet, letting some of you use it for the first time ever, writes Yvette Harte.

Each scheme is very different. At some you have set up email, Facebook and Skype accounts to stay in touch with friends and family.

Others of you who once lived far away, some from other countries, are also happily reading the papers from your home town or country.

We have set password-protected accounts for each of you using the PCs, to keep personal details private.

And some of you can now remember your password, which is good! At some schemes we've also bought computer mice that are easier to grip and control.

Even those of you who have found it harder to use the computers, have found them a wonderful way to help you remember things from your past.

You've used them to see streets where you used to live, watch adverts for products you used to use, and hear songs you thought you'd never hear again. Indeed one recent training session turned into a singalong!

LEARNING WHAT I CAN DO

Moving onto independent living is a big step if you have a disability and mum and dad have always been there for you. But with our support **Samantha Swindell** has thrived and now college may be on the cards

I approached Family Mosaic in early 2012 because I wanted to move out of my parents' home but realised I would need some support to live independently.

It was my first shot at independence but I wanted to live close to my parents so they could be there quickly if anything happened.

Talk it through

Sally-Ann Lawrie came to my parents' house to discuss what I wanted and thought I would get out of supportive housing. I felt that I needed a support worker to sit with me when I filled in forms until I was confident I could do it for myself.

I have now lived in a Moat Housing flat for over a year and really love my new sense of total independence. Until I lived on my own I had got used to having everything done for me at home.

I have since discovered **I can do things I thought I couldn't do!** I have a physical disability so thought I would never be able to make the bed but **I can**. It isn't the conventional way but **I can!**

Going independent was **really scary** but I am so glad I did and I like living on my own. I make my own rules and it feels amazing.

I am much more independent and it's all down to Family Mosaic's staff, so a big thank you!

Sally-Ann also told me about Queen Elizabeth

Foundation College (QEF) in Leatherhead, Surrey. She was very keen for me to go to the college. I was very reluctant and stubborn at first but eventually agreed to go to an open day at the college.

The day came and again for me there was a mix of stubbornness and fear.

At first I refused to get out of the car. I am so glad I did.

The open day lets you see the sort of environment you might work in. You can look around the college and the area for the course you wish to take, be it business administration, horticulture or painting and decorating.

If you are still interested, the college then writes inviting you to a three-day, two-night assessment.

Mine was in February this year. You meet your course tutors and fellow students and, as everyone at the college wants to get work, they have their own individual course plan to complete.

I felt sick with nerves again but once I was there I realised there was nothing to fear. Everyone was so warm and welcoming it felt like I had been there for ages.

During the assessment you wake up early to get down for breakfast and ready to start work at 8.15am. There is an hour for lunch and two 20-minute breaks. My day ended at 4.45pm but it may differ for each course.

The college provides breakfast, lunch and dinner

and there are some evening activities, from rock climbing to ice skating.

The assessment also shows what adaptations you will need. I discovered that I would need a stand to rest documents on and a desktop magnifier for reading.

The accommodation is in one block, segregated for females and males. It is very basic but everyone makes it fun and welcoming and you can take home comforts with you, like a radio.

There is really only one main rule and that is quiet time from 11.30pm as everyone has to be up for work the next day.

After the three days, everyone meets to discuss how they felt the assessment went and to fill in paperwork, including a questionnaire so the college can improve its future assessments.

I am now waiting to hear if I have been accepted on the course. **It was a fantastic, amazing experience and I can't wait!**

YOUR GOOD MENTAL HEALTH

Pathways resident **Sophie Thomson** recently completed a special training course to use her own experience of mental ill health to help others in a similar position

Sophie's course in **peer support worker training** is becoming widely seen in the UK as a valuable way to help people with poor mental health.

Living with any condition, it argues, gives you a unique understanding of how it affects your everyday life.

'There isn't enough lived experience or knowledge in mental health services,' Sophie says. 'Through this course I've learnt how to question people positively and to use my experience to help others.'

The training, Sophie warns, is not a walk in the park.

'It brings up a lot you don't necessarily want to talk about.' For one section, she says, you have to tell your own story to others taking the course. But that too has its upside. 'You learn how to use parts of it to your advantage,' Sophie says.

Sophie lives in Bexhill in one of our supported schemes for grown ups with poor mental health. She took the course to help others but also to fill a gap in the types of support available for mental health.

Sophie is now restarting the 18-30s group at the local Your Way centre, and has done



Positive force: Sophie at Bexhill

voluntary peer support work.

Peer support is defined as using 'lived' experience to support another person. It has been around since self-help groups were set up in the 18th century and underpins 12-step recovery programmes like Alcoholics Anonymous.

A PASSION FOR THE JOB

An award sponsored by Family Mosaic sits proudly on a shelf at a north Essex community centre and café. Visitors can see the 19-year-old who won the award working hard as the café supervisor. Her passion for the job shines through.

Sharon Bennett Smith, who last year won the **volunteer** category of the annual **Colchester Youth Awards**, started at the café as a volunteer on a four-week placement ordered by her local Jobcentre two years ago.

She was unemployed and life was not taking her in a good direction. Working at the community centre, she says, turned her life around.

'I enjoyed it so much I asked if I could stay,' Sharon says. 'It's now a massive part of my life.'

Since winning the award, Sharon has also been on the centre payroll. As well as working as café supervisor, she also volunteers at the centre youth club.

'I was hanging around with the wrong people before,' Sharon says. 'This place has literally saved me. I now want to stop the kids here getting into trouble. I try to be a positive influence, to show them there is a different way.'

The Colchester Youth Awards judging panel was made up of Family Mosaic staff and young people from our schemes.

The awards were set up to recognise young people who live, work or study in the borough, who have triumphed over adversity, shown courage or cared for others.



Role model: Sharon with Moira

Sharon was unable to go to the Colchester Youth Awards ceremony so regional director Moira Griffiths visited her at the centre to congratulate her.

Moira said: 'Sharon is a real inspiration to other young people. I am impressed with her commitment to this community.'

SWAPPING RECIPES

Neighbours, professional chefs and nutritionists are helping **older tenants** to experiment with healthier recipes and cooking methods – and tucking into it together. Yvette Harte reports



Fine feast: Trinnie and her helpers at Chelsea Court

At supported living scheme **Albion Road**, tenants helped chefs and a community nutritionist prepare the vegetables for some healthy nutritious meals that they then all ate together.

Watch and learn

Over at Kensington and Chelsea, two **Chelsea Court** tenants hosted cooking demonstrations in the shared kitchen, showing neighbours how simple it is to cook stir fry dishes with just a tiny bit of olive oil and plenty of fresh vegetables and seasoning.

Healthy eating at the Afro-Caribbean **Bells** scheme had an appropriately Caribbean theme. Helped by some of the tenants and befriending volunteers, chef Brian whipped up a delicious traditional meal of snapper, dumpling, okra

and plantain. Mrs Bruce, who helped out in the kitchen, remarked on the wonderful fellowship of the 17 tenants who sat down to the meal.

Linda at **Plowright House** also showed her neighbours how to cook a stir fry. Linda's delicious stir fry used sweet potato. Once it had cooled down she also showed us how to make spring rolls. She suggests baking them in the oven rather than the much less healthy deep frying.

The sessions were great fun. Everyone said they had learnt something new. But what was amazing was how little some of the healthiest dishes cost.

At Chelsea Court, ingredients for the six delicious vegetarian dishes Paul produced came in at less than £15. Paul says he would like to write a recipe book. We think he should!



Since I moved to **Camhurst House** I have been involved with the cooking club. I love it and it is so very good for everyone. We learn the basics with my keyworker Ramona.

She is a good teacher and we learn easy things. Some of them we already know but she makes you think, like washing hands first and covering your clothes with an apron.

I have learned to cook food cheaply but it always tastes nice. It is usually healthy and my keyworker tries not to use much oil, sometimes olive oil instead.

I can cook chicken stir fry with lots of vegetables, which is cheap and we can have it for more than one day.

Ramona even talks about freezing home-cooked food rather than buying freezer food if we can.

SENL BICER

SOUTHAMPTON READY FOR ITS OWN BAKE-OFF

Customers of the **Southampton disabilities service** who wanted to learn how to cook their own food have completed a cooking and a baking course at the local City College.

The two five-week courses have taught them how to cook confidently at home, making healthy meals from ingredients they can afford.

Each of our chefs watched as tutor Maggie gave them a step-by-step demonstration, copied her under supervision, then took their freshly cooked meal home to eat.

During each course, each trainee also filled a workbook with recipes and facts about healthy eating and what they had learnt and enjoyed.



Watched Maggie then copied

Thanks to Ruth Pugh at City College and Michelle York at Family Mosaic who set the courses up and the European Social Fund, which paid for free weekly sessions for up to 10 people.

DRESSED TO THRILL FOR AUTUMN BALL

Customers of **Braintree, Halstead and Witham care services** arrived at their Autumn Ball looking amazing in ballgowns, tuxedos, cocktail dresses, lounge suits and smart casual.

Held at Charles Leek House last November, the ball was a fantastic night, with staff waiting on our guests hand and foot all evening.

Before the big event staff helped customers to buy or hire their evening outfit. Staff also arranged transport

so everyone could travel safely to the ball and home again at the end.

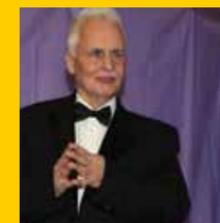
Special thanks to the management team who organised corsages for the ladies and a red rose for our gentleman guests.

Head of care Richard Priest turned up unexpectedly to join staff serving tables, making tea and dancing with the customers. The evening was thoroughly enjoyed by all.

The event was funded by the Maisie Sheed Trust fund.



PHOTOS BY SARA BERGHOFF



From top left: Tina with event organiser June, Ashley and his twin Wayne, Kirstin with mum Lynn, John and Judy

MENCAP'S BOOGIE NIGHT

Southwark and Lambeth floating support customers shook out their party clothes and polished their dancing shoes in March for the **Mencap Boogie Nights** disco at the Kingston Hippodrome.

The resident DJs were awesome, with the party spread out across two rooms. We had a great time dancing the night away to 80s music and some party classics.

Customer Bridget said: 'It was great. I can't wait to go again. I loved the music, especially when they played *One Direction*.' We are all looking forward to the next one.

BERNARD BRETT ON THE ART CIRCUIT

Young artists from **Bernard Brett House** in Colchester have hit the art circuit, with their work now on display at Slack Space, a local gallery.

The artists used recycled materials, acrylic paints and wax pastels to create on canvas one letter each from 'Bernard Brett House'.

Spotting her artwork hung up in the gallery, Jenny said: 'This is brilliant, just brilliant!'

Paige said her canvas showed Bernard Brett House as a place of support and stability.

'I wanted my canvas to be different and to stand for something,' Paige said.

The canvases will be put on permanent display at Bernard Brett House once the gallery exhibition finishes. Funding for the project came from the Maisie Sheed Trust.



From left: artists Matthew, Jenny and Stefan

THINK BEFORE YOU TWEET

In October, **young people using our Greenwich support** were treated to a theatrical performance exploring the ways social networking can affect young people.

Performed at the Dugdale Theatre in Enfield, **DPMO** used street dance and slang to follow the lives of four young people whose paths cross, all of them touched in some way by social networking.

Its young cast were involved in writing, choreographing and producing the show. They also hosted a question and answer session after the show, with our young people asking some very good questions.

On the way home all agreed young people could avoid a lot of trouble by pausing to think before sending a message or tweet or posting a picture.

The show, said Demi, has 'helped me to think before I tweet. I found it inspiring that young people played a big role in such a big production'.

Tony said: 'The show being in our language and style helped me to understand the good and bad of social media.'

One of our young people was so impressed by what young people can do for themselves he has decided to enrol at college to study business and entrepreneurship.

www.platinumperformingarts.co.uk

GO FOR GOLD WITH A DUKE OF EDINBURGH AWARD



A year ago Family Mosaic became licensed to run programmes for the highly respected **Duke of Edinburgh Awards** for young people.

If you are aged 14-24 we can offer you a chance to work for one of three awards, starting with bronze, then silver and finally gold.

Mind, body and soul

For each award you must complete challenges for mind, body and soul that cover: volunteering, physical, skills and expedition. The gold award also includes some time living away from home.

You must spend at least the minimum time allocated to each section and you will be monitored and assessed by an expert in your chosen activity.

So what's in it for you?

- skills and confidence
- highly rated by employers, colleges and universities, with many rating it second to academic achievements
- making a difference to other people and your community
- fitter and healthier.

Your personal programme can include activities you already do and enjoy. We may fund some of your activities.

Please talk to your support worker or contact social inclusion project worker Emma Reeves on 07507 761 021 or emma.reeves@familymosaic.co.uk

FINANCIAL HEALTH CHECKS FOR HAMPSHIRE: MEET DENISE COX



Hampshire care and support customers have since last autumn been able to get help with **welfare benefits and budgeting**. I am **Denise Cox** and this is my job. For example I can help with:

- complicated problems, like challenging or appealing a decision about your benefits
- making your household income go further

- advice, support and information on benefits.

If you want my help, ask your support worker to refer you to me. I work three days a week.

If you don't live in Hampshire, please call the welfare rights adviser for your area or email: welfarerightsteam@familymosaic.co.uk

South London Amos Phillips

020 7089 1323

North/west London Maureen Arthur

020 3478 9869

East London/Essex Gary Beesley

01268 498 563

Castleshaw's allotment volunteers began vegetable growing in earnest in late March. With the weather warming it was time to start on the raised beds they built over winter. Our volunteers filled the beds with the two tonnes of topsoil that turned up, twice what we expected. Stoically they barrowed it down a narrow plot to the path, with just one casualty – the old wheelbarrow finally buckled. Sets for yellow onions are now in and next month they sow seeds for cherry tomatoes, herbs and courgettes in the polytunnel. With a little more sunshine, our raised beds should be brimming this summer.



SPRING GREEN FOR CASTLESHAW GARDENERS

OUR DUTY TO KEEP YOU SAFE FROM ABUSE

We take your safety very very seriously. We have a special policy and systems set up to alert us to any sign that **someone vulnerable is being abused** in any way.

Abuse is someone being hurt, neglected, bullied or taken advantage of.

It can be hurting you or touching you in a way you don't like or stealing from you. It can be spoken or written. It can be done over the internet or by phone.

You can be abused by a stranger or by someone you know and thought that you could trust.

Our staff are trained to look for signs of abuse so know what to do if they suspect it is happening or someone reports it.

If you are being abused, or fear someone else is, please tell us. We will deal with it or make sure someone else trustworthy does.

You can report it in private by email to **concerned@familymosaic.co.uk**. This address is monitored by our company secretary. Or, if you want, speak to your **carer or support worker or a customer care line officer** on 0300 123 3456.

RESIDENT SCRUTINY PANEL IS RECRUITING NEW MEMBERS

The **Independent Resident Scrutiny Panel** is recruiting residents to help us inspect Family Mosaic's service. The panel is a group of residents who look closely at what Family Mosaic does and recommends changes we feel will make improvements for everyone. You must live in a Family Mosaic home to be on the Scrutiny Panel. If you do not, you may still be able to help us with specific pieces of work. We will be writing to all residents giving more information about what we do. If you are interested in meeting us please email: fmirsp@outlook.com

INTO THE GARDEN

Tenant Allan Winstanley interviews *Greening Communities* worker **Emma Reeves**

How long have you worked for Greening Communities? **Just over two years.**

What is your favourite flower or tree?

Wisteria – a beautiful climber and I love it! I saw it growing wild in Japan, 40 feet up trees and dripping through the pagodas in the temples. The smell is heavenly.

What is your favourite fruit or vegetable?

For growing, yellow beetroot for its reliability and it's tasty grated together with carrot to make a healthy salad.

Where is your favourite garden?

That's a hard one, but probably in Japan. Ritsurin Koen was completed in 1745 on the island of Shikoku, so it's a very old garden, beautifully controlled and simple. I also love Wisley's lush and abundant cottage-style herbaceous borders.

Who is your favourite gardener on television or radio?

It has to be Monty Don! I love his enthusiasm and passion.



ART'S HEALING POWERS

A November exhibition at **Stoke Newington library gallery** gave artists supported by our older people's, learning disability and mental health services, a chance to both show and sell their work.

Manager Tracy Reid started a regular art group at Marsh Hill after noticing the excellent artwork of people using our Hackney mental health service.

'I knew others wanted to get involved but lacked the materials,' said Tracy.

The group gets weekly art classes at Marsh Hill run by Ansel Gray, an artist who also works for us as a support worker.

We also help artists getting our support to display their work, enter competitions and get funding.

LINDA'S STORY

Art class regular **Linda Noble** gets support from us with her mental health. 'Family Mosaic has helped me with my housing, my benefits and now with my creative skills,' Linda says.

Linda, now 60, tells us she was a 'miracle baby', born 11 weeks early, weighing just over 2lbs. She is bipolar and has a borderline personality disorder.

Art, Linda says, helps to stabilise her mental health.

'If I can't sleep I get up, get out my paint brushes, and my mood lifts. Seeing my work up in a gallery makes me feel like the world is my oyster.'

Linda works in the naive style, inspired by artists Frieda Kahlo and Mark Chagall. Springfield Park is another source of ideas.



Artist Linda, left, donates all the proceeds from her work to the National Autistic Society

