



# ORCHARD PLACE WORKSHOP NEWSLETTER

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## First Aid Success

By  
Marlene  
Jones

Clients of Orchard Place Workshop came up with the idea of doing a First Aid course. They put forward their idea in the suggestion box, which was then picked up by the staff of the workshop. After discussions at staff monthly meetings, it was decided that a First Aid course would be a worthwhile thing for the clients to do.

Manager Peter Bayliss set the wheels in motion, making arrangements with the British Red Cross to run the First Aid course, finding the funding, asking which clients would be interested and finding a suitable venue. So many were interested in it (nearly 20 people put their

names down to do it) that it had to be held over 2 days, with each session lasting 2 hours. I attended because I thought it was time for me to learn more First Aid skills than just using a plaster!

Two experienced British Red Cross trainers led us through the sessions explaining clearly the basic principals of life saving skills, including resuscitation, recovery position and choking. We were then allowed to have a go at doing resuscitation on the dolls that they brought in for the sessions. We also worked in pairs practicing putting each other in the recovery position, and learning what to do when

someone is choking. The course was a huge hit with the clients. Personally speaking, the First Aid course was very enjoyable, informative and engaging. Everyone who attended thoroughly enjoyed the course and felt that they left having gained valuable life saving skills.

For completing the course, all the clients that attended will receive a Red Cross First Aid certificate that covers them for

three years to perform life saving techniques. Many of us may not have the chance to use it, but surely it's a basic worthwhile skill to have in cases of emergency. Having First Aid skills saves lives.



Some of the successful students with their certificates

## “Are we there yet?”

By Peter Bayliss

A great Camping weekend was recently had by all at Pinvin, involving Ian Jones, Sonya Homer, Philip Clewer, Mark Walton and Barry Williams with volunteers Debbie Thompson, Conrad Butters, Raymond Tanner, Martin Mitchell and myself.

After descending on the campsite on Saturday morning, it was all hands on deck to erect the tents, just as the rain kicked in for a short spell. Once set up, it was on with the kettle for a

quick brew before setting off on a short walk “Yes Barry it was only 2.4 miles.”

The walk commenced from the Swan Inn, a thatched pub in Birlingham, across fields towards the village of Defford with distant mutterings from Barry, “are we there yet?”. After a pleasant lunch in the beer-garden of the Defford Arms, we headed back to the Swan Inn along a route taking in the views of Bredon Hill.

Once back at the campsite we relaxed before a kick around. Tea comprised of Ian cooking burgers and Mark chopping onions, before we all popped down to the local pub. There we were met by Dave Bate (also known as taxi driver!), who was rewarded on return to the camp with a glass of wine, and cheese and biscuits before we all retired to bed.

The following morning we were awoken by orchestral snoring coming from various tents! Once everyone was up, Barry started cooking the ingredients for our full English breakfast. Following a big wash-up, the tents were folded down, packed away and we headed on our way back home tired but glad we went. Barry said “It was nice to do something different at the weekend, getting some fresh air and exercise, and I’m looking forward to the next one.”

Watch the noticeboards for information about the next event.



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## HAVE YOUR SAY!

Have you got something to say, or want to have something included in the next issue?  
(Due September 14th 2010 )

Contact  
Steff or Marlene by  
Email:-  
stephanie.spencer@worcsmhp.nhs.uk  
Telephone:- 01527 488738  
Or use suggestion box in the Corridor by Assembly.

“Your say...”

## GOOD MOOD FOOD

# COLD CURRIED CHICKEN

SUPPLIED BY MARLENE JONES

Less than 200 calories per serving

2 boneless, skinless chicken breasts cut in cubes  
3 tablespoon plain flour, seasoned  
1 tablespoon vegetable oil  
2 onions, chopped  
1 tablespoon curry powder  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
1 tablespoon mango chutney  
1 cooking apple, peeled, quartered and sliced  
150 ml (1/4 pint) water  
150 ml (1/4 pint) skimmed milk  
150 g tub of low-fat natural yogurt  
1 tablespoon chopped fresh coriander  
Salt and freshly ground black pepper

Coat the chicken breast cubes in seasoned flour.  
Heat oil in a pan and brown chicken pieces until golden.  
Remove from the pan and add the onions, spices, chutney and apple.  
Cook for 5 more minutes, and then add the water and milk.  
Bring to the boil and then reduce to a simmer. Put the chicken back into the pan and cook for 30 minutes.  
Add the yogurt and coriander.  
Season to taste  
Transfer to a serving dish and refrigerate for at least 1 hour before serving.



## How to look after your Mental Health

It's important to take care of yourself and get the most from life.

Mental health is about the way you think and feel and your ability to deal with ups and downs.

The Mental Health Foundation have put together 10 practical ways to look after your mental health.

Making simple changes to how you live doesn't need to cost a fortune or take up loads of time. Anyone can follow their advice.

We want you to get involved too and tell us [how you look after your mental health](#)

## DO SOMETHING YOU ARE GOOD AT

What do you love doing? What activities can you lose yourself in? What did you love doing in the past?

Enjoying yourself helps beat stress. Doing an activity you enjoy probably means you're good at it and achieving something boosts your self-esteem.

Concentrating on a hobby like gardening or the crossword can help you forget your worries for a while and change your mood.

*"I'm learning the guitar. You have to really concentrate on getting it right so there's no room in my head for worries."*



It can be good to have an interest where you're not seen as someone's mum or dad, partner or employee. You're just you.

An hour of sketching lets you express yourself creatively. A morning on the football pitch gets you active and gives you the chance to meet new people.

**NEXT MONTH— ACCEPT WHO YOU ARE**

# CLASSIFIEDS

## SALES

SINK AND PEDESTAL, white, scallop shape £10 See Steff  
 GREETINGS CARDS Personalised for anybody and any occasion. See Deb.  
 FIREWOOD AVAILABLE from Wood Workshop see Rick or Conrad  
 BIRD BOXES, FEEDERS AND TABLES. Finished to your specification. See Rick or Conrad in the Wood Workshop.

## BIRDBOXES BIRD TABLES WHEELBARROWS

For your garden

Can be supplied in natural timber or finished to your specification

See Rick or Conrad in the Wood Workshop for further details or phone **01527 488701**



## WANTED

### ADVERTS wanted for the newsletter!

"WELL DONE"  
 TO  
 PETER BAYLISS  
 ON PASSING YOUR  
 LEVEL 5 ILM  
 MANAGEMENT  
 COURSE, AND  
 YOUR LITERACY  
 COURSE  
 "No more spell-checker for you then!"

## SWAPS

HAVE YOU GOT SOMETHING TO SWAP OR GIVE AWAY—Put an ad-

**THANK YOU**  
 to everyone who came to  
 Weston Super Mare  
 On  
 Friday 6th August,  
 and made it a great success. Special  
 Thanks go to Deb  
 for organising us all.  
 There will be pictures and  
 a report in the next  
 Newsletter

## FREE

vert in the suggestion box, or tell Steff or Marlene.

**CHANGED  
 YOUR PHONE  
 NUMBER  
 RECENTLY?**

Please inform a member of staff if you change any of your contact details as soon as you know

## DID YOU KNOW ABOUT...?



Is a flexible service that offers help and support that makes a difference to the way you live your life. They can help you with complicated forms or doing your shopping at shops or using the internet . It's a pay-as-you-go basis so you pay for what help you need. You can refer yourself or see your GP.

Contact [www.bdht.co.uk/yourhome-supportedhousing-bdhtplus.asp](http://www.bdht.co.uk/yourhome-supportedhousing-bdhtplus.asp)



Give a voice to people affected by severe mental illness. Their aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support to all those who need them.

Contact [www.rethink.org](http://www.rethink.org)



The Mental Health Foundation is a leading UK charity that provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems, whatever their age and wherever they live.

Contact [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



Mind campaign vigorously to create a society that **promotes and protects** good mental health for all - a society where people with experience of mental distress are treated fairly, positively and with respect.

Contact [www.mind.org.uk](http://www.mind.org.uk)



Is for anyone who wants to learn about more about the importance of good mental health. It's also for anyone who wants a safe place to learn about mental illness. Finally, Headroom is a place where you can take simple steps to boost your mental wellbeing and unwind your mind!

Contact [www.bbc.co.uk/headroom](http://www.bbc.co.uk/headroom)

# IT'S EASY TO BE 'GREEN'!

## RECYCLE YOUR OLD BATTERIES

There is a battery collection bucket in Assembly, to dispose of all your old batteries safely.



All of these are things you can do at Orchard Place. To find out what you can do at home—See Notice Board

## NEW RECYCLING BIN IN ASSEMBLY FOR.....



Plastic bottles

Plastic bags



Cardboard and paper



Plastic cups



## NEW CAN CRUSHER IN ASSEMBLY



For all pop cans, which we then recycle for points at Tesco

## Finished with your NEWSPAPER?

Put it in the bag by the coatpegs for recycling



WHICH OF THESE CAN YOU DO TO HELP SAVE THE PLANET?

Just for fun!

## 'FLOWER POWER' WORDSEARCH

n o i r i s n n o v h r m e o g e f  
 p l r a e s s o n n h u i d c e g a  
 t v o c k g p e g o m e d d e r o a  
 e a i n h e v r d a r o s e s a d e  
 a i i f d i t a h o r d e e d n r h  
 t p p f y o d t y l c d t u l i p s  
 b d e s d e n s r r u s p a k u o e  
 v u i s n a n p e e w p l a e m r s  
 t a s d s a d w r e w e i i n s a n  
 d i r y p a o e e i l o n n l s z o  
 o u r n l l i t l n d o l r s y a i  
 m h i o f i w y c p e e r f m n l t  
 c a s n o i z e t t h a t o n s i a  
 t w r a l n p z y w r i t t c u a n  
 o o r l o b e l i a h s n r t r s r  
 c t i l b l u e b e l l t i l m h a  
 s a e p t e e w s n s n v a u r w c  
 m a i n u t e p s y p p o p h m a y

## WORDS TO FIND

GOOD LUCK!

- busy\_lizzies
- petunia
- roses
- snap\_dragon
- lupins
- chrysanthamum
- london\_pride
- lobelia
- poppys
- geraniums
- sweet\_peas
- sunflower
- cornflower
- iris
- carnations
- azalia
- delphinium tulips
- orchids
- daisy
- pansy
- blue\_bell
- sweet\_william
- rhodadendrum
- lily
- pinks