



Christmas NEWSLETTER 2015

Season's greetings everyone and a warm festive welcome from everyone here at Aurora. I'm Daniel, the Service Delivery Officer, for those that read the last newsletter you might have read a bit more about me there in the spotlight section.

So much has happened in these last few months it's hard to know where to begin! Many of you will know that Jenni Parker left her role as manager here at the project just over a month ago which was really sad news and she is greatly missed by everyone. She's started a new chapter in her life though and we wish her all the best. We've been really busy and are looking forward to what the future holds and as always we want you all to be a part of it. Our doors are always open and for those that might not have engaged in our service for a while we'll always be here to welcome you with open arms.

I would like to also say a big special thanks to all our volunteers who have helped out in anyway over the last year. Our service wouldn't be what it is without the tireless work and support that you offer, we really do appreciate it.

So grab yourself a cuppa and enjoy this yuletide edition and we wish you all a Merry Christmas and a Happy New Year!



Office Opening Times



Tuesday 22nd 9.30—5.00

Wednesday 23rd 9.30—5.00

Thursday 24th 9.30—3.00

Friday 25th—Friday 1st January
CLOSED

Please see next two pages for a list
of available services over the
holiday period.

Christmas and the New Year can be a difficult time and can feel even more difficult with services closing for the Christmas Period. Over the next couple of pages we have put together a list of services you can access if you find yourself in a crisis over the Christmas period.

WHO CAN HELP?	What Service Can They Offer	Contact
<p>THE SAMARITANS</p> 	<p>A free confidential helpline open 24 hours a day, 365 days a year. This helpline is not just for when your feeling suicidal, the Samaritans can help you talk through any problem you are having in anyway at anytime.</p>	<p>Central London Samaritans FreeCall: 116 123 (UK)</p>
<p>SANE</p> 	<p>SANE runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. They are open every day of the year from 6pm to 11pm.</p>	<p>0300 304 7000 6pm – 11pm daily</p>
<p>HOUSING ADVICE HELPLINE</p> 	<p>Shelter's helpline is open 8am–8pm on weekdays and 8am–5pm on weekends, 365 days a year. Our housing experts will offer support to you no matter what your housing situation.</p> <p>Calls are free from UK landlines and all major UK mobile operators. Other networks may charge. Calls are free from UK landlines and all major UK mobile operators. Other networks may charge.</p>	<p>020 3811 1683 (Advice line)</p>
<p>SOLIDARITY IN A CRISIS</p>	<p>SiaC provides out of hours, phone support to people in Lambeth experiencing a mental health crisis.</p>	<p>Freephone: 0300 123 1922 Or text: 0788 9756 087 or 0788 9756 083</p>

CRISIS AT
CHRISTMAS

Crisis at Christmas day centres are safe,
warm
and vibrant places where you can spend
the festive

South London Day
Centre City of London
Academy Lynton Road
SE1 5LA

Period. Day centres will be open from
12noon on Tuesday 23 December. The
day centres will close at
9pm on Monday 29 December. Opening
hours between these times are 9am to
9pm.



ALCOHOLICS
ANONYMOUS

Alcoholics Anonymous is a fellowship of
men and women who share their
experience, strength and hope with each
other that they may solve their common
problem and help others to recover from
alcoholism.

0845 769 7555 (Open
365 days a year)

If you need help with a drinking problem
and want to talk to someone further
about AA call the national helpline open
365 days a year.



NARCOTICS
ANONYMOUS

N.A. is a non-profit fellowship or society
of men and women for whom drugs had
become a major problem. They are
recovering addicts who meet regularly to
help each other. This is a program of
complete abstinence from all drugs.

0300 999 1212 (open
until midnight 7 days a
week)

There is only ONE requirement for
membership, the desire to stop using.
We suggest that you keep an open mind
and give yourself a break.



SMART
RECOVERY @ 140
STOCKWELL
ROAD

Smart Recovery is a mutual support
group for anyone struggling with any
addictive or compulsive behaviour.
Smart Recovery is a science based
approach to recovery, based on
Cognitive Behaviour Therapy principles.
The meeting is open to everyone and
anything you share is strictly
confidential.

Meeting at 140
Stockwell Road on
Wednesday 30th
December 2.15—3.30

GROUPS

Catch up on what's being going on in our groups here at Aurora. If you'd like to attend any of them just ask your key worker to refer you or if you've been referred to Aurora before then just turn up! If you have any queries call the office on 0207 733 8221 or e-mail support@auroraprojectlambeth.org.uk

Computer Group

Our computer group has been going for the past few months now and is run by our brilliant volunteer Alison. She's taught the clients all sorts from basic mouse and keyboard skills to helping them create their own publications and apply for jobs online.



If you're interested in coming to the computer group then come down to the office, it's on every Friday from 11-1. It doesn't matter if you've never even clicked a mouse before Alison will cater the lesson to your individual needs



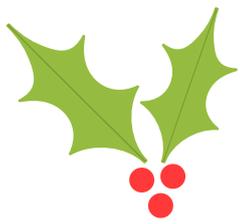
FITNESS GROUP

Keep fit with Katie has been going for a similar amount of the time as the computer group and in fact starts right after it from 1-2pm.

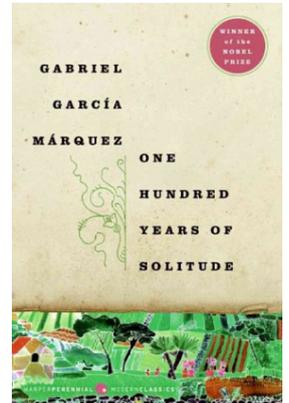
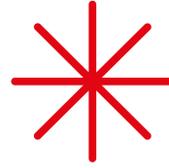
Katie is a qualified fitness instructor and absolute all round gem! She really puts the clients through their paces but it's also a lot of fun and everyone feels great afterwards.

If you're interested in getting into shape or you wanna burn off some of that extra Turkey you had over Christmas then come on over. All you need is comfy clothes and trainers and a little bit of motivation to get you going!





Book Group



The book group meets once a month which is usually the first Wednesday and is run by our wonderful volunteer Hannah. Every month the group chooses a new book which everyone gets to keep and then discuss it at the next group over tea, coffee and biscuits. It's a really relaxed group and all reading levels are catered for. On the right is the latest book, '100 years of Solitude' by Gabriel García Márquez which you can get from the office right now. You can often find previous month's books on our shelf along with lots of other great reads so feel free to pop in anytime if you'd like to borrow one.



Art Group



Unfortunately we had to say another goodbye recently to our volunteer Kristin who'd been running the art group for the last couple of years. She's been amazing and has done so much to inspire all the clients that come to the group and will be sorely missed. However when one door closes that always leaves another open for someone else to come in and we're so lucky to now have Shane in charge. Shane has been a volunteer peer mentor at Aurora for just over a year and is hugely popular around the office so it's been a delight that he's managed to step right into the role and continued to help the clients express themselves creatively.

Read more about Shane in our Spotlight section at the back of the newsletter!



Client Thoughts

We welcome your contributions to the newsletter and have had some excellent contributions in the past. If there is an article you want to write, a poem you have written or a story you want to share in the next edition then contact Daniel on 02077338221 or email support@auroraprojectlambeth.org.uk

This edition one of our clients has written a very touching and sombre poem. While Christmas may be a joyous and happy time for many, for others it can be a particularly difficult time. Again for those of you that might be struggling and are in need of extra support please refer back to the list of services that are able to help over this period.

Many a dark day

*It's getting darker,
And the sun sinks low,
The moon doesn't shine,
Nor do the stars glow...*

*Darkness in my mind,
An endless black hole,
That extends to eternity, deep and daunting...*

*My mind is a mirror, of a saddened world,
My pain a secret,
Never to be told.*

Anonymous

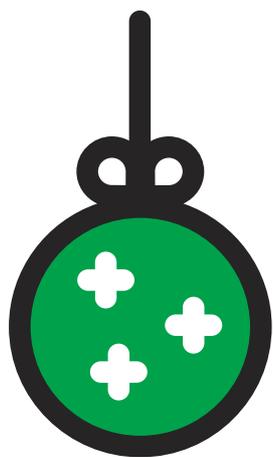


Client Christmas Party

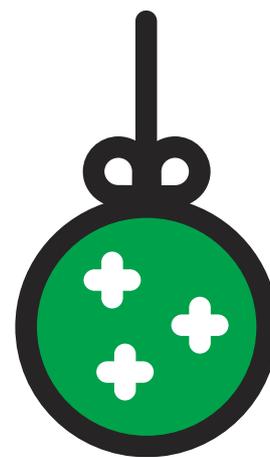
Wednesday 23rd
December



@Aurora Project Lambeth



Food
Fun
Games
Music

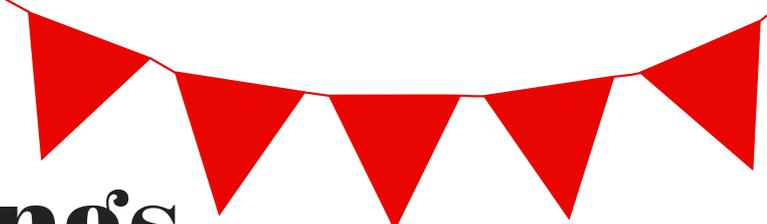


Meet new people

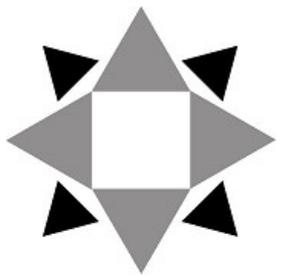
Please call the office
or text 07984 762 839
if you'd like to come -
or just turn up on the
day!



140 Stockwell Road
Brixton
London
SW9 9TQ
0207 733 8221



Other Meetings...



SMART Recovery[®]

This group is not run by Aurora Project Lambeth but the open meeting takes place in the projects meeting room. Smart Recovery, a friendly and upbeat group, is a mutual support group for anyone struggling with any addictive or compulsive behaviour.

Smart Recovery is a science based approach to recovery, based on Cognitive Behaviour Therapy principles. The meeting is open to everyone and anything you share is strictly confidential.



Crystal Meth Anonymous

This group is not run by Aurora Project Lambeth but the anonymous fellowship group is held in the building on a Tuesday evening. Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes. Our primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers. To find out more about CMA visit their website www.crystalmeth.org/.

Spotlight on...



SHANE KIELY



Tell us a little bit about you, what did you do before being involved at Aurora Project Lambeth?

I moved from Ireland about 8 years ago and have had many different hats on in my varied career, but mostly working in the retail sector. In that time I guess I kind of drifted along with the crowd and soon I found myself turning to drugs as it just seemed to be what everybody around me was doing. This turned dark quite quickly and things went from bad to worse with the usual chaos. Broken and lost I decided things had to change so got myself into recovery and slowly but surely rebuilt my confidence, mended some bridges but most importantly built a life bigger and brighter that it was even before the drug use came along. Before I knew it, everybody that was now around me were supportive and on the same path I was. That's when my key worker introduced me to Aurora.

Tell us a little about the work you do here at Aurora Project Lambeth, What's your role?

I love Art. My home is covered in drawings, paintings and doodles!!! So when the wonderful team at Aurora asked me if I'd be interested in getting involved in the art group I jumped at the chance!

Art is a brilliant way to just pause in what can be a crazy world. It's a chance just to switch off and try something new. Each week we work on different projects and styles from painting to drawing, getting messy with clay or sticky with collage!!

We also discuss different artists and their styles and talk about what we like about them and try to emulate them. At the moment we are looking at the work of L.S Lowry and the guys have been busy recreating their own versions. The talent is inspiring!

What's the most challenging part of your role?

Making enough cups of tea for everyone. Honestly there is nothing about what I do at Aurora that I find challenging because I love it. That's something I have never been able to say about any of the jobs I've had before.

What do you enjoy most about working at Aurora Project Lambeth?

I love just popping in to have a chat with the guys whenever I'm passing by the office. I have met some truly inspiring people and I'm so proud to be part of something bigger than just me!

How would you describe Aurora Project Lambeth in 3 words?

Changed My Life

If you could change one thing about the Aurora Project Lambeth's office what would you change?

Who wouldn't say no to an endless supply of cake!