

AURORA SPRING NEWSLETTER 2016

SEE INSIDE FOR...

How to become a volunteer

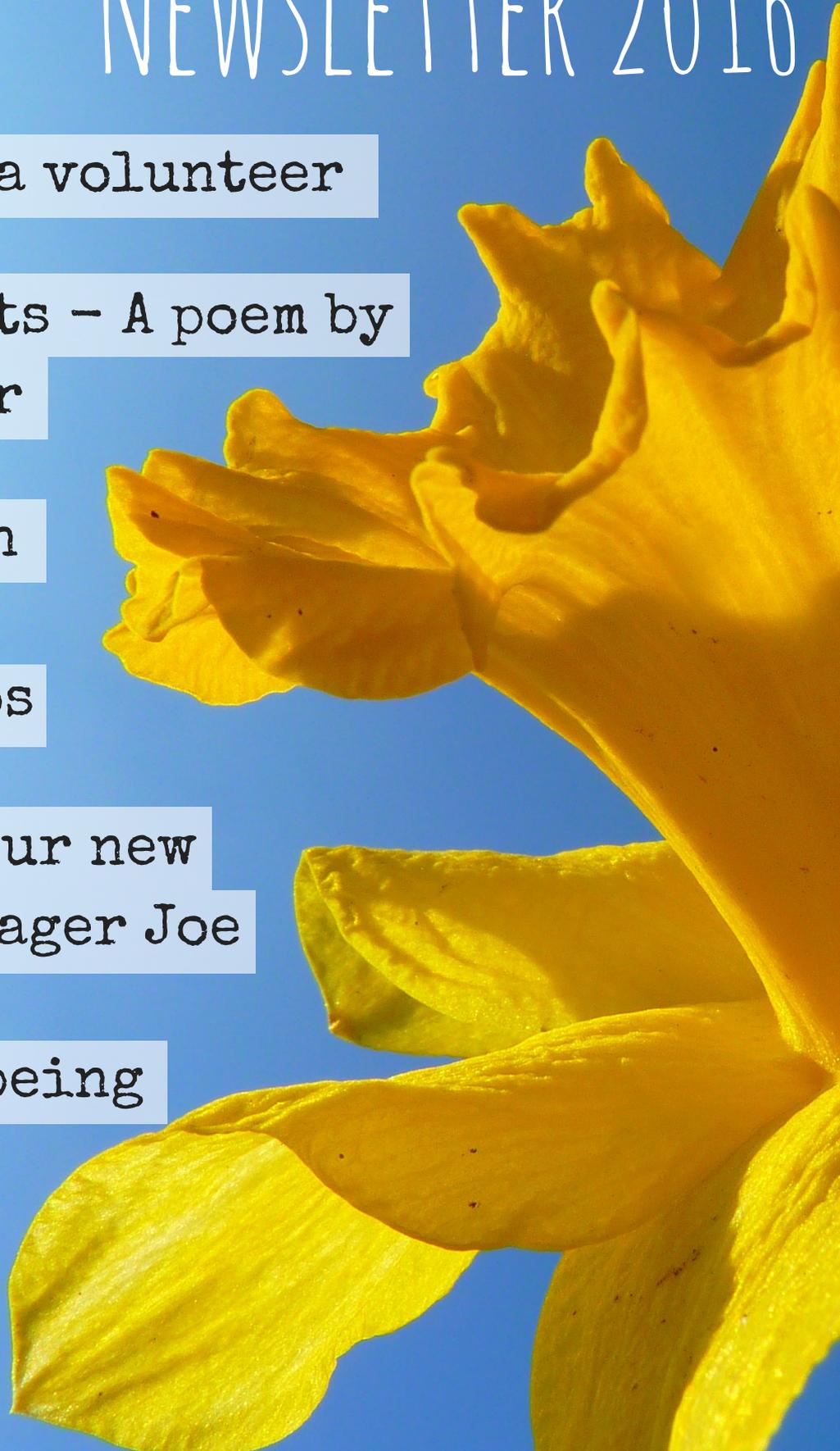
Client Thoughts – A poem by
Barnaby Oliver

What's going on
and how to
join our groups

Spotlight on our new
Volunteer Manager Joe

5 Ways to Wellbeing

Staying
Social



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AURORA PROJECT
LAMBETH



CLIENT THOUGHTS

This newsletter we have a poem written by our client Barnaby Oliver. Barnaby is a very talented and keen writer and has written lots of things over the years from poems, to plays to books!

A weather pattern

Aurora

A moon rainbow

A circle

Winston

Eclipse

Dark side of the moon or sun

Drug addiction

A friendly hand helps you back

Ground control to Major Tom

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

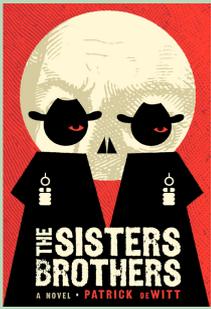
GROUPS

If you are interested in any of our groups speak to your keyworker to get referred. If you would like anymore information then call Daniel on 0207 733 8221

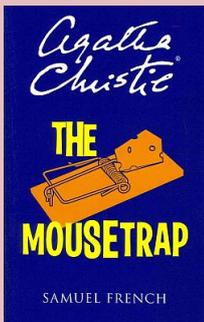
BOOK GROUP

When's it on next?
May 4th @11:30am

The book group have been getting stuck into some great books this year which they've really enjoyed. The group usually runs on the first Wednesday of every month and you get a free book each time that you can discuss over tea, coffee and biscuits with everyone else!



Last month's book - *The Sisters Brothers*
Shortlisted for the Man Booker Prize in 2011 this black comedy of a Western was really enjoyed by the group. There's a couple of copies leftover so come pick one up for a read!



This month's book - *The Mousetrap*
The last Agathe Christie book, *The Murder of Roger Ackroyd*, went down really well and no doubt this one will as well. Come and grab a copy and then you'll be able to discuss it at the next group!

FITNESS GROUP

When's it on?
Every Friday
1-2pm

The fitness group, otherwise known as 'Keep fit with Katie', is proving ever popular with our clients here at Aurora. Katie is a qualified fitness instructor who is really dedicated to putting on a fun class every week that really puts everyone through their paces! I must say it's tiring just watching them sometimes but they keep coming back and are always telling me how much better they feel for it so why not come see for yourself!

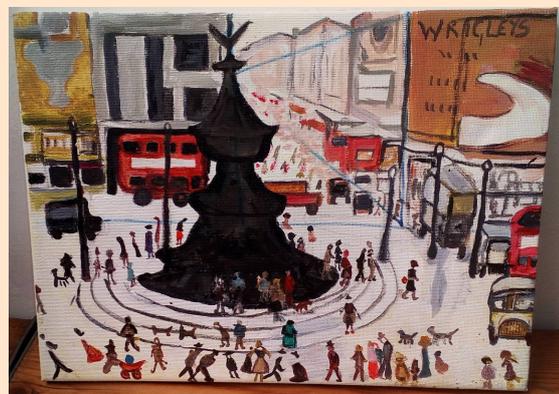
ART GROUP

When's it on?
Every Tuesday @3-5pm

The art group continues to be really popular with our clients who have been producing some great work since the start of the year.



Here you can see some examples of the work that the group have done. It's a really enjoyable group and all abilities are welcome. There's a chance to work with different materials so you can sculpt clay as well as paint!



COMPUTER GROUP

Computer Group is not currently running as our volunteer Alison is no longer able to do it. We'd like to say a special thanks to her and all the hard work she put into it. We hope to start it again in the near future though so if you're interested do let us know.

THE 5 WAYS TO WELLBEING

At the Aurora Project we are always looking out for ways that can improve the overall health and wellbeing of our service users and volunteers. Below are five things that, according to research, can really help to boost our mental wellbeing:

CONNECT

Positive social relationships are essential to wellbeing and recovery. These may come through family, friendships, mutual aid, peer support, work, education, clubs, associations, sports and other community activities. Invest time in your relationships.

BE ACTIVE

Exercise makes us feel good and improves health. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Most importantly, discover a physical activity you enjoy and that suits your level or mobility and fitness.

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, wherever and with whomever you are. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you

KEEP LEARNING

Try something new. Rediscover an old interest. Sign up for that course. You will feel good when you learn and master new things. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

GIVE

Do something nice for someone. Thank somebody. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections around you.

STAYING SOCIAL...

Here at Aurora we've always worked closely with other organisations in

Lambeth to maximise the support that service users receive. For those looking for extra support outside of our office we've put together a list of some places in Lambeth that might be able to help

THE SANCTUARY CLUB

Every Thursday from 5:30-9pm

@The Stockwell Centre, 1 Studley Road, Stockwell, SW4 6RA

This is a social club, a safe place for anybody who feels they may have a drug or alcohol problem. You can meet and socialise with others who have had similar experiences around substance use and engage in various activities at the club such as playing pool, table tennis and board games or using the internet on the computers. For any queries please contact Colin or Darren on 02077370099

MOSAIC CLUBHOUSE

Mon-Fri from 9am-5pm

@65 Effra Road, Brixton, SW2 1BZ

This is a club that offer a variety of opportunities for people with mental health issues. Members of the club are encouraged to get involved with everything that goes on at the club such as gardening, administration or preparing meals. There's so much that can be learnt here which you can then use outside of the club. For more information and how to get referred call 02079249657 or visit <http://www.mosaic-clubhouse.org/>

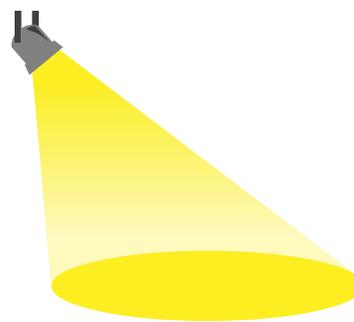
THE NETWORK CLUB

Every Saturday from 2-5pm

@The Harbour, 245 Coldharbour Lane, Brixton, SW9 8RR

This is a social club and safe place for people with experiences around alcohol and substance misuse. There's all sorts to get involved which such as movie nights, outings and daytrips, alternative therapies, quiz and board games, music and mixing decs and use of wifi/internet.. For more information conatct Craig on 07582583700.

SPOTLIGHT ON...



JOE AKRAM

Last year we said goodbye to our Service Delivery manager Jenni but she has now been replaced by our new Volunteer Manager Joe Akram. Here Joe shares a little bit about himself and his new role at the project.

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

For the past 12 years I worked for Victim Support London. I started my role as a volunteer and after a year took up full-time employment as a Project Coordinator. In this role I worked and supported victims of crime such as Domestic Violence, Sexual Abuse, Homophobic & Transphobic Hate Crime, Race and Religious Hate Crime, Homicide and Young Victims. I also recruited, trained and managed a pool of volunteers that supported me with client case-work and outreach work within the community. After four years I moved into the role as a Service Delivery Manager - Southwark. My role still involved managing a large team of volunteers as well as project staff. It also involved case management, developing and delivering services, monthly monitoring and reporting to senior management and funders. I was also involved in setting up partnership work with other agencies such as mental health, drugs and alcohol to deliver a peer mentor service to clients with multiple needs. Throughout my time I also got involved with training and workshop delivery to outside agencies and representation at major and local events to highlight the work done.

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

My role at Aurora Project is as Volunteer Manager. My aim is to keep all volunteers on-board, as they are the heart of the organisation and a key element of our service delivery. I would like to work with volunteers to develop their skills and look at their personal needs and wellbeing.

What's the most challenging part of your role?

IT data capture – I see volunteers are doing a lot more than just supporting clients face to face. I would like all volunteers to record ALL the time spend supporting a client. This would involve phone calls, outside meetings, researching information either in the office or at home, this is all very important and once we can get volunteers to provide us with this information, then we will have a better picture of all the hours our amazing volunteers dedicate to Aurora Project.

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

So far – ALL the volunteers that I have met – staff and service users. The comfy seating area, where I can take time away from my desk and catch up with volunteers.

How would you describe Aurora Project Lambeth in 3 words?

Excellent community work

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

Free Lunch Time food for all volunteers to say thank you on a daily basis



HOW TO BECOME A VOLUNTEER

We are always on the lookout for new volunteers and there's no greater success in our eyes when a client is able to go on to become an Aurora volunteer. If you're in recovery and feel like you're able to offer support to those in treatment then get in touch. It might be that a client wants someone to talk to once a week or they need assistance in getting to an appointment, any help that our volunteers can offer is invaluable and can go a long way to helping others in their recovery.

To apply please drop by the office to pick up an application form or you can find one on our website at www.auroraprojectlambeth.org.uk. For any more information feel free to call us on 0207 733 8221 or e-mail support@auroraprojectlambeth.org.uk.