

## Welcome to our Winter/ New Year 2018 Newsletter Update

- MOD Pizza and a **big** cheque
- Mental health awareness week highlights
- A new trustee with a familiar face
- Volunteering and regular events

### *Heads-up to Nottingham's MODel pizza place*



Photo: Victoria Burrows (centre), MOD manager Leszek (far left) and the team at Nottingham's MOD pizza.

Well it's the New Year, and we hope everyone is recovering from Christmas indulgences and raring to go for another busy year ahead. No better way to kick-start our newsletter than with some good news and highlights from 2017. To start, our manager Victoria tells us about more than MOD-erate fundraising in one of Nottingham's local pizza parlours...

Formed in Seattle in 2008, MOD Pizza are an American company who believe in giving back to the community. As part of this, their Nottingham parlour, based in Market Square, generously supplied us with pizzas for our Mental Health Awareness event

in October 2017 (highlights on the next page).

We were delighted to then be chosen as the charity partner for their 'Spreading MODness week' at the end of November. Over the week, MOD donated a pound to Improving Lives from every pizza they sold. The team spent some time in the restaurant talking to customers about

what we do in our organisation and how we would spend their £1 donation.

The grand total raised was an amazing

**£3011!**

We want to say a huge **thank you** to the whole team at MOD pizza, especially the manager Leszek – you're a star!



## Mental Health Awareness Week, November 2017—highlights



Our Mental Health Awareness Week event, **Live Well**, took place on 12 October 2017 - and what a great time we had! There was singing throughout the afternoon with two fantastic performances from **The People's Choir**, and the event was rounded off with a rousing performance from **Streetwise Opera**, which left everyone feeling positive and energised for their journey home.

Food was generously donated by MOD pizza, Asda and Morrisons, while Lloyds Bank helped to fund the event. Everyone had their fill of pizza and cakes (as well as the healthy fruit and veg options).

There were nineteen stalls altogether, attended by people who were all very busy promoting their excellent free services in the city. These included several different counselling services: **Nature in Mind**, **Football in the Community**, **Stonebridge City Farm**, **Everyone Health** and many others. We had a quiet room available with an art group and free Reiki sessions, with Reiki Master **Helen Shortland**, for those who needed to relax and take a break.

The staff team were very proud to be part of the event and everyone worked together to ensure the afternoon ran smoothly and people enjoyed themselves. A special thank you to everyone who came



along to be part of the event and for making it such lovely afternoon.



*Photos: The People's Choir in full-swing (top left), Streetwise Opera holding the fort (top right), Kirby Stebbing and Steph Sampson from Improving Lives (bottom centre). All fabulous photos were taken by one of our own clients (who wishes to remain anonymous).*

### A new Trustee—with a familiar face: Ben is back

We are incredibly happy to welcome back our own **Ben Staples** as a Trustee for Improving Lives. Ben volunteered with Improving Lives for one year and then was offered a job to work as a support worker with the group. He helped to support a lot of people during his time here. He now lives in London but continues to keep in touch with us. He is very much missed by both clients and the staff, and we are all very happy to know that he will continue to play a role with Improving Lives.

Ben says:

*"I'm really looking forward to being a part of the Improving Lives team again—so thank you!"*



*Photo: Ben Staples with Paul Ainger at MOD Pizza*

# Volunteering opportunities

## Social media guru needed

As you may know, Improving Lives has an Instagram, Twitter, a Facebook page and an (underutilised) YouTube channel. However we are looking for a keen individual, interested in learning about the organisation, the people who work here and the people we work for in order to tell our story and more effectively get our message out.

You will develop content for online/ social media publication, and have the flexibility to volunteer in the office or work from home to suit you.

*If you are interested in any role or have any questions, please contact our volunteer coordinator, Stephanie, via email at:*

[Stephanie@improvinglivesnotts.org.uk](mailto:Stephanie@improvinglivesnotts.org.uk)



## Regular Events

We would love for you to come and join us at one of our fun and informal social groups that we run on a fortnightly basis - either our **'Pot Black'** pool group or our **monthly drop-ins**.



### Improving Lives Monthly Drop-ins

Thursday 25th January  
2PM – 4PM  
Thursday 22nd February  
2PM – 4PM



Pot Black Pool Group

### Improving Lives 'Pot Black' Pool Group

Thursday 11th January  
2PM – 4PM  
Thursday 8th February  
2PM – 4PM

If you are interested in attending any of these events, then please let your worker, or any of the team, know and we will remind you closer to the time. We look forward to welcoming you to these events!

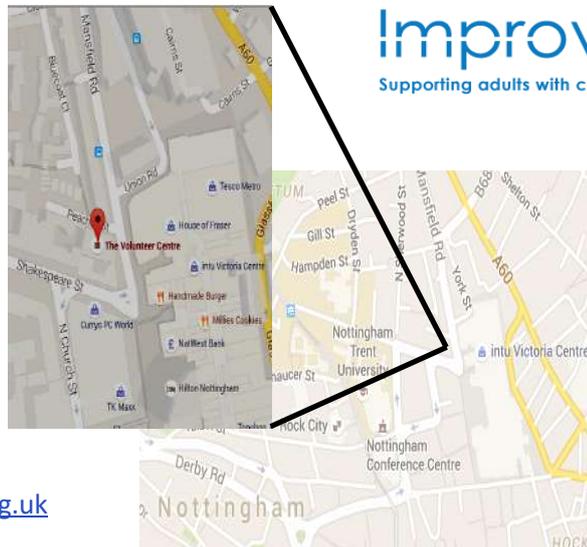
## Contact us

We welcome enquiries about our service. If you would like further information about Improving Lives, please visit our website [www.improvinglivesnotts.org.uk](http://www.improvinglivesnotts.org.uk) or contact us on any of the following details;

**Address:** NCVS Building, 7 Mansfield Road, Nottingham, Nottinghamshire, NG1 3FB

**Telephone:** 0115 934 8411

**Email:** [info@improvinglivesnotts.org.uk](mailto:info@improvinglivesnotts.org.uk)



Please scan to link to our website, Facebook, Twitter, Instagram and YouTube channel