

Welcome to our Spring 2018 Newsletter Update

- *Making Time for Tea:*
21st June 2018
- *Book review: The Art of Stopping Time*
- *Meet Guy, our new support worker*
- *Volunteering and regular events*

Making Time for Tea: a summer celebration



On the 21st June 2018, Improving Lives will be hosting a summer event at the Nottingham City Council House.

Improving Lives' patrons, beneficiaries, clients and guests will be invited to celebrate the hard work and achievements of the organisation over the years. Planning is well underway, and is being spearheaded by our administration lead **Jennie Birch**, as well as volunteer, **Sue Kernahan**. There is much to celebrate, with a growing team of support workers and volunteers. We are looking forward to spending a well-deserved afternoon of celebration and unity with our guests. We are selling raffle tickets—

prizes including tickets to a County Cricket Game at Trent Bridge and a private wine tasting for four—thanks to NCCC and Laithwaites.

And in other news...

Improving Lives was chosen by the Car Colston and Screveton branch of the Women's Institute as their charity of the year. They pre-



sented us with a cheque for **£1350**. An amazing amount to raise and we are so grateful! We will use the money to provide much needed social activities to combat loneliness.



Nourishing Minds: a book review from Rachel

Improving Lives' counsellor Rachel Hollands has reviewed an inspiring read: *The Art of Stopping Time*, by Pedram Shojai.

"I must admit I love a self-help book! A good friend recommended this one and I wasn't disappointed. The book is a chapter-a-day style spanning 100 days, giving tips on how to be a bit more mindful, or, as I see it, slow down. It puts control back in my hands to take notice, be thankful and ultimately help to make me feel calmer.

Each chapter gives you something to think about, for example 'deceleration time' is about winding down before bed, reminding me to stop looking at my phone and to do some gentle stretches and not to watch TV for a least an hour before bedit's all really simple stuff.

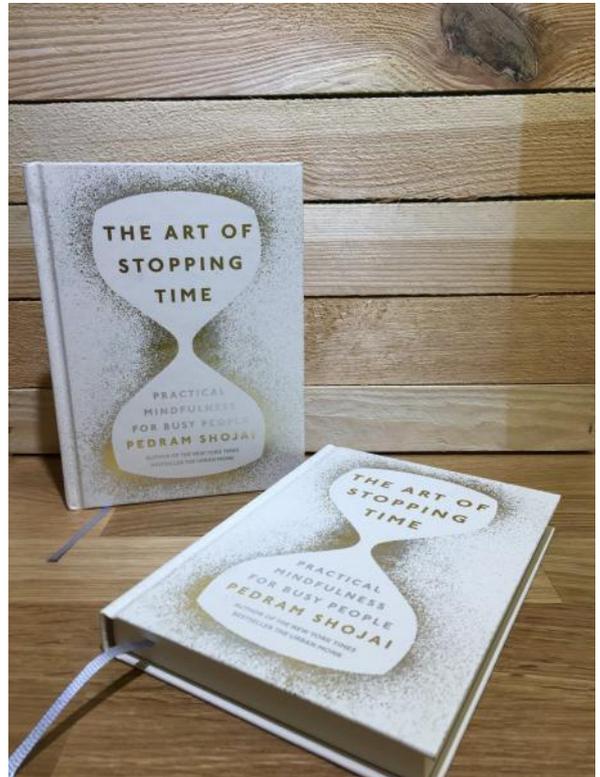
Another is about noticing things – to go out into a place with some greenery (it can be in the city where I live) notice the leaves, the sun or the rain, and the sound of birds etc.

Another is about showing gratitude- it suggests taking 10 minutes to write down what you are grateful for - for example a roof over my head, my friends, a cup of hot tea, anything that comes to mind.

I must confess I haven't completed each chapter each day but it's a book you can dip into get something useful from whenever you feel like it.

I'm looking forward to chapters on 'time to catch your breath' and 'enlisting help'.

I am finding it a very practical and down-to-earth book, as well as thought provoking."



Funding for a new community service in Nottingham

We are excited to announce the launch in April of our most recent commissioned community service supporting older people referred by JCare. Guy has been recruited as a support worker and will be joined by another candidate in the coming weeks.

"My name is Guy Askadsky. I am a qualified social worker, and since my graduation in 2001 I have been working for various charities and social services in Israel and Canada. Most of my work has been with elderly people, immigrants and people facing mental health problems. For me being able to make a difference in lives of isolated or otherwise disadvantaged people has been a highly rewarding experience.

I feel very excited to be joining the Improving Lives team as a community support worker !"



Photo: Guy Askadsky

Volunteering opportunities

New community service: volunteers needed!

With our launch in April of our most recent commissioned community service, supporting older people referred by JCare, we will be looking for more volunteers. In particular, we need volunteer drivers to assist beneficiaries to attend a monthly social event, as well as befrienders interested in supporting older people with limited mobility.

If you are interested in any role or have any questions, please contact us via email at:

info@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 22nd March
2PM – 4PM
Thursday 19th April
2PM – 4PM



Pot Black Pool Group

Improving Lives 'Pot Black' Pool Group

Thursday 5th April
2PM – 4PM
Thursday 10th May
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!

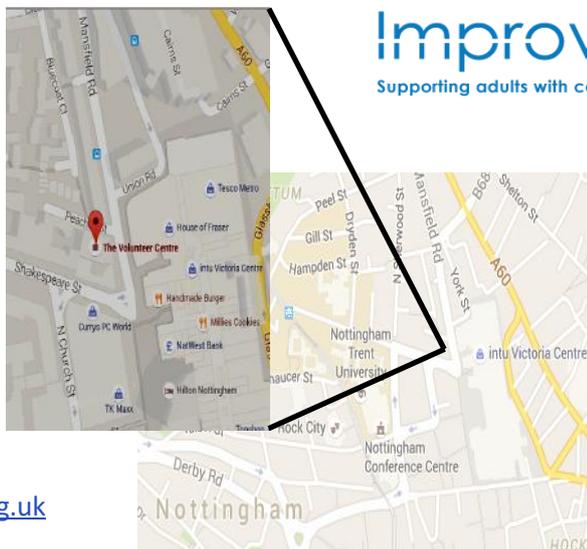
Contact us

We welcome enquiries about our service. If you would like further information about Improving Lives, please visit our website www.improvinglivesnotts.org.uk 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



Improving Lives
Supporting adults with complex health and social needs



Please scan to link to our website, which links to our Facebook, Twitter, YouTube and Instagram pages