

## In this edition

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- ◆ Northfield Village on the BBC News
- ◆ Article from Staffordshire Newsletter

Please  
take one

Pass  On  


**The Wrekin**  
Housing Group

**Fuse**  
igniting ambitions



Ian Bossons - Centre Manager

Since the last edition a lot of things have been happening at the Northfield Centre. We held our Family Fun day in the Chartley room on the 18th April with an Easter theme, 20 families came to take part in the fun (see page 8)

The more observant of you will have noticed that the grounds maintenance has now been taken over by Clean Cut Services and they have made a definite improvement to the overall appearance of the site. We want to assist them in keeping the site tidy and are looking for volunteers to help with our community litter picks (see page 4 for more details of how to volunteer.

The centre is looking forward to an update of its mutli-media system in the Chartley room. This will be taking place in August. This new system will have two new electrically operated screens and two ceiling mounted projectors and a state of the art sound system. This will not only benefit the business customer who hire the room but also the community groups who use the centre.

The café furniture is being cleaned and some of the older items are being replaced which will give the centre a clean and fresh look in the café and lounge areas. The Dove room is about to be redecorated, this is the third room this year which has had a refresh. The Chartley room was redecorated by the Aspire Group as was the Stowe room, the centre is extremely grateful to them for kindly undertaking this task, this not only saves the centre much needed money, but also provides the group with the opportunity to learn new skills.

The centre celebrated the fantastic work undertaken by its volunteers on the 13th of June by holding an award event where thankyou letters from the WHG CEO were presented to the volunteers by Gill Price (Social Inclusion Consultant from the WHG) Photographs of this event can be found on page 12 together with pictures of the fantastic cakes the staff and others baked which made Cup Cake Day a huge success, this event raised £146.15 for the Alzheimer's Society. I would like to thank everyone who made a contribution to the event and those of you who bought the cakes!

We are looking to start a series of organised walks around the local area and are looking for enthusiastic volunteers to lead them. This is in partnership with Stafford Borough Council who will provide all the volunteers with full training. More information of how to volunteer is on page 3. For those of you who would like to join the walk please speak to the Northfield Centre reception staff for the dates and look out for the posters!





## ‘Volunteering has been a real confidence boost’

By Leah Cassady

leah.cassady@reachplc.com

During the first week of June, the generosity of millions of people in the UK is celebrated, not because they’ve donated money to worthy causes but because they have offered something often more valuable than money – their time.

Volunteers’ Week runs until Friday and is a time to say thank you and recognise the fantastic contribution volunteers make.

One such volunteer is Mandy Binns, who is a volunteer co-ordinator at The Northfield Centre in Stafford, which is part of The Wrekin Housing Group.



**Mandy Binns, from Stafford, is a volunteer co-ordinator at The Northfield Centre in Stafford, part of The Wrekin Housing Group.**

The community centre on Magnolia Avenue, off Cooperative Street, provides a range of facilities and services, including Stepping Stones Café; a dance school and IT training suite; Staffordshire County Council Occupational Health service and a number of rooms for hire. The centre also offers volunteering roles and work placements and help people to develop new employability skills.

Mandy’s role is to manage the volunteers who work at the centre. Even though she has only been volunteering for six months, Mandy has built the role from scratch, from developing policies to overseeing and supporting the volunteers.

Mandy, 52, from Weston Road in Stafford, said: “Volunteering is something I have been passionate about for a long time. I used to be a medical secretary but had to give up work 15 years ago to support my two disabled children, both of whom have autism.

“This led to me working voluntarily to run the Stafford branch of The National Autistic Society. This involved recruiting volunteers and running family events and parent groups and children’s

activities. I also ran a parent forum for parents of disabled children, which offered a voice for feeding back to the services which they used.

“Volunteering has been a confidence boost to me and I’ve done things which I wouldn’t have dreamt of such as public speaking.

“I really enjoy my role as a volunteer co-ordinator at The Northfield Centre. It’s great to be able to help and support our volunteers.”

Jane Godfrey, Chef Manager for The Northfield Centre, added: “Mandy has been a great addition to the team. She has a huge amount of experience, which is invaluable to the volunteers in the Café. Our volunteers are often flexible with the hours that they work which can take the pressure off at busy times like Friday lunchtimes. It’s great to have the help and also see the confidence which working can bring to people.”

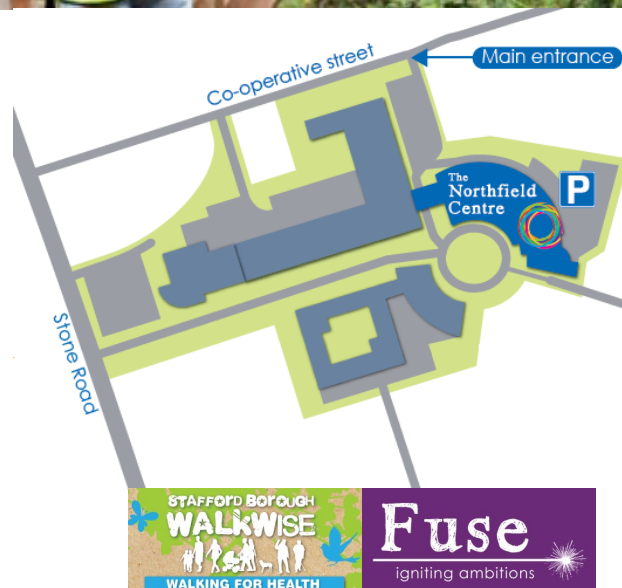
Anyone interested in learning more about volunteering should contact the centre on [info@northfieldcentre.co.uk](mailto:info@northfieldcentre.co.uk) or call 01785 248733.



For further information or to volunteer to become a fully trained walk leader please speak to:

Abi or Mandy on 01785 248733

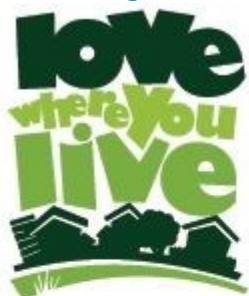
Or call into the Northfield Centre and speak to the receptionist  
 Northfield Centre  
 Magnolia Avenue  
 Stafford  
 ST16 3DU







The Northfield Centre



# Community Litter Pickers



# VOLUNTEER

For further information or to volunteer to help us keep the Northfield Village tidy please speak to:

Abi or Mandy on 01785 248733

Or call into the Northfield Centre and speak to the receptionist

Northfield Centre  
Magnolia Avenue  
Stafford  
ST16 3DU



ShireLiving  
Live the life you choose



CHOICES  
Your Life, Your Choice

Fuse  
igniting ambitions



Sue and Rhona, two residents at Elmwood, were recently stars of BBC News talking about their experience of living here and what it means to them.

Both gave a glowing report and told their stories eloquently. Demand for properties are currently very high and will no doubt be more sought after following Sue and Rhona's performance!



David Williams presenting a bouquet of flowers to Sue in thanks for her participation in the programme

## The Wrekin Housing Group



David Williams presenting a bouquet of flowers to Rhona in thanks for her participation in the programme



# COMPUTER CENTRE



## Basic Computer Skills

At our computer centre in the Northfield Centre, Stafford, we welcome adults with **any** physical disability over the age of 19 years, and older people who have not had the opportunity to learn computer skills.

If you are the parent/carer of a child with special needs and feel that you would benefit from some tuition on the computer to enable you to help your child with their school work or communication, then we would be happy to help you to learn.

You do not need to commit for a whole year, you can enrol just for a few weeks if you wish.

Open Tuesday - Friday between 1.00pm - 4.00pm.

The sessions will focus on what **YOU** want to learn and can include using Word, Publisher, digital photography or online shopping. Or why not set up an email account to keep in touch with friends and family?

You would only be required to attend for one afternoon per week on a day of your choice.

If you are interested in visiting the computer centre to see if it would be suitable for you please just call in any afternoon for a chat or contact Linda Bond on 01785 248977 or phone the office on 01785 255526

**Please tell friends and family about our computer centre.**

**We're a very sociable group and we make learning fun!**





A MODERN SELF - CATERING  
HOLIDAY BUNGALOW  
IN TYWYN, MID WALES

**IS AVAILABLE TO LET ON A WEEKLY BASIS**



**We have a Holiday Bungalow in Tywyn, Mid-Wales which is accessible for people with disabilities.**

- Short walk to the beach front
- Close to the town centre and shops
- Sleeps up to 6 persons
- Available to the General Public
- Short breaks may be available
- Mobile Hoist on request
- Wet room with shower chair

**For prices and availability please contact our office.**

## **CEREBRAL PALSY MID STAFFORDSHIRE**

Email: [office.cpmidstaffs@gmail.com](mailto:office.cpmidstaffs@gmail.com)



**01785 255526**

**Greenhall Nursery School, Second Avenue, Stafford ST16 1PS**

**Charity No. 249235**





# Stepping Stones Café

From the Bar

Why not try our house gin a large pinkster pink gin  
with a free tonic water only £4.50  
Or a snack from the Café



Next session is to be held on  
Monday the 19th August from  
12– 3pm in the Chartley room.  
Lunch for the children is included in  
the admission fee of £2.00

The last family fun day was held on 18th of April where 20 families took part. Much fun was had by all, making a range of things including finger painting, monster bookmarks, and a group collage on a Stafford theme. Featuring Stafford landmarks such as Stafford Park, Stafford Castle, Cannock Chase. As well as things associated with Stafford, the Staffordshire Knot a Staffordshire Bull Terrier. This collage is being entered into Wrekin Housing Group's Art competition as a potential piece of art for next year's calendar.

**The Wrekin  
Housing Trust**



*Art competition*

Inspire our next calendar

We're celebrating 20 years and creating a stunning calendar with a difference for 2020!

We're looking to find works of art which capture the essence of Shropshire, Telford & Wrekin and Staffordshire.

Artworks created from any media, from painting to pottery, can be submitted. All ages are invited to enter. We're also looking to hear from local art groups, colleges and schools who may wish to get involved.

The winning works of art will create our 2020 calendar and also form an exhibition.

Closing date 30th August 2019.

#### Prizes

12 winning entries will be published in The Wrekin Housing Trust's 2020 calendar with the overall winner taking pride of place on the front cover.

#### 1st prize

£150 art voucher, published on the front page of the calendar and exhibited.

#### 11 runners up

£50 art voucher, published in the calendar and exhibited.

#### Find out more

Visit [wrekinht.org.uk/calendar2020](http://wrekinht.org.uk/calendar2020), email [calendar2020@wrekinhousingtrust.org.uk](mailto:calendar2020@wrekinhousingtrust.org.uk) or call 01952 217308.



## Stepping Stones Café

Stepping Stones Café and bar serves a range of delicious, locally sourced, food throughout the day and provides a wonderful setting to enjoy one of our delicious Barista style coffees, why not try a caramel or a latte, or a refreshing iced tea for a change

As our special large breakfast offer including a free tea, coffee or orange juice has continued to be so popular going continue this offer through the summer months.

Now the warm weather is here we are putting on a new menu incorporating homemade quiche, lighter soups, salads followed by one of homemade cakes served with ice cream or delicious double cream, You can even enjoy a fruity glass of zinfandel rose or a delightfully crisp sauvignon blanc whilst relaxing in our lounge area. A new range of gins and cocktails will be available for those special get together in our bar area.



Spirits are competitively priced at £4 a double with a free mixer. Our Pinkster Gin is particularly popular

All our patrons are welcome to use our free Wi-Fi or public access computers at the Northfield Centre. The café provides its excellent coffees, cakes and sandwiches to take away too. So if you are in a rush and haven't time to stay and enjoy the ambience then don't feel you need to miss out!

The Café is also available to hire for events, parties or functions with renowned

bespoke buffets and we can offer a licensed bar too. The Stepping Stones Café support us to help raise funds which are ploughed back into the centre.





#### POWER YOGA

##### WHAT'S IT ALL ABOUT?

It is a dynamic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. The varied and fun classes are designed around a series of postures that develop strength, flexibility and balance.

**IS IT FOR ME?** Power yoga is much more than just a physical workout. It doesn't matter how fit or strong you are and you don't need experience to start. As you practice you will explore breathing through challenges and finding calm amidst the noise and chatter our minds and lives create.

**WHAT WILL IT DO FOR ME?** Power Vinyasa yoga with regular practice will enhance your overall well being, complimenting your current exercise regime or getting you moving in a new and healthy way. Men and women young and old enjoy this dynamic flowing exercise and notice it's benefits way beyond the mat. You will leave classes feeling energised and restored and soon be back for more.

##### WHAT OTHER YOGA CLASSES ARE THERE?

Gentle Flow Yoga we explore the Power Vinyasa poses taking extra time to breath and relax.  
Yin Yoga is a slow-paced style of yoga with poses, or asanas, that are held for longer periods of time.  
Hot Yoga is a Power Vinyasa Yoga sequence practiced in a heated room.

#### HOT YOGA

**IS IT FOR ME?** This fantastic workout is suitable for any age, shape or size and is enjoyed by as many men as women. You do not have to be flexible and you do not have to have done yoga before.

**WHAT WILL IT DO FOR ME?** You will sweat and work out! A hot yoga practice will condition your entire body. This is like 'super' yoga and the benefits of the heat include detoxification, deeper stretches, increased flexibility, a compliment to other sports training and support in recovery from injury.

**WHAT ELSE DO I NEED TO KNOW BEFORE I COME ALONG?** Mats are provided, please bring a small towel or hand towel. Water will be available to buy or bring your own, and it is important to always hydrate well before class. Hot Yoga is not the same as Bikram Yoga which is standing poses in a much



Time of Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am							
10am		10-11 Gentle Yoga (candlelit)	10-11 Hot Power Yoga		10-11 Power Vinyasa Yoga	10-11 Gentle Yoga (candlelit)	9.30-10.30 Hot Power Yoga
11am							
12pm							
1pm							
2pm							
3pm							
4pm	4-5.30 Yin Yoga with Nidra						
5pm							
6pm		6-7 Hot Power Yoga	6-7 Hot Power Yoga (Intermediates)	6-7 Hot Power Yoga (Intermediates)	6-7 Hot Power Yoga (Beginners)	6-7 Hot Power Yoga	
7pm		7.10pm Beginners Hot Power Yoga	7.10pm Hot Power Yoga (beginners)	7.10-8.10 Gentle flow and meditation	7.10-8.10 Hot Power Yoga	7.10-8.10 Yoga for Cyclists	
8pm		8.15pm Gentle flow					



More details

<http://www.skyblueyoga.co.uk/>





**A WORLD OF DANCE & FITNESS - Try Something NEW**



**The Northfield Centre**

**Cooperative St, Stafford ST16 3DA**

**WE GUARANTEE you'll be able to do the moves taught & have loads of fun... or your money back!**  
We teach Wedding Dances, Private Lessons, Children's Dance Parties & are Zumbini instructors for Staffordshire  
Payment options: Membership, block discounts or drop in prices. Email us at: [info@grooveacademy.co.uk](mailto:info@grooveacademy.co.uk)



**zumbini.** **ZUMBA** fitness **ZUMBA** gold **TAPfit** THIS GIRL CAN

**01785 413 230**  
[www.grooveacademy.co.uk](http://www.grooveacademy.co.uk)

GrooveAcademyDance  
 GrooveAcademyUK

**FREE**  
**7 DAY CLASS PASS**  
Terms & conditions apply.  
Book on-line or  
call 01785 413 230

## CLASS DESCRIPTIONS & TIMETABLE

**DANCE - Rock n Roll** - You may be too young to have Bopped in the 50s. Embrace the music & the moves with us. **Bachata/Kizomba** - The most recent social dance styles to take to the floor. The African & Caribbean influences are infectious. **Salsa** - The music and movement from Cuba is infectious. No partner required just fun to be had.

**EXERCISE - TAPfit** - Easy to follow, high calorie burn, total body workout using tap as its influence. All equipment provided. **Zumba** - Combines Latin and world music with a fun & effective workout. **Zumba GOLD** - A workout for those new to exercise or not keen on bouncing or twisting.

**CHILDREN - Mini Groovers** - Ideal introduction into many different dance styles. From Ballroom to Disco, Latin to Musical Theatre for 5-8yrs. Your 'little darlings' will blossom. **Dancing Divas & Dudes** - A chance for the children to express themselves on the dance floor. Ballroom, Latin, Street, Musical Theatre for 9yrs+

I have just come out of Yoga & feel so chilled!  
- Gerny, Stafford

Friendly & patient teachers make the Salsa classes fun. I'm glad I found Groove Academy!  
- Chris, Newcastle-U-Lyme

Loving TAPfit as it challenges your body and your head a little!  
- Dawn, Stafford



<b>Monday</b>	<b>9.30-10.30am</b>	Pilates	Bring a mat
	<b>6-7pm</b>	Pilates	Bring a mat
	<b>7-7.45pm</b>	Rock n Roll	
<b>Tuesday</b>	<b>9.30-10.30am</b>	Zumba GOLD	
	<b>10.30-11.30am</b>	Hatha Yoga	Bring a mat
<b>Wednesday</b>	<b>6.30-7.15pm</b>	TAPfit	Equipment provided
	<b>7.30-8.30pm</b>	Pilates	Bring a mat
	<b>8.30-9.30pm</b>	Lindy Hop	
<b>Thursday</b>	<b>6.15-7.15pm</b>	Zumba	
	<b>7.30-8.15pm</b>	Salsa	Beginners/improvers
	<b>8.15-9pm</b>	Kizomba/Bachata	
	<b>9-9.45pm</b>	Salsa	Intermediate
<b>Friday</b>	<b>9.30-10.30am</b>	Zumba GOLD	
	<b>10.30-11.30am</b>	Pilates	Bring a mat
<b>Saturday</b>	<b>9-9.45am</b>	TAPfit	Equipment provided
	<b>10-11am</b>	Mini Groovers	
	<b>11-12pm</b>	Dancing Dudes & Divas	

We also host workshops in different dance styles - details on the website:  
[www.grooveacademy.co.uk/events](http://www.grooveacademy.co.uk/events)

**Children**  
 **Adults**  
 **Seniors**

Classes are correct at time of print, April 2019. We do our best to ensure all classes run as stated. Please view our website for current timetable.





The Northfield Centre took part in the national Cupcake Day on the 13th of June. for the Alzheimer Society. Lots of staff and service users rallied to the cause baking some wonderful cakes. A guess the weight of the cake competition also took place and was won by Sarah from Aspire who came within 3 ounces of the correct weight. There was also a best cupcake competition and this was won by Pam Heath resident of Elmwood. This was a hugely successful event and raising £146.15 for the charity.



Meryl Karabas ( Vol) and Bobby Mitchell (vol) selling the wonderful array of cakes



Cup Cakes baked and donated by Limewood catering staff



Left to right Karen Stacey (GA) Bobby Mitchell (Volunteer GA) and Kerry Jones (GA) setting up the Cupcake stall



**Cakes donated by:**  
Limewood, Elmwood, Northfield Centre, Aspire, Christine McLaughlin, Pam Heath, Kevin Davies, Paul Rowley and Andy Ballantyne

Thank you all!

### **Celebrating our Volunteers Event 13th June 2019**

WHG organised the event to present their Northfield based volunteers with a thank– you letter from the CEO Mr Wayne Gethings



From L to R Bobby Mitchell (vol), Mandy Binns (vol) Meryl Karabas (vol) receiving their thank you letters from Jade Dodd (WHG) and Gill Price (WHG) on behalf of the Wrekin Housing Group for all their hard work.

## It's all happening at Aspire!

Lots going on at the moment and always a strong focus in providing very individual, specialised activities. Everyday cooking groups make meals using fresh ingredients and carry out housekeeping tasks. These activities encourage independence and enable people to move into supported living.



The group do so well at keeping our kitchen clean that in May we achieved a Food Hygiene Rating of 5 for the second time!

We celebrate all of the National Days from National Pie Week to World Autism Week. Using these events as a basis for research and raising awareness.

In February we welcomed two new members of the 'fury kind' to our group Glengarry and Windsor. The group have loved making enrichment activities for them and will be visiting this summer for a picnic and a cuddle. We visited Houghton Owl Sanctuary, RAF Cosford and The National Football Centre.





### Theatre Trip

Alex a member of the group arranged a trip to The Gatehouse Theatre, it was a massive success.



### Supported sports in the community

At Aspire we have a group of people who are passionate about sports and keeping fit. Previously it had been difficult for this group to take part in activities of their choice due to a number of reasons. The biggest reasons being uncertainty about facilities in the community and a shortage of friends to do activities with.

This has been easily resolved by bringing the group together on a Tuesday and supporting them in their pursuit of all things sporty, providing a safe and flexible environment.

The group spend on average 6 weeks taking part in an activity they have researched and chosen. Once completed it is then evaluated and this information back to others encouraging more people to join in. Popular activities are repeated or extended offering the chance to progress within a sport and opportunities to take the sport up individually in their own community.



### Upcoming events



Llandudno Trip 17/06/19



Aspire Show -Autumn 2019



Sponsored Wrekin Walk, raising funds for mental health charities-  
September 2019



Winter Ball-November 2019

Through the work and success the Dementia Hub Outreach service has achieved, Stafford has been recognized as working to become a Dementia Friendly community in collaboration with our partner organizations, we are working towards reducing stigma and have increased the understanding of Dementia. We aim to empower people who are living with Dementia and their Carers.

#### Dementia Awareness Talks

Diane Wallace continues to deliver Dementia Awareness talks for Staffordshire schools, churches, prisons, companies and voluntary organizations and over the last 3 years has delivered Dementia Friends talks to 5,585 people (May 19). These sessions raise the understanding of dementia, and offer support to communicate and have positive relationships for as long as possible.

#### Dementia Action Week (20<sup>th</sup> – 26<sup>th</sup> May)

##### Events Dementia Hub has attended:

Well-being Event in Guildhall organized by Stafford Rotary Club.  
Stafford In The World organized by Stafford Borough Council.  
Xplorer at Chasewater organized by Freedom Leisure.



#### Stafford Dementia Action Alliance (DAA)

Quarterly meetings held at Stafford Leisure centre and supported by partner agencies including Freedom Leisure, SBC, SCC, SARS, CASS, and Staffordshire Police. The DAA work together to recognize Stafford and surrounding areas are now a Dementia Friendly Community Group and further raise awareness of Dementia..

#### Lean On Me project



The project aims to be reactive to the daily lives, needs, issues and concerns for carers by offering timeout. The service provides bespoke support in the own homes for carers and the those who are living with dementia.

**A carer said “I have cancelled 3 personal medical appointments as I cant leave my wife alone.”**

**Interested in Volunteering email: [leanonme@choiceshousing.co.uk](mailto:leanonme@choiceshousing.co.uk)**

**Thanks to Awards for All and Baron Davenport Trust for their provision of funding.**

If you would like **further information about the Dementia Hub** or to **book a Dementia Awareness Talk**, please email [dwallace@choiceshousing.co.uk](mailto:dwallace@choiceshousing.co.uk)

**NOTE:** Some charges have been implemented as a way of sustaining the future delivery of Dementia Hub and ensuring we continue to supporting people in your communities.

Choices Housing Association Limited,  
1A King Street, Newcastle, Staffordshire, ST5 1EN

Tel: 01782 254000 Fax: 01782 254001 Email: [enquiries@choiceshousing.co.uk](mailto:enquiries@choiceshousing.co.uk)  
[choiceshousing.co.uk](http://choiceshousing.co.uk)

Working in partnership with The Wrekin Housing Trust

Community Benefit Society Registration No. 26995R. Registered Social Landlord Registration Number L4178

Housing

Care

Support



## German Classes at the Northfield Centre

Currently running German Intermediate and German Advanced classes (Thursday mornings 10 am -12 pm and Wednesday evenings 6 - 8 pm). New starters are always welcome. Building on your existing knowledge of German these classes will aim to get you speaking the language accurately in a relaxed setting.



The new term begins on 16<sup>th</sup> and 17<sup>th</sup> January 2019 and runs for 10 weeks (excluding half-term) at a cost of £90.

Please call Alison Kirsch  
BA, Dip. RSA, Cert Ed  
[alison.kirsch@ntlworld.com](mailto:alison.kirsch@ntlworld.com)  
[www.alisonkirsch.co.uk](http://www.alisonkirsch.co.uk)  
07970 878218

### Why learn German?

German is the most widely spoken language in Europe. To speak German means that you have the ability not only to communicate with Germans, Austrians & Swiss, but by visiting their countries you are in a much better position to absorb their culture & lifestyle.

----

Germany, Austria and Switzerland are beautiful countries to explore with chocolate-box-villages, dense forests, romantic river valleys, vast expanses of vineyards and the stunning Alps.

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Germany is one of the world's biggest industrial countries. Its products are world famous, so speaking German gives you the edge.

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Language learning improves the right/left brain connections and is thus useful in the fight against Alzheimer's disease.

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## ELMWOOD SOCIAL

Elmwood Social was formed by the tenants of the Elmwood Extra Care Independent Living complex situated in the Northfield Village. This is run by the tenants from Elmwood to provide social events and entertainment for the tenants living in Elmwood.

Over the last few years we have been fundraising by holding Tabletop sales, bingo and quiz nights and other events. We have also arranged day trips to the seaside, a visit to a garden centre and donated money towards Christmas meals. Our social evenings consist of booking various acts and these have been well received. The money raised from these events has enabled us to purchase items of equipment for Elmwood and make donations to various charities.



Our last Tabletop sale held on 13 April 2019 raised £600.38 and the next sale is on 29 June 2019. Any items for our sale, raffle prizes for our bingo, quiz and entertainment nights are most welcome.

We have organised a day trip to Southport on Wednesday 19 June 2019 which is being well supported by our tenants.

This year we have donated money to Katherine House Hospice, Stafford Hospital Chemotherapy Unit, Parkinson's and the MASE group. Below is a photograph of the various charities receiving their donations.

A donation was also given to the Aspire Group towards the installation of a defibrillator at the Northfield Village for the community.



# TotalVoice

Staffordshire



We are **Total Voice Advocacy Service** and are based here in the Northfield Centre. We are an independent free and confidential services that provides advocacy.

What is advocacy?

Advocacy is about making sure that people's thoughts and opinions are heard, especially when decisions are being made about their lives

An Advocate will help you:-

- Understand what your rights are
- Look at information about how different processes work e.g. legal, health or social services
- Understand what choices you have and help you to make your own decision
- Support people to speak up for themselves. Advocates can also speak up for people's views on their behalf if they are unable to do this for themselves.

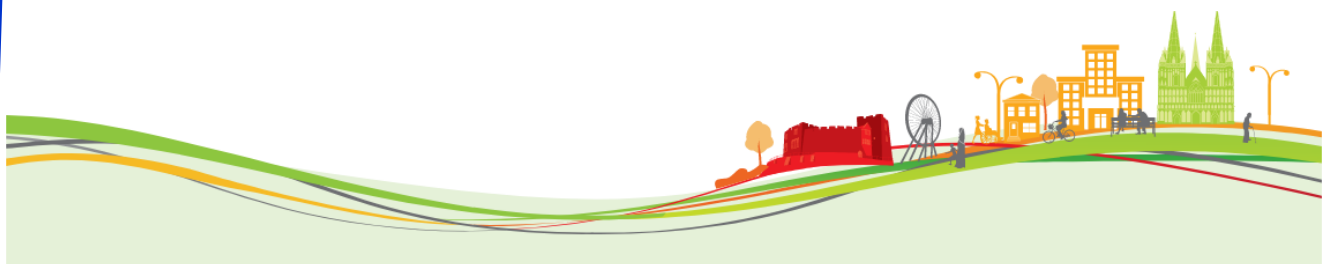
We offer a range of advocacy services, all of them help you to speak up and have your voice heard. We can give particular support if:-

- you are sectioned under the Mental Health Act or
- you are assessed as lacking capacity to make decisions about care or accommodation or
- you are going through care planning, care assessments and care reviews or
- you want to make a complaint to the NHS

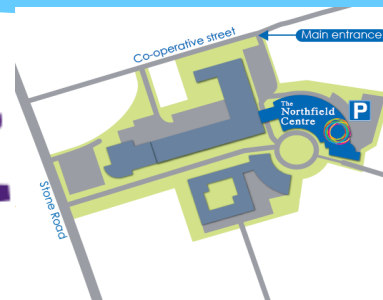
If you would like any more information around our advocacy service, leaflets are available in reception or please call 01785 336387, email us at [info@totalvoicestaffs.org](mailto:info@totalvoicestaffs.org) or visit our website [www.totalvoicestaffs.org](http://www.totalvoicestaffs.org)

**We would like to wish you a merry Christmas and very Happy New Year**

**From all the Total Voice Team**



# CONTACT US GET IN TOUCH



Ian Bossons

(Centre Manager)

01785 248733    [ian.bossons@northfieldcentre.co.uk](mailto:ian.bossons@northfieldcentre.co.uk) 07816510446

Jane Godfrey

(Chef Manager) 01785 248733 [jane.godfrey@wrekinhousingtrust.org.uk](mailto:jane.godfrey@wrekinhousingtrust.org.uk)

Abi Davies

(Team Leader & room bookings co-ordinator) 01785 248733

[abi.davies@northfieldcentre.co.uk](mailto:abi.davies@northfieldcentre.co.uk)

Karen Stacey

(General assistant) 01785 248733    [karen.Stacey@northfieldcentre.co.uk](mailto:karen.Stacey@northfieldcentre.co.uk)

Louie Torok

(General assistant) 01785 248733 [lajos.torok@northfieldcentre.co.uk](mailto:lajos.torok@northfieldcentre.co.uk)

Kerry Jones

(general assistant) 01785 248733 [Kerry.jones@northfieldcentre.co.uk](mailto:Kerry.jones@northfieldcentre.co.uk)



<https://www.facebook.com/NorthfieldHub/>

<https://www.facebook.com/fuseenterprise/>

<https://www.facebook.com/Wrekinht/>



Northfield Centre.

Magnolia Avenue, Stafford, Staffordshire,

ST16 3DU



[www.northfieldcentre.co.uk](http://www.northfieldcentre.co.uk)

[www.fuseenterprise.co.uk](http://www.fuseenterprise.co.uk)

[www.wrekinhousingtrust.org.uk](http://www.wrekinhousingtrust.org.uk)

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