

# SUMMER 2018 NEWSLETTER

## Welcome

Can you name all the activities, courses and services that ESCAPE Family Support provides? Probably not, it's not easy to keep up with everything that is going on and the changes that have happened over recent months.

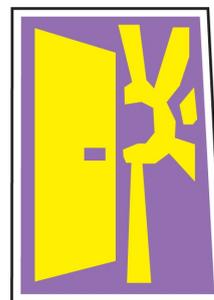
Feedback from our volunteers and people who access our services and activities tells us that we need to be a bit more active in promoting what we do and in sharing stories about our work and that a newsletter is a good way of doing this.

We have a small group of volunteers who are helping with the newsletter and are looking for more help on the design and production side of things. So if you'd like to get involved please let us know.

We will be putting a newsletter together four times a year and would welcome any stories or ideas that you have about the content.

In the meantime this newsletter gives you a bit of an update and tells you what we have planned for the autumn.

We hope that you enjoy reading this first edition and find the information and stories useful.



**ESCAPE**  
Family Support

## An interview with Janet Murphy, ESCAPE Chief Executive

**What do you think ESCAPE's achievements over the last 12 months have been?** I think that the biggest achievement has been that ESCAPE is still here in what is a very difficult financial and funding landscape for small organisations.

Also, despite having to downsize and sadly let some very good staff members go in order to reduce the wages bill and help sustain the organisation we still managed to maintain staff morale and keep our Investor in People Gold Standard. This speaks volumes about the type of charity we are.

**What are you most proud of?** We have successfully delivered all of our projects during what has been a difficult time with the staff team pulling out all of the stops and overachieving against project targets. I'm really proud of the staff team and all of their efforts.

It goes without saying that such a small staff team could not have achieved what they have without the support of our loyal and trusty volunteers who have been so supportive of us all. We could not do what we do without them.

**What are your hopes for the future?** Our main goal going forward is to secure more core funding to ensure we can keep delivering the essential services that our beneficiaries need and are unable to access elsewhere.



**What do you think is the main challenge for us now and how do you think our readers can help?** Our recent away-day was uplifting and the new ideas that everyone contributed to the way ahead make the coming months both challenging but also exciting.

Anyone who wants to help support us with Community Fundraising please contact Mandy or me.

Many thanks to you all.

## Carers Week—Trip to Holy Island



It wasn't quite Carers week but to get the crossings right we went to Holy Island the following week. It was a glorious day and, as the minibus pulled away everyone was pleased to be heading off for some precious time just for ourselves.

Members of the art group who were there gave us their take on the day.

"It was a wonderful day, as well as experiencing the peace and serenity I was able to collect some stones and shell from the beach for future art projects." (Rich)

"We were excited about the trip to Holy Island. Our mission was to collect interesting objects to use in our class. We also planned to take photographs which we can use as inspiration and maybe for a writing session. We had a fun day out in the fresh air with lovely company and the rain held off.

We are trying to make art part of everyday life and seek inspiration where we can find it. If you'd like to join us please get in touch and come along." (The Art Group meets at the Susan Kennedy Centre on alternate Thursdays, see back page).

## What volunteering means to us

On 7<sup>th</sup> June volunteers got together to meet the new volunteer co-ordinator, Mandy, and to talk about the role of volunteers in Escape as the organisation moves forward into a new phase of delivering services and activities for families affected by substance misuse.

We have an amazing pool of volunteers who support us in keeping the charity going and the Susan Kennedy Centre open and who also help us provide direct support to individuals and groups. The skills and experiences that people bring are varied and wide-ranging, as are the reasons for volunteering.

So why do people volunteer for us? Here are a few reasons:

- To give back something for all the help and support I've received for me to be the person I am today. And it keeps me busy so I don't fall back into my shell. To build my confidence up more and still learn new skills.
- To help others that are going through situations I have been through – give experiences, empathy and hope.
- The satisfaction of supporting families/service users. Also to learn skills for me to use outside of Escape.
- I want to give to others what I have got out of Escape, like the different tools and the support.



### Other news . . . .

- We are looking for a **volunteer gardener**, contact Mandy for more information
- Amazing offers for **autumn breaks at our lovely caravan** on the brilliant Haven Caravan Park in Berwick. Availability during September and October, prices start at £85 for three nights (including site passes). Contact Sarah for more information or to book a break away.
- Are you a writer or a budding poet, do you use **creative writing** as a way of managing your thoughts and feelings? Would you be interested in joining us in a small self-directed creative writing group. One of our volunteers, Linda, would like to hear from you if you are. Contact Mandy in the first instance. (All contact details are on the back page)

## Could you be a Befriender or Peer Mentor with Escape?

Our befrienders and peer mentors provide valuable support to Escape's workers, helping individuals and groups across Northumberland. Befrienders provide friendly contact on a regular basis, face to face or over the phone regularly checking in to see how things are or accompanying people to appointments or activities. Peer mentors are people who have lived through similar challenges to those faced by the families we support and who can use that experience to support others to move forward in a more focused way.

We always need people who are willing to volunteer in these roles. Training is provided and can result in a Level 2 qualification in Peer Mentoring and one in Supporting Families Affected by Substance Misuse. Support and training is ongoing throughout a volunteers time with us and there are many different ways to get involved.

We are running our next training programme in September. If you would like to take part and volunteer with us contact the volunteer coordinator, Mandy Robinson on 07812983720 or [mandy.robinson@escapefamilysupport.org.uk](mailto:mandy.robinson@escapefamilysupport.org.uk)



## Training and Courses

What	Where	Day	Times	Dates
Volunteer Core Training befrienders and peer mentors	Susan Kennedy Centre, Ashington	Thursdays	10 a.m. to 2 p.m.	Starts September 20 for 6 weeks
Strengthening Families	Blyth CC	Tuesdays	4 to 6.30 p.m.	Starts September 25 for 9 weeks
Teen Triple P	Susan Kennedy Centre, Ashington	Fridays	10 a.m. to 12 noon	Starts September 28 for 8 weeks
Volunteer Peer Mentoring Training	Susan Kennedy Centre, Ashington	Thursdays	10 a.m. to 2 p.m.	Starts November 8 for 6 weeks

## A great night out



Escape's Ashington Art Girls enjoy 'A Great Night Out' at Ashington YMCA, 4th July. Here they are with Kamall Hussain who performed his show Becoming Scheherazade. (Commissioned by Museums Northumberland through Bait)

## First Aid Training

### Skills to cope in a crisis? First aid education for those who need it most

The British Red Cross works with groups who support people who are at risk and would have the greatest impact from a first aid intervention, including people living with issues around drug and alcohol usage.

This two hour tailored session provides people with the skills and confidence to help in a first aid emergency. Escape will be running one of these sessions with the British Red Cross during the autumn term.

**Date to be confirmed.**

**If you are interested contact**

Mandy (see back page)



## What's on at Escape over the next few months

What	Where	Day	Time	Dates
CRAFT Maintenance	Hexham	Monday	5 to 7.30 p.m.	August 13 September 3 and 24 October 22 November 19
CRAFT Maintenance	Prudhoe	Monday	10 to 12 noon	August 20 September 17 October 15 November 12
Health and Wellbeing Events for staff and volunteers	Susan Kennedy Centre, Ashington	Monday	9.30 to 12 noon	September 3 December 17
SMART	Susan Kennedy Centre, Ashington	Tuesday	10.30 to 11.30	Weekly
Acupuncture	Susan Kennedy Centre, Ashington	Tuesday and Thursday	12 to 1 p.m. 11 to 12 noon	Weekly—please let us know if you are coming along
Art Group	Susan Kennedy Centre, Ashington	Thursday	12.30 to 2.30 p.m.	August 23 September 6 and 20 October 4 and 18 November 1, 15 and 29
Carers Coffee Morning	Susan Kennedy Centre, Ashington	Friday	10 to 12 noon	August 17 September 7 and 21 October 5, 19 November 2 and 16
Celebration Event	Susan Kennedy Centre, Ashington	Friday	12 to 1.30 p.m.	September 21 November 16

### Contact Us

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Janet Murphy, Chief Executive  
Sarah Tannock, Service Manager  
Elaine Toopchizadagan, Family Support Worker  
Deborah Humble, Family Support Worker  
Angie Turnbull, Training Officer  
Mandy Robinson, Volunteer Co-ordinator

Charity Number 1063500

**Any ideas for the next newsletter (November) would be most welcome!**