

# The Whitechapel Altogether Newsletter

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The Whitechapel Centre  
Offering real solutions to housing & homelessness

Answers:  
1. Polo  
2. Hair  
3. John Wayne  
4. Qutver  
5. South Park  
6. Sir John Peel

**We need you!**  
Any current or ex-service user of any Whitechapel Service is welcome to attend the **Whitechapel Altogether Meetings**. You can also pass on any articles or ideas for our next newsletter through your worker or any member of staff or our Volunteer Editor **Jim Roebury** by 9th Dec 2011. We look forward to hearing from you.



The Whitechapel Altogether Group Meets on the last Friday of every month between 2.30 and 4pm

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# The Whitechapel Altogether Newsletter

Issue 2. October 2011

## Move Project Launched (Making Opportunities for Voluntary Employment)

The Whitechapel Centre has started its brand new project to help people prepare for voluntary work. There are many routes into volunteering, you just need speak to Pauline to find out which approach is best for you. Most people will begin at...

**Step Two.**  
Our Volunteering programme runs every Wednesday between 12pm and 4pm in the Portakabin. High quality support and training is provided in a supportive environment for people who have completed the pre volunteering course or who have been allocated a place by the course leader, Pauline Baysan. Topics covered include Health & Safety, Equal Opportunities, IT etc.

discuss how they would like to take their volunteering forward in the company. This may be volunteering or becoming a befriender with the Whitechapel Centre. We ask volunteers to commit to 6 months and minimum of 5 hours each week.

If you are interested in finding out more contact:

**Pauline Baysan on 0151 207 8670**

### Step One

Our pre volunteering courses provide activities aimed at breaking down any barriers to volunteering and helping people to prepare for future volunteering opportunities. Sessions run every Monday and Friday between 1 and 3 pm at the Enablement centre Portakabin. They are a great way to learn new skills and to have some fun. At the end of the course of sessions, participants are ready to join our more intensive 8 week volunteering programme.

For those coming to the company with specialist skills they want to share, or with the experience needed already in place, a truncated, 2 day intensive course is offered as an alternative route to volunteering.

### Step 3

After completing either of our volunteering programmes participants meet with the course leader to



2 Volunteers, Jeff Roberts & Carl Bell doing triage at the Centre.

## Whitechapel Altogether Car Boot Sale

The group looked at how much it costs to run a great service user involvement group like ours as all the postage, tea, cakes and expenses add up! We decided it would be good to try and raise some money for our own budget, to be spent how we wanted.

From all the great suggestions we decided to hold a car boot sale. Lots of donations of things to sell were brought in by staff, family and friends. And early, on a rainy Sunday morning a few of us went to set up a stall at The Heritage Market. We made £31.80—a great start.

**Thinking Time 6**  
Whose name led to Policemen being christened Bobbies?  
Answers on p4



A Whitechapel Altogether Meeting



Whitechapel Altogether Car Boot Sale.



Since our last edition, The Whitechapel Centre has been successful in securing additional funding, mainly from the Addiction and Offender Health team and partners in the Primary Care Trust, to help replace

## Funding reprieve

almost all the funding that had been lost from Supporting People. This is very good news as it means that there has been very little change to the services offered to our clients.

The Whitechapel Centre is grateful to all of the staff and funding partners who worked hard to achieve

this. We are aware, however that the City still needs to make additional savings and we are continuing to look for other ways to secure the future of our much needed services. This includes looking at other places to apply for funding and seeing if we can extend the work that we do into other areas or local authorities.

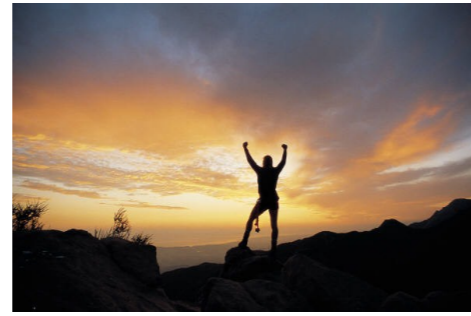
One of the things we will be doing is a street collection in the city centre in the run up to Christmas—so if you see us in town please do come up and say hello!

Karen Ryan  
Services Manager

## My Story, by Craig

My partner and I are supported by Whitechapel. I just felt the need to write an article for the magazine to express my sheer disappointment on hearing about the cuts that are happening within The Whitechapel Centre and also to local services such as Surestart Centres. I am an ex-alcoholic, I drank heavily for 15 years and I was in quite a state. That was up until seven and a half months ago. With ongoing support from The Whitechapel Centre and St. Andrews Church, both mine and my partner's lives have been transformed in such a way that I can only describe as miraculous. The support I have received from Whitechapel has played a major and beneficial part in our recovery from alcohol

and drug addiction. The Whitechapel Centre are a team which I would regard as a service that will go the extra mile for their service users. The cuts have also affected my local church who have lost their funding. St. Andrew's Clubmoor and their befriending service known as Hand in Hand have also played a very important role in our journey back to health. One of the many services St. Andrews offer to the community as part of the church is hand in hand. Through the Surestart Centres and Hand in Hand, my partner and I now do volunteer work. I do outreach work visiting people in similar situations to our own and offer support. I can say I have had the extreme joy in



sharing some success stories too. My partner volunteers for a group called Switch Switch who are a team that staff a youth bus which comes to Breckfield Park each week and has played a massive role in the reduction of crime committed by youths in the area. We are both now clean, living a good life and are expecting a baby. Without the involvement of these services, none of this would have been possible.

## Credit Crunch Lunch—by Peter Cragg

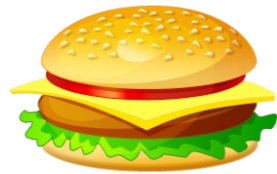
### Ingredients

200g Lean minced beef  
Half an onion grated.  
Salt and Pepper  
4 burger buns—toasted.  
Vegetable oil for grilling or frying.

Accompaniments of choice such as:  
Lettuce, onion rings, sliced tomatoes, relish, mustard or mayonnaise.

### Method

Place lean minced beef into a bowl.  
Finely grate the onion and squeeze out excess moisture and add to the beef.  
Add seasoning (salt and pepper)  
Combine all the ingredients well but do not over mix.  
Divide mixture into 4 equal pieces and shape into burgers. Chill for 30



minutes to allow to set.  
Grease a grill tray and place burgers onto tray.  
Brush the burgers with a little oil.

Grill on both sides until fully cooked.  
Place cooked burger onto toasted bun and serve with accompaniments.  
Enjoy!

## Pauline... a bit about me!

I first became a Support Worker in 1995 in Birkenhead. I came to Whitechapel in March 2000 for a 4 week period to cover someone's absence. I found the work challenging, interesting and very rewarding. Just as the 4 weeks was due to finish, an opportunity arose with the GAPS team (Get a Place With Support). I successfully applied for the post and joined the team in June 2000. I remained with this team for a few years. This was a wonderful experi-



ence, supporting young people on the journey to independent living. Over the years that followed I worked on lots of different projects including Outreach, Drugs and Alcohol Project and the Peripatetic Team before moving on to become the Meaningful Occupation Coordinator where I remained for 3 years. This was a very rewarding post, encouraging our clients to take meaningful steps to independence by ways of participating in activities including drama, art, creating writing and catering. We had many talented people attend these sessions! In April this year I started a

new project - the MOVE project (Making Opportunities for Voluntary Employment). This project provides the training and the opportunities to become a volunteer or a befriender.

I am so glad I joined this organization, I have never had a dull moment, met some lovely people and worked with a supportive team. I look forward to the next 10 years!

**Thinking Time 1**  
Which ball game occupies the largest playing area?

## Famous Liverpudlians by Jim Roebury

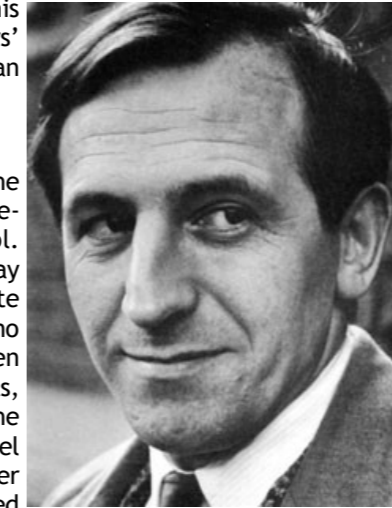
### Leonard Rossiter

was born in Liverpool on October 21st 1926. He lived with his parents above his fathers' barbers shop in Cretan Road, Wavertree.

On leaving junior school he attended Liverpool Collegiate Grammar School. Where was that you may well ask? The Collegiate building is still there but no longer a school. It has been turned into apartments, situated at the end of the road from The Whitechapel Enablement Centre. Other famous pupils who attended the school include comedian Ted Ray, drummer Pete Best, footballer Brian Labone, singer Holly Johnson and not forgetting 2 faces known here at Whitechapel - Chris Dowling and Dave Bridgeman!

Leonard did well at school and wanted to read modern languages at University and become a teacher. Although he was offered a place at Liverpool University, he had to decline the offer to support his mother as he had lost his father in an air raid while working as a volunteer ambulance man.

At the age of 18 he was conscripted into the Army Education Corp. When he was demobbed 3 years later he started work at the Commercial Union Insurance offices where he stayed for 6 years before deciding he wanted a different life.



He joined the Preston Rep in 1953 and

began life as an actor. After treading the boards for 8

years he finally made it onto the big screen appearing in "A Kind of Loving" in 1962. He then got on the main credits in 1963 in Billy Liar. By this time he was starting to appear on TV in a couple of episodes of Step- toe & Son and regularly in Z cars.

His big TV break came as grumpy done it all landlord Rigsby in "Rising Damp" from 1974-78 and in "The Fall & Rise of Reginald Perrin" from 1976-79. During this period he was appearing in the classic series of Chinzano adverts with Joan Collins that ran from 1978-83.

Away from stage and screen he was an avid sportsman and excelled at football, squash and tennis. He was a fine wine connoisseur with a well stocked cellar at his West London home in Fulham. But alas at the age of only 57 he suffered a heart attack in his dressing room while appearing in Joe Ortons play "Loot". He died on October 5th 1984, just 16 days before his 58th Birthday.

On a personal note, I always thought he could portray the character he was playing without even saying a word. It was his facial expressions and mannerisms that told you everything you needed to know. I first noticed this in his portrayal of the undertaker Sowberry in the 1968 film "Oliver". I just wish there had been much more of him for us to look back on.



The Collegiate

## A Helping Hand

The door was opened and a lady asked my name. She spoke kind words—words of welcome. Trembling, I gave my name. "Help yourself to a drink love."

I sat down at a table and warmed up. Soon afterwards, another lady came to me and took me into a quieter room. Through my tears I explained my situation and how



I came to be at The Whitechapel Centre. My details were taken, reassurances of safety and confidentiality given to me, and then I was taken into the dining area for a hot meal.. At the table was a lady with a warm smile, who has become a dear and trusted friend.

After my partner's funeral, the help flooded in and many old friends of ours came to "The Whitey." Now I can move on and build a future based on happiness, caring, friendship and goodwill.

By Kate.

## Thinking Time

2. What is a rhinoceros horn made of?
3. Which US actor was nicknamed Duke?
4. In what does an archer carry his arrows?
5. Which TV show's catchphrase is "oh my god they've killed Kenny"?

Answers on page 4