

The Whitechapel Centre

OFFERING real solutions to housing & homelessness



WHITECHAPEL ALTOGETHER NEWSLETTER

Volume 1 Issue 1 February 2011

An Interview with our CEO

Our Newsletter has finally hit the printing press. Please be gentle while we get all the fonts, spacing, regular articles and competitions together in a organised fashion. However this is where you come into the picture; we are looking for ideas, suggestions, comments, stories and whatever is needed to run a successful news letter.

The Whitechapel Centre
Needs You

Ok to start off this newsletter what would be more fitting than an article from the **CEO (chief executive officer)** on the history of the Whitechapel centre I managed to interview David not so long ago and managed to type this article for our newsletter and I send my thank to David Carter our CEO for his Dedication



I'm delighted to have been asked to talk about Whitechapel's history and my involvement with the organisation.

I joined Whitechapel in 1996, one of four new staff funded by the Big Lottery to set up a new supported housing service and further develop the outreach, education and training services. As soon as I started I knew I had joined an amazing organisation. It was an organisation with the right ethos; a dedicated staff team; a range of creative and innovative services; and an abundance of ideas and enthusiasm from staff and clients alike. In a nutshell, it had energy.

Whitechapel had already come along way from its beginnings in 1975. The catalyst that started the organisation was an Inner Area Study, which reported that homeless people and people residing in common lodging houses needed somewhere to go during the day. NACRO, supported by the Probation Service, rose to this challenge, setting up The Whitechapel Centre next to the open Eye Gallery in Whitechapel. Starting with just 2 members of staff, the organisation provided an open access centre, delivering crisis interventions, education, training and on-going support.

Whitechapel's journey hasn't been easy, for example in 1981 the premises in Whitechapel collapsed, making the organisation itself homeless. With support from the Liverpool Archdiocese, new premises were identified on Langsdale Street, and these continue to used today.

In 1991, with the support of NACRO, the organisation became an independent charity. Since then, we have expanded considerably, becoming one of Liverpool's leading homelessness, housing and support organisations.

In 1992 we established one of the countries first floating support services, through our GAPS project, a young persons housing support service. This has helped shape housing related support services across the country.

Today we employ over 60 staff and provide a broad range of services which create a holistic and comprehensive web of provision that fills the gaps in current services and ensures that each person who becomes homeless or inadequately housed in Liverpool is given the opportunity to change their situation.

Continued overleaf



Continued from front page

We aim to deliver a seamless service providing a balance between enabling, empowering and supporting individuals to address identified need and enable them to work towards reaching their potential.

Today we operate a variety of services in different settings to complement each other and ensure individuals do not slip through the net of provision. Our services include:

- Rough Sleeper Enablement Services
- Housing and Welfare Rights Advice Service
- Outreach Services for Rough Sleepers:
- Resettlement Services
- Floating Support Services
- Meaningful Occupation Service

Through these services, we worked with 1872 homeless or socially excluded people across Merseyside last year. Last year we:

- Helped 498 people into accommodation
- Gave 767 people housing and welfare benefits advice

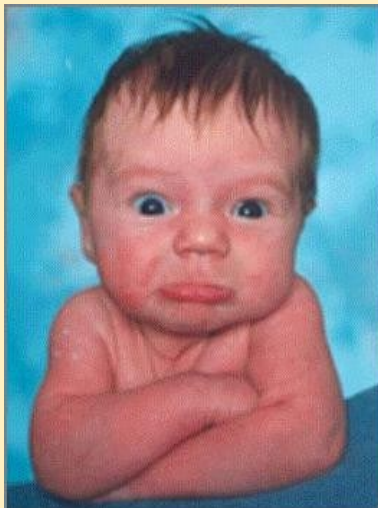
Last quarter

- 104 people took part in our learning activity sessions
- 83 people attended our structured education sessions

Last week

- We provided 355 people with housing related support services

Looking to the future, we will continue to build upon our successes, learn from the past and strive to make a difference.



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One step at a time!

By Karen Ryan

It all seemed like a bit of an adventure when I left my job at The Whitechapel Centre in April to try and achieve my goal of walking all the way from Lands End to John O'Groats. I had been speaking and thinking about it for so long, I was kind of scared and surprised when I found I was actually about to do it.

1206 miles on trails and footpaths throughout the whole of the UK in 3 months. This was the aim and I also hoped raise some money for the Whitechapel Centre along the way. I started to



panic on the train down to Cornwall where I was to start, questioning why I had told everyone what I was doing as I would feel really silly if I did not make it into Devon!

I was walking alone most of the time, so no one to blame when I got lost! I was staying in youth hostels and B&B's because my rucksack was heavy enough as it was without carrying a tent and besides there is nothing better than a hot shower and comfy bed to crawl into at the end of a long day's walk. As I had not done as much training as I probably should have I gradually built up the miles I walked to between 15 and 20 per day. Some days I was wet through from the rain, some I was hot and sweaty and a couple I was in pain (you would not believe how painful a blister on your little toe could become) but pretty much all of them I was tired and hungry by the end of the day.

It was amazing how beautiful the countryside was with spring flowers, meadows, coastal paths, moors and mountains. Often the only life I saw during the day was sheep! But I also met some lovely people, the man who was walking until he found the next place he wanted to live, the B&B owner who insisted on putting me up for free then driving my rucksack to my next destination, the woman walking the Peninne Way for the YMCA, the older couple who sent the Whitechapel a cheque for £500, other people I met doing end to end and the numerous people who invited me in for coffee.

Several friends and family members joined me on my walk either for a day or longer, this helped to break up the time spent on my own and they often came loaded with goodies, sweets, clean t-shirts or toiletries. I was particularly pleased to be joined by some members of the Altogether Now service users group in Hebden Bridge.



Alison and Louise came by train with Heleena, Richard, Peter, Tony and Lee on a sunny day. They waved me off on my way to do 17 miles that day and had a walk of their own before fish and chips by the river. All said how they enjoyed being out of the city for the day.

I remember how pleased I was to reach Scotland, I was never sure I would get this far but suddenly I had developed a routine and what had at first seemed difficult became easier, I didn't notice the uphill climbs so much and my rucksack didn't feel so heavy and I would just focus on the day ahead. £1652 was raised for the Whitechapel Centre from sponsorship and donations collected along the way and before I knew it I was at the signpost at John O'Groats. The end of my adventure and challenge and relief that I had made it. I will look back on my 3 month walk with fond memories and a sense of achievement.

Its amazing what we can achieve one step at a time!

Did you know

The length from your wrist to your elbow is the same as the length of your foot.

Your heart beats 101,000 times a day. During your lifetime it will beat about 3 billion times and pump about 400 million litres (800 million pints) of blood.

Meaningful occupations timetable

Did you know



A person can live without food for about a month, but only about a week without water.

You'll drink about 75,000 litres (20,000 gallons) of water in your lifetime

The muscle that lets your eye blink is the fastest muscle in your body. It The bones in your body are not white – they range in colour from beige to light brown. The bones you see in museums are white because they have been boiled and cleaned.

Our eyes are always the same size from birth.

Every person has a unique tongue print.

If all your DNA is stretched out, it would reach to the moon 6,000

PORTAKABIN ACTIVITIES

MONDAYS AND FRIDAYS – 12.30 – 2.30pm

TUTOR – Sue McIntyre

ALL WHITECHAPEL CLIENTS WELCOME TO TAKE PART!

Friday 18th February

AFRICAN/EGYPTIAN DESIGNS AND MASK-MAKING –1

This session will be looking at hieroglyphs (Egyptian writing and symbols) and African designs. We will do our names in hieroglyphs and make African and Egyptian masks out of modroc. This will be a two week project because of the amount of artwork to be done.

Monday 21st February

AFRICAN/EGYPTIAN DESIGNS AND MASK –MAKING—2

Continued from previous session.

Friday 25th February

FRAMING PHOTOGRAPHS AND ARTWORK IN A CREATIVE WAY

Frames of different designs will be used to frame the work produced in a creative and imaginative way. The poetry will be used alongside the photographs, etc. or done in graffiti style etc. the ideas are endless!!

Monday 28th February

CREATIVE COLLAGE

Friday 4th March

MAKING INDIVIDUAL DISPLAY FOLDERS AND A BOOKLET FROM WORK COMPLETED

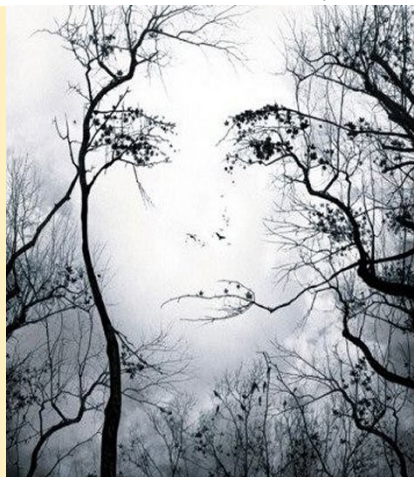
This and the following session will be used to make individual display folders for each person's work. The work produced will be gathered and sorted through to put into folders and displayed in a creative and professional way. A booklet for all the work will also be produced to keep in the portakabin for display.

Monday 7th March

WRITING AND DRAWING FROM CATHEDRAL TRIP.

Friday 11th March

MUSEUM AND ART GALLERY TRIP



The Editors of this newsletter Brian Read and Dennis Joynson are talking with the management of the Whitechapel Centre to see if we are able to extend this publication onto the internet so as to be able to give our readers more information and a place where feedback, views, comments, ideas, archives and better articles that can supplement this newsletter you would also be able to upload content that may be published on the site or newsletter. Watch this space

YOUR CONTRIBUTION

The lost innocence

*When I was young and innocent and free,
I had just failed to enter a room
When I was child and innocent and young
And there was all dark in the room
And cold of sadness and all Death
I would have switched on the light
And near the wall I found the lamp
There was a Dark of Darkness in the room
And nothing else than Force of Dark
And Hard of Life, criminal minds
And cry of cry, and Death-by-Death
And endless Greif and Silence-of-Naught
What never wrote a pen of Scream!
There was the Silence in the room
The Prince of /darkness Earthworm smile
This wouldn't light: none kind of Light
And only Light of First-time-switch
There could have born if wanted be light
The single delight
The way the Truth
The life-to-be light
The Light of Universe,
Light from within
Expelling Dark
Light to intuit
The Truth
Heavenly Light
Along down come
To spell into
The Dark of Dark
Alongside down above of us
Alongside down Light of the star
Alongside down alongside down
Remain with us
And be always
The Law and Order and
Single Delight*

Peter Melik

Life On The Streets

*Trudging along in the cold and rain
Thinking "when will I be warm again"
With body aching and clothes that stink
The world around you seems to shrink.*

*People look down at you and stare
And hurry past as they don't care.*

*Helpless despairing lonely and sad
Remembering all that you once had.
Your spirit crushed the hidden cost
Devoid of hope your humanity lost*

*People look down at you and stare
And hurry past as they don't care.*

*A welcome sound a friendly voice
That offers support and a choice.
Help to change the way things are
Or love dying with no strength to care...*

*Someone looks at you and smiles
Compassion and concern in their eyes.*

*Helping you to realize you are not alone.
You can leave the streets and have a home.
Giving you the chance to learn to live again
Rebuild your life and leave behind despair and pain*

*Someone looks at you and smiles
You smile back with renewed pride.*

"HARLECHWYDDYN"

YOUR CONTRIBUTION

Scotts Story



I wanted to share my story with others to show them that there is light at the end of the tunnel.

I could go back a long way to my early teens but I thought I would begin my story just 15 months ago. It was about this time that I had found myself homeless and living on the streets. I would find myself walking around all day just to pass the time, sometimes drinking in the parks around Liverpool with others in the same boat as me, getting free handouts off anyone who would give to us. I was often moved on by the police and would take cover in bus shelters from the rain and snow. Things could not have been any worse.

One day a mate told me to go to a place called the Whitechapel Centre and they would be able to help me. I suffer from epilepsy and had a bad memory so didn't bother straight away. When I was told again, I went along and met there homeless expert Carol Barton. She was great and helped me register on property pool and bid for a flat. She put me in touch with a worker called Brian from their resettlement team and he came to meet me.

He [Brian] told me how we would work together and at first I thought he was talking rubbish and I couldn't see what he could do for me, but he did find me a place in a hostel, but I was told to leave a couple of weeks later and I found myself homeless again.

He quickly found me a place in another hostel in Lower Break Road. I was glad of this as the weather had got colder and this place was warm. Brian made an appointment for me to see a doctor and I got a supply of medication for my Epilepsy. This reduced my fits and made me calmer. Within four or five weeks I had a flat. I moved in with nothing, sleeping for the first 3 days on the floor and going to Whitechapel to get a hot meal. Brian helped me get some furniture by applying for a community Care Grant, and also took me out to buy things for my flat. My home is now fully furnished and I am leading a normal life. I look after my health and cook my own food. My favorite is Sirloin steak and peppercorn source with mushrooms and chips.

Looking back I would never have imagined I would be living in a lovely flat with nice furniture and feeling that life could be this good.

One thing I would say to anybody is if you are homeless and need a helping hand, go to the Whitechapel.



NICE AND SIMPLE RECIPE OF THE MONTH

Basic Microwave Scrambled Eggs

Ingredients:

- 2 Eggs
- Milk 1Fl ounce
- Salt and pepper, to taste
- Non stick spray

Procedure:

Take a microwave oven safe bowl and lightly spray some non stick vegetable spray in the trough so that the eggs in no way get stuck to the sides of the bowl. Now in another bowl whip two eggs until smooth. Next add the milk, salt and pepper and whip again so that the mixture is really well blended. If you want and have the time, you can also add some chilli pepper flakes to make it spicy or very thin slices of green chilli for the flavour. Now pour this mixture in the oven safe vessel and place it in the microwave on medium-high for 2 minutes. Stay alert and put on your oven mitts to take out the bowl once after the first minute. Scramble the mixture well again using a whisk or a fork and place it in the oven again. After the second minute take it out and check for consistency. Heat it for another 30 seconds if not firm enough for your liking or allow it to cool down before eating. You can add a dash of oregano on top if you want and your 3 minute microwave scrambled eggs are ready!

Now there are times when you do have a lot of time in hand and feel like eating something tasty and yet nothing that requires elaborate culinary ado. For those times, you can try out these microwave scrambled eggs variations.



WOW this was a hard task getting this newsletter to print. But I would like to say, homelessness can happen to anyone, and in my opinion more and more will fall into homelessness as the cuts and whatever may be, work there way into 2011. The singer James Taylor sang about the Whitechapel you 've got a friend . It 's funny sometimes how music can date your life would you like to know what was the no 1 on the day you were born, please ask the editor. I was born on the 31/03/1958 The record was " magic moments " by Perry Como Ok



I've read the newsletter have you?

Do you have a funny caption for this picture for the next edition?

Jump Onto The Positive Bus

The Whitechapel centre

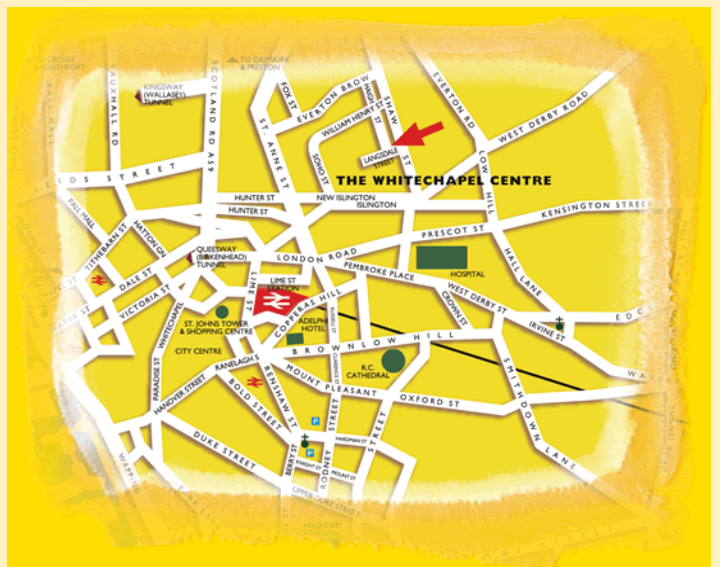
Your ticket to progress



Thank you for reading

WE ARE HERE

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