



Issue 4

March 2010

Welcome to Issue 4 of In Touch! This issue focuses on Quo Vadis Trust, the organisation that runs the unit or flats you live in. We asked how you think Quo Vadis will be in 2020, what things you wish your unit or the organisation had or offered, and James Harper interviewed Head office staff to find out a little more about who works behind the scenes.

We've also got updates from the other Zest groups; Drama Club, and Art and Art Therapy.

Once again, thank you for all your contributions, and I hope you will continue to contribute to In Touch. So get yourself comfy with a drink and maybe even a biscuit, and enjoy Issue 4 of In Touch!

### What is the aim of the Drama Club?

□

The Drama Club meets every Tuesday morning from 11 a.m – 1 p.m at Cherry Tree Lodge. The aim is to offer a cultural activity to clients. It operates on a voluntary basis of participation. Each session focuses on physical warm up exercises to increase flexibility; improvisation, storytelling, character development and creative performance. All of these aspects are designed to encourage imagination, expressivity, social interaction, confidence and both verbal and physical communication skills.

Both the Drama Club and The Art Group break up the routine and are also enjoyable activities that can be shared together by the clients.

The Art Group has been well received amongst some of the other units and I would like

### Neji Nejah (Drama)



to extend the Drama Club in this way also.

By supporting these cultural activities, Quo Vadis has been very forward thinking. I would like to thank them for giving me the opportunity to be involved in this beautiful journey. I would also like to thank Jean Edmonds, the manager of Cherry Tree Lodge for giving her support to The Drama Club and more importantly I would like to thank my participants, John Tough Andrews, Nirmal Grewal, Rafal Klamana, Raj Gathendras and the newest member Inel Buchanan for joining me on this journey.





The existing Art group run by Lucy is now complemented by Art therapy, lead by Demetrea and Lucy. Lucy and Demetrea are now starting art groups in the community flats and trying to encourage residents to become more independent. So far some people who have never tried the art group before have got involved, and some people have even travelled from their own unit to another to attend!

The art groups hope that this will become more common, and residents will use art and art therapy to build their self-esteem, feel better in themselves and about their artwork, and become more independent.

These groups are now entwined, and working together towards building a community with a safer, more independent, less isolated way of life.

## Art Trip to Tate Modern



**Colin and Rafal from Cherry Tree Lodge enjoy the view.**

**Martin Onwuegbuzie – Cherry Tree Lodge**

“I liked the stairs in the building and ‘The Dark Room’. It was nice to be in London by the river.”

**Paul Prendergast - Cherry Tree Lodge**

“I liked the underground dark box. It was funny, and the big table and chairs made me feel small.”



**Caroline from Brockley Lodge, and Paul and Terence from Cherry Tree Lodge.**



**Terry from Cherry Tree Lodge, Caroline from Brockley, Terence from Cherry Tree Lodge, and art therapist Demetrea have a sit down.**

**Terry Morton, Cherry Tree Lodge**

“I found it interesting to wonder what was going through the artists mind when they were working. Some of the exhibits stuck in my mind. One was a tin of paint slung over the wall and another was bushes and trees in the middle of the room. I could understand what was meant by them being ‘Abstract’ especially a paint splashed desk with paint pots and other stuff on it. There was a big square dark room that made an impression on me because it was like a large scale of someone’s mind at work.”



# LIGHTEN UP!



Just for Giggles!



Hey Hey!  
Here we are Folks, page 3  
of Issue 4. People wanted  
PAGE 3, and this is it!  
Lovely bone structure,  
Cleo, 36, 42, 36, baring  
ALL!  
Enjoy!  
*James Harper*

You've read the book,  
you've seen the film,  
now try the pie -  
Watership Down!

*Terence Blackshaw,  
Cherry Tree Lodge*

## Caption Competition

Can you think of a caption for this  
picture???

The best one will be printed with the  
picture next time in In Touch!  
(Staff can play too!)



# Our News!

*Just anything and everything we want to tell the world!*



Very Happy Birthday Wishes to:

Inel Buchanen, *Cherry Tree Lodge* - Turned **60!** - 28th February

William Macdonald, *Elmwood Lodge* - Turning **40!** - 8th March

Susan Rice, *Elmwood Lodge* - 29th March

Carol Everitt, *Elmwood Lodge* - Turning **60!** - 12th May

David Plowman, *Elmwood Lodge* - 25th May



# Quo Vadis Trust in 2020

We asked you how you thought Quo Vadis would or could be in 10 years time, and what changes you thought should or would have been made. Some of you saw us prosper, and some sort it all fall apart. Check out our relative Utopias and Dystopias below!

## **“Quo Vadis on Top Form Again!”**

*Sarah Johnston, Holmesdale Lodge*

In 2020 I think there may be ten units. Maybe Quo Vadis will have turned to psychologists and psychiatrists to change the look of the places? They might arrange furniture in a different way, change the lighting, have a bright and colourful garden, and set the heating to a particular temperature to change the way people feel and act. The service itself will probably be the same as now, but maybe staff will be retrained so they get better and better at their jobs?

Perhaps there would be more furniture at Holmesdale? Another armchair for the living room, more pictures on the wall – something quite neutral that no-one would mind. A bit more carpet would be nice.



I don't think it's necessary for residents to be too involved in the running of the organisation. You can ask for ideas and things, and ask residents how to improve things, but that's enough. I would get rid of the black and red placemats. They're not very tasteful.

## **“I Don't Know Why But They Did What She Said!”**

*Inel Buchanen, Cherry Tree Lodge*

In 2020 I think the units will look the same, but if I had a say they would just tear them down and build new ones. I don't like to look at the building, and I don't like the fireplaces. It's too old-fashioned. They should make it more modern. There is an old-people's home in Lee High Road that looks pretty alright. There would definitely be a mixture of male and females – I wouldn't be the only female there. We'd have English dinners like fish and chips, and baked potatoes or roast dinner. For afters there would be jelly and ice-cream. The staff would be very friendly and caring, and there'd be a knitting club, and maybe someone to help you with your reading and writing. It would be very nice to have a snooker table.



## **“For Dinner...”**

*Raj Gajendrethas, Cherry Tree Lodge*



For dinner chicken, lamb, beef, hen, rice, beans, cabbage, cauliflower, quiche, ice cream.

### **“They Went Poor.”**

*Terence Blackshaw, Cherry Tree Lodge*

By 2020 the company went poor, so there are only five units. The units have four bedrooms each, a living room, an office, two bathrooms, and a garden like Cherry Tree's. They are just ordinary houses and they have alright decoration. There's dark wood floors and green wallpaper – well, it's patterned wallpaper but someone painted over it in green. There'd be quite a big TV (with a DVD player) and it'd have Sky and you could watch Hawkwind on it. There'd be big fish tanks but only five fish in them – goldfish – no wait, piranhas – no, just joking, they'd be goldfish! They'd have radios in the front room, and they'd give you a TV and a radio in your room if you wanted it. The living rooms would have really comfy settees and chairs and tables, and a mirror on the wall.

The staff would be really nice and friendly and take residents out on days out to the beach or to museums. And there'd be holidays to the New Forest for horse riding and things like that. There'd be more activities, like picture framing, cookery, football, swimming, or going to the pictures. The units would all have a big room with a snooker or pool table. Residents would help out a bit, mainly helping around the house. For dinner there wouldn't be any curry and chicken and rice. There'd be takeaway steak and kidney pie on Tuesdays, and fish and chips on Fridays. There would definitely be choc chip ice-cream.



### **“Cooperative and Punctual”**

*Donado Watson, Cherry Tree Lodge*

In 2020 I think there would be maybe 30 units. They would be semi-detached houses with a first floor and a ground floor, and would have a kitchen, a living room, a dining area, bathrooms, and bedrooms with ensuite bathrooms. There would be at least six bedrooms in every units, and the bathrooms would have baths and showers. The units would be decorated with plain wallpaper, maybe white with borders, and have patterned or decorative lino. The kitchen would be plain colours and have a carpet and shelves, work surfaces, and storage cupboards for food. There would probably be a work surface specially for making tea and coffee.

The units would have a store room

and laundry room like Cherry Tree does now, and they'd still need an office for the

staff, who would be very friendly and cooperative and punctual. It would be nice if they had a really nice TV and stereo in the living room, and everyone would have a computer in their room, and access to a laptop, a hard-drive, a photocopier, and a payphone. There would be activities like board games, and swimming, and there'd be snooker.



Residents would do the shopping and help with the recycling. For dinner we'd have nice cooked meals like pie and chips and mash potato and sausages.

**“Look what Julie made us do!”**

*Julie Bint, Holmesdale Lodge*

I think if we just leave it as it is the company will be crap in 2020. I think they need to make some improvements. They should redecorate. It should be more colourful, not just white. My room should be black with pink roses or red roses. Paint, not wallpaper. The downstairs areas should be lilac, chocolate, and peach.... oh and duck-egg blue. I think the kitchen should be duck-egg blue because the kitchen gets quite hot and sometimes people say the colour can help the way the room feels. And I think peach for the hallways, and chocolate for the lounge. The dining area could be lilac. The floors should all be laminate, definitely, because for people with asthma it's better for them because dust collects in the carpet.

I think more units should be available because there's a lot of people who need the support and somewhere to live and that lot and they're not getting the opportunity to have what they need. Some people are just being brushed aside or put into places that are dreadful. They look nice but I wouldn't go there myself.



The units should have a computer, a bigger TV, and a stereo that actually works properly. The computer should be in the lounge so everyone can use it.

And I think there should be more plants around. Like at Holmesdale, there's some in the living room, but I think they need replacing, but a little one for the centre of the dining table, and maybe two by the office on the window sills there? And some in the corridors because they just look plain. And some photos, some nice scenery. In Argos you can get some nice pictures, and not just pictures, you can get tiles for the kitchen with little kettles on them and that lot, and cherries. There should be more stor-

age for your freezer stuff as well, 'cos one drawer just isn't enough when you get paid every two weeks.

I think there should be swimming! There should definitely be physical activity, 'cos some people don't even do anything or go out, or they do, but they just go to the shop and that. There should be gardening – community gardening, just everyone pitching in. And everyone having their own little bits so you can express creativity and that. I think there should be more community meetings as well. Like, with all the residents and all the staff together. I'd take away half the stuff on the noticeboard because I don't think anyone even reads all of it.



I think there should be more rooms, and you'd not have to smoke in a doll house – it's cold out there. You could at least have a heater out there! The kitchen should be bigger so you could have two proper ovens because I get fed up with people waiting around for me to finish cooking my dinner so they can make theirs. And the living room would be bigger so you could get more sofas in it just in case everyone came down together and wanted to sit in there.

I think the residents should be more involved in like the gardening and it should be more like a community, because if you're all going to live together you're gonna have to get to know each other at some point. There should be like, Bingo night or something. I hate Bingo but that's the sort of thing, something where everyone can come down and do something and have fun together. The staff should be nice and friendly and patient I think, and everyone should just be in this community.

**“Healthy living and making sure you can afford the gas and the bills and everything else.”**

*James Harper, Holmesdale Lodge*

I reckon we'll get an extra unit every few years, so by 2020 we'll probably have another seven units, so there'll be about fourteen altogether. With cutbacks from the government it will probably be made into flats, so you can use the facilities like the kitchen and dining room, but it'll probably be run by like a person coming in just for a couple of hours. Floating support. It'll still look like it does now, but the living rooms will be flats too, and all the bedrooms will be individual flats. It'd probably be about eight or nine flats in each unit, like studio flats – just one room. See, because of the charges and because in 2020 there will be more people than ever before, the government will want flats, so they'll try to change these places into them. So you can drink, you can smoke in there and all the rest of it because of your tenancy agreement, but you still get your support for a few hours.



The units would probably have a few extra things, like the bedrooms would have kettles, and fruit bowls and coffee tables, and probably just a small bed, or maybe a sofa-bed. They would have meetings every day, like, people would come down every morning and make a plan like, what you are going to do for the day, and then “we'll all come back at half-five and see if you've done everything”. There won't be a TV in the downstairs as that would probably get nicked by people. The living room might be an office actually, not a flat, but that office would be there to maintain medicine and handle medical emergencies, and to help with the community and all the rest of it. Everyone will be doing everything to get well.

There'd still be two bathrooms, but the office will be having meetings to make sure people know how much gas and electricity cost so you can understand how to have a bath without wasting all the money and using too much gas and stuff, 'cos you have to move out into the community after this and you have to make sure you can budget properly... There'd be certain things like that, and certain little machines like a timer on your shower, and tokens so you can only use it once or twice in the day because you don't need four showers a day. You



could give people coins and say you know, “this is the amount of showers you can have in the week and that's it”. There's so much hot water being wasted.

There probably won't be any clubs or services or anything because the government's closing them all down. But the thing is, if you just do your tasks, you know - treasure hunt style things, you pick up a leaflet to prove you've been somewhere and done something, and you show the people when you get back home, then you get like some cake or something nice, you know? It would be really good if you made tasks for yourself for the week, then you gave it to your key worker and then she'd sign it off because you know that's what you're capable of doing, and you'd do them, and then next week you'd set yourself better ones. That's a thing I wouldn't mind being put in.

We should have something like an exercise machine in the shed, but it's gotta be warm in there otherwise you'll be frozen. If you had one machine and people could use it, you know how many people would use it for hours on end, so you'd have to have a meter system wouldn't you? You could bring someone in and he could be a health guru and he'd be using it but wouldn't let other people use it.

Staff would be how they are now, and they'd be strict and proper. You need to be careful 'cos personalities could be cut back in the government cutbacks! The thing is you're only here for two years; you have to come here and work for it, work to be better. I think if you don't do your tasks it doesn't get put on a bit of paper, it gets put on your meter, and like, they take away all the goodies and you get put on a special diet, like you don't get your bacon sandwich. The government should make that rule because of all that healthy eating thing. Staff would take away all the bad food and put it in the “bad food bin”. But if you've done what you're supposed to have done, you're allowed that little cake. Why can't it be that way? You can have whatever you like as long as there's a camera watching you. I wouldn't hate having a camera watching me, as long as you eat the proper food. The camera could be in the office so they can say “oh he's eating that, that's good, that's good.”

**“Shiny new cookers!”**

*Colin Lattimore, Cherry Tree Lodge*

By then there'll just be four units altogether. They'll have new windows, new flooring, new kitchens and definitely shiny new cookers! Cherry Tree Lodge will still be there. It'll have dark brown walls and brown or grey lino on the floor. Maybe the new oven will be digital? Why not?



They'll have new lights, spotlights, and new tables, but still round dark wood ones like now. The dining chairs will be comfy though. They'll have grey cushions and they'll be really soft. The units will all have less baths – no baths! All showers. They should take out all the baths. Dinner would be chips and sausages, beans, burgers, or fish and chips every day!

**“Group Rooms of Suffering”**

*Rob Morrison, Community*

In the year 2020, there will be one president, one system, one faith and Belgium. There will be one drug for all mental illness, and no hospitals. Families will become committees, smokers will be shot, and 1984 will be the best selling children's book. Quo Vadis will have its hands full and their doors open won't they?

Fortunately we are equipped to deal with a shortage of stock, regarding finance and housing needs, because everybody will be ill, or at least tortured. Yes indeed, every house in Sidcup may well be owned by Quo Vadis. The staff will have all gone mad, group homes will become Group Rooms of Suffering, and social workers will remain exactly as they were. Quo Vadis will become

the highest court in the land to provide social welfare for those caught in the plague of madness that is rife from New York to New Zealand. Local government will be skint after all its overspending, so Quo Vadis will take on the responsibility for the feeble, elderly and disabled. Could happen.

Also they will possess so many intellectual giants that they will have a very strong quiz team, annihilating all the geniuses who crossed their fine lines into destruction.

Finally a special project will be in formulation for rock star wannabes who crashed out after their first critical review in Eastenders.





# James Harper Interviews..



## *Head Office Staff*

Do you know who the Head Office staff are? Do you know what they do?  
James Harper finds out.



### *Arjan, Office Admin Manager*

#### **Have you ever fired anyone?**

No, not me personally. I would do it if I had to but it would be the last thing I would do.



#### **(Looking at Sapphire) Would you fire Sapphire?**

*(Laughing)* No I would promote only Sapphire! If I was the boss I would promote, pay rise, training...

#### **What is your role?**

I'm the *Office Admin Manager*, I do recruitment, health and safety with Janice, I do invoicing, occupancy reports, do the performance indicators, like when service users move in or out I have to inform Supporting People. I have a long list of duties like office supplies, maintenance, repairs, cleaning... I support the trustees, the CEO, the new manager... posting and mailing reports. I grew up with the company so I learned everything here.



#### **That's a hell of a lot of work. How do you see the company coping without you?**

No-one is indispensable so I think the company can cope quite well, because someone else would be doing my job. I think in every company the company is bigger than the individual.

#### **I think the individual is worth far more to the company than anything else.**

I wish! But the way Quo Vadis operates we all contribute and help each other, so if it comes to it, I'll train someone.

#### **How do you see the company in 10 yrs time?**

I think the company is growing, so in 10 years time I would think they would open more units, the number of service users would grow, the quality of service would get much better. We got a new chair now, so it's a new era. The next ten years – well the next year will be vital for the company. We have new trustees coming in...

#### **If the government had massive cutbacks, how would you see the company then?**



Well the type of business we are in, cutbacks would reflect on the service. So, maybe it depends, the staffing hours would be less. But I don't think this will happen because you need us. The service users need us staff. So I don't think the government would have massive cutbacks. It could have cutbacks, but not "massive".

#### **What would you change about the company if it was yours?**

I would make try to make it a better quality of service for the residents.

## ***Karen, Office Manager***

### **What do you see as your role in the company?**



I'm the *Office Manager*. I'm really new here, I've only been here for three months, but you've got other staff here at head office doing their day-to-day jobs, and my job is to make sure that they get everything done, and to be here if they have any problems. There are trustees in this company and I do whatever I can to help them too. I help with money and finance, and do lots of different stuff at the moment, so I'm a bit in the middle here, between the office staff and Jim and the trustees.

### **What did you do before you worked here?**

Oh I've had lots of different jobs, but I've always been an office manager or done the accounts. I worked at a cleaning company, a building company... but I've always worked local. I've never worked in the city.

### **How do you think the company would manage without you?**

Well, the company has managed without me for years - my position was only created in November, but there were problems. Staff problems. Staff here didn't have a manager, and that can cause trouble in any organisation. Because I'm new I look at things with new eyes and see new ways of doing things. You can do that coming in from outside.

### **What changes would you like to see in Quo Vadis in the next ten years?**

Well, I might see things differently because I'm new, but from an office point of view there are lots of things, like policy and the systems. Especially the computer systems. They're nice computers but they're not all linked up or networked. There are lots of financial systems that are being tightened up. I also think service users need to be more involved.



Staff have to know what service users think in order to make arrangements to meet needs.



### **Have you ever fired anyone?**

Not here, no, but a lot in previous jobs. I used to work for a recruitment company, and when the recession came we had to let twenty people go, and people had to take massive pay cuts. I also fired someone for violence in the office.

### **It's not nice to have to fire someone is it?**

No, of course not. If you have to fire someone for being violent, well that's justified, so you don't feel so bad, but if you're just letting people go when they haven't done anything wrong because of the recession... Well, there's no need to fire anyone here at the moment.

### **How often do you clean the office?**



A cleaner comes in once a week. I will sometimes tidy in here, but yes, by Wednesdays it is usually messy.

### **What clothes do you wear for work?**

The same thing all the time – cardigans and trousers.

### **Has anyone died in the company?**

I'm too new to this company to know if anyone has died – you might have to ask Jim. It's a good question though, because it has a big effect on everyone in a small company.

### **Do you think your car is an insurance liability, and would you consider using the bus instead?**

I've always driven so I can't imagine my life without a car. I think I make myself afford it, it's so important. My mum lives a thirty minute drive from me, so I can't afford not to have one.

## Sheza, Finance Officer

### What do you see as your role in the company?

I'm the finance officer – I deal with all areas of money. I make sure we pay the support workers, get all the money in and out, pay the gas and electricity bills for all the units – all of that goes through me. I make sure we pay the landlords and the bills. Landlords can be a pain. They can be a bit tight and not want to pay up for repairs and improvements, and I have to read pages and pages and pages to convince them it's their job, but I welcome ideas, and if you have any, I will try to get them to pay for things.



### What if the company folded?

I am in a good position to say it won't fold money-wise. Supporting People need us to tender for contracts from 2010, which means they will only give us money if we are good enough, so that's our only worry, but no, we shouldn't fold.

### Is there evidence the government will get rid of DSS etc/fold the benefits system?

I don't know about that, all I know is that things *are* changing, as we now have to tender and prove what services we offer and how much we charge for them, and then we only get funding if we're the best one.



### What do you wear for work?

I like to look very official, very smart, but maybe sometimes I take it a bit too far as I like to stand out in a crowd!

### Snobby then?

*(Laughs)* Well funny you say that, I had to choose two words to describe myself and I said "stylish", but maybe you think snobby!

### Are you on a diet?

I tell you what, I can eat anything I want and never get any bigger. I have been this size for as long as I remember.



### Do you believe in environmental change?

It never worried me before, but since all these earthquakes and hurricanes and things I am starting to think more and more about it. I don't send invoices by post anymore, it's all email. That's all I can say I do for the environment.



### How often do you clean the office?

The cleaner does it once a week, but I sometimes clean it too. I used to be a cleaner so I like it tidy.

### Have you ever fired anyone?

I'm not high enough in the company to fire anyone – I can be fired, but I can't fire. Even if I could though I wouldn't. I would offer a helping hand and try to help them improve rather than firing them.

### Can you afford to drive your car or would you consider the bus?

I drive a VW Polo, and it's definitely not within the budget, but I live far so I need it. I have a kid I need to take to school too. Thank God I can pay instalments!

### What changes would you like to see in Quo Vadis in the next 10 years?

I always want to make a big change and impact. I was very happy when the drama club started. As the finance officer they can ask me for anything they need and it can be provided. I think QVT should focus more on service users. Support workers shouldn't just cook and clean, they should be taking people on trips, maybe even weekend trips. I would be happy to give more funding for



## ***Jim Lim CEO***

I am the CEO of Quo Vadis Trust, and am therefore responsible for all the day to day affairs of the Trust. I do this through a structure of managers and staff, all doing work within their job briefs and all geared to promoting and safeguarding the interest of users or, the Charity's beneficiaries.

As chief executive, beside making sure that the Trust is delivering safe and high quality services, I am also concerned that the Trust is well placed to face the future and to meet the challenges ahead.

As CEO, I am accountable to a group of Trustees and Directors of the charity. The Trustees are ultimately responsible for the Trust.

I hope that the Trust can develop and grow into a larger organisation serving more people. The trust can do this in a variety of ways, such as opening new services or going into partnerships with other like-minded organisations.



With such ambitions, it is also crucial the Trustees develop effective ways of governing the charity and making sure that the users gain more influence in the way the Charity is run. I would also like to see greater user involvement in the charity.

I would like to see the charity develop its cultural and social programmes and to move away from merely providing supported housing alone.

## **The Client Involvement Forum**

Have you heard about the Client Involvement Forum? Perhaps you even attended the first meeting at Head office, or the first meeting at Cherry Tree Lodge? Do you know what it is?

### ***The forum is:***

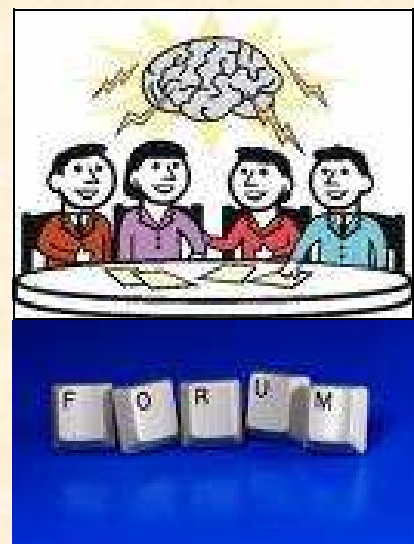
- \* A place where you can *be heard*.
- \* Somewhere you can *say how you feel* about things, and *share your views*.
- \* Something that allows you to *make decisions* about the services you receive.
- \* A way in which you can *influence* company policies.
- \* Somewhere you can *ask for* information about things you may not feel well-informed about.
- \* Somewhere where you can ask for information to be presented in different ways.

And...

- If you think things need to be different or you would love to stay the same this is a chance to *have your say!*

## ***Florinda, Benefits Officer***

You may also know Florinda, QVT's benefits officer. You are likely to have met Florinda when you first came to QVT, and if ever you are having difficulties with your benefits, Florinda is likely to be the one we'll call!



## Our Wishlists...

When you wish upon a star...

- Vegetable Garden,
- Picnics in the park
- Walking group.

- Sue and Rose would like a greenhouse so they can grow their own vegetables and potter around in it.
- Barry would like a bird table with plenty of feed, so he is able to feed the birds every other day.
- Billy, Dick and Ron would like a BBQ so they are able to have nice meaty sausages in the garden with their favourite beef burgers with chips on the side.
- Andrew would like his own pizza pan so he is able to make his own pizzas.
- Rose, Sue, David and Ron said they would like new sofas in the lounge because theirs are becoming uncomfortable.
- Billy Would like a wider range of DVD's.

- Inel Buchanan- Would like a trip to the countryside in the Spring or Summer to take a walk by the river or just sit and have a picnic.
- Colin Lattimore—Wants to go to the Mmuseum to see 'The Mummy'
- All residents- Would like more entertainment in the unit such as A Film Night or Race Night or a Theme Evening.

- More Freezer room
- A new lamp for the living room
- Pond reinstated
- More flowers, plants, bushes in the garden
- Breville Sandwich toaster
- Garden areas designated to each resident for creative gardening
- A computer for residents
- Sky TV

- Access to downstairs fridge for milk
- More photos/pictures on the wall
- Party!
- Trips e.g. Brighton
- Activities with staff and residents, e.g. Paintballing, Alton Towers
- Sewing group
- Bring and buy boot sale/swap shop
- BBQ in garden

Elmwood

Cherry Tree



Cherry Tree

Holmesdale





# James Harper Interviews...



**Sapphire Bamford**

Editor, Support Worker, and Policy Officer

**So Sapphire is leaving, - very sorry to see her go - so I thought we'd ask her a few questions before she goes.**

**What is your favourite most memorable moment from being here?**

I don't think one moment can sum everything up, so I don't think there will ever be just one moment that sticks in my mind. I remember all the silly, happy moments when everyone is laughing and joking, like at residents' meetings where we're not being particularly sensible anymore after someone makes a cheeky suggestion. Or maybe I'll remember the little jokes each individual has with me, and the silly things everyone says to each other? I think I'll remember funny moments rather than anything else to be honest James, but I'll have at least one memory of each person I've worked with.

**What are your favourite things?**

In the whole world? Well, if you were going to dump me on an island somewhere I'd need my loved ones, my rabbits, my books, a fountain pen and unlimited ink, paper, and a computer so I could get on with my writing. And ice-cream. I'd definitely need ice-cream. You know what, that doesn't sound too bad! I think I'd be alright on that island, so I guess they're my favourite things!



**Where do you get your clothes from?**

Nowhere if I can help it. I just hope my clothes never fall apart! (Laughs) I hate shopping. But uh, here and there, but probably mostly from 'Primarni' I suspect.

**Primark?**

Yup.

**What is your favourite food?**

Ice-cream! Or pork. My favourite fruit is

green grapes though. If you give me a bunch of green grapes you shouldn't expect them to last too long. I'll eat them in one sitting.



**Ohhh delicious. Nice cold grapes.**

**Who do you fancy in the movie world?**

*(Silence...)* Uh, is it bad that I can't think of anyone? How boring am I?!

**Ewan McGregor? Brad Pitt?**

Hmmm Brad Pitt was okay in Ocean's Eleven I suppose...

**Never mind...**

**Do you think that the management shouldn't get rid of you, they should have given you a better job?**

*(Laughing)* Ah but they did give me a better job! They gave me a Policy Officer job, but it's short-lived as I got a job I couldn't resist somewhere else.

***(Groans)* They tried!**

**Who else is going to be doing the newsletter when you leave?**

That's a big question. Well, we're on Issue 4 at the moment, and I suspect I'll be involved with Issue 5 in some way, shape, or form, but from afar. As for Issue 6 onwards, it depends because I don't know what my timetable will be like at my new job, so I don't like to promise anything. We definitely

need someone at this end anyway though, so if anyone is reading this who is interested in working on In Touch, let Jim know please! Or me! Rob Morisson is interested, but he'll need a hand at least.



**We're very sorry you're leaving, very disappointed, and you'll be missed.**

**We wish you luck. Bye!**



## Spring Time

*By James Harper, Holmesdale Lodge*

Flowers in Springtime bloom into colours

Squirrels scurry around eating nuts  
People near lakes and throwing stones

Badgers burrow

Spring is in the air

What a wonderful world.



Spring is on its way now, so be sure to make the most of it. If your unit has a garden why not ask if you can help with the gardening? Spend some time outside and enjoy the sun as it appears, watch out for Daffodils starting to bloom, and baby animals beginning to appear. **Issue 5** of In Touch is due in **May**, so the **theme** for the next issue is **SUMMER**.



Maybe you could write a poem or article about summer, produce some art work, or simply tell us your favourite things about summer, what your ideal summer would be, or your favourite summer memory? Perhaps you could suggest something we could do in summer, or suggest a summer recipe? Everything is welcome as usual, but Summer is the main theme!



Don't forget to think of a caption for the silly picture of the cat on page 3, and well done to everyone on yet another great issue!



On a personal note, as James has mentioned overleaf I am leaving Quo Vadis Trust, and would like to take this opportunity to say thank you to everyone I have worked with, whether in person, or via In Touch. It has been a pleasure, and I wish every one of you a very happy 2010 and beyond. Be well, try hard, and be happy.



All the best,

Sapphire  
Editor

