

HUTS WORKSHOP NEWSLETTER



SPRING 2016



OUR MO AWARDED MBE FOR CHARITY WORK EIN MO NI YN DERBYN MBE AM EI GWAITH ELUSENNOL

When Mo received a letter informing her that she had been nominated for a MBE she thought that her husband,

Allan, had sent it for a joke.

Especially when she saw the words:- "your obedient servant".

However, when she realized that it was for real she was stunned and delighted.

As we all know, Mo works very hard for us and has done for 18 years.

Mo will be receiving her MBE from the Queen on the 22nd of April at Buckingham Palace

Thank you Mo for everything you have



Pan dderbyniodd Mo lythyr yn hysbysu ei bod wedi cael ei henwebu i dderbyn MBE, roedd hi'n meddwl mai jôc ydoedd oddi wrth ei gŵr Allan yn enwedig pan welodd y geiriau "eich gwas ufudd". Fodd bynnag, pan sylwedolodd bod y llythyr yn un go iawn roedd wedi'i syfrdanu ac wrth ei bodd. Fel rydym i gyd yn gwybod, mae Mo yn gweithio'n galed iawn ar ein rhan ers dros 18 mlynedd.

Bydd Mo yn derbyn ei MBE o'r Frenhines ar 22ain Ebrill ym Mhalas Buckingham.

Diolch Mo am bopeth rydych wedi gwneud drosom ar hyd y blynyddoedd

"We should be frank. We have not done enough to end the stigma of mental health. We have focused a lot on physical health and we haven't as a country focused enough on mental health."

David Cameron – 15.02.16

CRAFT FAIRS AND SALES

HUTS staff attended 4 Craft Fairs in the run up to Christmas, Rhydlewis, Holy Trinity, Victorian Night and Ceridwen and made a healthy **£436.80** from sales of crafts, all made at HUTS.

However, even more impressively, total craft sales from April last year to the middle of Feb this year have amounted to almost

£3,875.

Even after taking away the cost of materials this is a big help to the running of HUTS.

Big thanks to all of the talented people who made the crafts and also to the members of staff who attended the fairs out of working hours



Kathryn Horton at Rhydlewis Craft Fair

Did you know?

Loneliness can be worse for your health than smoking



**ARIENNIR GAN Y LOTERI
LOTTERY FUNDED**

HUTS on the Telly! HUTS ar y Teledu!

Staff at HUTS Workshop had a surprise when the BBC phoned and asked if they could come and film at HUTS for BBC Wales News.

Filming took place in the craft room and interviews were held with Sally Chorley (Manager) and Kate O'Dell (Member).

We then appeared on the news at 1:30pm, 6:30pm and 10:30pm to coincide with a Government announcement about new targets for Mental Health Treatment.

Fantastic publicity for HUTS and well done Sally and Kate.

Cafodd staff Gweithdy HUTS eu syfrdanu pan ffoniodd y BBC a gofyn os allent ddod i ffilmio yn HUTS ar gyfer Newyddion BBC Cymru.



Meddwl.

Cyhoeddusrwydd gwych i HUTS a da iawn Sally a Kate.

Ffilmiwyd yn yr ystafell grefft a chyfwelwyd â Sally Chorley (Rheolwr) a Kate O'Dell (Aelod).

Ymddangosom ar y newyddion am 1.30yp, 6.30yh a 10.30yh i gyd fynd â chyhoeddiad y Llywodraeth ynglŷn â thargedau newydd ar gyfer Triniaeth Iechyd



Learn Direct and IT Update

HUTS and Carmarthenshire College are working together to provide a variety of free Learn Direct Courses to our members. So far, 9 of our members have completed, and received certificates for a total of 16 courses including various IT courses, Spreadsheets, Customer Service, Preparing for Interviews, Vocabulary/Spelling and Maths.

MAKING THINGS

We hear a lot of talk of nervous strain and mental ills and people more and more rely upon their daily pills.

But much of their trouble and unrest is because the instinct to create has been suppressed.

It's a fundamental urge that should not be denied.

Learn to use your fingers and take a happy pride in making something good and lovely and original.

Something that will be of service something beautiful.

The pleasures of creative work bring peace and quietude the jangled nerves are set to rest the spirit is renewed.

The troubled soul finds satisfaction and the sad heart sings.

When it finds contentment in the joy of making things.

(Written by a member of HUTS)



Some crafts made in HUTS Workshop

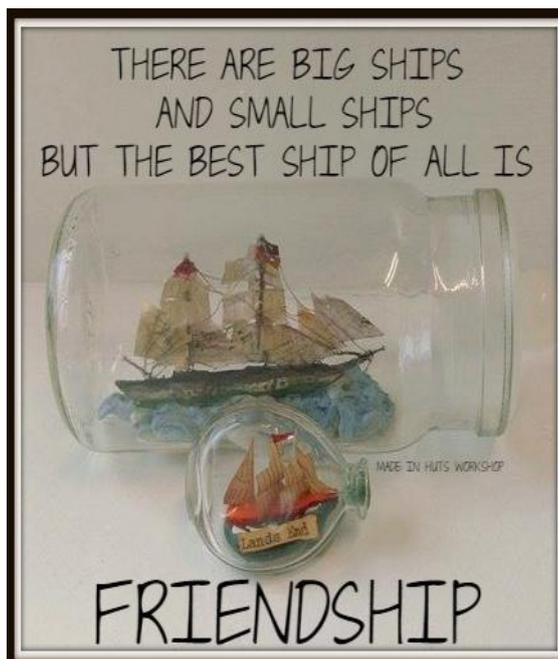
Update on Befriending and Outreach service

HUTS has been successful in recruiting plenty of great volunteers for the befriending service.

We currently have 9 trained volunteers and 15 more on the way.

It has proved more difficult to get our message across to the people who need the Befriending Service as they tend to be people who don't get out and about. However, lots of Outreach work has been done with GPs and other professional groups and we have been successful in getting articles into various publications. Referrals have now started to pick up. We have had 20 referrals up to date and 7 of those were received in February so the message now seems to be getting out there.

If you would like to volunteer as a befriender, or if you know of any adults living in South Ceredigion who have mental health challenges and may like to have a Befriender, please contact Kim Bacon on 01239 710377



Ship in bottles made in HUTS

HUTS EVALUATION

We like to carry out regular evaluations so that we can make sure that we are providing what our members want.

Our latest evaluation was carried out between September and November 2015 and 26 members completed the questionnaires.

Of these, 16 scored us 10 out of 10, 5 scored us 9, 2 scored 8, 1 scored 7 and 2 forgot to put scores in.



What does HUTS mean to our Members? (a selection of comments)

“Lifts my spirit and mood. Meeting new people and gaining new friendship. Know I'm in a safe place and feeling safe. Increases my confidence and self esteem. Enjoy viewing other members work.”

“It makes me come out of the house, which I find difficult to do. Gives me a focus, encourages me to learn something and gives me the opportunity to be with others.”

“Coming to HUTS makes me happy because everyone is nice to me.”

“It's like a family to me. When I'm low it's a life line.”

FIND OUT MORE ABOUT SOME OF OUR HUTS STAFF

			
Name	Sally Chorley	Jonathan Davies	Carol Powell
Job role in HUTS	Manager	Senior Support Worker	Support Worker
Place of Birth	Worcester	Carmarthen	Chichester
Previous Work	Manager for a large health insurance company, managing a team of 16 in Andover and Bristol	Volunteered for 15 years as a Chairman & Treasurer for local village Hall. Senior Support worker at Huts workshop	Carer (that's why I am so lovely!)
Hobbies/Interests	Riding horses, doing up my pond, supper with friends	Cooking, Photography, Touring local area in my car, Classic Cars, ICT	Singing, dancing, sewing, knitting, weaving, gardening, walking, bird watching, mountain climbing (hee hee!)
Pets	2 cats – Salt and Pepper	Yorkshire Terrier	Cats, dog, robin
Likes	Laughing	Ebay, Aldi's, Charity shops, Ben Sherman shirts, Good food, TK Max.	Life
Dislikes	Bad manners, ignorance, selfishness	People who invade my personal space before I get to know them	None
A good thing about me	Good listener, adaptable	Always willing to help	I hope I am an understanding person
Interesting thing about me	I have a bright yellow 3 wheeler car called bumble	Restored a 1970 Triumph Herald from chassis upwards	I am a Mum, Grandma, Auntie, Sister, Cousin, Daughter
Favourite Book	Magic Cottage by James Herbert	Farmhouse Kitchen by Grace Mulligan & Mary Watts	Oh Silvia by Dawn French
Favourite Film	Shawshank redemption. Lion King	Top Gun	Wizard of Oz
Favourite Food	Sausage and mash	Cawl. Welsh Bacon	Love all food
Favourite Music	ACDC	Anything written by Jim Steinman	Love all music

More Staff Next Time