

# Newsletter

Issue 6/ FEB 2020



## CentrePeace – a place of belonging



The concept of CentrePeace had lived in the hearts of a small group of friends for some years until a suitable place was found and the dream started to become a reality.

We used to think how wonderful it would be to have a centre - a focal point - where anyone who needed help could find it. Not everyone is lucky enough to have friends or family that they can turn to when in need. Sometimes just a cup of tea and a chat is enough, at others more specific or professional help is needed. We wanted to create a place that wouldn't be aimed at any one section of society but embrace all; that wouldn't just be for the financially deprived but that would cater for the WHOLE community – there are many forms of deprivation and very often people feel deprived of love, care, recognition and friendship. CentrePeace is being established to be a 'family' to those in need – whatever the need.

In our individual lives, if someone needs help, it doesn't matter if they are young or old, rich or poor – or any other of the 'categories' that people are put into. If we can help, we do it.

That is how we want CentrePeace to be; a place where people can find warmth, friendship and help, whatever their age or socio/economic status. We have a wealth of qualifications and experience amongst our volunteers but if someone needs help that we can't provide, we will support them and help them find it.

As a community driven initiative, we aim to respond to the specific needs of our community.

Here is a list of the services that we provide at the moment, but this will grow and develop in accordance with community feedback, so please let us know if there is a service that you would like to see made available.

- Free workshops – phone for current programme
- Confidential, professional counselling
- Signposting to relevant services
- A listening ear and informal emotional support
- Art and Craft groups
- Community cafe
- Charity shop
- Free access to computers, internet and basic printing (for employment or admin reasons)
- Crisis support - provision of emergency food or clothing packages
- Access to shower and laundry facilities for those in exceptional need
- Affordable room rental for local groups/ business meetings call for details
- Alternative therapies, currently including natural healing

### 2020 FEBRUARY DATES:

4-hr  
WORKSHOPS

- MOTIVATIONAL FISH!
- OCCUPATIONAL PROFILING
- TRANSFERABLE SKILLS & CV CREATION

TUESDAYS

MOSIAC WORKSHOPS

WED/FRI

NATURAL HEALING

Available in March: Listening, Communication, Understanding and Managing Stress, Understanding and Managing Anxiety

## Tapestry of life

2020 celebrates six years of volunteering for lovely, cheerful David who currently helps two days a week in the café at CentrePeace. David celebrates life to the full, making the most of training and personal development courses offered to him: in the last year alone, he has completed Health and Safety, Fire Risk, First Aid and Motivational FISH! David has been attending the Read Easy project for two years and says his confidence has improved and he no longer avoids reading and writing. When you chat to David you sense real joie-de-vivre about everything he does: He has been working-out at a local gym to feel better in himself and he has lost weight already – he has lots of energy and stamina and is always on the go in the cafe. He loves watching movies and has a wide taste in music. David knows how to make the most of his recreational time. He is a real spirit-lifter and knows how to look to the good which lightens the mood for everyone around him. Working in the café has introduced David to healthy cooking and eating, a lifestyle change that he has transferred to his home life. David is a free-spirited, honest person with a passion for all his hobbies. His aspiration is to gain enough experience and knowledge to work professionally as a waiter and kitchen chef. With David's personal drive and commitment, it won't be too long before he realises that he has already achieved his dream work and makes lots of people happy in the process.



### OUR AMAZING LANGUAGE

**EMPTY:** the most versatile word?

Remove the first letter (mpty) and we  
can still say EMPTY

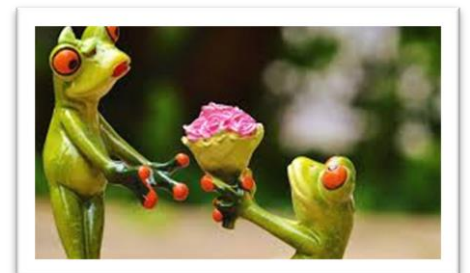
Remove the last letter (empt) and we  
can still say EMPTY

Remove the first and the last letter  
(mpt) and  
we can still say  
**EMPTY**

### Monthly riddle:

What costs nothing but is worth everything, weighs  
nothing but lasts a lifetime, that one person can't own  
but two or more can share?  
What am I?

## Laughter – the best medicine



February the month of  
love?!!

No wonder it's the shortest  
one in the calendar

*Dinesh Kumar Biran*