

Tai Esgyn News

Summer 2010
Edition no: 59



Tai Esgyn Housing



Find out more about the new Tai Esgyn window on p3 inside!

Our Voice Dines Out!

Attendees of Tai Esgyn's Service User Forum **Our Voice** went out to lunch on Saturday, 26th June, at the Cockleshell Toby Carvery, Gorseinon.

This event was the first activity organised by the **Our Voice Social Events Committee**, which was established at the Our Voice Forum.

Committee members organised the event at the Tai Esgyn office, arranging for letters to be sent to people who use Tai Esgyn's ser-

vices and organising transport for those who wanted to attend.

The event was a great success - and now further activities are being planned, including a trip to Tenby.

Steve Duxbury, Committee Member commented:

"We had a very good response from people. Being able to come into the Tai Esgyn office was very beneficial - and the whole event went pretty smoothly".

Room for All at Beaufort House!

In the previous edition of Tai Esgyn news, the front page carried an article outlining Tai Esgyn's intention to move to the upper floor of Beaufort House, having bought the building from its former landlord.

As a result of the extreme weather conditions in January this year, a pipe burst in the attic, causing flooding and water damage throughout the building. Beaufort House was deemed unfit for occupation and staff had to relocate to temporary premises at County House across the car park whilst the restoration took place.

Tai Esgyn was well-insured and this meant that the building could be restored to a high standard.

New furniture and equipment was bought with money from the Insurers, to replace all the items which had been badly damaged by the flood.

As a result, a bookable office has been made available for the use of people who use Tai Esgyn's services - along with a library and computer facilities.

If you would like to take advantage of the new facility, please ring the office on (01792) 798656.



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Did you hear us?

Tai Esgyn's Charity Broadcast was featured on Radio Wales and Radio Cymru in early December. The broadcast took the form of a person trying to ring an organisation, but was only able to make contact with a telephone answer-phone menu.

There was a significant increase to the number of hits to the Tai Esgyn website as a result of the broadcast - in addition to some potential Trustee enquiries. Most importantly, the broadcast helped to raise awareness of mental health issues among members of the general public and signposted people to Tai Esgyn as a place where people could turn for help and advice.

Our Voice — Latest Meeting Report

The latest Our Voice was held at the Phoenix Centre, Townhill on 19th May.

Items on the lengthy agenda were an introduction to Tai Esgyn's Core Values (see right) and an exercise to define an ideal Tai Esgyn Support Worker. Following an insightful discussion, it was decided that the main qualities required in a Support Worker were respect, quality, knowledgability about benefits and good signposting and listening skills.

Also discussed were the usual 3 Questions: What do we do well? What can we improve? What would you like to see more of?

Under the first heading, attendees agreed that Tai Esgyn provided good practical and emotional support - and were very appreciative that Tai Esgyn consulted widely with them regarding their opinions, listened - and responded. Under the second, attendees felt that staff could respond more quickly to telephone messages - and with regard to the third, more trips and holidays.

OUR VOICE GOES TO NEATH!
Our Voice meets at the Gnoll Centre, Neath on 19th August at 11.30 am. Transport will be provided - please call the office to inform staff if you would like a lift



Tai Esgyn Goes Global - On the ball in Africa!

Tai Esgyn's Robin Birch has close links to a Charity in Kenya called Tumaini Kwa Watoto (Children of Hope). The Charity helps street children by supporting them to return home or by sourcing foster parents to care for them. When Robin asked if Tai Esgyn could get involved by sponsoring a football kit for the children, Tai Esgyn agreed - seizing the opportunity to raise awareness of mental health issues in Kenya. The new strip features the Tai Esgyn logo - as modelled by Robin (left) and the kits will shortly be winging their way to Nairobi - along with supporting literature and information about the work of Tai Esgyn.

David's Riding High!

David Campbell shares his love for his new hobby - horse riding.

David Campbell took up horse riding 5 months ago - and loves it. He told Tai Esgyn News: 'Horse riding is something I have always wanted to do from when I was a little boy. My support worker, Judith encouraged me to try it - I did not have the confidence to try before. I now go every week'.

David rides at Cimla Equestrian Centre, where he has got to know the staff well and enjoys the relaxed atmosphere. Being able to get out and about and having the opportunity to be around animals is something which David values. He commented: 'I feel physically better and

mentally better - I feel as if I am achieving something. I enjoy being around the horses - I love them - and I also enjoy meeting people at the stables.'

Pictured (right), David explained that horse riding had given him 'a real sense of achievement' and that the exercise involved had helped him to strengthen his leg muscles and improve his posture. His ambition now is to own his own horse at some



To encourage others to take up a hobby or interest that they have always wanted to do but lacked the confidence, David advises: 'Go and try - I am really enjoying and doing things again!'

Service User Survey 2010

Core Values

Tai Esgyn's Core Values were reviewed at the Staff Development Day held on the 21st May. Corporate Core Values are the principles that guide the organisation's way of working. These include:

- Its culture
- The relationship between its employees, stakeholders, customers and the wider community
- Its background and the values that drive it.

Tai Esgyn's Core Values are:

Respect: We work with equity and dignity in a non-judgemental manner to empower people to reach their potential

Integrity: We are ethical, professional, committed and consistent; embracing and encouraging of diversity

Flexibility: We are adaptable, enthusiastic, inspiring and innovative in the way we work.

Do the current Core Values reflect the Tai Esgyn that you know? Do they need to be revised or added to? You can share your views at the next **Our Voice** meeting on **19th August** - or discuss them with the Operations Managers at this year's Service User Survey. Tai Esgyn's Board of Trustees will discuss the final proposals in January 2011.

It's Your Call!

This year's Service User Survey is underway, with the Operations Managers holding face to face chats with users of Tai Esgyn's services. The purpose of the survey is to gauge people's opinions on their experience of the service that Tai Esgyn provides - with a view to making improvements in the future. Managers will work their way through a list of questions, recording people's responses - and will end by asking the same 3 Questions asked in every Our Voice meeting (see left).

Please tell it like it is - help us to help you!

New Tai Esgyn Window

Earlier this year, Tai Esgyn commissioned Megan Stacey to design a window for Tai Esgyn's headquarters at Beaufort House. The design formed part of Megan's coursework in the final year of her degree in stained glass at Swansea Metropolitan University's renowned stained glass department.

Megan made up part of her design for her degree exhibition, which was displayed at Swansea's Waterfront Museum in June this year - see the photo on p1. Megan also won the prestigious **Worshipful Company of Glaziers' Award for Excellence 2010** - the prize for which is a 40 week placement working at studios all around Europe. Following her placement, Megan hopes to study for an MA in stained glass, eventually aiming to work in stained glass conservation.



Award-winning artist Megan holds up her design work for Tai Esgyn

We Won!

Congratulations!

Tai Esgyn Housing won the **Long Term Support Provider Award** at Cymorth Cymru's Promoting Independence Award Ceremony which was held in Cardiff in December. Pictured (right) are Tai Esgyn representatives receiving the award.



The Green Zone

Green Tip

Standby Standown!
Set yourself the challenge of remembering to switch off your television at night instead of leaving it on standby. It will reduce both your fire risk and save you money on your electricity bill!

Emergency Contact Numbers

Mental Health

In the first instance, you should usually contact your GP. The following Emergency Stand-by numbers are run by the Social Services Department:

Swansea: (01792) 469500 {9.00am—5.00pm}

After 5.00pm, please ring Cefn Coed Hospital on 561155

Neath Port Talbot: (01639) 895455

Blaenau Gwent: (01495) 353700 {9.00-5.00pm}

Other Useful Numbers

Coastal Housing Group: (01792) 479200

Out of hours number: 08453 100 100

Family Housing Association: (01792) 460192

City & County of Swansea: (01792) 521500

Neath Port Talbot County Council: (01639) 686868

Blaenau Gwent County Council: (01495) 311566

Samaritans: 08457 90 90 90 TRANSCO 0800 111 999

Diary Date

The next Tai Esgyn Board Meeting will be held on 19th October at the Tai Esgyn main office.

The Our Voice Representatives are Alwyn Lloyd and Robin Shelley-Fox.

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If you would like to contribute to Tai Esgyn News and/or have ideas about articles and features you would like to see in this newsletter, then speak to your support worker or ring the office and ask to speak to Tanya.

New Tai Esgyn Website: www.taiesgyn.org.uk

The 'new' Tai Esgyn Website was launched at the 2009 AGM at the close of the year. The website now has an 'useful links' page which can enable people to link to websites which might be of use, in addition to a comprehensive 'downloads' page, which has copies of all Tai Esgyn's leaflets and forms, which can now be downloaded and printed. The Service User Guide can be downloaded from here, as can the Small Grants Form. This page also has information regarding current Our Voice and Esgyn activities. The website also has a 'contact us' facility for feedback at any time regarding Tai Esgyn's service provision.

Cookbook Corner

From his own vegetarian cookbook, John Jenkins shares one of his favourite recipes.

Greens and Rice

Ingredients

200g green leaves

1 clove of garlic

½ small onion

1 tomato

½ a pepper

Oil – maybe sesame seed

40g long grain brown rice

½ teaspoon various spices eg turmeric, paprika, cumin, coriander, cardamom & chilli powder

Method

1. Boil rice and turmeric in water for 25 mins – adjust to taste using different spices

2. Cut out harder stems from greens and dice, saving leafier parts

3. Dice garlic, onion, tomato and

pepper

4. Soften these in oil for 5 mins in wok

5. Take off heat and leave for 15 - 20 mins

6. Heat up and add shredded green leaves

7. Strain rice and add and stir.

Serves 1



If you require this newsletter in Welsh, any other language, large print or Braille, please contact the Tai Esgyn office.