



GUIDEPOSTS

The Newsletter

January/
February 2011

Page number	Item
2	Christmas Cheer at Prospect House
3	Volunteers Party
4	Pantomime—Robin Hood
5	In-Sight Course
6	Charity Raffle
7	Dates for your diary
8	Coming Out Meeting
9	Census 2011



CHRISTMAS CHEER

Thank you and well done to three of the day centre's clients who on Thursday 23rd December 2010 helped to entertain older patients at the local "Prospect House" mental health unit, with carol singing, guitar playing and poetry reading.

The three clients—Pam Quinn, Christine Murcia and Martin Sudlow were ably supported by Guideposts volunteer Jaskawal, staff member Howard and local NHS speech therapist Alison (who had taught the singers some simple Makaton hand signing to accompany three of the songs).

The activity was enjoyed to such an extent by both participants and audience that a follow up singing session is scheduled for Prospect House at Easter time.

New singers for this venture would be most welcome. Please speak with Howard for more details.

For Volunteers Only

The 'not so desirable' news

Due to unforeseen circumstances and many unable to attend we have decided to cancel the volunteers party on 18th Jan 2011..... boooooo i hear you cry!

The 'bad' news

We as an organisation would like to Thank all our volunteers and therefore we WILL have a replacement event.....

The 'fantastic' news

We have decided to meet with all volunteers on
Saturday 5th Feb 2011

Let us thank you and lunch is on us.

Lunch will be at **1.30pm at the Estcourt Tavern**,
a stone's throw from HSH.

Please respond by 5pm Thurs 3rd Feb 2011
as we need to book the table.

(Free lunch includes one main meal
and one soft drink)

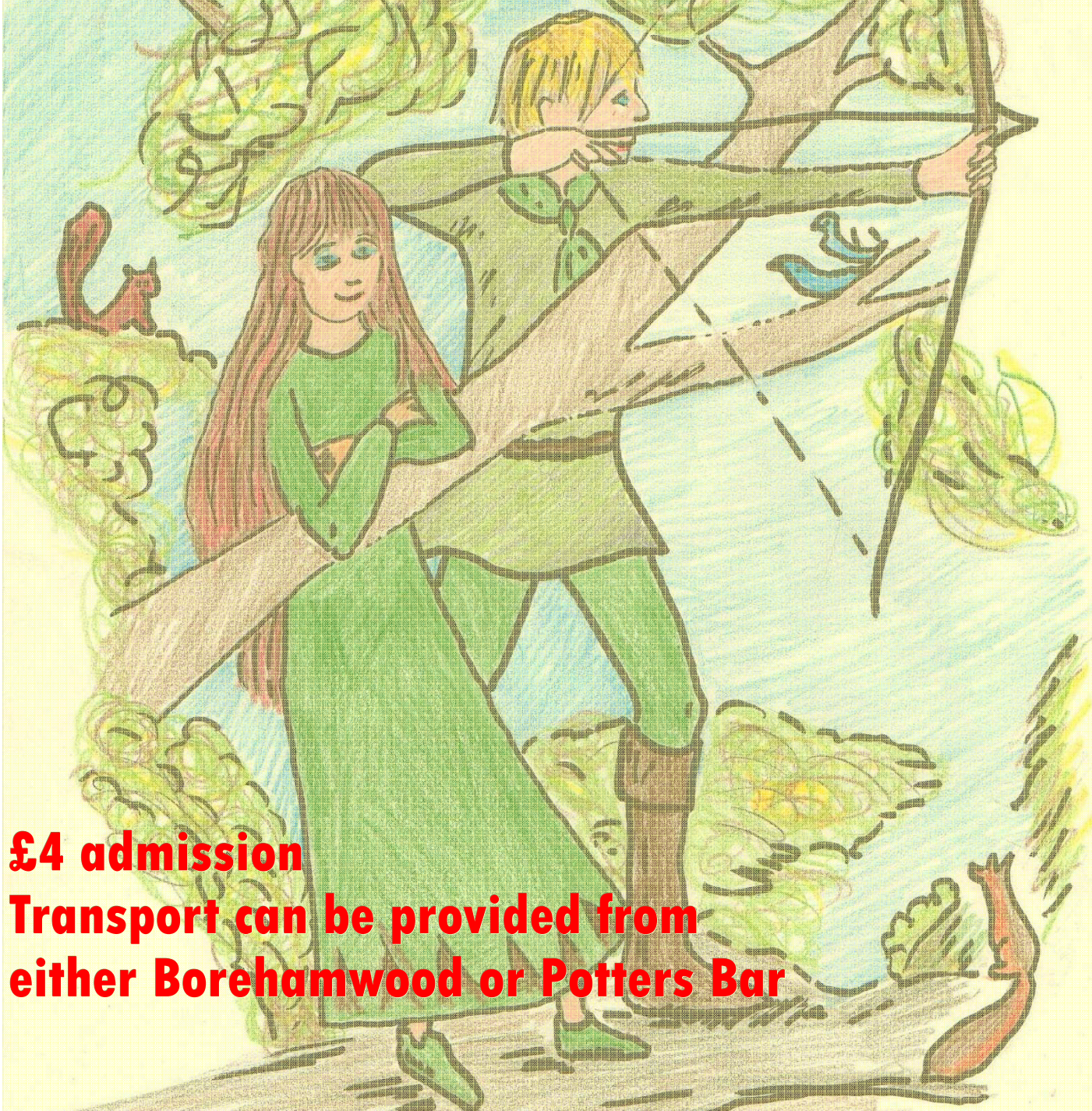
Robin Hood

The Panto

St Peter's Church

Bushey Mill Lane

27th January 2011 at 7.30pm



£4 admission

**Transport can be provided from
either Borehamwood or Potters Bar**

Contact Suzie on 01923 288960

07803175416 or suzie@guidepoststrust.org.uk



Mental Ill Health..?

The Recovery In-Sight Social Enterprise is a user-led organisation for anyone affected by mental health problems.

We Offer

The 'In-Sight' course -

A comprehensive lifestyle development group training, enabling people in their recovery from mental ill health

Courses run in Watford for:

- Service users to enable recovery
- Carers to better understand the illness and support loved ones
 - Mental health professionals to better help their clients

Putting Recovery Values Into Action

Don't Suffer Alone..!

The In-Sight course:

- Is accredited at 20 points final year degree level
- Our trainers are City and Guilds qualified
- Has been proven to be effective and tested to PhD

Topics include:

- Attaining a healthier lifestyle,
- Building up life skills,
- Tools for improved living.

City & Guilds Qualified

The Recovery In-Sight Social Enterprise

The Old Free School
George Street
Watford
Hertfordshire
WD18 0BX

Telephone:
0923 297122
01923 239489

Email:
contact@recoveryin-sight.com



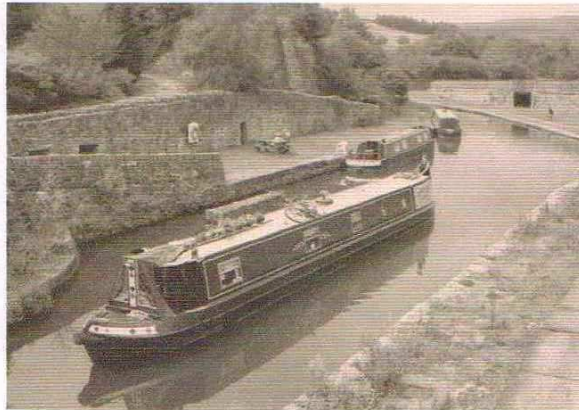
Accredited by Middlesex University

Two 16 week courses planned to commence February and April 2011



Contact us today for further information:
www.recoveryin-sight.com

Charity Raffle



After use at The New Year's Party (on Thursday 6th January from 2pm) this 2nd hand, but fully functional & deluxe stereo system is going to be raffled to raise money for a local community narrow boat project. The money collected will go towards the £39,000 refurbishment of "Dick's Folly", the canal boat that has provided several enjoyable summer excursions for Guideposts' clients.

Raffle tickets for this splendid stereo unit cost £1 each & are available from Howard until Tuesday 1st February. The winning ticket will be drawn at that day's client meeting.

The actual stereo system is on view at Henry Smith House. It differs from this illustration.



Help recruit local people for the 2011 Census and make sure your community is represented!

As you may be aware, the 2011 Census is fast approaching. The census provides information to help government make key decisions that will affect public services. Run in England and Wales every ten years, the next one takes place on 27 March 2011.

Recruitment is now underway for over 35,000 temporary part time and full time vacancies to help make the census a success. It's vital that every area is properly represented and we are looking for your support to make this happen.

Information can be found at this website:

<http://www.ons.gov.uk/census/2011-census/index.html>

Recruitment for the following roles will take place this year, with more vacancies becoming available next year:

- **Census Coordinators:** lead and motivate a team of up to 15 field staff (recruitment started from 20 September 2010)
- **Special Enumerators:** deliver questionnaires to organisations such as care homes, hotels, prisons etc and collect completed forms (recruitment starts from 04 October 2010)
- **Census Collectors:** contact householders to collect completed census questionnaires and assist where required (recruitment starts from 01 November 2010)

The roles would be ideal for retired or semi-retired staff, returners to work, students or anyone looking for a short term income boost. You can help us spread the word in a number of ways, including:

- **Displaying** information on your notice boards (a small number of posters and postcards are available on request)
- **Publishing** articles in relevant publications
- **Emailing** interested staff, group members, family and friends
- **Follow** us on [Twitter](#) and [Facebook](#)

We really appreciate your help with recruiting for the 2011 Census to make a difference to your local community.

Best regards

Census Research and Networking Team