

September 2014 / ISSUE 03



Freedom is... A book to be proud of

Peter Bedford Housing Association tenants, participants and staff celebrated the launch of Freedom is..., our first ever art publication, with music, mocktails and poetry at Outpost on 10 September.

The book features prints, photography and poems by a group of four PBHA participants, who took part in a series of art workshops exploring this year's LGBT Pride theme, 'Freedom is...'

The collection of striking images and words, compiled by workshop leader and artist Roman Manfredi, explores the group's experiences, politics and commitment to freedom.

Special thanks to Roman for producing the book, and to Patrick Caffrey and Mike 'Down Dalston Lane' Gregovich who brought the party to life with their poetry and songs!

Copies of the book are on sale at Outpost,

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raising funds in support of PBHA's work in local communities.

PBHA's Creative Industries Programme hosts art classes throughout the year. Please contact Arinola or Orla on 020 7923 9255 to find out more, or email vcs@peterbedford.org.uk.

PBHA's new Office and Community Hub



Our new Office and Community Hub is well under way to being handed over to us. We have bought a suite of new build offices in Haggerston, Hackney where we will provide the majority of PBHA support services from this new hub. We will move both Legard and Stamford Works offices into this building as well as the training suites and expect to establish a new cafe. We will also have a number of satellite centres at Isledon Road, Outpost, Clissold Road and a new Creative Industries hub.

The building will be completed by mid November when it will be handed over to us. In the coming 6 weeks, we are working with a design company to design the lay out, look and feel of the hub. This is where we hope you can help us. We want to hear what you have to say about the hub, do the plans meet your needs? We want the hub to be welcoming, comfortable and informal. Over the coming few weeks, we will be holding a number of discussion groups

What shall we call the new building?

We will be moving to the new building soon. Our designers will be coming up with possible names, which staff, tenants and volunteers will have the chance to vote for the new name of the building. Please watch this space!

and your support worker will be asking you questions about our plans to get your feedback. We very much need and want you to take part and help us plan a hub which will work for you.

Fahima Begum will be compiling your suggestions and questions, please do ask to speak to her at Stamford or Legard, or ask your support worker to pass on your comments. If you are interested in taking part in the discussion groups, please also let Fahima know.

Clare Norton, CEO

Haggerston Site Visit

Mangers and operational managers made a site visit to our new offices on the 23rd of July. While there's a lot to do, it was exciting to see the plans that Clare has for it and to get a sense of the new area that we will be in. Haggerston is vibrant, our offices and workshop spaces have a view onto the canal and it looks to be a very exciting building with lots of potential. There is an excellent community and training bakery run by the Centre for Better Health just around the corner and Headway East London is just across the canal from us (Headway – an organisation that works with people affected by brain injury).

Sad Loss: Stella Marange



Stella, pictured on the right

We are sorry to have to tell you all that sadly Stella Marange was found recently passed away in her flat. Stella's contributions to the community at Isledon, the catering enterprise at Stamford and Legard, and her generous and soft hearted personality will be familiar to many of us.

Our annual review is at the printers at the moment, and the photo above of Stella, Sopie and Richard Greening will be in it. A lovely photo and a great way to remember Stella.

PBHA will be holding a celebration of Stella's life in the coming weeks.

We will let you know about funeral arrangements as soon as they are known.

If any of you wish to talk about Stella and how this sad news affects you, please do not hesitate to come in and speak to your Support Worker.

*"Do not stand at my grave and weep;
I am not there, I do not sleep.
I am a thousand winds that blow.
I am the softly falling snow..."*

Mary Frye

Film Matinee Club

PBHA would like to thank Voluntary Action Islington for their kind donation of a smart new 55 inch TV and DVD player.

The plan is to hold monthly film matinee afternoons followed by discussion.

The first film will be on Monday 20th October at 1pm at Stamford Works. To celebrate Black

History Month we will be showing **Cool Runnings**. This is a lighthearted and heart-warming true story of the Jamaican Bobsleigh team entering The Olympic Games.



Designer Bag Course

The Designer Bag making course was a success. It was held at Stamford Works with 8 people completing a stylish bag to take home and they gained a certificate on completion. A follow on course starts on the 24th of September and there a few places still available.



Design a Bag participants with their certificates

Southend-on-Sea Trip



Tenants, participants and staff all really enjoyed the trip to Southend earlier this month.

We arrived at around midday to enjoy a picnic lunch on the beach. A few brave souls even had a paddle in the sea!

As over 40 people went on the trip, we split into smaller groups. Some explored the town centre, some chilled on the beach and some visited the famous Southend Pier, which is the longest pleasure pier in the world (one and a half miles).



Our group went to the funfair, enjoying various rides including go-carting. We decided to go on one of the scariest - "The Claw" (pictured). Participant G said that it was "way too fast" for him!

Most then got a fish and chip supper, before returning on the coach with a lighthearted singsong.

A special thanks goes out to the driver, Clive, who went out of his way to ensure we had a comfortable journey home.

I would also like to thank everybody who came along and helped make the trip such a success.

Mandy



"I thought it was a good day out, everyone was laughing and joking on the coach. Some people did complain about the sandwiches, but my one was nice. I enjoyed my cheese and tomato sandwich. I enjoyed going on the train ride, on the pier, it only cost £2."

RIISING STAR: SEPTEMBER 2014 / ISSUE 03

<u>VCS Timetable September 2014</u>				
Monday	Tuesday	Wednesday	Thursday	Friday
10.00 to 12.30	10.00 to 12.30	10.00 to 12.30	10.00 to 12.30	10.00 to 12.30
	Creative Craft Workshop – Textiles Studios Stamford Works Vernella Printmaking & Design Legard Works Mathew Cooking local Food Stamford Works, Kathryn Functional English with Employability – Learning Trust Stamford Works Painting and Drawing for Beginners Isledon Canteen	Functional English (RARPA) Learning Trust Beginners Joinery Production Legard Works Jonathan Bag Design for Beginners Stamford Works Yvonne Healthy Harvest gardening Clissold Road Sam	ICT (Accredited) Learning Trust Stamford Works Outside the Lines Art Class Legard Works Roman WEA Walk and Talk Stamford Works	Intermediate Joinery Production Legard Works Jonathan Functional Maths (Entry 1) (RARPA) Learning Trust Stamford Works
12.30 to 1.30	12.30 to 1.30	12.30 to 1.30	12.30 to 1.30	12.30 to 1.30
1.30 to 4.00	1.30 to 4.00	1.30 to 4.00	2.00 to 4.00	1.30 to 4.00
Functional English (RARPA) Learning Trust Stamford Works Evening Clothes course Learning Trust Starts 13 th Oct 2014 Stamford Works 4pm – 8pm 6 weeks course	Creative Craft Workshop – Textiles Studios Stamford Works Printmaking & Design Workshop Legard Works Cooking local Food Stamford Works Kathryn Functional English with Employability – Learning Trust Stamford Works	Beginners Joinery Production Legard Works Jonathan Bag Design for Beginners Stamford Works ICT (Accredited) Learning Trust Stamford Works Healthy Harvest gardening Clissold Road	Welcome Web Drop-in Stamford Works	Intermediate Joinery Production Legard Works Jonathan Functional Maths (Entry 1) (RARPA) Learning Trust Stamford Works

<u>VCS Timetable September 2014</u>				
Monday	Tuesday	Wednesday	Thursday	Friday
6.00 to 8.30	6.00 to 8.30	6.00 to 8.30	6.00 to 8.30	6.00 to 8.30
		Creative Writing course Stamford Works	furniture making course with 8 weeks joinery instruction Legard Works Jonathan	
Training and Trading Enterprises	Training and Trading Enterprises			
Catering Stamford Works	Catering Stamford Works	Catering Legard Works	Catering Stamford Works	Catering Legard Works
Reception and admin Stamford Works and Legard Works	Outpost – shop and community hub retail training	Outpost – shop and Community hub retail training	Outpost – shop and Community hub retail training	Reception and admin Stamford Works and Legard Works
	Reception and admin Stamford Works and Legard Works	Reception and admin Stamford Works and Legard Works	Reception and admin Stamford Works and Legard Works	

Key:

Venues:

Stamford Works, Gillett Square, **N16 8JH** Hackney

Legard Works, Legard Road, **N1 5DE** Islington

Clissold Road Gardens, **N16 9EX** entrance behind No.23a

181a Isledon Road (Canteen) **N7 7JP**

Tutor/Facilitator

For work shops please contact Leanne Penning, Arinola Oladejo or Orla O’Flanagan :Stamford Works
Gillett Street

London N16 8JH

Tel: 0207 923 9255

Fax: 0207 923 9156

Email: vcs@peterbedford.org.uk

Eligibility:

Hackney Learning Trust courses have to be at least 80% Hackney residents.

PBHA still has some Islington targets under ESF so anyone looking for employment related courses should be referred to Ann.

PBHA has money from the Henry Smith Foundation for tenant involvement; this is another funding stream for both Hackney and Islington tenants.

We can fund tenants and participants for basic food hygiene and gardening skills under a grant called Healthy Harvest

We still have lots of opportunities particularly around events for Change Together (contact Bex Large)

Community quilt unveiled at Isledon canteen launch party

Peter Bedford Housing Association (PBHA) tenants, staff and local government representatives celebrated the launch of our newly refurbished community hub and canteen at 181A Isledon Road, with a summer barbecue on Tuesday 22 July.

Deputy Mayor of Islington Councillor Richard Greening officially opened the venue, with the unveiling of a hand-stitched quilt created by 12 participants on a textiles workshop led by Vernella Dyer and Orla O’Flanagan, as part of PBHA’s *Creative Industries* programme. ‘I am sure you will join me in congratulating them on their achievement, it is certainly an amazing piece of art, and I am pleased to unveil it,’ Councillor Greening said.

PBHA CEO Clare Norton said, ‘The centre is being launched today as a centre where we can offer workshops, group and peer support, as well as support on site for tenants who live in the neighbourhood.’ Tenants, participants and staff are all invited to share their ideas for how to use the space.

PBHA is grateful to the Big Lottery Fund’s *Local Food* scheme, for their support in funding improvements to the site as part of *Plot to Plate*, which aims to transform the food culture of tenants and participants by making locally grown food more accessible, developing skills and promoting healthier lifestyles.



Deputy Mayor Councillor Richard Greening cutting the Ribbon

Opening Times of Isledon Hub

Advice Drop-In

Tuesday 10am-1pm

Thursday 3.30pm-5.30pm

Saturday 10am-1pm

Canteen

Friday 4pm—8pm

Saturday 12pm—3pm

Sunday 12pm—3pm



Last Chance to Enroll!

Painting and Drawing for beginners
Tuesday 10am—12.30pm at Isledon

Bag Design Workshop
Wednesday 10am—12.30pm at
Stamford Works

Walk and Talk
Thursday 10am—12.30pm from
Stamford Works

To enroll, contact Arinola on
020 7923 9255

New! Welcome Web Drop-in

From Thursday, 2nd October the
Welcome Web at Stamford Works will be
open for drop-in for you to access the
Internet and use the IT facilities.

You do not need to be enrolled on a
course or make an appointment, you can
just turn up.

Drop-ins will run every Thursday from
2pm—4pm

Handy Telephone Numbers

Out of hours Duty Line	020 7226 0302
Repairs Hotline	020 3227 3161
Legard Works	020 7226 6074
Stamford Works	020 7923 9255



Volunteer Buddies Wanted!

PBHA are setting up a new tenant buddying system. This is to be peer led, so volunteers will be existing PBHA tenants. A buddying role is to welcome new tenants, help them to settle into their homes, visit for coffee or in a cafe, and introduce them to other members of the community so they can make new friends.

You may remember feeling a little isolated when you first moved in. We would like YOU to help us make new tenants feel at more home.



We are looking for people who

- Have a friendly manner
- Are reliable
- Have good listening skills
- Are flexible and patient
- Have a good empathy for people
- Have an understanding of mental health issues.
- Have an awareness of confidentiality (training given)

This is a great opportunity for you to meet new people while helping others. It will give you a sense of purpose and be good for your CV.

Interested? For an application pack and full role description, please contact Mandy Mansfield.

New! PBHA Film Project^E

One of the ideas raised at recent Forum meetings is that you would like to be involved in making short films about the work of PBHA.

We are still at the planning stages of this project, and it has been decided to make 4 short films of about 5 minutes each. So far ideas include

What is it like to be a PBHA tenant/
participant?

Creative industries/VCS workshops

Working Futures stories

Change Together Project

History of PBHA - Legard Works and the
upcoming move

Diversity and how things have changed
over the years

Plot to Plate

We need volunteers for people willing to
share their stories who are not camera
shy! Or do you have a different idea?

To get involved or find out more, please
get in touch with Mandy or Zanna.

Share your skills and be part of the PBHA Forum!

Every month, there is a PBHA Forum
meeting. The forum is a great space to
meet other members of the community,
find out what's going on and share your
ideas about the running of PBHA.

If you have not been before, why not
come along? The next Forum meeting is
at 25 Clissold Road on Wednesday 15th Oc-
tober, 1pm. Lunch is provided at 12.30pm.

Thought Forms: An exhibition of artwork by Cecil Nurse

Thought Forms, an exhibition of artwork
by PBHA tenant Cecil Nurse, opens at
Outpost on 1 October. 22 years ago, multi-
-dimensional art-producer Cecil created
more than 600 abstract pencil drawings,
as part of a Zen-influenced 'argument
with life'. Come over to the shop to see a
special selection of prints taken from the
original work, shared with the public for
the first time. We look forward to seeing
you and showing you Cecil's fabulous
drawings!

Outpost

546 Holloway [Road](#)

N7 6JP

Tel: 020 7281 3620

Email: outpost@peterbedford.org.uk

www.facebook.com/outpostN7



Cecil Nurse



New Lived Experience Board Member

Welcome to Philip Jones, who was recently recruited to be the new lived experience board member.

Phil has been a tenant of PBHA for nine months. Since then he has been an active member of the joinery class and regularly edits the Rising Star.

When asked what made him apply for the post Phil replied “Whilst putting together the last edition of the Rising Star I saw the advert. I thought the role sounded interesting but wasn’t sure I had the experience to apply. My support worker pointed out that I had experience of being homeless and mental health issues in the past , as well as volunteering experience and encouraged me to apply.

When I got the call that I had been short listed for an interview I was extremely nervous! But the panel (Clare (CEO), Richard (Chair of the Board) and Kitty (Board member), were very friendly and put me at ease. I came out feeling positive and confident that it had gone well.

I was over the moon when Clare phoned

to offer me the post.

I am looking forward to the induction training and finding out more about contributing to the running of PBHA”.

Tenants Surgeries



Tenant Committee members Precious, Patrick and Tyrone are re-starting monthly Tenant Surgeries sessions. They will be available for you to get help, advice and

information confidentially, such as help with a complaint. The surgeries this month are

Legard Works 12pm-2pm on Monday 6th October

Stamford Works 12pm-2pm on Tuesday 14th October

Flat Swap Wanted

A one bedroom second floor flat on Clissold Road N16. Own kitchen and bathroom with electric shower close to Clissold Park and leisure centre.

Looking for a similar property in the Islington area.

Available from the 20th October 2014

If you are interested in swapping and viewing the property please contact your Support Worker or Housing Officer.

“Freedom is...” Exhibition and Book Launch

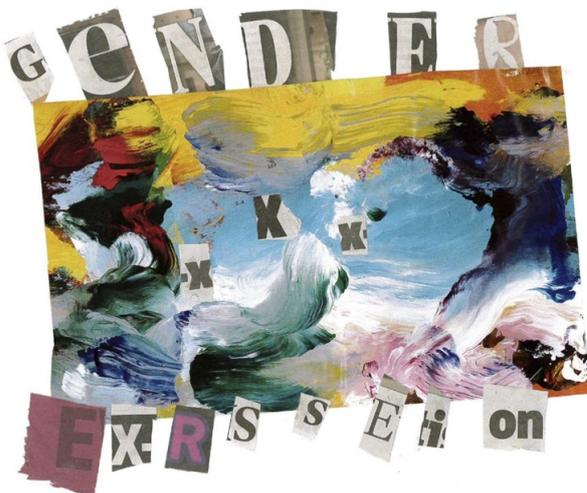
Queer Words

Is he wannae them?
 Is he a jessa biscuit?
 Is he a slate off the roof?
 Is he a bent stewed swallad?
 Is he Dorothy La Moore?
 Is he Jenny Willocks?
 Is he John Hurt?
 Is he a practising homosexual?
 (he's fully qualified and got a degree)
 Is he a funny wan?

No he's just being he.



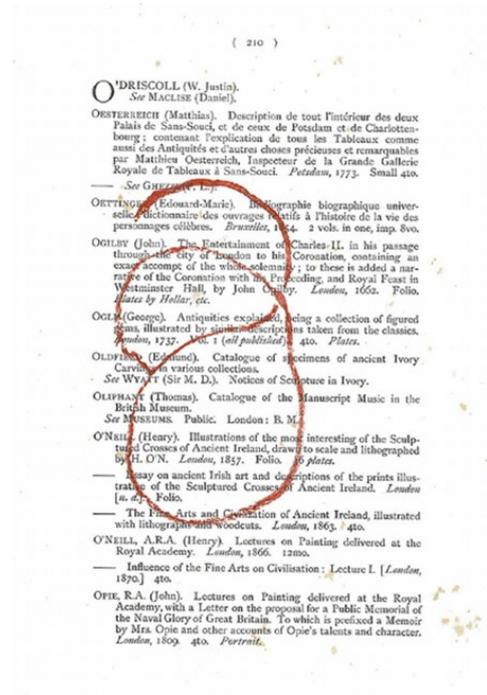
Paul Clancy, *Untitled*, 2014
 Monotype print (unique)



Me Alone

I want to be me
 I want to see me
 I want to hurt me
 I want to talk to me
 I want to kiss me
 I want to cry me
 I want to sing me
 I want to run away from me
 I want to fly me
 I want to scream me
 So please just ask me
 Now I've just found me

Both poems by Patrick Caffrey, 2014



Kensley Cabey
New Born, 2014
 Collograph print (unique)

Right. Paul Beresford
Gender Exrsseion, 2014

Big Lottery Fund - Reaching Communities Programme

BIG is the name that the Big Lottery Fund use to describe themselves. BIG is one of the National Lottery Good Causes and receives 40 per cent of the £600m raised by the Lottery each year.

Reaching Communities is the main funding programme. Peter Bedford Housing Association is applying for a large grant covering a big slice of our VCS work.

VCS stands for Vocational and Community Services – all the activities we provide in addition to housing to support people to achieve greater independence.

We would like tenants and participants to help shape our application.

BIG say: “People benefiting must be involved in the planning and running of the project.”

Reaching Communities funds projects that help people and communities who are most in need. This may be as a result of:

- The problems they have
- The situations they face
- The barriers they face
- Where they live—for example living in a disadvantaged area

We must show the need for the project and how it meets the need, the activities we want to undertake and the results we expect to achieve.

That is –Who? What? When? Where? and Why?

Ideas for ways in which the Forum and tenants and participants can get involved:

1.....
.....

2.....
.....

3.....
.....

Please give your ideas to the tenants committee, Mandy or Brian. You can also discuss your ideas with us.

Chocolate Word Search

K L I M T S E I N W O R B C H O C
 C G O L Y N A S E M I S W E E T T
 E H N C S D E N E T E E W S N U O
 R C I I O E N I I G F I L L I N G
 S I O P K C L A D N A B F T E S E
 K F R N S A O F C E I O O M C T V
 N R H E F D B A F T R S O E H E I
 I C A T A E R T T U I G D D O G T
 R O R D S N C E C C R O N S C N C
 D O W E F T R T E U T T U I O I I
 G K H T A S P C I R P O H F L D D
 N I I E W M R U E O I C O T A D D
 I E T E S E P S R C N N A H T U A
 C S E S A E S I I Y D E B K I P O
 I T I M B E R L E U S A R O E A M
 A W F U D G E C E A R C A Y R S O
 S U G A R D T E S S U O M R S E E

ADDICTIVE
 BAKING
 BARS
 BITTERSWEET
 BROWNIES
 CAKES
 CANDY
 CHIPS
 CHOCOLATIERS
 COCOA

CONFECTIONERY
 COOKIES
 CREAM PIE
 CUPCAKE
 DARK
 DECADENT
 DELICIOUS
 DESSERT
 DRINKS
 FILLING

FONDUE
 FOOD
 FUDGE
 ICE CREAM
 ICING
 INGREDIENT
 MILK
 MOUSSE
 PUDDING
 SEMISWEET

SUGAR
 SWISS
 SYRUP
 TREAT
 TRUFFLES
 UNSWEETENED
 WHITE

Sudoku

	2	1			3
1		7	3		
6				5	8
2			1		
				9	6
		9			
7	4		9		
	8				
9			6	4	5

Solution overleaf

Dates for your diary at a glance

Tenants Surgeries

Legard Works 12pm—2pm Monday 6th October

Stamford Works 12pm—2pm Tuesday 14th October

PBHA Forum

25 Clissold Road. Lunch 12.30pm, Forum 1pm Weds 15th October

Film Matinee (Cool Runnings)

Stamford Works, 1pm Monday 20th October

Classified Ads

Do want to place a classified ad in the Rising Star? Do you have something to sell? Or are you looking for something to buy or swap? You can use this space to advertise what you need. To place an ad please contact your Support Worker or Mandy

8	9	2	1	5	6	7	4	3
4	1	5	7	8	3	6	9	2
3	6	7	4	9	2	5	8	1
5	2	9	6	1	4	8	3	7
1	4	3	2	7	8	9	5	6
6	7	8	9	3	5	2	1	4
7	5	4	3	2	9	1	6	8
2	8	6	5	4	1	3	7	9
9	3	1	8	6	7	4	2	5

Edited by Phil Jones



Notes