



HALO Newsletter

October 2010

Did you know...

- > The HALO Project receives grant funding from the Northern Rock Foundation.
- > The HALO Project is supported by and is a member of Homeless Link.
- > The HALO Project is hosted by Impact.
- > The HALO Project has five key partners who fund the project; Riverside, Carlisle City Council, CASS, The Salvation Army and Impact Housing.



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HALO PROJECT ONE YEAR ON!

Welcome to the October edition of the HALO newsletter. I hope this is going to be a regular publication to keep you updated with the latest news and activities about the project.

We are in our 2nd year of the project. We celebrated our first birthday at the 'HALO's Got Talent' event at the end of July. It was great to see so many people there;



staff and service-user's.

I hope the 2nd year of the project can develop more opportunities, and closer working between the agencies to benefit you!

Rhian Davies, HALO Co-ordinator



25 agencies
20 activity & info stands
20 prizes won in free raffle

135 'thank you' certificates given out.
111 certificates awarded for accredited training.

30 certificates for HALO Men's Football Project.
65 service users came to the event.

HALO MEN'S FOOTBALL SESSION'S



The coaches and some of the HALO men's football team receiving certificates and their new training kit.

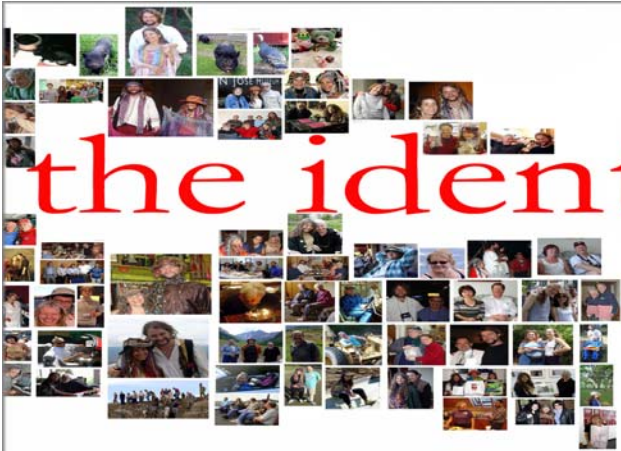
The HALO men's football session every week is still going strong. The session runs every Thursday 2-3pm at the Neil Sports Centre.

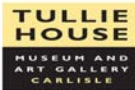
There are regular tournaments between HALO and CASS West football project. The next one is on Thursday 28th October 1pm—4pm at the Sands Centre.

A free HALO training kit is available for those who come on a regular basis.

The weekly session includes 20 minutes of coaching and over 30 minutes of play.

For more information please contact Steve or Guy at Carlisle City Council on Tel: 817370, or Chris at CASS on Tel: 633651.




Find yourself through photography and writing

the identity project

Tullie House Museum and Art Gallery
Monday 6 September - Friday 10 September 2010
Open to people aged 16 - 24
To book a place
davech@carlisle.gov.uk
01228 817586
Lunch will be provided.

IDENTITY PROJECT AT TULLIE HOUSE

A creative writing and photography project at Tullie House finished on 10th September.

It was attended by people from supported accommodation including Close Street Hostel.

Participants took lots of

photographs of Carlisle, and learnt how to develop them working alongside photographer Rob Fraser.

During the week the group also wrote their own poetry and stories that reflected their identity and their connection with Carlisle.

The group met up last week and reviewed the project and worked on the design of their book which will showcase all their hard work.

A launch event for the book is being planned, so watch this space!

NEW- WOMEN ONLY WEEKLY SESSION

The HALO weekly women's drop-in has moved to a new day and venue!

The new session runs every Wednesday morning from 10am at the Salvation Army Building on Abbey Street in Carlisle.

The drop-in is open to any women aged over 18 years. Its organised by staff from CASS, SMART Project, Cumbria User's Project,

Staffield House and Impact Housing Floating Support Team.

We hope the new venue will encourage more women to come along and get involved!

We offer a free lunch, refreshments, a chance to meet new people, and social activities. We offer information and advice on housing & homelessness, benefits, substance

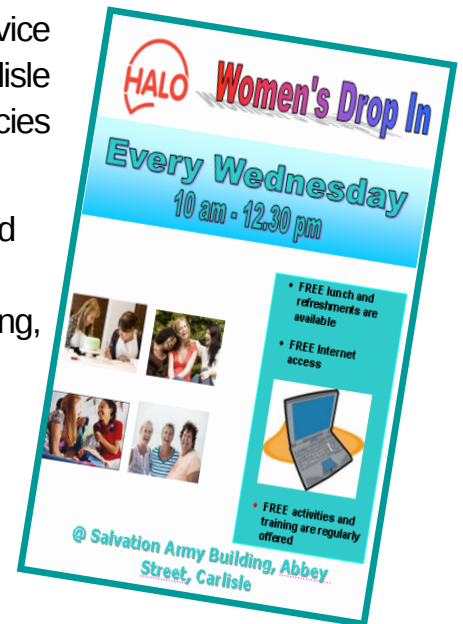
misuse & local activities.

We hope the drop-in will develop into a much needed service for women in Carlisle with lots of agencies involved.

If you are interested please come on a Wednesday morning, or get further information from your support worker.



Salvation Army Building on Abbey Street, Carlisle



ALLOTMENT HARVEST EVENT.



A Harvest event was organised at the community allotment, where HALO has three raised beds.

Residents and visitors to the allotment gathered on the patch for a harvest festival party celebrating the transformation of the land in the past year.

The allotment, which boasts 21 raised beds, poly tunnels, fruit

bushes and composting bins, has also won a Cumbria in Bloom award.

It is used for horticulture training, and the HALO project has a regular group who meet up on a Wednesday afternoon to work on the beds.

We hope more people involved next year. If you want more info please contact Charlie (SMART) Tel: 597521.

Are you unemployed or on benefits?

Amazing Art in Carlisle

10 sessions to explore a variety of visual arts & crafts

Come & learn new skills:

- Jewellery
- Film-making & Animation
- Photography
- Textiles & Fashion

Starts: Wednesday 29th September 2010 1-4 pm

Cumbria Fire & Rescue Service Community Room, Warwick St, Carlisle

For more info email: rowena.kelly1@btinternet.com
or ring Carl on: 07989457999

NEW MUSIC NORTH
Creativity in the community

Activities and where they are held



HALO Allotment Project (Mon – Wed) 10.30am - 4pm @ on corner of Buchanan Rd & Mount Pleasant Road, Currock



Monday - Go4it! Get Walking 2.30pm @ Chances Park
Wednesday - Go4it! Get Walking 2.30pm @ Hammond's Pond



NEW – Women's drop-in (Wed) 10am – 12.30pm @ Salvation Army, Abbey Street



NEW – Amazing Art (Wed) 1pm – 4pm @ Community Room at Carlisle Fire Station (near civic)



Community Drop-in (Thurs) 12 - 3pm AND **Benefits Advice** (every other Thurs) 12 - 1pm @ Salvation Army, Abbey Street



Men's Football (Thurs) 2pm - 3pm @ Neil Sports Centre
28th Oct only – Football tournament 1pm – 4pm @ Sands Centre



Youth drop-in (Fri) 4pm– 5.30pm @ Carlisle Library Rooms



HALO Development Group (Monday 11th Oct only) 2pm – 4pm at Greystone Community Centre, Close Street



Personal Best Course (2 days per week)
Thursday's 1pm - 5pm @ Lakes College, Workington
Friday's 10am - 4.30pm @ Whitehaven Pottery, Whitehaven

Contact's for more info

Graham (BTCV): 594857
 Charlie (SMART): 597521

Emma (City Council): 817370

Mary-Grace (SMART): 59752
 Rhian (HALO): 633645

Carl Sowerby: 07989 457999

Greg (Salvation Army): 520998
 Rhian (HALO): 633645

Guy/Steve (City Council): 817370
 Chris (CASS): 633651

Niall McNulty (City Council): 817591

Rhian (HALO): 633645

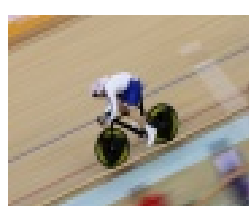
Sabrina (Personal Best): 07595 647679
 Rhian (HALO): 633645



St James' Park, is one of the venue's hosting Olympic sports



Olympic Stadium



Men's sprint qualifying Beijing 2008



Personal Best North West is a FREE pre-employment programme. All successful learners will be guaranteed an interview to volunteer at the

London 2012 Olympics

Transport costs and childcare expenses will be paid for by Sport4life.

Personal Best will help learners:

- To achieve new skills

personalbest

Every Thurs 1pm-5pm & Fri 10am-4.30pm

Starting: 14th October 2010 for 10wks

THURS: Lakes College West Cumbria, Workington, CA14 4JN

FRI: The Whitehaven Pottery, Market Place, Whitehaven, CA28 7JG

- Gain a nationally recognised Level 1 qualification
- Receive advice & guidance on further learning and training
- Volunteer in local sport and cultural events
- Meet new people and make friends

- Improve their chance of getting a job
- If you are interested please speak to your key worker.

Or visit their website -

www.personalbest2012nw.co.uk

HALO DEVELOPMENT GROUP

The HALO Development Group is for anyone who wants to find out more or get involved with the HALO Project.

We have a meeting once a month, and any suggestions or improvements for services are passed to senior managers and are listened to at the

Carlisle Homeless Improvement Partnership.

Many of the activities on offer have come from people who are accessing services from CASS, Impact, the City Council or Riverside.

The group meets next Monday 11th October at 2pm at Greystone

Community centre, Close Street at 2pm.

For more information please contact Rhian, Tel: 633645.



Having a go at drumming at one of the HALO Development Group meetings!

First Aid Training*

Monday 1st Nov 2010

HIGHFIELD Emergency FIRST AID in the Workplace

The qualification covers the following topics:

- The role and responsibility of the Emergency First Aider
- Assessing incidents (including breaks and fractures)
- Managing an unresponsive casualty who is breathing normally
- Managing an unresponsive casualty who is not breathing normally
- Recognise and assist a casualty who is choking
- Managing a casualty who is wounded or bleeding
- Managing a casualty who is in shock
- Managing a casualty with a minor injury

TO BOOK A PLACE PLEASE ASK YOUR KEY WORKER OR CONTACT RHIAN ON TEL: 633645

*** FREE to residents in temp accommodation or HALO volunteers**

HALO Development Group

We will meet on...

Monday 11th October -

2pm at Greystone Community Centre, Close Street

Tuesday 9th November -

2pm at Currock Community Centre, Lediard Avenue

Tuesday 7th December -

2pm at Salvation Army, Abbey Street



Healthy Aspirations
and Learning
Opportunities Project

Contact Rhian Davies, HALO Project
Co-ordinator.

47 Nelson Street
Denton Holme
Carlisle, CA2 5NE

Phone: 01228 633645

Mobile: 07843 033054

E-mail: Rhianand@impacthousing.org.uk

We're on the web!

**The monthly activity calendar /
newsletters/ minutes of HALO
Development Group can all be
found at**

www.impacthousing.org.uk



COMMUNITY DROP - IN
Every Thursday 12noon - 3pm
at the Salvation Army Centre,
Abbey Street



- Big Screen TV
- Table Tennis/Pool
- Xbox/Wii
- Information & Advice
- Benefit Advice Surgery
(12 -1pm on 14th & 28th October)



**Free Delicious
Hot meal**

October's Menu

7th = Fish and chips

14th = Chicken curry
with rice

21st = Lasagne with
garlic bread

28th = Cottage pie and
vegetables

* Vegetarian options
available

*Come along and enjoy
home-cooked food and
the warm, fun
atmosphere the HALO
community drop - in
has to offer. Everyone
aged 16yrs + welcome!*

VOLUNTEERS NEEDED!

To help deliver all the weekly activities we need the help of volunteers.

If you attend any of the activities and would like to help out & take on responsibilities, receive training and improve your skills have a word with a member of staff or contact Rhian on Tel 633645.

All volunteers will need to be prepared to do training and have a positive attitude. If you are interested you need to complete an application form and



complete a CRB check. We especially encourage suitable applicants with a personal history of homelessness.

All volunteers will be supported by one-to-one meetings with their supervisor, and will meet and get support from other volunteers from the HALO project. You will also receive a free HALO t-shirt!

Volunteering facts!

71% of adults volunteered in some way with 47% volunteering at least once a month (2008/09 DCLG Citizenship Survey).

87% of employers think that volunteering can have a generally positive effect on career progression for people aged 16-25 (Youth Volunteering: Attitudes and Perceptions, 2008, v).

Nearly half of all volunteers (47%) say volunteering has improved their physical health and fitness (MADD Survey, Research 2004).