



Well Said!



Issue 2

January 2012

We didn't exactly get washed away with a flood of suggestions for the newsletters name, so went for "Well Said!". We'll do our best to keep you up to date with life at the Wellspring, but don't forget to get in touch with us at pr@thewellspring.co.uk if there's something you'd like to hear about in future issues.

Up and coming events

Wellspring Factor – A fun quiz presented by Gordon Burns

Friday 3 February, Stockport Grammar School

Tickets: £10 – includes supper and a glass of wine, available from Pauline on 0161 427 2763

Bupa 10k run – RUNNERS NEEDED!!!

Join in the fun on Sunday 20 May. If you, or someone you know, would like to run (or walk) to raise funds for the Wellspring, contact Jonathan on 07866985242 or email jonathan@thewellspring.co.uk

Tales of the Unexpected – to be held in March at Poynton

This will be a varied evening of light entertainment (with the odd surprise thrown in) to enjoy with friends who love a good time. Watch out for further details!

Useful information

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Words from the Wellspring chair – Mark Whyllie

Welcome to our second newsletter. We have been making a few changes and, hopefully, you will soon begin to notice some benefits. We are currently changing the charity into a company limited by guarantee, which has helped with the success of a grant application. Continued support of Hazel Grove Sainsbury's has been confirmed and they remain a great supporter of our efforts. We have introduced a legal drop-in for members, which advises on issues such as housing and legal aid. Board members and project staff are working on improvements with Nigel Francis from Methodist Action. Nigel is a leading figure in the Government's "No Second Night Out" scheme. Many challenges face us in 2012, but I wish you well and give thanks for your support. Please feel free to contact me at markwhyllie@copperleaf.co.uk if you have any new ideas.

Where are we now?

The Wellspring is currently going through a time of re-organising its management structure to enable it to cope with the new challenges caused by changes in the government and economic environment. We hope that the end result will be a more professional

and accountable organisation, better equipped to help people move ahead with their lives towards attaining independent living.

The centre is a vast improvement on its previous home, but there are still many ways to improve what

we have now. Current facilities related projects include the installation of a window in the mezzanine room, introducing improvements to the toilet areas and increasing the current rating of the kitchen standard from 3* (pretty good) to 4* (better).

New services available for our visitors

The Wellspring is always trying to find new ways to help its visitors and give them the opportunity to learn new skills and interests to help them achieve their potential in life. Many of us find the wonders of IT baffling at times, so we've launched an Internet Café session to run on Tuesday afternoons from 2.00pm-4pm. at the Wellspring.



Rhona and staff will be supporting members to learn and practice basic computer skills. The Internet Café sessions are also open to any of the Wellspring's volunteers who would benefit. Members and volunteers will learn on an individual basis by using a learning package called UK online. On completion of the course, a certificate will be awarded to the successful candidates. Up until the end of March, the Wellspring is able to claim £35 from UK online for each individual who has completed the course, which helps with our funding, but the courses will continue to run after that date with ongoing support from Rhona and staff.



Digital photography is now extremely popular, but to help some of our visitors make the most of their photographic talents, a digital photography course for a group of up to eight people will be held at the Wellspring on Wednesdays from 2.30pm-4.30pm. Dates for this have still to be confirmed, but it will be during Feb/March 2012.

The Wellspring women's group

The Women's group at The Wellspring is on Fridays from 2pm-4pm. The group is aimed at providing vulnerable women in Stockport with support and advice, as well as meaningful activities. They had their own extra

celebrations at Christmas and seemed to be having a great time of it. If you would like to help out with this group, please contact the Wellspring (see Useful Information on Page 1).



Great idea - charity giving

Ok, so Christmas has just gone, but now there are all those birthdays coming up! What do you get people? Problem solved...give them high street vouchers. These can be used in shops such as Argos, Boots, Debenhams, New Look, HMV, Comet and lots, lots more. Purchase these on-line and you

can help The Wellspring at the same time. All you do is choose us as the charity to which you want to give your donation. And, it still only costs you the

It costs £365 per day to keep The Wellspring running 365 days of the year!

amount you give as a gift. What a simply perfect present!!!

Click [here](#) if you are viewing electronically, or drop us an e-mail at pr@thewellspring.co.uk if you're viewing a hard copy version and we'll get back to you with the link to use.

Volunteers needed!!!

The Wellspring needs volunteers to help out in all sorts of ways to enable the centre to provide services to its visitors. You probably all know that meals are made and served by a large number of people who willingly donate their time and skills to ensure that meals are available to Wellspring visitors every day of every year. But, we also need help with many other

aspects of The Wellspring's work. If you have skills or an interest in any of the areas listed on the right and would like to help, please contact Brendan Cojeen. Brendan is on the Wellspring's board and has responsibility for volunteers. He is available at the centre on Tuesday, Wednesday and Thursday mornings, contact him by e-mail: volunteer@thewellspring.co.uk

Helping at events/bag-packing
Public speaking
Trades/DIY
IT support
Domestic maintenance
CVs
Information stands

Past events

Spirit of Christmas – Our annual variety show did well again this year, raising over £2500 and everyone had a good time too. A slight difference this year was that we only used the stalls as the circle is a bit difficult to get to and very steep once you get there. This worked well and saved pennies. Planning has already started for the 2012 Spirit of Christmas, so watch out for details on to get your tickets booked early.



Chris Cotton, Lorna James & Gordon Burns

Sainsbury's bag pack – Our latest bag pack raised £860 for Wellspring funds with many of the bags being packed by one of the Stockport scout groups – thank you lads. Sainsbury's are supporting the Furniture Station this year, as well as continuing to support the Wellspring. The next bag pack is scheduled for Saturday 11 February, so if you fancy helping out, extra hands are always needed and mean extra funds for the Wellspring.

Sainsbury's

Christmas party – As always, this was enjoyed by visitors and volunteers alike. Preparation started the day before the party with volunteers peeling huge quantities of vegetables. Then Harrytown School staff and children did a wonderful job as usual on the day, providing entertainment and service, as well as turkey and presents for the visitors. Thank you to all for helping to make Christmas a special time for all our members.

