



Let's Focus

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Beneficial Foundation

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New Independent Living Unit at the Beneficial Foundation - LET ME THINK

On Thursday 26 November 2009 we were lucky enough to have the Lord Mayor of Portsmouth, Cllr. Terry Hall, officially open our new **Independent Living Unit** (a *House within a Warehouse*). Our fantastic unit will now enable our Steps to Success programme to expand to include our new programme "Let Me Think". It will help our Trainees to become more independent, learn and/or develop skills within a vast number of areas including;



budgeting, cooking, health and hygiene, building self esteem and confidence, assertiveness, communication, health and safety in the home, benefits of healthy eating, life in their community and to eat well on a budget, to name but a few.



With the assistance of Portsmouth Football Club and their fantastic donation of £20,000 we have

created a house within a warehouse (designed by our new Trustee - Alex of Daring Design). Within the unit is a Bedroom, Bathroom and a Kitchen/Diner. This unit gives a realistic environment for our Trainees to learn about becoming more independent, enabling them to apply these skills to their existing home



life or help when planning to live more independently within their community.

If you are interested in our new course **Let Me Think** or our new **Independent Living Unit**, please contact our Training Team on either 023 92610170 or via email at training@beneficial.org.uk



SPECIAL POINTS OF INTEREST:

- * Scottish Tattoo
- * Christmas Workshops
- * Christmas Time
- * The X Factor
- * Christmas in the Craft Shop
- * Self-esteem Building Workshops with Feel Good UK

Litter Picking at Eastney

On Wednesday 11th November the Horticultural team were invited by Romayne Spooner, Cleaning and Environmental Manager for Gunwharf Quays Management Limited, to help pick up litter along Eastney beach.



11 o'clock.

The best part of the day came when Romayne treated us to hot soup and sandwiches in the Caravan Park clubhouse. Hopefully, we'll be invited again, especially with such a nice lunch on offer!



The day was grey and cloudy and we had to shelter for a while from the rain, but otherwise the day went very well and we managed to collect a large assortment of rubbish, which was taken away by Colas. We even managed to observe the two minute silence at



Update from the Chief Executive, Jennie Brent

The opening of our new Independent Living Unit by the Lord Mayor of Portsmouth, Councillor Mrs Terry Hall was very successful. Steps to Success has now developed into offering every Trainee the opportunity to develop the skills they need to become more independent in their daily lives.

Thank you to all of the Trainees who were involved on the



The Lord of Mayor of Portsmouth accepting our gift, of a picture of the Guild Hall.

day and made the really tasty soup. I am sure everyone is looking forward to the healthy meals you will be making every day.

I want to organise lots of fund raising events next year so if anyone has any ideas please come and talk to me about them. Alex Salway, who has helped to design our Independent Living House, is now a Trustee and she will help to organise the

fund raising days, so that is fantastic news.

The Halloween Party was a huge success - well done Emma, Daryl and Sally, I'm looking forward to the Christmas one.

Thank you to all the staff who give that bit extra, all your efforts are so much appreciated.

May I take this opportunity to wish you all a Merry Christmas and a very Happy New Year.

Jennie

Long Eared Bats by Adam Lee & Rhys Newman

As their name suggests long eared bats have strikingly large ears which are three quarters the length of the head and body when resting the ears are folded and held backwards.

- The maximum recorded age is 30 years.
- Body length is 4.2-5.3 cm
- Wingspan is 24-28cm
- Weight is 5-12g

The fur is a buff brown colour and they have a pink brown face the ears and wings membranes are a light grey brown.

Brown long eared bats are distributed nearly all over Europe all though they are not recorded in Greece southern Spain and southern Italy, they are widespread across Britain with the exception of north and north west Scotland and offshore islands they range across coniferous and deciduous woodland as well as orchards and parkland.

Long eared bats emerge when it is dark they feed in flight on moths and also pluck caterpillars spiders and other prey off twigs and leaves.



How to Grow Camellia's by Andrew Sharp

Part One

I love growing camellias because they are one of my favourite shrubs and a lot of people love them and I have been selling them to customers.

I am like a manager of the nurseries specializing in selling camellias. I always call myself Camellia Flower Power Head Gardener because I am an expert of them knowing what special conditions they like to be in to thrive very well. So I am the boss and in charge of them. Camellias like acid peaty soil. But if you have alkaline clay stony chalky soil then you can make a raised bed by double digging, deep in the soil to throw away all the alkaline clay stony chalky soil. Then get some Irish moss peat and plenty of ericaceous compost with well rotted leaf mould and shredded bark.

Mix and dig it all in really well then add some more Irish moss peat ericaceous compost leaf mould shredded bark and mix it in then level out the soil. Then that should do the trick because I did it that way and that worked and I have been feeding it with ericaceous liquid fertilizer to stop all of the leaves from going yellow and to keep them green strong and healthy bushy camellia plants. Or you could grow into a big pot into semi-shaded site in ericaceous compost and give it ericaceous liquid feed.

Always keep it moist and don't ever allow camellias to dry out in summer because camellias take a lot of water for the buds to form properly otherwise they get bud drop and you will have a big disaster of flowers on your camellia in spring. When you water make sure you water onto the soil not on

the leaves because if it is sunny you will scorch the leaves. If you have it in a big pot, then in the winter if there is a forecast of frost cover it with fleece to stop the roots from freezing, because they are shallow rooted and that is to protect it. But if you have it into the garden it is much harder to grow than into a pot.



By Andrew Sharp

My Steam Train Journey by Stephen Merritt

I like going on steam trains, I find it on a web site called **Steam Dream**.

I booked a trip in February for my friend's birthday and the steam train was called **Tangmere**, a battle of British Class 34067.

We started the journey at Portsmouth Harbour and went to London Waterloo via Basingstoke. I got to Portsmouth Harbour 1 x hour early.

We stopped at Basingstoke for 25 minutes for a water stop to fill up the tender.



Stephen by the Steam Train

I took some photos of the journey which took 6 x hours both ways.

This was my first steam train trip and I had a good day and I will be going again on another trip in December on the **60163 Tornado**.

I like the noise of the whistle, the smell and the smoke.

By
Stephen Merritt



Christmas Workshops at the Craft Shop

Due to the success of last year's Christmas Workshops, we will again be running some more this year.

On Monday 21st and Tuesday 22nd December, we will again be running more Christmas Workshops for children (aged 4



years old upwards).

More details will follow shortly, so please keep an eye out for further details on either our website, our Facebook pages or around the Materials Bank on your next visit.

If you would like to

be informed of further details when they are published, please contact Sally on either 023 92830056 or via e-mail at craftshop@beneficial.org.uk who can then e-mail details out nearer to the time. We hope to see you there and enjoy the festive fun.

"Christmas Workshops coming to the Materials Bank & Craft Centre"

Scottish Tattoo by Andrew Sharp

One of my favourite activities is Scottish Country Dancing and I dance with the Southsea Reel Club every week. This year I took part in the Scottish Tattoo in September at Fernham Hall in Fareham. I was among 25 other dancers who took part. We had been practicing the dances for many weeks before the Tattoo. The day of the Tattoo was very busy because it was the first time when



Andrew practicing before the performance with Jan

we got together with all the other people taking part. There was a bag-pipe band, brass band and Irish dancers. We started early at the hall to practice how and when to go on the stage. I was very excited to be able to dance. The show started in the evening at 7 o'clock. Some of my friends from the Beneficial and Mencap came to watch our show and

said they enjoyed it. I enjoyed dancing in the show. The show finished at 10 o'clock with everyone singing Auld Langs Syne.



by Andrew Sharp

Christmas with my Sister by Peter Williams

I am going to my Sister and my Brother in-law's for Christmas this year and I am giving them their presents on



Christmas Day.

I am going to Berwick upon Tweed with Karen Pollard for the weekend next Spring to see Harry Potter's castle.



Berwick upon Tweed

Berwick upon Tweed is between England and Scotland. Because I have never been to Berwick upon Tweed before and I would like to go there with Karen next year.

By Peter Williams

Holiday in Bognor Regis by Leon Powell

I am going to Bognor Regis from 30th November until the 4th December.

I will be getting a coach up there and it picks me up from the Seagull Pub in Portchester, it will take 2 hours to get there.

I'm going with the active blind club; there are a lot of people going, some of them are in wheelchairs and some of them can't see and they have to use white canes when they walk and some

have guide dogs. I will be taking my girlfriend too.

We will be staying in a hotel called the Russell Hotel, it has wheelchair access. It is costing £160, which includes bed



and breakfast, evening meal and they take us out during the day.

We get given a leaflet of activities and we can choose what we want to do, we will be going Christmas shopping.

I'm looking forward to it, it will be good especially the food.

It is the first time I have been to Bognor Regis, if it is good I will go again

New Stock in for Christmas 2009 at the Craft Shop

Just arrived in our craft shop:-

Jingle Bells, Make your own Paper Chain Sets, Christmas Stickers, Glitter Pompoms, Glass Painting Christmas Sets, Christmas Card Making Sets, Christmas Door Hanger Sets, and much more all ready for a crafty Christmas.

As well as that we have many new items that make perfect stocking fillers: Christmas Sticky Splatters,

C h r i s t m a s
Pencils, Animal
Paper Quilling
Sets, Mini
Magnetic Letters,
Stretchy Aliens,
Glow and Stick
Stars, Pattern Makers, Poly
Gliders, Juggling Balls, Bouncy
Balls and more.



Whether you're buying for one child or a class full our variety and low prices should be just the thing!



The X Factor by Stephen Johnson

Loving the X Factor this year, especially the live auditions.



I cannot stand John and Edward they cannot sing.

Daniel Johnson is my favourite, I hope he wins.



And I love the new live shows on Saturdays with the results shows on Sunday, more of the same please.



Feel Good UK, a new Portsmouth based charity promoting positive mental health and high self esteem, recently launched with enormous success.

Thanks to support from the Beneficial Foundation's Chief Executive Jennie Brent, the charity was able to secure a partnership with Portsmouth Football Club, running it's first self esteem building workshop within the club grounds. Participants of the course who all benefitted enormously from the 4 day workshop came from local job centres, youth offending teams and NEET training providers, as well as personal referrals.

The charity's aim is to teach people

Steven Surridge

the concept that our thoughts and emotions create our life experience. Introducing a number of pioneering thought and emotional management techniques, participants of the course learned how to reduce the amount of stress and anxiety in their life, as well as tools to motivate themselves in their search for personal and career success.



Feedback from the course included the following testimonial:

"P. has had Social Anxiety for quite a few years and, before attending your workshop, has had cognitive behavioural therapy, counselling and even hypnotherapy to try and cure him. None of these appeared to have made very much difference at all and he has not easily been able to express his feelings.

After only the first day on your course he was able to talk at length about the workshop, saying that he found it extremely helpful, finding himself motivated and ready to try further group sessions.

We really feel that this has made a huge difference in the way he now views the world and we are now much more hopeful for the future." P.'s mother

The charity is now planning to roll out more workshops across the city, work with other local agencies, as well as expand its work across the UK.

For more information please visit www.feelgoodukcharity.com

My Christmas by Mark French

At Christmas I will be spending on Boxing Day or New Years Day with my family we will at staying at home.

We will possibly be having friends round to see us and we might go out to the pub.

Also possibly we will go to Hayling Island to see my Aunt and Uncle



Day and have meal with them.

I am not going to have any Christmas decorations up in my flat as I will not be there, but Mum and Dad will.



We will be having my Brother and his Wife round for lunch or tea.

By Mark French

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Serving the Community

www.beneficial.org.uk



Ethos of the Beneficial Foundation

- The Education, Training and Rehabilitation of persons who through their social or economic circumstances are in need and unable to gain employment or further their education.
- To help disadvantaged people gain employment or move onto a meaningful activity within their communities, through the training programme, Steps to Success, within Commerce & Industry and Horticulture.

Don't forget to check out our pages on **FACEBOOK** too.

Beneficial Foundation Within YOUR Community

If you are a local business or charity and would like to utilise this space to promote your organisation or product, please contact Rachel Parker - Brown on 023 92733822 or via email at hq@beneficial.org.uk.

Don't forget to check out our newly re-designed website at www.beneficial.org.uk. Add us to your favourites as we are updating it with new information and promotions we are holding, including the up and coming Christmas workshops.

We will be holding 2 x FREE Christmas Card Making Demonstrations within December, so keep your eye for details. Of course our website will have more details on this too.

Are you interested in potentially holding a workshop for us? Do you have skills and Arts and Crafts and want to share them? If so please contact us on 023 92733822.

If you like this newsletter, then take a look at our previous ones to catch up on

the work our Charity has been doing. Take a look at the News page on our website for further details at www.beneficial.org.uk/news.

Also don't forget you can catch us on **FACEBOOK** with pages for both the Charity of the **Beneficial Foundation** and also the **Materials Bank & Craft Centre**. So log on and become a fan for the latest updates, ensuring you don't miss out.

We hope you've enjoyed our newsletter!