

Assert Newsletter

Autumn 2017



Staffing update

It has been a time of change at Assert with staff moving on (or not, as is my case). I wanted to reassure everyone that we are doing all we can to be at full capacity in staffing terms. I had briefly left Assert at the beginning of July, but decided to return at the beginning of August and was really pleased to be back (even after such a short break). Joe Laffan left Assert at the end of July. Emma has replaced him as our new Benefits Case Worker.

Website Volunteer needed

Assert are currently looking to recruit a volunteer who is experienced in using WordPress, and who would like to support us with the management of our website. If you have these skills and would like to help out please email sarahb@assertbh.org.uk

Hi! I'm the new
Adult Learning
Coordinator at
ASSERT



Catherine left Assert in October to move up north to study. Julia Martinez has taken over Catherine's role as Adult Learning Coordinator. We have begun recruitment for a new Autism Support Advisor to take over from Julia. There may be a short period of time where we do not have an Advisor in post, but we hope that this will be limited.

Sarah Bourne

Activities

We have had a brilliant summer with some great activities, including visiting the deceptive depths of the **Old Police Cells**, which are hidden under Brighton Town Hall.

There was a wealth of information, and it really felt like we were stepping back in time as we explored the old cells and learnt about the history of the building. The tour guide was brilliant, and gave us detailed and slightly spine-tingling tales of some of the more sinister convicts who have been detained there.



We had a **picnic** in Preston Park in July, which was filled with delicious treats and friendly faces.

September's activity was so much fun! We made our own mini worlds in the form of terrariums at **Moss and Miniature**. The brilliant Barclay's eagle labs came along and taught us how to use a 3D camera and scanner. We scanned each other, and 3D printed tiny versions of ourselves to put into our terrariums. Each 'mini world' was so different, and all came out amazingly!



Photos: Kat and Laura at the Police Cells (top)
Zac at Arundel Castle (bottom)



We had a brilliant day at **Arundel Castle** for our annual day trip. The weather was kind and we were able to walk leisurely through the glorious gardens. There was a Knights and Normans event being held whilst we were there. We watched a very funny battle re-enactment, and we all cheered for our favourite warrior!

The historic castle was vast with opulent rooms which are still used by the current Duke of Norfolk and his family. Some members of the group climbed up the 131 steps to the top of the castle keep, which became extremely steep and narrow, but apparently the views were all worth it... (Can you tell that I wasn't brave enough to go up?)

Photo: Jack at Arundel Castle

Kat Chuck

Brighton Marathon

Assert registered as a charity for Brighton Marathon 2018, and we have three places up for grabs. If are interested in taking part in this amazing challenge and supporting Assert, please get in touch. Email assert.bh@assertbh.org.uk for more information. General Marathon information can be found at www.brightonmarathonweekend.co.uk



Photographs and words by Feej

Streets are noisy, confusing, full of smells and sounds you can't control, and cars that do their damndest to knock you over. There are people, lots of people, too close, too loud. And yet I do street photography. In that moment when I look through the viewfinder, I don't hear the screech of a siren, or feel you brush past me a little too close for my extended forcefield's comfort. I'm not in that street any more, I'm in that small, intense, silent space of the viewfinder. I only see what's in front of my camera. I only see you. I'm in that moment. I find it hard to be in that moment without a million things distressing me, jostling to be heard, and yet in that moment I am present, I have focus and relief, it's a meditation to me.



New Benefits Case Worker

I'd like to start by saying thank you to all of Assert's members and staff for making me feel so welcome. I had the pleasure of meeting some of you at October's annual day trip at Arundel Castle, and I was blown away by how friendly and welcoming everyone was, not to mention by the quality of the puns!



Fire safety

We are getting in touch to ask that everyone consider if they would need support to exit Community Base in the event of an emergency situation. To comply with the requirements of the Regulatory Reform (Fire Safety) Order 2005, an individual Personal Emergency Evacuation Plan (PEEP) must be completed for any service user who may require assistance with evacuation in an emergency situation within Community Base.

If you feel that you may need assistance, please email assert.bh@assertbh.org.uk to request a form. If you would like some support to complete the form, we can help with this. If you have any questions, please get in touch.

I'm originally from Glasgow, and I'm happy to admit that lots of stereotypes about Scottish people (for me at least) are true! My favourite things are Irn Bru, Tattie Scones, almost constant use of the word "wee", and speaking too quickly! My accent can be quite strong sometimes, so please don't feel bad about asking me to repeat anything you didn't understand the first time.

For the last four years, I have been working as a Social Worker in community care, and I understand that recent and upcoming changes to the welfare benefits system means this is a very challenging and uncertain time for many people. I'm so pleased to be working for such a great organisation with so many talented, creative, and committed members, and I look forward to working with you all.

Emma Fraser

Goodbye

Time flies when you are having fun!
Wow, I can't believe how fast the last 4½ years have gone. Thank you all for making the last 4½ years so special, fun, informative, and fulfilling. I feel very lucky to have worked with such a great team at Assert. Between the staff, clients and volunteers, I feel privileged to have been a part of a really supportive and friendly community.

I have always said that I have the best job at Assert, and I look back with so many fond memories. I loved being able to provide you with opportunities to try out new experiences, such as the art classes and yoga sessions. I especially loved it when people showed me pictures of the art that they had produced at home, or told me that they now felt confident enough to try yoga at other places. I have loved setting up the courses, and working with all of you who have taken part in them. What a privilege! It is that connection with each of you that has really made this job so special, thank you.

I feel confident in handing all the courses over to Julia, for her to develop further and make her own. She is lucky to have the experiences and joy that she will gain from the job ahead of her.

Goodbye everyone, and all the best.

Catherine Neville

Drop In Reminder

Please note that the Drop In begins at 7.30pm (not 7pm). Please do not arrive before 7.30pm. The Drop In is the second Tuesday of the month



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