

Stepping Stone.

Issue 38 | November 2018

Exploring beautiful York!

A group of eight service users and two support staff enjoyed a day out in York.



Thankfully, the weather was kind and after a pleasant journey on the train, we spent the day exploring the city.

We visited the city's popular sights, venues and attractions including York Minster and the birth place of Guy Fawkes before having a look around the busy market.

After a delicious lunch, we walked up The Shambles before making our way to the National Railway Museum. Here, we saw the coaches used by Queen Victoria and other members of the Royal Family. Finishing off with a lovely cup of tea, we walked over to the station and caught the train home. All in all, we had a great day out in a beautiful and historic city.

Still time to sign up for free outdoor activities!

We have been promoting free outdoor activities in the last couple of issues of Stepping Stone. These are free for all to attend and transport will be provided.

There are still a few places left so if you would like to get involved in outdoor activities such as canoeing, climbing, forest/bush craft, gorge walking, kayaking, mountain biking, orienteering, hill walking,



team building and expeditions then just let your support worker know.



If you have any interests, hobbies or a story you'd like to share with us and your fellow readers then we would love to hear from you. Every month, we are on the lookout for new and exciting articles from you to ensure that Stepping Stone is very much led by our service users.

Just remember that you don't have to be an expert at anything to get involved; simply send us the item you would like to share with a little bit of information and we can help you find the right words to share your story.

You can email your articles to victoria.craig@karbonhomes.co.uk or give them to your support worker when you next see them.

Giving a little extra support

We're here to support you in living a full, active and independent life.

Your support worker will discuss with you a support plan which will be reviewed every six months or earlier if you're reaching specific targets.

You can invite a friend or relative to that meeting which will look at the following 10 key points:

- Managing mental health
- Physical health and self care
- Addictive behaviour
- Living skills
- Social networks
- Work/meaningful use of time
- Tenancy and accommodation
- Motivation and taking responsibility
- Identity, self-esteem and confidence
- Managing money/budgeting

Our person-centred support plans are tailored to your needs and allow you to set your own goals. They are an important way of helping you become more independent.

Dates for your diary

November 2018 – Following the success of this trip in 2016, join us again to visit the Victoria Tunnel in Newcastle.

December 2018 – Christmas party / get festive at Newcastle Christmas Market.



Dawn's diary

Hello, the last few months have been full of ups and downs, hurdles to get through but also big achievements.

I have been using my coping strategies the best I can. Things like my art, walking and other exercises and keeping structure have all kept me going. I am proud as I qualified as a walk leader to leads walks in the community.

In dark places, I have been fortunate to have support from Karbon Homes' support workers, my GP and crisis services. My moods changed hourly, daily, weekly. It can be scary when illness and mental health affects you. Please have hope, I understand how hard it can be.

In the last two years, I have been doing lots of DBT work - a form of behaviour therapy. I try and use mindfulness to ground myself from distress, opposites to negative behaviour doing activities and things that help me move forward. After 25 plus years of mental health issues, it is easier to cling on to familiar emotions of fear, anger, frustrations – it feels better to be kind to self and have self-worth.

I will continue to have hope and day by day, I will move forward with small steps that sometimes seems like a mountain to climb. I appreciate the good days.

Take care Dawn x

Trips and Activities 2019

As we come to the end of another year, we're already planning trips and activities for next year! What trips and activities would you be interested in attending next year? Please give us your suggestions by completing and returning this slip. Once we have everybody's suggestions, we will try and organise these and let you know in future issues of Stepping Stone.

Name:

Address:

Trips and activities for 2019: