

Stepping Stone.

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Trip to Discovery Museum

Support Workers Laura Shield and Rita Drew led a great outing to the Discovery Museum in Newcastle where we learnt about the history of Newcastle and Tyneside, plus a few games played along the way in the Science Maze!

The group stopped for a coffee in the little shop after having a look around and everyone thoroughly enjoyed it.



Support Champions meeting

At our last Support Champions meeting, we discussed how we could streamline the amount of paperwork we produce. The general consensus is that one document to cover everything would be too much so we are looking to consolidate the different risk assessments we do into just one. Watch this space!

If you would like to get involved or just hear more about what's going on within Karbon Homes Supported Housing, please come along to our

monthly meeting. It is held on the last Tuesday of every month at Northfield's House in Heaton, Newcastle. We will arrange a free taxi for you and tea, coffee and biscuits will be provided. You might also make new friends. Please let your support worker know if you are interested and leave the rest to us...Come join us!

Do you have a story you'd like to share or a hobby you can tell us all about? Why not share it with others and possibly help someone else in the process? To get your story in a future issue of Stepping Stone, please speak to your support worker for more information.



More volunteers needed!

Thank you to those who have volunteered for the photo shoots and interview panel. We will be in touch via your support worker with more details on when we need you.

There is still time to volunteer and we are particularly looking for volunteers from the Newcastle area. If you're interested, please let your support worker know ASAP.

Speak Out / Be Aware of Abuse

Abuse can take many forms but, put simply, it happens when someone is exploited or taken advantage of.

Abuse can be physical, sexual, psychological, or financial. Abuse can also take the form of neglect if there is a duty of care towards someone.

Abuse can be an isolated incident or a series of events and it can be perpetrated by a single person or a group of people.

Whatever form it takes, it is important to know what constitutes abuse and how to report it.

At Karbon Homes, our staff are trained to recognise the signs that someone is being abused. Signs can include unexplained cuts or bruises, subdued behaviour, heightened anxiety, or a sudden reduction in someone's disposable income.

We also have a duty to report suspected abuse. So, if you are being abused, or you suspect that someone you know is being abused, call the police for immediate help, or confide in your support worker.

If you would like to know more, speak with your support worker.

Jesmond Dene Park walking trip

Date: Friday 25th May 2018

Time: 1pm

This month's event is a free walking trip around Jesmond Dene Park. David Patterson will be hosting the walk and this trip will be ideal for keen photographers or those who enjoy being outdoors with nature. You'll have a great afternoon out exploring the dene and meeting new people. Please let your support worker know if you'd like to attend.



The Linden Train

Existence could be a train,
With its carriages and compartments,
Its sleepers and buffet cars,
And luggage racks for emotional baggage,
We're on a journey,
But were contained all the way,
Until the final destination.

We all board different trains,
At different times,
From separate platforms,
Our own stations,
On a different day,
But eventually
We alight at the same final destination.

We arrive on a cool bright summer's morn',
The sky is almost cloudless,
The sun is starting to bake,
A lot of us are here already,
Yes many more to come,
We're the new arrivals
And are greeted with open arms by everyone
we meet.

Written by Simon French
(service user in Newcastle)