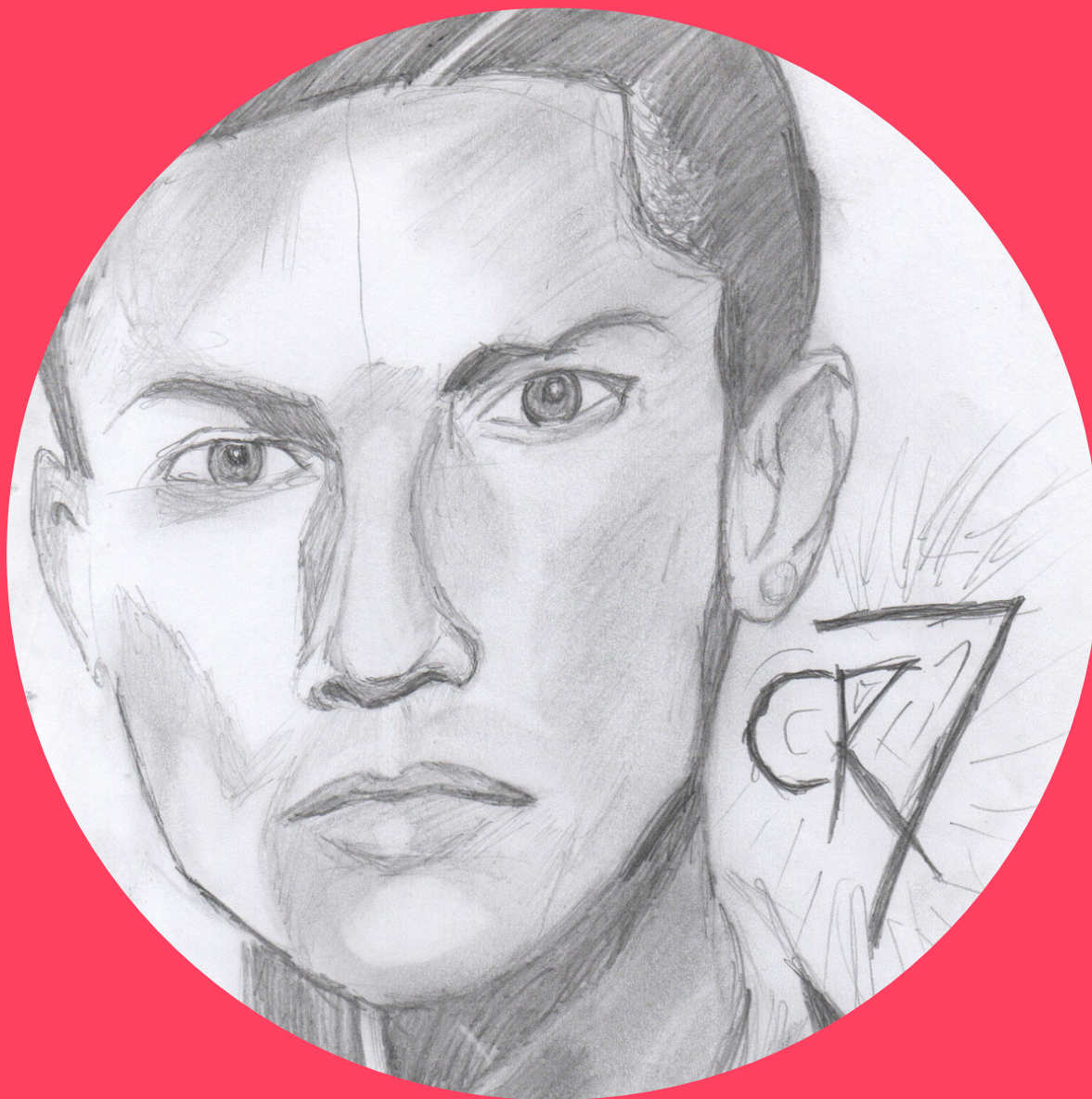


Spring 2018

TENDER HEART

issue 02

QUARTERLY NEWSLETTER



Hello and a very warm welcome to the spring edition of our latest newsletter, our second this year. We hope, so far, our newsletters have kept you updated on our latest news and happenings here at Tender Heart.

CONTACT

104 Nelson Street, London East Ham, E6 2QA

Tel No: 02084722295 Fax No: 02084783766

Email: info@tenderheart.co.uk

HELLO AND WELCOME

WE'VE GOT SOMETHING BIG
COMING SOON...

After a cold winter, Tender Heart will come to life in spring with some great specials, events and activities. These will be announced in due course on our information boards and website!

We've got something big coming soon...

We'll share more details with you in our next edition but for now let us tell you about what's happening right now...

All our activities have now been moved to number 9 elderberry way. This is to allow for wider service user participation. Service users are allowed to invite guests to these activities.

Service User Progress

Within the past month, two of our service users have moved on to their independent flat with floating support provided by Tender Heart for one of them. Another service user has had an offer for his independent flat this month and is expected to move on next month after completing his 28 days notice period.

We would like to use this medium to congratulate all of them for this achievement.

Upcoming Birthdays



Piotr Siwak 18th May

Victoria Peart 22nd May

Fahad Patel 23rd May

David Harris 28th May

We would rather be early than late. Congratulations and Happy birthday in advance from all of us!

Did you Know?



Aoccdrnig to rsccheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig!!!!

Membership

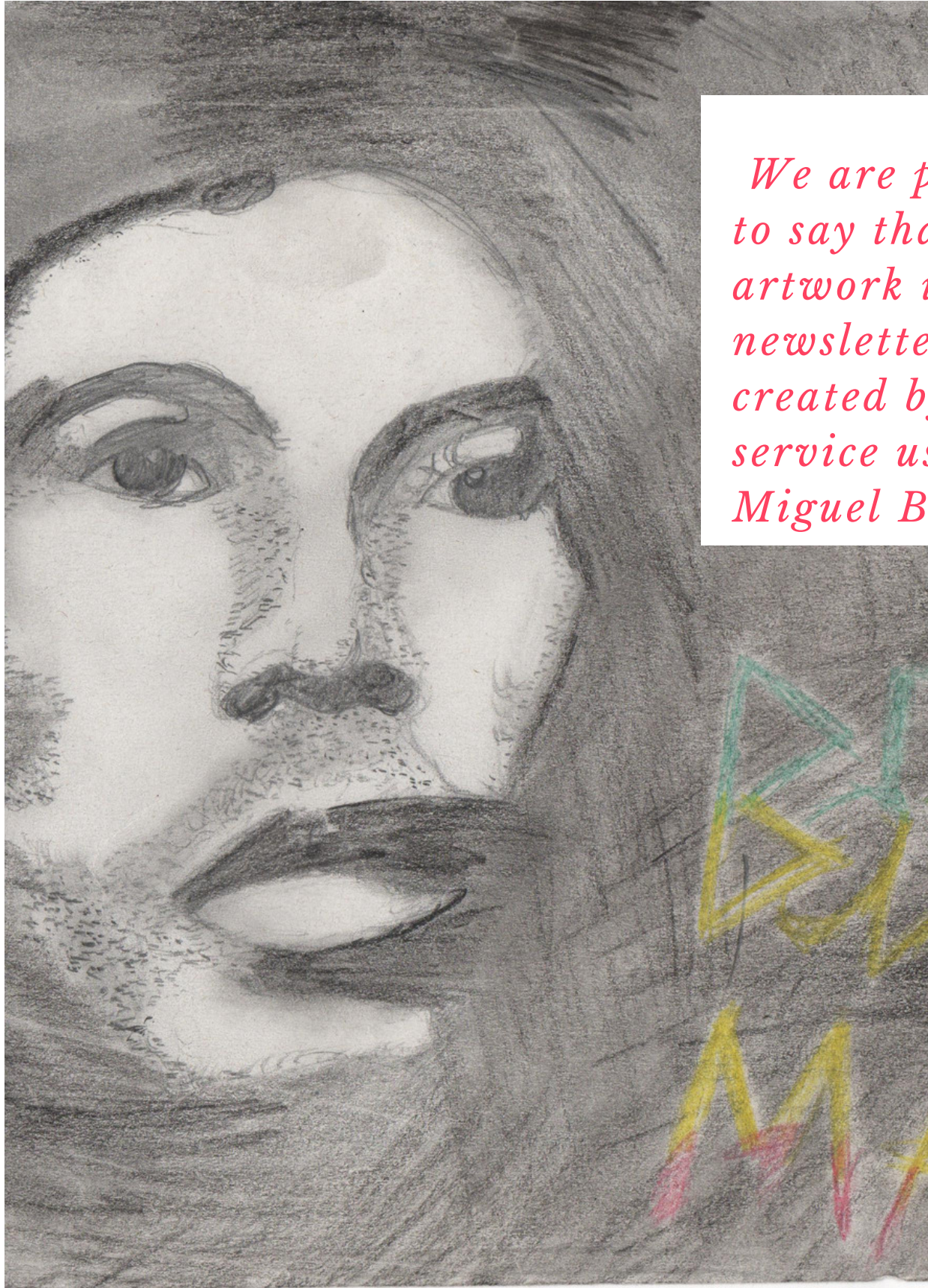


Tender Heart is a member of the Welfare to Work forum in Newham, whereby we regularly receive information and opportunities to galvanise service users' development and progress.

Service User Development

Miguel continues his Art and Design course with Camel Rock. Miguel also does his own private business by selling portraits upon request from promoting his work within the community as well as making general sales when out and about from his own creation.





*We are proud
to say that all
artwork in this
newsletter was
created by our
service user:
Miguel Borges*

OUR NEW WEBSITE

Our website is packed full of helpful and exciting news – and pictures galore!

www.tenderheart.co.uk

COFFEE MORNINGS TUESDAYS @ ELDERBERRY WAY

Our themed coffee mornings still happen every Tuesday morning @ 12noon at 9 Elderberry Way. Going forward, the theme for each coffee morning will be communicated a week to the day via our information board located in each service. This is to allow our service users decide on a theme of their choosing.

GAMES DAY FRIDAYS @ 12 NOON

Our weekly games day still happen on Fridays as usual @ 12noon where service users come together in a social setting with activities of their choice followed by refreshments. Again, just like the coffee mornings, game of choice will be communicated a week before date to allow service users decide on a game of their choosing.

HOUSE MEETINGS WITH SERVICE USERS

The next house meeting has been slated for the 18th of May 2018. Our house meetings generally focus on issues/concerns, developments/shortfalls, ideas and forthcoming opportunities/events where service users often engage in discussion comfortably which encourages social inclusion and confidence in the service. Service users sometimes choose topics for discussion for upcoming meetings.

Service user involvement during these meetings is quite profound as they take lead to set up the venue, contribute ideas as well as assisting with organizing which often enables these meetings to be more productive and run more smoothly.