

# S. U. News

The newsletter for Ealing Service Users

## Help make the new Drug and Alcohol Centre your own

RISE have asked Service Users to provide artwork for the new centre, at 99-101 Uxbridge Road, that reflects peoples recovery journeys. The artwork can be in the form of paintings photographs or a mixture of techniques.



Artists impression of the new reception. (only kidding)

If you are interested, but not sure what to do or how to do it, there are two excellent clubs, run at the cafe, that can help. The Art Workshop is on Saturdays at 12:00 and run by David, the Photography Workshop is on Mondays at 11:00 and run by Amanda.

We will try to get all the pictures on the website, whether they end up in the new building or not.

There is also an art competition on a similar theme "five ways to wellbeing" that could win you cash prizes. Sculptures and installations are also eligible to enter as long as they reflect the subject. You can obtain details from RISE offices and in the next Newsletter.

The winners will be announced at the CNWL "ENGAGE - 2014" conference in July.

## New Website for Ealing Service users

A new website created by Service Users for Service Users will be available from next week. This is not a site run by RISE or any other service provider, the contents of this site will be determined entirely by you.

The website will provide news about services, volunteering, training and employment as well as what's going on for Service Users at the Cafe and elsewhere.

There will be information about how Service Users are represented at meetings with service providers and other agencies as well as how to get your issues raised at those meetings.

The site will link to useful pages on other websites such as RISE, BoB, the Council and some more interesting ones as well.



The site will contain a forum that will be like a chat room where Service Users can raise concerns about services or suggestions about how things could be made better.

There will be an up-to-date page on what's on at the Cafe and when, alongside future activities and messages from Linda C.

The website is an opportunity for Service Users to not only to contribute news, poetry, photographs and artwork but also to get involved in the actual design and operation of the site, with training provided- very good for the CV!



The website should be accessible on smart phones, tablets etc. so there is no excuse for missing out on what's going on!

Thought for the week!

"Resentment is like drinking poison and then thinking it will kill your enemies."

Nelson Rolihlahla Mandela

## Service User Voice

The monthly Service User meeting for all Ealing RISE Service Users is held at the Social Café on the 2<sup>nd</sup> Tuesday of each month 2-30pm to 3-30pm (£5 voucher for attendees).

The next three dates for your diaries are:

- 10<sup>th</sup> June
- 8<sup>th</sup> July
- 9<sup>th</sup> September

## Free Social Activities

June - QPR exact date tbc

Another chance to visit Loftus Road - very popular last year, hopefully the weather will be as good this year.

Call Sean Kelly on 07858400543 for more details, to book a place and to get confirmation of dates and times.

## About your Newsletter and Website

If you would like to provide articles on what's happening to drug and alcohol services in Ealing or on social events for service users, give us photographs poetry or artwork or help edit the newsletter or maintain the website please let us know, contact details below.

If you wish to be included on our e-mail mailing list, please e-mail "newsletter" to the e-mail address below, conversely if you no longer wish to receive the newsletter, e-mail "stop" and we will remove you from our list.

Privacy Policy: At no time will your details be passed to a third party and if you wish to unsubscribe from the newsletter your details will be permanently removed from our database.

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