

Community Support & Information Service

CSI Telephone Number: 01609 536787

Autumn Edition 2011

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Hello again.

Welcome to our
Autumn
Newsletter.

Summer is nearly
over so we will
have to get ready
to wear winter
woollies again!
Brrrrrr!!!! Keep
well wrapped up
and warm.

We have lots of
news and tips for
you in this
edition, news of
staff old and new
and also fun
facts.

CSI Programme

Are you receiving
our Programme
with local
activities?

If not, please
inform a member
of staff or phone
536787 and we
will make sure you
receive a copy.



Welcome

To Claire Healey
and Leanne Hume
our new resource



workers who will



be working with
us. You will be
meeting them
soon.



Remember clocks
go back Saturday
29th October!

Goodbye

We were sorry
saying goodbye to
Ray Williams,
(Care Manager).
Ray has worked
for a substantial
amount of years
for Social
Services and has
taken retirement.
We wish him all
the best for the
future As Ray is
a keen gardener
we hope that his
"dream" of owning
an allotment will
come true, very
soon. Ray was
spotted in
'Strikes' Garden
Centre with
Marjorie. Both
were looking
extremely well.
Good luck Ray!





Are you interested in RDA horse riding?

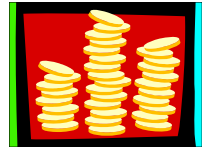
There are some places available on Monday mornings at The Unicorn centre from 11.00 to 12noon. A bus (free of charge) leaves Northallerton at 10.30 hrs.

Purpose of Direct Payments:

The government's aim is to increase your independence by giving you control over the way you receive community care services and the way that they are delivered.

Follow the link below to find out all about it.

<http://www.northyorks.gov.uk/index.aspx?articleid=10723>



Easter fete.

A massive thank you to all the people who made our Easter Fete, which was held on Monday 18th April in the Town Hall, such a pleasurable, memorable and successful day.

Well done to all who had a go at entering our Easter quiz.

Congratulations to Dianne Stubbs, Mark Savage, Eileen Edwards, Natalie Fitzhugh and Stephen Rounsley for getting all the answers correct and subsequently received a gift. (Sorry, all Easter eggs were sold out)

We raised a total of £ 232.00 which was banked into our amenity fund and will be put to good use in the near future.

The laptop is available for use, free of charge, on Mondays when we have our "drop in" at the Town Hall and also during college breaks in the Zion Church Hall.

People attending will have the benefit not only to access our information booklets, ask questions, but also to do their own research on the laptop.

Staff are always available to assist.

Safety

Beware of purse thieves, secure your purse. There are people about who walk around with the intention of stealing



Purses. We advise you to pop in to the Police Station at 72 High Street Northallerton, where you can collect a free chain to secure your purse to e.g. handbag, trousers or belt. Limited numbers are available.

Better to be safe than sorry! Telephone 0845 6060247.

Loan Shark

Don't get bitten by a loan shark

Have you or anyone you know:

- Been offered a cash loan without paperwork?
- Been threatened when you could not pay?
- Had your benefit or bank card taken from you?
- Had a loan which keeps growing even though you are making payments?



If you can answer yes to any of the above; you may have been bitten by a Loan Shark?

For confidentiality help and advice contact the Illegal Money Lending Team

0300 555 2222

E-mail reportaloanshark@stoploansharks.gov.uk

Web: www.direct.gov.uk/stoploansharks

Meet with Friends 'New Exciting Opportunity'

Do you sometimes feel lonely and want company to be able to go out with other people who share the same interests and hobbies as you?

If you do, we want to hear from you!!

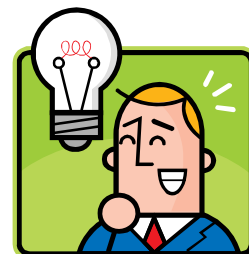
We can help support you by arranging meals out, visits to the Cinema or trips out or anything that you would like to try.

We know it is sometimes difficult for people to meet other people, especially if you live alone. We want to make it easier for you by making the first step and co-ordinating what you want and matching your ideas to other people who would like to try the same things as you. We will help support you and give you confidence to do this independently.

Ring us on 01609 536787

This month's Handy Hint!!

If you have chewing gum on your clothing put the item in the freezer for about half an hour and then the gum should break off as it starts to freeze and harden. If you have chewing gum on your carpet put an ice cube on top of the gum and it should come off the same way as it hardens.



Do you have any handy hints that you wish to share with others? If so give us a call on 537687 or write to us at White Rose House and we can share this tip with you all.

Spot light on Lisa Metcalfe

Every edition we will interview a person that should be familiar to most of us and ask them 4 simple questions. This edition we have interviewed Lisa Metcalfe (Resource Worker level 4 CSI)



What do you like to do in your spare time?

Retail Therapy, Exploring the Internet, Socialising, relaxing, spending time with my family and eating out.

What is your star sign?

Libra

What is your favourite holiday destination?

Has to be visiting Santa's home for 4 days in Lapland in December 2010.

If you were on a desert island what 3 things would you take with you?

Mmmmmmm - Laptop, Sun Cream and a boat so that I could sail back home.

Staff News

Both Tracie and Gill have started work towards their diploma in Health & Social care. Tracie is working towards level 3 and Gill has started level 2.

Congratulations to Sandra Savage who finished her diploma level two in Health & Social Care in record time.

As usual staff have been busy updating themselves with their mandatory training via e-learning and classroom based courses.

Zita, who left in the spring, has passed on the good news that she is expecting her first baby. We send our congratulations to both Zita and Dan.



This is White Rose House on Thurston Road, Northallerton where the CSI offices are based. The people at reception are called Superintendents.

They are in charge of security and maintenance for the building. There are 3 floors, several meeting rooms and about 150 people work there, there are a variety of departments.

Town Hall CSI Drop in

A reminder that we have a drop-in at Northallerton Town Hall every Monday from 9 am until 3.30pm. Everybody is welcome to pop in and have a chat to staff and friends.

Every Monday morning the upholstery group is held here (cost £ 4.00) in addition to the drop in. Don't feel you have to join in with the group, feel free to drop in to meet up with friends and do a bit of socializing.

We offer different mini sessions in the afternoon that are fun and could be useful. There is always something to do or you can just relax and people watch. Everybody welcome!!.



APPEAL!!!

The upholstery group which is running short of material, buttons, beads, wool, lace, ribbon, etc.

If you have got anything spare we will find good use for it.

Your "goodies" can be delivered to the Town Hall or dropped of at White Rose House on Thurston Road.

Alternatively we will be able to collect it from your home.

Some number facts about 2011

This year we have been experiencing some unusual times/dates

1/1/11	First January 2011
11/1/11	Eleventh First 2011
1/11/11	First November 2011
11/11/11	Eleventh of eleventh 2011

Try this easy Recipe - Chewy Microwave Flapjack

- 3 ounces of butter (75g)
- 2 tablespoons golden syrup
- 5 tablespoons of light brown soft sugar.
- 5 ounces (150g) porridge oats
- 2 ounces (50g) sultanas
- 2 ounces (50g) glace cherries, chopped.
- Add 2 ounces (50g) of dried apricots if you want.



Place the butter, sugar and syrup into a microwave safe bowl. Cook on full power for 1 to 2 minutes until butter is melted. Stir in the oats, sultanas and cherries (and apricots optional). Empty the bowl carefully and put the mixture into a small greased microwavable tray (about 2 inches high is ideal). Cook on high in the microwave for about 5 minutes until the centre is bubbling. Leave to cool. Cut up into pieces and share with your friends.