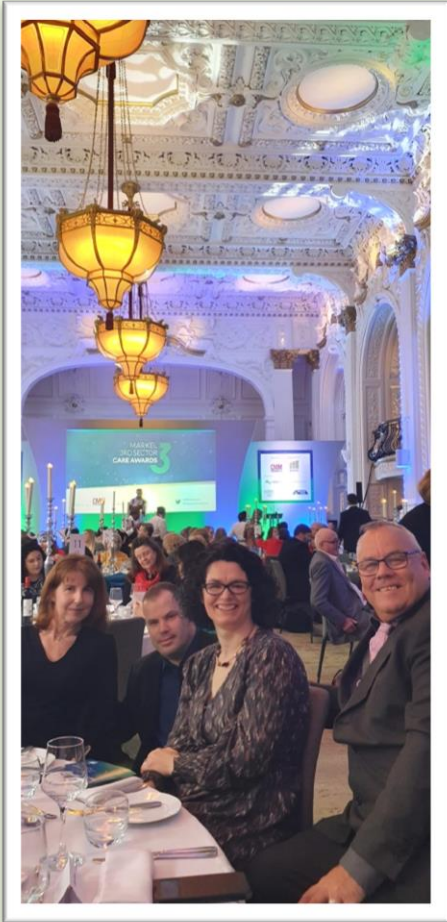


COMMUNITY ENGAGEMENT FINALISTS!

On the 4th March, Sid Turner, Rachel Spencer, Amanda Beadling and John Kane travelled down to Birmingham for the 2022 Market 3rd Sector Care Awards.

New Beginnings were named one of three finalists nationally in the Community Engagement Category.

The event was hosted by Newsreader and Presenter Angela Ripon who praised carers around the country and reminded us how valued, inspiring and special people who care are.



Sid said on the day...
I would like to thank New Beginnings and all my friends at the allotment



We were entertained by the fabulous 'Choir Without a Name' which is a group of people who have been affected by homelessness. They had us all singing along.



While we did not bring the trophy home, we were honoured to have been national finalists and have met so many amazing and inspiring people. We have brought back lots of great ideas to share



A FOND FAREWELL TO ELLIE AND JOE

Our fantastic Occupational Therapy students Ellie and Joe have now completed their 10 week placement with us from Northumbria University.

Parting message...

Ellie and I (Joe) are leaving New Beginnings at the end of the week as it's the conclusion of our placement. On behalf of both of us, I would like to thank all the staff who have made the experience the best it could be, and we appreciate all the opportunities provided; we will be taking this experience forward into practice. Seeing the staff's passion for their role is truly something to behold and it's been a pleasure to work with you and the service users for the past ten weeks. Wishing you all the best for the future
Ellie and Joe

They also led a great sensory craft session at the allotment making seed pots out of newspaper. The sun came out and we have a lovely afternoon together

They have left us with some great ideas for our sensory garden too

We wish them well as they finish their degree and go on in their chosen areas



WAR IN THE UKRAINE

Many of you will have heard about the war in the Ukraine in the news or social media. You may be feeling worried or confused about what it is all about.



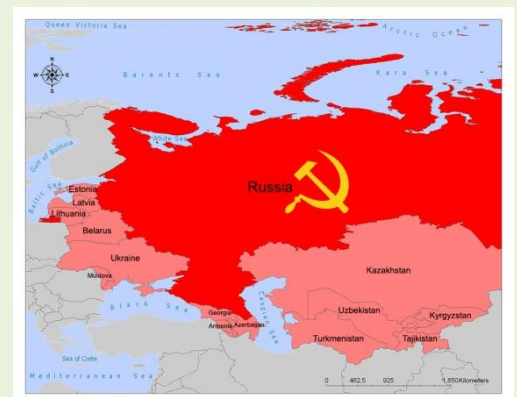
Russia has invaded the Ukraine. This is where one country sends its army into another country to attack them.

Vladimir Putin, the Russian President, has sent his army into the Ukraine.



People around the world are protesting about what is happening, including people in Russia even though it is against the law and they might get arrested.

Ukraine used to be part of the USSR and was controlled by Russia but in 1991 the USSR ended and Ukraine became an independent county.



Putin has sent his army to Ukraine as it will not do what he wants. He is angry that Ukraine wants to join NATO. Ukraine has said that it should be up to them whether they join NATO or not.



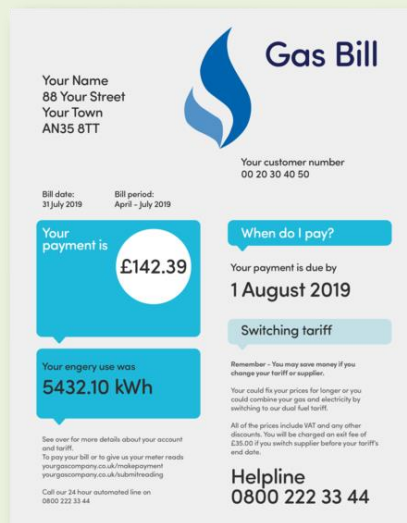
NATO countries have not sent soldiers to help the Ukraine fight but have sent weapons to help Ukraine fight back.



They have also ordered sanctions on Russia. This is when they do things such as stopping buying and selling things to Russia and blocking their banks



Gas and oil prices have risen as many countries get their oil and gas from Russia



Millions of people from the Ukraine have left their country to keep safe and are now refugees. Men aged 18 – 60 have to stay to help fight Russia



Lots of leaders from different countries are talking to try and find a way to stop the fighting in Ukraine



KEVIN'S MODEL TRAINS STEAM AHEAD IN LOCKDOWN



Over a number of weeks, Kevin has meticulously built this fantastic train track for his Hornby train collection. He bought his first train a few years ago – a West Coast Highlander.

It is something that he has recently taken up and has really enjoyed it. Complete with stations, platforms, and engine shed, crossings and signals, Kevin would like to add to it in the future.

He worked from a guide and instructions from Hornby and started by drawing out the layout.



SAFETY TIPS AT SAFETYWORKS!

A group of us visited SafetyWorks! recently which is an interactive educational safety centre managed by Tyne and Wear Fire and Rescue Service, working in partnership with Northumbria Police and Crime Commissioner (PCC), Northumbria Police, Nexus, St John's Ambulance and Sainsbury's.



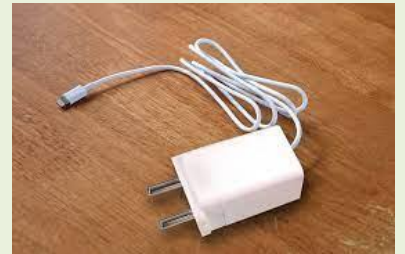
Staff showed us scenarios of real life situations in realistic setting so that we could identify hazards, helping us to think about keeping safe both in our homes and while out on the roads in our communities. We also practiced making 999 calls with an emergency call operator on the other end of the call.



Top tips we brought back from the visit include not overloading extension sockets – look at the voltage of things that you plug into them. Things that produce heat such as hairdryers and heaters have a higher voltage.



They also told us about the dangers of leaving mobile phones on charge overnight, as they can get very hot if they are on charge for extended periods of time and may cause a fire.



Most pedestrian crossings also have a small device on the underside of crossing control box. This begins to spin when the green man lights up to tell people who have a visual impairment that it is their turn to cross.



It takes approximately 3 minutes for a flames to engulf your home so it really is important to get out straight away and ring the fire brigade.



ENGAGE NEWS!

Tesco's at Kingston Park have given us the use of their community room on a Friday morning so look out for some great activities and sessions coming up in the near future.



We are also recruiting a gardener to help with our work at the allotment, and a Community Engagement Worker so we will look forward to introducing them to you soon





- We have had a busy month supporting our Senior Team Leaders through the End Point Assessment process for their Team Leader Apprenticeship qualifications and have already had some excellent results through – details to follow when all results are in! Well done guys, we are so proud of you all and you are nearly there!
- Congratulations to the following people that have recently passed their Level 3 Diploma Qualifications – Martin Farrington and Malcolm Wharton
- We have secured a new important contract delivering PMVA for the NHS, including sites around the North East and also Harrogate hospital, which is a great achievement and testament to the high quality training we deliver, given that the NHS usually provide all of their training in-house. Well done Neil you're going to be a busy man!
- Paul recently delivered some bespoke training to a charity based in Hexham, called Tanga. Tanga is a youth and social group for children and their families that have special educational needs and disabilities so it was great to do some work with a worthwhile cause. We provided them with Basic Life Support, health and safety, risk assessment and food safety training and we hope to do more work with them in the future

We still have spaces available on the following training dates:

Epilepsy and Midazolam

13th April 2022, 9.30am to 12.30pm

12th May 2022, 9.30am to 12.30pm

14th June 2022, 9.30am to 12.30pm

Emergency First Aid at Work

12th April 2022, 9.30am to 4.30pm

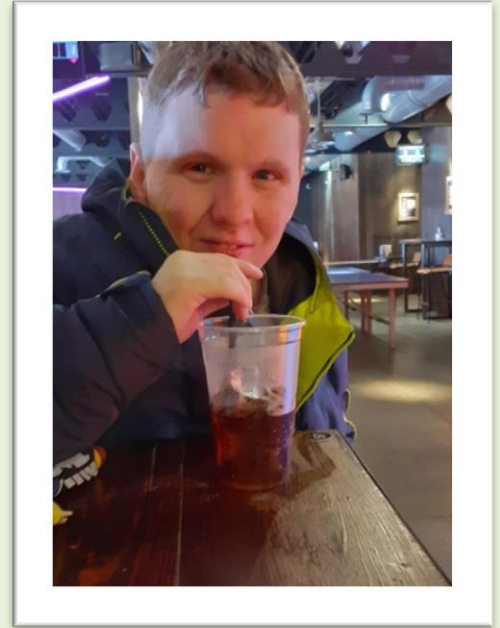
First Aid at Work

25th to 27th May 2022, 9.30am to 4.30pm

We are also available to deliver the following upon request – Dementia, End of Life Awareness and Diabetes and Administration of Insulin. For more details or to book any spaces email donna@n-lightennortheast.co.uk

GREAT NEWS STORIES!!

Great recommendation from Ryan – Karaoke at Lane 7 in Newcastle. Karaoke is one of Ryan’s favourite things to do and he loves belting out some of his favourite tunes.



Prior to covid, Debbie attended ‘bikes’ at Newburn Leisure Centre each week, this was an important part of her weekly activities and gave her the opportunity to be active and also socialise; unsurprisingly this activity was a huge miss during covid – Debbie has started to attend Newburn again and is thoroughly enjoying it!

It’s that time of year again – Loraine is cutting her grass and getting the garden ready for the spring.

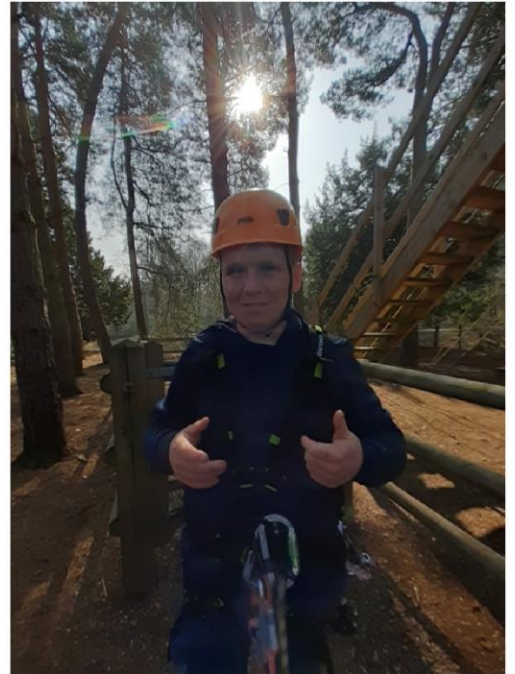


HOLIDAY RECOMMENDATION

Great idea for a break away....

Ryan recently stayed at Centre Parcs, Nottingham.

Ryan enjoyed the aerial challenge, where he was suspended up to 40ft in the air while negotiating himself around the course in the trees. This was followed by a descent via a zip wire. He also enjoyed a round of crazy golf, swimming every day and ate some of his favourite food in the restaurants there too.



BIRTHDAY CELEBRATIONS!!



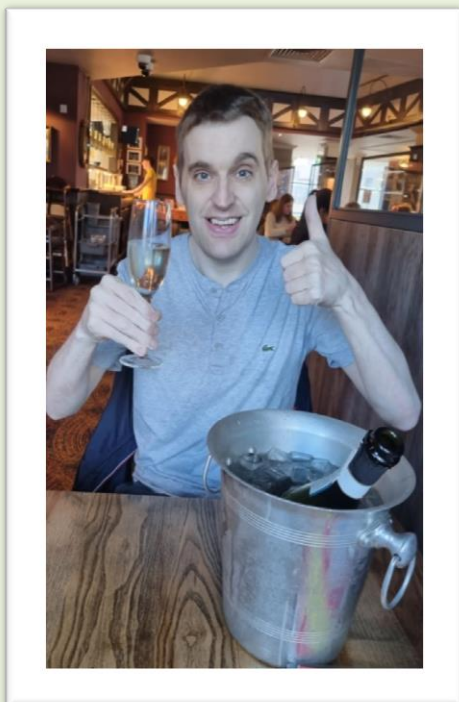
There have been a few birthday celebrations recently...

Jimmy celebrated his 60th Birthday!

He spent the morning opening his presents and loved what he got and showing them off to the staff.

Jimmy then requested to go to McDonalds for cheeseburger, fries and a coffee, and then on to the arcades at the Metrocentre to play some games.

HAPPY 60TH BIRTHDAY JIMMY!



Michael went to the Wouldhave Weatherspoon in South Shields for his birthday meal and some drinks.

Michael had a great day choosing a glass of prosecco, bottle of lager and glass of wine. He paid the price with a hangover the next day!

HAPPY BIRTHDAY MICHAEL!



Environmental working group

New Beginnings N.E Ltd are looking to create a small working group that aims to protect the Earth's wild places, to practice and promote responsible use of the Earth's ecosystems and resources, and to reduce our own carbon footprint to help restore the quality of the natural environment that sustains us.

The group is open to service users and staff to join us, we will meet 2-3 times a year to discuss the latest issues relating to the environment and how as an organisation we can help.



If you are interested, please register your interest by contacting Personalisation and Wellbeing department or Rachel Spencer at Ngage on 01912130444 by the end of February 2022.