

7 Things to Give Up!

1. People pleasing
2. Doubting yourself
3. Negative thinking
4. Fear of failure
5. Criticizing yourself
6. Saying Yes when you want to say No
7. Procrastination

Car Park

Be aware that double parking is not allowed in the carpark. CCTV could mean that you may receive a parking fine for parking in a non allocated bay.

The Haven Project cannot accept liability.



Tea & Coffee
only
£1.00
per week
'feed the teapot'

Haven 01206 572215

Samaritans Freephone

116 123

www.thehavenproject.org.uk



the.haven@thehavenproject.org.uk

Weekend Group Days

There is a adjustment to the weekend groups they will now be as follows

Saturday 2nd September

Sunday 10th September

Saturday 16th September

Sunday 24th September

Saturday 30th September

Sunday 8th October

Saturday 14th October

Sunday 22nd October

Saturday 28th October

Sunday 5th November

Saturday 11th November

Sunday 19th November

Saturday 25th November

Sunday 3rd December

Saturday 9th December

Sunday 17th December

Saturday 23rd December

Sunday 31st December

10.00am-15.00pm

Programme may change at short notice!



The Haven HiLites



July & August 2017

The Ivy Farm Camp



We were all set, having had a meeting two weeks previously with John Wills and Matt the volunteer from Green Path Ventures, we had decided on menus for each meal, and a full itinerary of outdoor activities, to cover the duration of the stay.

Sleeping in hammocks in the trees was the one thing I was positive wouldn't happen, I was wrong and a number of clients braved the rain to erect tarpaulins over the area where the hammocks would be hung a little later.

Safe to say the weather did not dampen anyone's enthusiasm and every one showed real resilience. Most of the activities that were planned were scuppered but it really didn't matter.

It was cold, wet and truly amazing, thank you to everyone that took part whether you slept in hammocks in trees or the barn, tents in the field or the barn. Well done. xxxx

Camping definitely not glamping: Wednesday the 9th August was probably the wettest day of the year, it was also the day we were camping at Ivy Farm.



The Crisis Prevention Service is 5pm and the last call is no later than 7.45 Sunday to Thursday

Please leave a message and staff will get back to you. This may not be the same day as the office is not always manned

During the day there are no crisis staff usually present,

Please do not be offended if Jayne cannot spend longer than taking a message when you call.

Ivy Farm dates

Friday 25th August

Friday 8th September

Wednesday 20th September

Friday 6th October

Wednesday 18th October

Please contact Sue if you wish to book a place to go to Ivy Farm

sue.gathercole@thehavenproject.org.uk

The Referral process.

It is really wonderful that clients are spreading the good word about our fabulous project however we need to explain that there is a process of referral that has to be followed, and please note we do not have a fast tracking system.

If you have a friend that is interested in joining the Haven, **they** should contact the project on the usual phone number 01206 572215 and request an application form, alternatively they can go to the website and request one; via contact us, or by email, the address is: the.haven@thehavenproject.org.uk

If someone would like to look around the project this can be arranged, but it has to be by appointment only, and preferably when there are no groups, confidentiality is key for both clients and prospective clients alike.

A personality disorder diagnosis and relevant CO postcode is a paramount requirement to becoming a client, and the proof of this is shared with the management during the referral process and is highly confidential between the prospective client and the person registering them.

Thank you for your understanding in this matter and carry on spreading the word.

ELECTION CHANGES– IT IS DOWN TO YOU

AT our last meeting it was suggested that we change how you elect the Chair and Deputy Chair of HCAG. After a lively discussion it was whittled down to two choices

1: Keep the system as it is and elect a Deputy and a Chair each year following nominations. THIS MEANS THAT THE PERSON WITH THE MOST VOTES IS ELECTED CHAIR AND THE PERSON WITH THE NEXT HIGHEST AMOUNT OF VOTES WILL BE DEPUTY CHAIR

2: Elect a Deputy each year who then becomes Chair the next year : THIS MEANS THAT **EFFECTIVELY** PERSON YOU VOTE IN FOR DEPUTY CHAIR IN YEAR ONE, YOU HAVE AUTOMATICALLY VOTED IN FOR CHAIR IN YEAR 2.

Pernille Petersen (Project Manager)

WANTED

Enthusiastic clients to take an active role in writing, editing and publishing the Newsletter.

Please apply to:

sue.gathercole@thehavenproject.org.uk

