

Hope HOUSE

NEWSLETTER #4

Editorial - March 2021

Well, Spring is in the air, Easter is just around the corner and dare I say it, hope is rising! One thing is clear, **this** Spring is longed for more than any other in history. The sunshine and blue skies have never been so welcome and the impact on our mental health, mood, attitude and spirit is tangible. Bulbs are bursting into life; green shoots are sprouting, and buds are appearing – the seasons don't let anything hold them back – and neither do we.

Here at Hope House, we keep on going, so in this edition of Hope House News we will be sharing some of what we did in 2020, what is happening now and what is planned. We also have some tips on how to keep your mental health in good shape and of course, our meet the team slot with lovely Diane. So, grab your cuppa, sit back and enjoy. Hoping to see you all, very, very soon. X

Our Telephone numbers are :- Emma on 07938 682770 or Maggie on 07938 682771. Hope House address is 7, Zoar Street, Lower Gornal, DY3 2PA.

2020 What a Year! – One We Will Never Forget

Despite the doors being closed, the incredible volunteers and staff at Hope House rose to the challenge of supporting our community when facing a pandemic of epic proportions. Below is a very condensed list of some of the things we did to try and support the folk of Gornal.

Prior to the pandemic hitting, our doors opened 444 times, welcoming people into Hope House Lounge on Mondays and Tuesdays for free food, drinks and chat. We befriended and telephoned over 60 people every week. We completed over 300 shopping trips for people who were struggling to get out, including prescription runs. We sent out spa and thank you packs to our incredible keyworkers. We sent out self-care packs to those struggling with lockdown, so many we lost count! We facilitated zoom sessions for our volunteers and Hope House regulars.

We debuted our Springs Online Cooking Session – still on our YouTube channel if you want a laugh. Our Community Garden was started, lots of clearing and erecting fences and bid writing. Our cream teas in the garden for 6 at a time were a massive success - a big hit with the community. We delivered 89 hot meals out during November, to folk who valued a knock on the door, a friendly face and some nutritious hot food. Emma kept everyone up to date with Facebook posts and videos detailing our latest adventures.

We started Hope House News - our Newspaper which tries to keep everyone abreast of the latest developments.

We got our Financial Conducts Authority Approval to officially practise as a Debt Advice centre in our own right. We gave out numerous food parcels, toiletries, etc. from our emergency stores. We continued to be official food bank vouchers holders; We continued to provide free school uniform and had special days where families could access uniform in a Covid safe way. We responded to individual people's needs as and when we became aware of them. We supported a Dudley wide initiative 'Revive' feeding youngsters during school holiday times and ran a Photography Course over Gornal Rec.

And our amazing Secret Gift Giver Project at Christmas provided the following :-

- 42 Gift Bags with Marks and Spencer's mince pies and jam to those we befriend.
- 30 Massive Christmas hampers full of food to local Families.
- 55 Children had brand new, gorgeous, handpicked toys relevant for them.
- 10 Families had fresh Christmas Day food hampers in conjunction with the Christmas Lunch Project.
- 27 of our 30 families had top up hampers the week after Christmas. **We've been a bit busy - but 2021 - bring it on!**



Springs Church meets every Sunday on Youtube at 10:15am, search for **SpringsChurchGornal** .

Email: info@springschurch.co.uk to join our mailing list for updates on upcoming activities and new Sunday service details.

Website: www.springschurch.co.uk

Charity Number: 1171951



Meet the Team - So Who IsDiane?????

Hi, my name is Diane; AKA "Emma's Mom." I was born & bred in Lower Gornal sixty-two years ago. Married for forty-two years, my husband is from sunny Netherton but I think he has been accepted as a "Gornalite" now. I have two lovely daughters & three equally lovely grandchildren. All are a blessing from God. I have been a Christian for forty-seven years and for me, there is nothing better than having assurance of eternal salvation of grace by faith in Jesus Christ. What a precious free gift, available to all. Prior to Covid-19 restrictions, I was a regular helper at Hope House located in the heart of the Village on kitchen & cleaning duties. Now currently happy to support all comers as a voluntary Debt Adviser.

Therapeutic Group Sessions

We are currently providing therapeutic support sessions at Hope House - Parenting in a Pandemic and Coping with Covid. These are being run in partnership with Breathing Space Therapeutic Services and in line with Government Guidance regarding Covid Safe Guidelines. Parents are getting much needed support and their children, up until 8 March when they went back to school, were getting age appropriate, emotional health coaching. We hope to be providing more sessions soon— so watch this space!

Hope House Garden

As we've heard nothing about the Aldi situation we have gone ahead and started arranging for the Hope House Garden to be a place of rest and relaxation, with colourful, inspiring art-work, raised beds for planting vegetables, potting benches and cold frames for starting those seedlings and of course, a lovely seating area for those incredible cakes made by Sue! All we need now are gardening enthusiasts who can take ownership of all things green fingered. If you have any gardening knowhow then we really want to hear from you!!

Your guide to reducing the Lockdown Blues.

1. Keep up your daily routine and plan ahead to fill any days without activities.
2. Stay connected with other people, family and friends and neighbours. You can always ring an old friend for a chat about the good old days!
3. Talk about your worries and don't keep them to yourself.
4. Look after your body by taking some exercise everyday, even indoor stretches are better than doing nowt.
5. Stay on top of your feelings & don't allow them to overcome you.
6. Don't read the news too often so that it worries you.
7. Carry on with your hobbies and pastimes as much as possible.
8. Take time for relaxation and possibly meditate and forgive yourself if you feel like you are being lazy.
9. Get a good night's sleep and if you have thoughts that are keeping you awake, then get up and write them down in full then return to bed.
10. If you feel you need help, then ask for it. You will find that people are only too willing to support you.
11. If you find yourself at a loose end then why not make a list of all the jobs that you've been putting off so that next time you can start doing one of them!
12. If you've been blessed with help and support from others, then why not take time out to thank them, it will make all of you feel better!

Finally, if you are one of life's survivors and are feeling really good, then why not offer to help others worse off than you?

Hope House Re-opening????

At the moment we are able to fully open on 21 June but before this we can have 6 people outside again and so CREAM TEAS ARE BACK!!! We are so looking forward to doing these again as they were so appreciated and so needed. We will be inviting 4 people at a time with 2 volunteers, all COVID secure and regulated of course. Hope the good weather returns. You'll be called soon!!

Springs Easter Trail 2021 – The Great Easter Egg Giveaway



Springs Easter Trail is a trail-based treasure hunt for children and families. Each family must work together to hunt down each part of the Easter story by locating a series of artwork produced by local artist, Darren Goldie, hidden around Gornal village. Each of the posters will contain a different word which when pieced together will unlock a secret code, families must then scan a QR code and put in the code to unlock their prize! Posters will also be available for children to colour in and display in their own windows at home!

Springs Church - Easter Celebrations

Good Friday Zoom Session & Online - YouTube at 6.30pm - email info@springschurch.co.uk for the Zoom link

Easter Sunday Celebration Online - YouTube only at 10.15am, search for **SpringsChurchGornal**

Springs Church meets every Sunday on YouTube at 10.15am, search for **SpringsChurchGornal**

Pre-church Hangout every Sunday at 9.30am

Email: info@springschurch.co.uk to join our mailing list. Website: www.springschurch.co.uk Charity Number: 1171951