

# Hope HOUSE

## NEWSLETTER #5

### Editorial - July 2021

Where has the first half of the year gone? As we open up to the summer months with restrictions lifted, we are pleased to announce the full opening of Hope House Lounge and Garden. Lots of hard work behind the scenes has resulted in a vibrant, cosy, relaxing garden to enjoy the sun, friendship and Sue's cake. You are all so, so welcome..... Come and enjoy the space. As always should you need any specific help or support then do call us on 07938-682770/1 and we'll do our best to help.

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

### Creative Garden Space at Hope House

Many thanks to everyone who has helped us reclaim the garden space and make it into such a beautiful relaxing area to chill and chat. A special shout out to the incredible Paul and Rob who erected our amazing gazebo/shelter which has been so useful in the May rain! So far, our radishes have been ravished, the lettuce was delicious, the birds are loving our strawberries, the broad beans are well on their way and our potatoes are making a bid to overtake the world!!!

**CRAZY 4 CRAFTS**  
Parents can have coffee and cake while their kids craft

- Superhero persona mask - 27th July
- Biscuit decorating - 2nd August
- Paper plane racing/ making & Jewellery making - 3rd August
- Mega event - 9th August
- Treasure hunt - 10th August
- Beaded canvas - 16th August
- Tower competition - 17th August
- Windchime making - 23rd August
- Den making & Bookmark making - 24th August
- Plant Potting & decorating - 31st August

All events will be held at Hope House (7 Zoar St. Gornalwood, Dudley, DY3 2PA) between the times of 10-12! All ages welcome

### Herb Planter >>>>>>>

Our herb planter looks like it fell off the end of a rainbow and has strawberries, mint, chives, lavender, parsley, sage, rosemary and thyme. There's a song in there somewhere !



### So, When Are We Open?

Great News – We are open Mondays and Tuesdays 9.30am – 2.30pm as usual but we are also opening up on WEDNESDAYS during the summer holidays!! Same times and we are doing some kids crafts with a fabulous youth team who are supporting us on Mondays and Tuesdays.

### Update on Emma

As many of you are aware, Emma, one of Hope House's main leads, has been quite poorly but the good news is she is on the mend and has come back to work now. Nothing will keep her from you guys. We wish you all the best Emma in your recovery and pray God's healing and strength for you.

### Novel Lending Library

We have a new lending library consisting mainly of novels so if you have any spare novels you could offer, please bring them along and/or just have a peruse.



**Springs Church** meet every Sunday at Zoar Methodist Church, alternately 10.30am & 4.30pm. See website or ring us for details  
Email: [info@springschurch.co.uk](mailto:info@springschurch.co.uk) to join our mailing list for updates on upcoming activities. Website: [www.springschurch.co.uk](http://www.springschurch.co.uk)  
Our sermons remain online on our **Springs Church You Tube Channel**, search for **SpringsChurchGornal**. Charity No: 1171951

## Meet the Team - So Who Is .....Paul Flavell ?



Paul was born in Abbey Street, Gornal in 1952. He met the love of his life, Sue, in 1971 whilst playing football for Gornal Methodists and they married in October 1974. Paul then managed various football teams for over 20 years for the Boys Brigade and church. Having coached many lads football in the Gornals, he often has the pleasure of bumping into them in the local Gornal pubs, where the lads come up to him repeating his well-known sayings from the pitch, such as "alright my son" or "come on my son." Even today, Paul still greets his best friend and fellow coach, Rob Taylor with the words "alright my son." A phrase used by Arthur Daley. Paul's other passion is cycling. He frequently arranges cycling excursions, from day trips, weekends to two week holidays all over the country and Europe for "the troops" (his treasured family). A couple of years ago he purchased an E-bike which proved to be a game changer with many more routes and bike trails available. For the majority of his career, Paul worked for a local company as an engineer which involved travelling extensively throughout the UK, Europe and the rest of the world on many "Turn Key Installations". Paul then, set up his own business producing custom built roll-forming equipment in Wolverhampton. Retirement has allowed Paul to spend more time to share his life and faith experiences with his family and visitors at Hope House. Now, Paul and his wife Sue have taken over the reins of Hope House on a Tuesday.

## Debt Advice Centre

Natalie breathed a happy sigh of relief as she marked another month off the calendar and realised the end was in sight. Just 6 months left to go and she would be completely debt free after 13 years. Natalie took out her first loan at the age of 18 and for the first few years she managed well juggling her reasonable wage against a loan, credit card and a couple of store cards, but one day her circumstances changed without prior warning and suddenly what was once manageable started to spiral out of control. Natalie ignored her problem, carried on borrowing when she couldn't afford clothing and food and worst of all waited a couple of years before she admitted she needed help. Then one day she reached out to a debt advice charity. They helped her see a way through the mess and put her on a plan to freedom. Freedom from debt, freedom from struggle and the tools to never find her way back there again.

If you recognise Natalies story in your life there is hope. At Springs Church, we are passionate about serving our community to help people discover freedom in their lives and one way we do that is by offering free, regulated debt advice and help for people to learn to manage their household finances in an efficient way. Our fully trained staff and volunteers can discuss with you a range of options from debt management plans, to debt relief orders and many other insolvency options. Our budget coaches also run friendly small group Money Courses to give you the tools to understand your income and expenditure and make the right choices about your household money. **If you are struggling with debt and would like help please contact [emmasealey@springschurch.co.uk](mailto:emmasealey@springschurch.co.uk) or telephone 07938 682770 to book an initial appointment which take place at Hope House, 7 Zoar street, Lower Gornal.**

## You May Notice a Difference

**LOOK >>>>>**

Thanks to Hannah, Daveena and Mia, Hope House has had a facelift. As they have now all finished their GCSE's they are not only planning craft sessions for the kids in the summer holidays, but they are also painting the downstairs of Hope House – what stars they are!!! We so appreciate their servant hearts and willingness to get stuck in. Thank you Girls!



## Therapeutic Group Sessions

During the pandemic we ran two therapeutic support sessions at Hope House - Parenting in a Pandemic and Coping with Covid. These were run in partnership with Breathing Space Therapeutic Services and in line with Government Guidance regarding Covid Safe Guidelines. Parents got much needed support and so did their children, who up until 8 March when they were able to go back to school, were getting age appropriate, emotional health coaching. We are so aware of the need for mental health support that we have spoken to Dudley's mental health team and we hope to be working alongside them to provide some awareness and information sessions in September so watch this space .

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