

HULL LIGHTHOUSE

www.hulllighthouse.co.uk

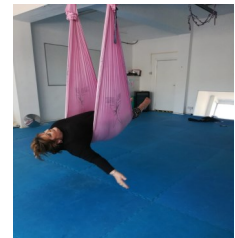
December 2018

In the Community. At the end of the year we will be saying goodbye to Anna our Community Outreach worker. Over the last 5 years Anna has built up a network of groups and events in the community which has enabled women to access activities, events, outings and most important, friendships. Her love for the local community has been apparent through the setting up of these weekly groups and I know the women will continue to access these whenever they can.

One of the most recent groups that Anna set up is the Fitness Group. Several of the women we support have mobility difficulties, which leads to weight gain, which in turn leads to health issues. This weekly group focuses on those with mobility issues.

These anti-gravity yoga sessions, which are a form of aerial yoga, use hammocks. The women love these sessions and attend every week, even when they don't feel up to it as they say it's fun and really makes them feel better.

We all wish Anna a well deserved rest and I'm sure we'll be seeing plenty of her at various groups and events.



Meet a Peer Mentor—There were some dark times!! I have changed so much over the years; I was not always the woman you see now. I have changed beyond all recognition; now I have a sense of myself, a sense of pride, a sense of purpose and yes, hope.

I call myself an artist and poet but these are just words used to define my self-expression. I have always been creative and have always needed a vehicle for my integral inner voice. I was lucky that a simple pen and paper was always available for me. I felt unheard for years and although both my parents love me, I was still unfortunately neglected. Neglect affects a child's self-worth, their self-esteem, and mine I suspect, was very low. I was vulnerable, thought I knew everything; I embarked on a very dangerous and lonely addiction.

I was chronically addicted to crack cocaine and couldn't see further than my next pipe. I needed something to level me out, to bring me down, so heroin became my new master and I would do pretty much anything to get heroin and crack; I was just a slave to the tune of addiction.

I believe it was art and poetry that saved me from myself... I truly believe that everybody has an artist inside them. We are all five minutes from that masterpiece waiting to be brought out! I feel absolutely privileged and blessed to be running art sessions for Lighthouse. It was during the second year of my degree that I realised how important art is to me!! This is when I did my first session with Lighthouse. We had a huge canvas and a safe space was created. All the women and staff that took part in this art project benefited hugely from it, as did I. Since then I've taken part in delivering workshops for Lighthouse whenever they've asked me and I feel grateful to Lighthouse for allowing me the chance to do this.

Doing the art workshops with Lighthouse was a way for me to reach out to other women with similar backgrounds and share something with them which was simple, just some paper and paints. The work has become a vehicle for conversation and a way for us to share pieces of our lives with each other.

These sessions have been a marvellous experience!

It's always good to get an award, no matter how big or small, so we were delighted to receive an award from Mesmac (sexual health) as a recognition of the work we do out there.

Thanks Mesmac x



The Trustees:

Claire Thomas - Chair
Andrew Stead
Jane Buckley
Janice Farley
Shirley Ross



We have a number of free copies still available and there are two ways of obtaining a copy.

You can send us a stamped addressed A4 jiffy envelope with £3 postage on it or you can donate £5 to cover postage and costs .

Details, etc. are available from lighthouse@community-house.co.uk or 01482 442953.

The Team:

Claire Maxey, Project Manager
Yvonne Watson , Outreach Worker
Kath Singleton, Outreach Worker
Anna Hembury, Outreach Work
Melanie Watson, Sessional Worker

Christmas shopping? A reminder that you can support the work of Hull Lighthouse Project when you shop online. There are over 3,000 shops and sites where you can shop and in return they give a donation to our charity. Just go onto www.easyfundraising.org.uk/causes/hulllighthouse and join up for free and then every time you shop, go to the online store via easyfundraising .

We are always looking for fresh ways to fundraise, so if you have any ideas or feel inspired to organise an event, please come and speak to us.

Don't forget to check us out on Social Media

Facebook — **Lighthouse Project Hull**

Twitter — **@LighthouseHull**

PRAYER POINTS

We are through to the final stage of a three year grant application that will secure our full-time Outreach Worker position, so please pray for a successful outcome, as this really is a major post for the running of the Charity.

There are a number of women out on an evening that we are struggling to engage. Please pray that we will be able to connect with them through the outreach and help them overcome whatever barriers they are facing that stops them accessing our support.

We are extremely grateful for the generosity of the Joseph & Annie Cattle Trust who have supported us once again and also to the Hull & East Riding Charitable Trust.

We appreciate all the support from our funders:-

Joseph and Annie Cattle Trust / Sir James Reckitt Charity / Esmee Fairbairn Foundation / Lloyds Bank Foundation / Hull & East Riding Charitable Trust