

ALT VALLEY VOICE

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Multicultural street festival brings Fazakerley together

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Another year of Forget-Me-Nots with Woodlands Hospice

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Lifting the Mask on Mental Health

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FAMILY FUN: Soaking up the sun in Norris Green park

Park picnic fun day for families with autism

By April Ryan

Families across the North West were given the chance to enjoy all the joys of the funfair after a group of parents set up an autism-friendly picnic.

The third annual Picnic in the Park took place in Norris Green Park in April, and was hosted by Autism in Motion Liverpool, a support organisation for adults, children and siblings affected by autism spectrum conditions.

Big and little kids alike were given the chance to unwind in a relaxed atmosphere, and were even given a chance to rock out alongside DJ Jake - the UK's first Makaton-friendly DJ - all to make the event autism-friendly.

The challenges and issues relating to autism support across the board can lead to individuals and families feeling isolated, and this affects siblings in particular.

Lead organisers Jo Galbraith and Hannah Tickle are parents of children with autism, and they "know the struggle" of finding supportive spaces within the city region.

However, this is not exclusive to young children, and for adults like Michael Fogg—a Mathematics graduate with Asperger's Syndrome—autism-friendly

adjustments in all scenarios are essential for his day-to-day living.

Michael said: "Even though I have a degree and I can communicate, I still struggle going to the shops, going to work and meeting with my friends.

"I want to do all these things, but if it's too noisy, smelly or bright, I get nervous and I cannot go out and do the things I need to do. It can be very frustrating, because I want to control it, stop my autism and enjoy things the way every other person does.

"But, I am who I am. I just happen to be autistic."

Another visitor, 23-year-old Christopher Eaton, recalled a time when his differences were not as recognised or respected as they are now.

Christopher explained: "My mum stopped taking my brother and me to the park because other kids would see me acting funny. They would pick on the both of us. It wasn't very fair on him, to be honest."

Despite these memories, Christopher is glad that events such as Picnic in the Park are becoming more readily available to people across Liverpool.

Chris said: "It makes me feel really happy that children can all enjoy things like this together and feel welcome. I would have loved to have had this when I was younger, but these events still help me.

"I can't wait to see what the future holds."

“
I want to control it, stop my autism and enjoy things the way every other person does—but, I am who I am. I just happen to be autistic.”

WHAT IS AUTISM?

Autism is a spectrum of neuro-behavioural conditions impacting social interaction, language development and social skills.

According to national statistics, as many as 700,000 people across the UK have a diagnosis of an autism spectrum condition - that's 1 in every 100 people.

It is a lifelong developmental condition that affects how people perceive the world and interact with others.

As a spectrum condition, autism affects people in different ways. While they may share certain difficulties, autistic people need different levels of support.

Campaign work from a number of national and local organisations has vastly improved the situation for individuals living with autism in the North West.

With the right support, all can be helped to live a more fulfilling life of their own choosing.

You can get in contact with AIM via their Facebook page, or email them on: aimautism@hotmail.com

Region unites to say Merseyside is no place for hate



Victims, volunteers, support workers and local school children have united with Merseyside's Police Commissioner to urge people affected by prejudice and hate to reach out for help.

Jane Kennedy has worked with a diverse range of people to encourage anyone affected by hate crime to speak out through three social media films. The short videos promote the three dedicated support services for victims of hate crime commissioned as part of the PCC's Victim Care Merseyside service delivered by the Anthony Walker Foundation, Citizens Advice

Liverpool and Daisy Inclusive UK. They feature the testimony of a range of people who have experienced hate crime first-hand and have bravely told of the devastating impact on their lives and how they have been supported by the charities to recover and rebuild their lives.

One of the videos features Leon, who

has Asperger syndrome, and turned to Daisy Inclusive UK after suffering abuse from his neighbour. He said: 'I found out about the disability hate crime service at Daisy, when I asked if I could receive help with what I am going through at home, which is antisocial behaviour. The help I received was brilliant. I was expected to give evidence against what was going on, but Kate [his support worker] made them aware of my condition and how it can affect me. Thankfully it didn't come to that and we were able to settle outside of court and thankfully it has all been dealt with since.'

If you have been the victim of hate crime or know someone who has, there are three Stop Hate UK third party reporting centres in the area.

These are:

Ellergreen Community Centre
Ellergreen Children's Centre
Croxteth Children's Centre

Subbuteo's coming home!

A beloved childhood game for many, Subbuteo is making a comeback in Liverpool.

The table top football game, which rose to popularity in the 1960s, is still played around the world, with championship and World Cup tournaments taking place in the USA, Greece, and Israel, to name just a few.

A little known fact about Subbuteo, however, is that its origins can be traced back to Liverpool, where the first factory was located before moving down to Kent, and then Italy.

For a rapidly growing team based in Ellergreen Community Centre, the ultimate goal is to get the Subbuteo World Cup back to its roots: here in Liverpool.

Although the team only began earlier this year, it has proved increasingly popular, with people travelling from all over to come and play. Liverpool Table Soccer Club are now an affiliated team, coached by British champion and number four in

the world, Brian Daley.

The team is working its way up the rankings, and is keen for new players to get involved. Eventually, they want to take Subbuteo into schools to get kids involved, but currently, their main focus is the upcoming championship tournament taking place in Ellergreen Community Centre on Sunday 27th July, where players

from all over the country will be attending.

It's the start of something exciting here in North East Liverpool, and is available to all ages. If you want to get involved, contact Ellergreen Community Centre on 0151 233 3337, or get in touch with the team via Facebook: www.facebook.com/LiverpoolTSC.



PRACTICE MAKES PERFECT: At Ellergreen Community Centre

Never forget with Woodlands Hospice

Due to popular demand, Woodlands Hospice will once again be holding its Forget-Me-Not campaign. Not only does it allow you to remember a loved one, but also helps your local hospice to flourish.

Individually crafted from durable steel, the flowers will be displayed in the hospice gardens during July to create a vibrant display. In August, you are able to go and see the gardens and collect your flower to take home, as well as having the opportunity to talk to some of the hospice staff about their work.

When you dedicate a flower you will receive an acknowledgement letter along with a Certificate of Dedication through the post. Through this simple act of remembering a loved one, and supporting your local Hospice, you'll be helping to support others when they are at a difficult time in their life.

Linda Arnold and her family have supported the Forget-Me-Not campaign for a number of years now, in memory of her husband William (Billy) Arnold and shares her story:

'My husband Billy was a patient at Woodlands in 2015. The staff and doctors showed us such great compassion, kindness, care and attention during his stay.

'Always there with a smile to lift our spirits, they helped make a very difficult time easier to cope with. They became like family and nothing was ever too much trouble for them. They took away the worries of day-to-day life allowing me to be a wife and not a full time carer. This enabled Billy and I to spend very precious time together.

'My family and I will continue to thank

such wonderful and special people for their love and support and will always endeavour to help Woodlands Hospice in any way we can. We will once again be supporting the Forget-me-not Campaign as it is so very close to our hearts and do hope that you will join us in doing so'.

If you want to remember a loved one through the Forget-Me-Not Campaign, go to: www.forgetmenotappeal.org or download one to print off at www.woodlandshospice.org and post to us, or call Carole on 0151 529 4143.



NEVER FORGET: Linda with her two granddaughters at Woodlands

NEW EXERCISE CLASSES AT DOVECOT MAC

BOXERCISE

MON 9.30-10.30

METAFIT

WEDS 9.30-10.00

KARATE

MON 5.30-9.00

WEDS 5.30-9.00

FRI 7.00-9.00

SAT 11.00-12.00

TOTSOCOA

THURS 4.00-5.00

CIRCUIT TRAINING

FRI 9.30-10.30

HIIT STEP

TUES 9.30-10.00

YOGA

FRI 12.00-1.00

CONTACT ON 0151 254 1879

Cultural unity at Fazakerley Multicultural Street Festival

Fazakerley Community Federation and Library held their successful Multicultural Street Festival on Saturday 15th June, which brought together many different members of the community.

The event began in response to a spike in hate crime in the city. After hearing stories from migrants who have settled in the area and experienced hate crime themselves, the team at Fazakerley Community Federation and Library decided to create an event to spread awareness of multiculturalism, celebrate difference, and promote social cohesion.

At the festival, which was on



STREET PARTY: Sharing different cultures outside the Fed

from 10am until 3pm, were a range of different activities and foods to encourage cultural exchange. The diversity of things to do ranged from African drums, salsa, Bollywood dancing, henna tattoos, Spanish guitar, reiki, and a Bedouin tent, as well as organisations that provided more information on hate crime, such as the Anthony Walker Foundation and Hate Crime UK.

The day was a huge success, attended by all ages who learned something new about the wealth of different cultures that are celebrated here in Liverpool. The event, which will hopefully be an annual occurrence, goes a long way in showing that while we may have our differences, there is far more that unites us.

WHAT'S ON @ THE FED & LIBRARY

Country Dance
Women's Group
 Bingo
Computer Training
 Tea Dance
Men's Shed
 Spanish
Crochet
 Tai Chi
Scouse Kitchen
 Choir
Sign Time

And much more! Contact them on 0151 233 3069 or 0151 523 1073

STAND FARM
 DAY NURSERY

Is your child eligible for 30 hours funding?

Fir Tree Drive
 South Croxteth
 L2 0JE

info@standfarnursery.co.uk

0151 548 0830

DIDDY DAYCARE DAY NURSERY

Catering for diddy people from 6 weeks to 4+ years



Diddy Daycare Croxteth
 Back Gilmooss Lane
 L11 0AY
 0151 546 4388

We currently offer 2, 3 & 4 year funding for up to 30 hours of free childcare a week

Children's Freedom Project to deliver DART Programme

The Children's Freedom Project is delivering a new 10-week programme about domestic violence called the 'DART' (Domestic Abuse Recovery Together).

Over ten weeks, mothers and children aged 7-14 meet for a weekly two-hour group session.

The project will provide a crucial opportunity that enables children

and their mothers to talk to each other about domestic abuse, learn to communicate, and help to rebuild their relationship.

They can meet other victims and survivors of domestic abuse and share what they have learned.

Attending the sessions will help them to feel confident in their surroundings and realise that they are not alone.

The project will be delivered every week, and there will be various activities, including craft and art. There will also be group activities to promote team building and group discussions for mothers, whilst

children work together with peers on craft, art, string games, house building activities, and, again, group discussions.

The aims and objectives of the DART project are for mother and child to feel confident in a safe environment speaking about their experience, and addressing issues they have been faced with.

To find out more information (in confidence) please contact Paula from The Children's Freedom Project at admin@thechildrensfreedomproject.co.uk.

Or alternatively call 07593 064855.

Merseyside Woman of the Year Award comes to Croxteth

Karen Harper, Centre Manager and Director of the Rhys Jones Community Centre, has recently won the Community Change Award at the Merseyside Women of the Year Awards.

Karen has been a presence at the centre since it first began. Initially as a volunteer, she then took over management along with Sharon Jardine once it re-launched in 2017, after the previous charity could no longer continue to run the centre. The centre has since become an important asset to Croxteth, providing a much-needed place for young people to meet up, as well as hosting a range of different community activities.

Karen was nominated for the award earlier this year, and then selected as a finalist. On Friday 28th June, the awards took place at the Crowne Plaza, with a host of inspirational women winning awards for the amazing work that they do. Karen won the Community Change Award, sponsored by Neo Community and ADDvanced Solutions.

In her acceptance speech, Karen said: 'I just want to say this is for the Jones family obviously. Thank you to my other two female friends and directors, Sharon and Jan.

'We are unfunded and not supported by our council, so every penny we get is off people like you, so thank you very much.'

Congratulations to Karen for winning this prestigious award, and for the brilliant work she and the team do at the Rhys Jones Centre.



M W O T Y 1 9
Community Change
Award Winner

Kinship Carers pave the way for policy changes

Kinship Carers Liverpool have had a crucial role in a recent Parliamentary Task Force looking into kinship care, in light of the Care Crisis Review.

The Task Force aims to raise awareness, support children in kinship care, and highlight the importance of this option for children who are unable to live with their parents. The North West Task Force was led by Kinship Carers Liverpool in the Cunard Building, bringing kinship families together and allowing them to feed into this crucial discussion via local MPs.

Professionally, the organisation have added to the debate, sharing the piece of work they completed with Baring Funding last year. This has been sent to Liverpool City Council, as well as the Director of Children's Services in England and Wales, to gather evidence from local authorities on what is working well, and the identify gaps in provision



IN THE CAPITAL: Outside the Houses of Parliament

for kinship families.

On 1st July, Kinship Carers took a group of their young people down to London, to meet with MPs in Westminster and contribute to the Parliamentary Task Force. As the only group of young people in the country to do this, they had a very important task in getting the message across to the MPs and Lords in attendance.

Pauline Thornley from Kinship Carers Liverpool said:

'Our young people were fab! They really articulated themselves well... It was very emotional - young people sharing their stories - but this was really important in getting the message across. It gave the MPs and Lords who attended some real solutions that would prevent other young people from going through the same experiences.'

Liverpool is on its way to becoming a UNICEF UK Child Friendly City, meaning that children are able to have a say about the decisions that affect them, are able to express their views freely, have access to good health and education, and feel safe and protected from discrimination. The work that Kinship Carers have been doing with young people is helping the city on this journey, and the organisation is seen as a beacon of good practice around the country in working with kinship families.

Kinship Carers were recently involved in a project with the Bluecoat, 'In The Palm of My Hand', a powerful piece performed by some of the families they support, to highlight their important role and the issues that they face. A documentary on the film can be accessed via the Bluecoat website.



SIGHTSEEING: Getting to know some London landmarks

Charity ball lifts the mask of mental health awareness

Continued from front page.

Paul's Place, a part of Beacon Counselling Trust, provides free counselling services to those who have been bereaved by suicide.

It is a postvention service, but also acts as a form of prevention from the well-known domino effect that suicide has on those left behind. It is currently the only service of its type that exists anywhere in Merseyside.

Mental health issues are, finally, making their way into the public sphere: people are becoming more aware of the massive range of problems that come under mental health, and are beginning to understand how debilitating these issues can be.

That being said, there is still a long way to go to get more people talking about their mental health, and ending the stigma that surrounds it.

Over the past few years, the suicide rate has massively increased, and three-quarters of all registered suicides are men. The grief of those left behind can last a lifetime, and is different to non-suicide bereavement as there are so many unanswered questions, and nobody seems to understand why. Receiving the right support from services such as Paul's Place can make all the difference.

Back in March, Alt Valley hosted



GETTING READY: Excitement underway before the ball

a charity Masquerade Ball at the Shankly Hotel, to raise money for Paul's Place. The event was organised by Sharon Lee, manager of Ellergreen Community Centre. Suicide and bereavement from suicide is a subject very close to Sharon's heart: in August 2014, she tragically lost her 17-year-old nephew to suicide, and then her 17-year-old niece five weeks later in September 2014.

Sharon's inspiration to do a masquerade ball as a fundraiser came from the idea that mental health and wellbeing is not always visible to the naked eye. People often suffer in silence, and hide behind a façade; they can be the life and soul of the party, the class clown, the shoulder to cry on. This means the shock is all the more difficult to

come to terms with when they take their own life.

The evening included a drinks reception, a three-course sit-down meal, speeches, a raffle, and live entertainment from local Liverpool band Free Spirit, with Lee Butler rounding off the night with a DJ set. The event was a great success, raising £2,138.10 for Paul's Place, but also generating awareness around suicide and mental health.

Norris Green councillors sponsored a table for local residents who have been bereaved through suicide, and from this, a support group is being set up.

The group will be run by local people whose lives have been affected by suicide, and will offer a friendly space for people to come together and connect with each other. The group will also look at other fundraising activities to support suicide charities, as well as promoting a better understanding of mental health and suicide bereavement.

The services at Paul's Place are available for free to anyone 16+ who has suffered bereavement from suicide. To get in touch, call 0151 226 0696 or email paulsplace@beaconcounsellingtrust.co.uk.



GLAMMED UP: At the Shankly Hotel

Alt Valley learner's path to success



WELL DESERVED: Jo with her invitation

Jo Simnor began her journey at Alt Valley by enrolling on an Introduction to Hairdressing course with a friend.

While she wanted to learn something new, there was another reason Jo wanted to acquire a new skill: her children have autism, and so going to the hairdressers' is often a traumatic event. By learning how to do hair, Jo would be able to cut their hair for them, and save the stress of going to a salon.

As she made her way through the introductory course, Jo realised how much she enjoyed hairdressing and how she wanted to progress with it.

She was pointed in the direction of moving onto a formal National Vocational Qualification (NVQ) through Alt Valley, where she would learn the skills needed to begin a career in hairdressing.

Although initially unsure about a learning qualification because of her dyslexia, Jo was supported and

guided by staff at Alt Valley Skills Centre, and is now in the middle of completing her NVQ Level 2.

Jo said: 'It's a lovely college; it's small and very hands-on so you get the support you need, and the staff are so accommodating.'

To progress with their training, the hairdressing students need training doll heads, scissors, and other equipment. The community champions managed to secure funding to buy the equipment, meaning the students have what they need to practice.

Jo was recently nominated for an Achievement Award at the Adult Learning Services Celebration of Achievement event, held on 22nd July. She's even talking about starting her Level 3 qualification next!

A huge well done to Jo!

West Derby MP steps down

Stephen Twigg, MP for West Derby, has announced that he will not be standing for re-election in the next general election.

Twigg has been the MP for the constituency since 2010, having previously held the seat for Enfield Southgate in London.

In a letter to his constituents, Twigg said: 'I have spent most of the past thirty years of my life as an elected representative.

'As I approach my mid-fifties I want to have the opportunity to take on something new.

He added: 'I remain absolutely committed to working hard as your MP for the rest of this Parliament – whether the General Election is in two or three months' time or two or three years' time.

'I look forward to seeing members at events and meetings over the coming months. In the meantime, as ever, please feel free to get in touch.'

World Cup fever on our doorstep!

To add to a year where women's sport is rightly getting the recognition that it deserves, the Vitality Netball World Cup has come to Liverpool for the 10-day tournament from 12th to 21st July.

Players and fans from all over the world descended on the city to watch the matches unfold at the M&S Bank arena.

Teams from Zimbabwe, Fiji, and Sri Lanka, to name just a few, are

competing for the coveted World Cup Trophy.

Australia are the ones to beat, having dominated the finals since 1991, winning 6 out of 7 matches.

The Roses, England's team, have been tipped to win the title for the first time in 2019. Coach Tracey Neville, sister of former England football players Gary and Phil Neville, led the side to victory over the Australians 18 months ago at the Gold Coast Commonwealth Games, and she is confident that they can beat them again.

The tournament will conclude on Sunday 21st July.



PATH TO VICTORY?: Roses celebrate a win

Dovecot Shops, 1933



DOVECOT PLACE SHOPS WHEN NEW: In the background you can see the steelwork structure for the construction of the Granada Cinema. Today, Dovecot MAC stands behind these shops!

Mindfulness with Dr Dave Wood

Life coach and trainer, and founder of Metanoeo CIC and Realign Coaching.

“

‘Cause in the dark, you
can’t see shiny cars.

Rihanna

When times of distress come, what’s really important to us begins to surface. In this week’s song choice, Umbrella by Rihanna, a storm is about to hit and the offer is made between lovers to share the protection of an umbrella.

Although there have been many interpretations regarding the

meaning of this song, it seems to me there is a clear application in terms of our wellbeing: the choices we make regarding our priorities will have a significant impact on our experience of life when we face times of challenge.

In life, and in particular in the western world, we have a tendency to gather possessions. But ultimately, what good do they do. As I look around my own home, it is over full with possessions which are nice, and sometimes even useful, but in the final analysis are not that important. Yet how much of my time is spent either gaining the money to purchase items or expending effort to protect them?

“And that’s when you need me there, with you I’ll always share.”

Yet there are things, or rather people, around me who do bring more sustained meaning. Family and friends are the ones who share our joys and burdens, and yet they

are also the ones who often suffer from our lifestyle choices which are all too frequently informed by a desire to gain more possessions for ourselves.

“These fancy things will never come in between; you’re part of my entity, here for infinity.”

So, the song proposes we are left with a choice. Do we choose things or people? The song is clear, what really counts are people: When the world has dealt its cards, if the hand is hard, together we’ll mend your heart.

Love and relationships make the real difference to the quality of our life experience. And perhaps this leads us to the importance of re-evaluating and realigning our life priorities.

WHAT'S ON... WHAT'S ON... WHAT'S ON...

• My Clubmoor are hosting their **7th annual dog show** at Walton Clubmoor Recreation Ground on **Saturday 27th July, 11am-3pm**. This is a free event and anyone can attend!

• Triple C now hold a weekly '**Stroll in the Park**' group, every **Monday at 10.30am** in **Norris Green Park**. They have teamed up with Friends of Norris Green Park for the use of the generator, so you can stop and have a cuppa, too!

• There is a new **men's social group** beginning in Ellergreen Community Centre, **Friday 5th July at 11.30am-2.30pm**. Come along to have a chat about days gone by, have a cup of tea, and meet new, like-minded people.

• As part of their initiative to bring people together, Triple C run their **Memory Lane Cafe** every 2nd, 3rd, and 4th Tuesday of the month, at **St Christopher's Church, 11.30am-1pm**.

Every 1st Tuesday of the month is **Chatty Cafe**, also in **St Christopher's Church, 11.30am-1.30pm**.

• Dovecot MAC is hosting a **Fun Day** in Dovecot Park, **Friday 2nd August**. Expect lots of games, food stalls, activities, and more! Monies donated by local councillors.

• Woodlands Hospice are recruiting volunteers for their hospice shops in Orrell Park and Kirkby.

If you would like to volunteer, please speak to the manager in the shop itself or call Ruth on **0151 529 8389** or email **ruth.garrett@aintree.nhs.uk**.

• Dovecot Primary School are hosting their **Summer Fair** on **Thursday 18th July**. There will be plenty of activities and stalls, as well as great prizes up for grabs, such as a gym pass donated by Dovecot MAC.

• The **Brunch Club** in Dovecot MAC is held every **Tuesday 11-12.30**. Tea, toast, or snacks are available for just £1, as well as games and activities. The group are going to 30 James St on **23rd July**.

• Rhys Jones Foundation and Rhys Jones Community Centre in partnership with Croxteth Park Residents Group, St Cuthberts School, Stand Farm Nursery and local shops, are hosting a **Summer Fayre** on **Saturday 10th August**, starting at **1pm** at **Rhys Jones Community Centre**. There will be plenty of stalls, games, and activities in attendance and it's set to be a brilliant day! All proceeds will be split between the Rhys Jones Foundation and the Residents Group.

• **Run for Rhys Legacy 5k** will be held on **Sunday 1st September**, starting at **10am** at Rhys Jones Community Centre. Sponsorship forms will be available and 100% of the proceeds will go to charity.



Aerial Gymnastics

Oversubscribed class is now coming to Lifestyles Croxteth!

Starting September

Call Lifestyles Croxteth on
0151 548 3421

ALT VALLEY SPORT

What a season for Croxteth Tigers

It's been a very successful season for current and previous players with DK Youth Football. Over the course of the season, there has been plenty of victories at Under 6, Under 7, and Under 8 levels with many different teams, but mostly with Croxteth Tigers JFC.

Dave Murray from Croxteth Tigers told Alt Valley Voice: 'I was proud to see two of our players sign for Liverpool FC. We have six players in Premier and Championship League main groups at pre-academy, and two of our older players from 2012 are still signing for professional clubs at Under 14 level.

'Keep up the hard work and we will always do what we can to help.'

If you would like to get involved, please contact Dave Murray on croxtethigers@yahoo.co.uk.



SMILES ALL ROUND: Two of the Croxteth Tigers with their proud dads

Lifestyles

**GYM MEMBERSHIPS
FROM £15 A MONTH**

CROXTETH SPORTSCENTRE

0151 548 3421

WALTON SPORTSCENTRE

0151 523 3472

Croxteth kicks back at knife crime with new self-defence classes

Starting in July, Croxteth Sports Centre will be holding self-defence classes every Friday evening.

In response to the spike in knife crime in the city, and across the country as a whole, the classes will provide basic training on how to defend yourself in difficult situations, as well as being great exercise and a lot of fun!

Delivering the sessions is five times World Kickboxing Champion Nakita Khan, who has been competing since she was just seven, and has travelled all over the world to take part in competitions.

She is currently giving lessons in Croxteth Community Primary School, but will begin in Croxteth Sports Centre in just a few weeks.

Sound interesting? If you would like to get involved, please contact the sports centre on 0151 548 3421.