

HARTLEPOOL NewDeal

FOR COMMUNITIES

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NDC resident and site worker David Hutchinson
with Yuill's site manager Ian Pallas

Housing Special

Welcome to the NDC and Hartlepool Revival housing special.

The centre pages in this newsletter will provide you with information on the many positive developments taking place to regenerate and breathe new life into the NDC area.

Help on hand to stop smoking

A local resident who overcame her cigarette addiction is helping others in their battle to stop smoking.

Toni Hanson, 19, is a meeter and greeter at the NDC smoking cessation sessions and helps to steer people in the right direction.

“ I would recommend everyone to the smoking cessation sessions, the help and support is great ”

Toni has been smoke free herself for nearly two years after kicking her habit.

She adds: “I have seen an amazing change since

I stopped smoking and a positive improvement in my overall health and fitness.

“My young son Owen is also reaping the rewards, he used to suffer from ear infections as a result of the passive smoking but now he is healthier than ever.”

Toni has welcomed six of her family and friends through the smoking cessation sessions and stopped smoking herself after she joined the Alan Carr Easy Way To Stop Smoking classes previously run by NDC.

Toni adds: “I would recommend everyone to the smoking cessation sessions, the help and support is great.”

Three qualified nurses attend the sessions, which take place at these days and times in the NDC area:



Tuesday:

People's Centre
9.30-11.30am
Belle Vue Centre
10.00-12noon

Saturday:

Mill House Leisure Centre
10.00-12noon

What am I ?

**Dominant predator ,
Like a speeding cyclone ,
Snapping jaws ,
Vicious like a bear trap ,
Fin above the water ,
Easy to spot ,
I wander the oceans for
food around the clock ,
Have you guessed?
I am a shark**

Alex Hooks age 10

Help for victims of crime

Being a victim of any crime no matter how small is a hurtful experience.

Too many people bottle up their feelings of anger, fear and upset because they don't want to admit that they are a victim.

Sometimes it helps to talk to someone who is not so close to you, who is not going to get upset or judgemental about anything you say and who understands crime and its effects on local people.

Victim Support is a free confidential service; they are independent and are not part of the police or government.

Christine Paul works from the NDC Community Safety Office and offers help and support to local residents.

She said: “I would urge residents to get in touch, even if it is just for a friendly chat.”

For more information, please contact Chris on 855560.

Safe and sound with NDC

An elderly resident feels safer in his home thanks to partnership work at the NDC Community Safety Office.

Joe, aged 82, who lives in the NDC area, was a victim of criminal damage when vandals broke his living room window.

He was concerned about the incident so visited victim support at the People's Centre who referred his case onto Christine Paul at the Community Safety Office.

Chris visited Joe alongside Colin

Hopkins who carried out a free Home Security Check.

Joe said: "They did everything that they could do and made me feel a lot safer in my home. I have lived in the area for twenty years and am really pleased with the support that I was given from Christine and Colin."

If you feel unsafe in your home, need a free Home Security Check



Colin Hopkins & Joe

or would like someone to talk to.

Please contact the Community Safety Office, 173 York Road, Hartlepool, 855560.

Better wellbeing with the PATH project



The PATH (Peoples Access to Health) project is a new wellbeing project which has been set-up by NDC and Hartlepool Mind to offer help and support to residents who are living with a long term health condition.

Each person referred to the scheme will have a free consultation with a member of the team so that they can decide what will work for them and help them to manage any needs they may have.

Existing services include emotional wellbeing workshops, exercise classes, complementary therapies, weight management sessions, pain management and

sleep clinics, training and volunteering opportunities, leisure activities,

and practical daily support relating to issues such as housing, benefits, debt and employment. As the wellbeing project develops new additional services will be offered within the community according to the needs of individuals living with long term conditions.

Melanie Weeks, PATH Project Co-ordinator, said: "Each programme of support is determined by the individuals needs and can last for any period of time.

"We want to help those residents who are finding it difficult to live with their condition and would benefit from accessing services on offer."

Staff are working closely with local GPs, statutory, community and voluntary agencies to refer patients to the project. Residents can also refer themselves by contacting Hartlepool Mind by telephone or in person by calling into the office, based in the Crown Buildings, Raby Road.

For more information, please contact PATH Co-ordinator, Melanie Weeks on 01429 269303 or email melweeks52@hotmail.com

A launch event for the PATH Project is taking place on Monday 19th February at the Stranton Centre between 10am – 3.00pm.

Pop along to meet staff and find out more information.