



# Colne Open Door May Newsletter

# Welcome.....

Hello and welcome to our May edition of the Colne Open Door Newsletter.

We are now a third of the way in to the year and its been quite hectic! We are seeing more and more people come to the charity for help. Food poverty support has risen quite drastically over the past few months and the rising cost of living is having a huge impact on our community.

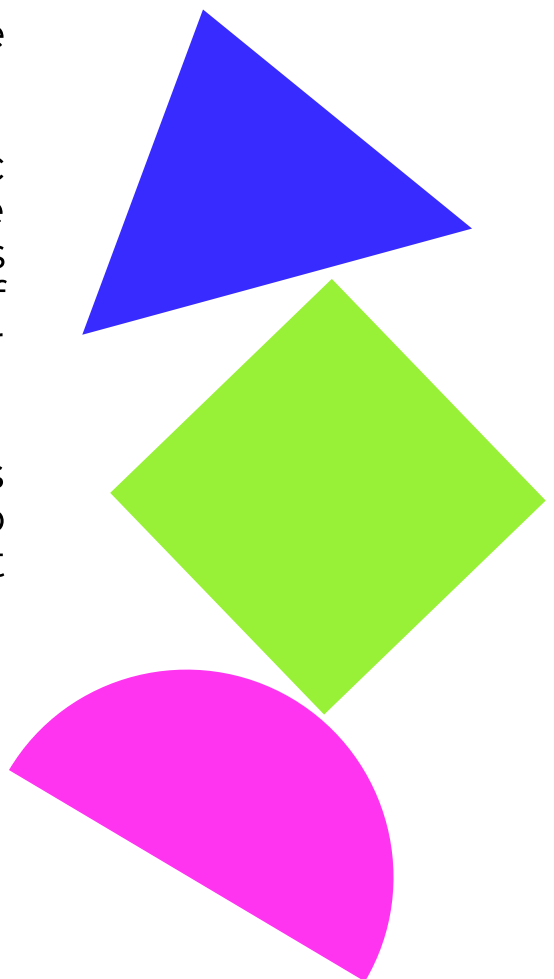
Some great news for you! We have renovated our counselling rooms and we are expanding our counselling service to provide an extra 37 hours of free counselling each week, this will mean that we now provide over 420 hours of free counselling every single month to our community.

Unfortunately our fantastic senior support worker Catrina broke her leg whilst away on holiday and is now recovering at home. I'm sure all of you that know Catrina will wish her well and a speedy recovery.

As usual the Open Door Centre has lots going on and we look forward to helping you or the people you support with any issues that they may have.

Kind regards,

*Nick Alderson*



# *In April...*

**We started supporting Ukrainian families hosted in the Pendle area.**

**We renovated our counselling rooms and added a new one!**

**We helped 2 homeless individuals find accomadation.**

**We provided over 50 food parcels to families and individuals in need.**

**We lost our Senior Support Worker to a broken leg!**

**We supported 91 people in crisis or distress.**

# Our Free Community Support Groups

We have a variety of support groups at the Open Door Centre. All carried out in a safe and welcoming environment.....

Each week on average

**85**

people attend our support groups.



Group / Activity:	Date and time of group session:	Contact number for more info:
Healthy Mind?	Monday 10am -12pm	Janet 07729782809
Parent Support Group	Monday 10am - 11pm	Open Door 01282 860342
Self Harm Support Group	Monday 5pm - 6:30pm	Simon 07932898274
Drumming Group	Monday 6.45pm - 8.45pm	Simon 07932898274
AA Group	Tuesday 7pm - 9pm	Maressa 07595584046
Cook and Connect	Wednesday 1.30pm - 3pm	Open Door 07887610749
Men's Den	Wednesday 6pm - 7:30pm	Gavin 07956688016
Healthy Mind?	Thursday 10am -12pm	Janet 07729782809
'Not so crafty' Art and Craft Group	Thursday 1pm - 3pm	Louise 07769733256
Magpies - Hoarding Support	Thursday 31st March - 6pm	Melva 07962185691
Soul Sisters	Friday 2:30pm -3:30pm	Fauve 01282 860342
NA Group	Saturday 11am - 1pm	Nigel 07379445429



A focus on...

# Cook and Connect

Every Wednesday 2:30 - 3:30pm

Our "Cook and Connect" sessions are at the Colne Open Door Centre every Wednesday afternoon.

The sessions are facilitated by the fantastic Richard Hartley and help individuals learn basic cooking skills. The dishes created are then taken home by participants.

Its primary aim however is to enable participants to gain social inclusion and to make new social connections.

As always sessions are absolutely free of charge.

***"Richard always makes me feel welcome, he has a great sense of humour and coming to the sessions has helped my confidence".***





# Supporting Ukrainian Refugee's and Host Families.

## Information Packs

We have created translated information packs detailing what support is available for Ukrainian families in our local area, such as food poverty relief, support with accessing essential household goods and help with accessing local statutory services.

## Free Meals

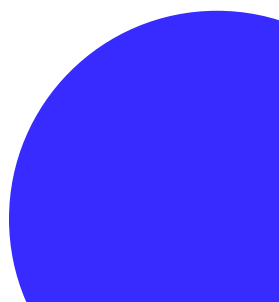
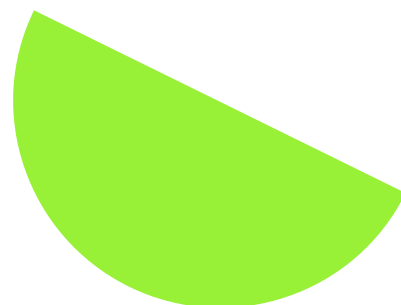
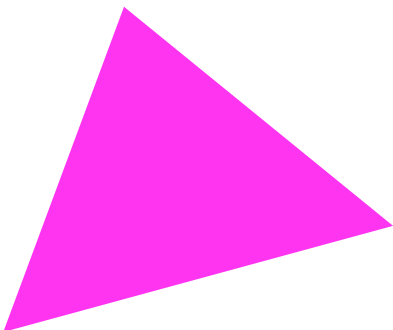
Our community snack bar will provide free home cooked meals for refugees and also host families. The Open Door Centre will also provide food parcels to refugees and host families

## Free Telephone Calls

The Open Door Centre will provide free telephone calls for refugees to stay in touch with loved ones in Ukraine. Refugee families will also be given access to the internet and provided with free Zoom video calling facilities.

## Weekly Meeting Space

Our community hub at the Open Door Centre will host a safe and quiet weekly meeting space for families and individuals from Ukraine to come together for peer support.



# Feeling low, anxious or depressed?

Let us support you with **FREE** unlimited counselling.

Our counselling service has been established for over 16 years, supporting thousands of people in our community.

Our counselling service is free and unlimited. We will work with you until you feel you are ready to move on.



We provide face to face, online remote and also telephone counselling.



Your counselling sessions will be regular weekly appointments. Same time, same day, each week.

**You can self refer for counselling with us. You do not need your GP or another service to do this for you.**

We offer a wide range of counselling from bereavement and trauma counselling to CBT and integrative therapy.

We have supported over 100 local people access counselling in the last 12 months.



Our counselling service is available Monday to Saturday.

**We have two qualified counsellors who are available to chat with you if you are struggling whilst on our waiting list.**

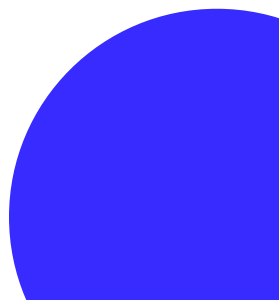
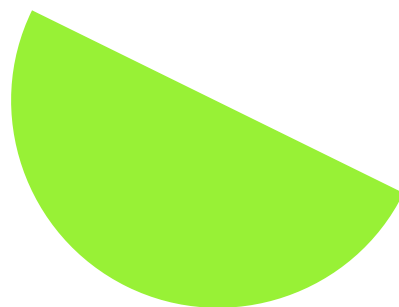
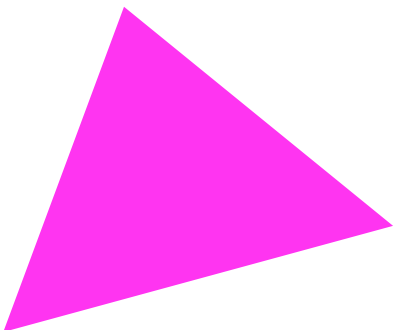


We provide support groups for you to access whilst you are on our waiting list.



For more information  
Contact 01282 860342

**#MuchMoreThanACafe**



Do you enjoy  
the outdoors  
and  
gardening?



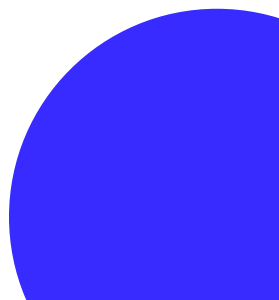
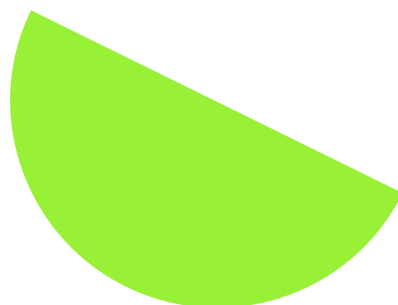
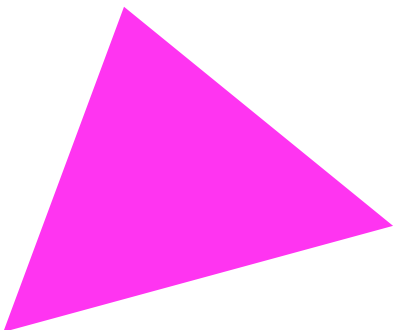
If you like spending time  
in the outdoors and  
enjoy meeting new  
people and making new  
friends our community  
garden is perfect for you.



Our community  
garden will be open  
on  
**THURSDAYS**  
through out January  
and everyone is  
welcome.

Sessions will run from  
**11am - 12pm**  
or  
**1.30pm - 2.30pm**

Our award winning  
community garden is  
located near Castle  
Road, Colne. For  
information contact  
Rebekah on  
07502462592





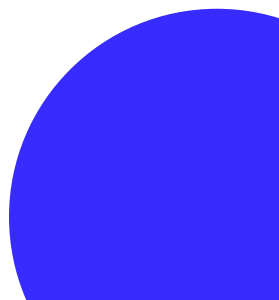
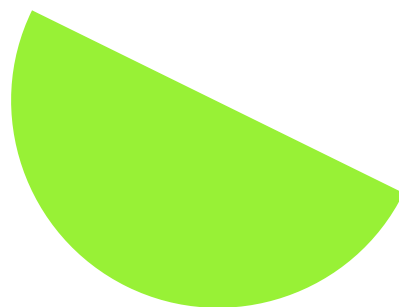
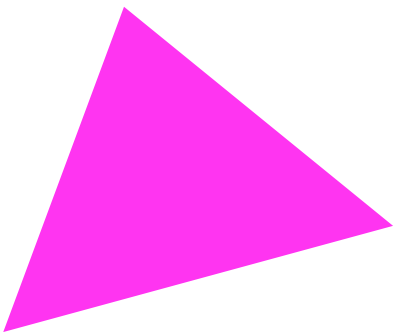
# Soul Sisters

A welcoming, fun and friendly  
social group for ladies.

Tea, coffee and laughter provided.

Friday's 2pm till 3pm  
@ The Open Door Centre

No need to book just come along!



Award Winning

# Men's Den

Peer Support Group

Come and join us  
every Wednesday  
6PM - 7:30PM at  
Colne Open Door



## Men's Den Peer Support

We offer a safe, non-judgemental place that is open to men of all ages, regardless of race or disability.

- ✔ Supportive
- ✔ Confidential
- ✔ Chat Openly
- ✔ Friendly

Follow us on our  
socials



@dencolne



@dencolne



dencolne.org

Contact :



contact@dencolne.org

For more information:



01282 860342



• Colne Open Door Centre's •

# Charity Golf Day

10th July 2022 @ Marsden Park GC

- 09:00 - Registration, Bacon Sandwich, Tea and Coffee.
- 10:00 - 18 Holes Stableford - Best 2 scores to count - Shotgun start.
- 16:00 - Prize presentation, Home Cooked Food, Charity Raffle, Entertainment.

**£100 Team**

**£25 pp**

Win a 10k with a Hole in 1  
Nearest Pins on all Par 3's  
Mens and Ladies Longest Drive  
Beer Buggy  
Nearest Pin in 2 Prizes  
On Course Vodka Slushes  
Quality Raffle Prizes

With thanks to Reevolution Golf for their continued support of our Charity....X



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