



ChangeKitchen goes live

It's all change...

The last couple of months have seen some big changes here at SIFA Fireside. The drop-in is now open longer, from 9am – 1pm, serving both breakfast and lunch at its Lower Essex Street site. Meanwhile Pershore Street is now home to a new catering social enterprise called ChangeKitchen. This is SIFA Fireside's newest project overseen by Birgit Kehrer who has been

running cookery classes at SIFA Fireside for several years.

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CHANGEKITCHEN ...



Birgit and team cooking up a storm!

“ ChangeKitchen officially launched this June. Roman and Colin who are both service users at SIFA Fireside will now be employed by ChangeKitchen for the next 6 months and will be trained in how to prepare and cook vegetarian food for high profile events around Birmingham.

Roman said; “I came to the UK 3 years ago, from the Czech Republic. I got a job as a porter but when I lost that I found that although I am eligible to work here, because I had not worked for 12 months straight, I’m not entitled to benefits, meaning I couldn’t get accommodation anywhere. I started coming to SIFA Fireside for the lunches and then joined the cookery classes.

I found I was good at cooking so when this position was advertised I applied.

I am very thankful for this opportunity, I can now work my way out of this situation.

Colin also thinks that ChangeKitchen is a great idea. He said; “I’m a self-taught cook, I enjoy it and I love all types of food so I thought it would be good to get trained in it properly. I’m learning all aspects of it now and vegetarian food is a whole different cuisine. I came to SIFA Fireside about 4 years ago. I’ve gradually been helped out of the situation I was in and it feels like this is another stepping stone along that path. I hope to get a full time job after this.



Staff Profile: Sandip Kaur

Members of the Newsletter Group quiz:

Job Title: Programme Tutor

How long have you worked at SIFA Fireside?

About 18 months.

What does your job involve?

My primary role is to deliver Offender Behaviour Programmes relating to substance and alcohol misuse or the National Probation Service across Birmingham. I use Motivation Interviewing Techniques, and Harm Reduction to help people to think differently about their drug/alcohol use and support them to make changes in their lives.



Sandip as Cinderella in SIFA Fireside Christmas Panto 2009.

What attracted you to the job?

I was working in this field previously and was passionate to work in a group environment where everyone can share their experiences and learn from each other.

What's the best place you've ever visited and why?

I have travelled around the world and lived in many cities, but like Dorothy there is no place like home. Home is Birmingham, as it's where the people I hold most dear are.

SIFA Fireside's got World Cup fever



While the FIFA World Cup has now ended, Brazil and the City of Rio are preparing for the 8th Homeless World Cup. From the 19-26th September, 64 national teams of homeless players, including 16 women's teams will be united on Copacabana Beach in Brazil for the week long,

Over 30,000 homeless players around the world are aiming for the chance to stand proud and represent their country on

annual football tournament.



A street soccer stadium with 3 pitches holding a crowd of 5,000 will be built on Copacabana Beach with the statue of Christ the Redeemer on Corcovado Mountain as the remarkable, iconic backdrop.

Mel Young, President of the Homeless World Cup said: *'The Homeless World Cup is an opportunity for homeless people to move from the invisible margins to the centre of Rio, stand proud on a global stage, true ambassadors for their country, and change their lives. A ball*



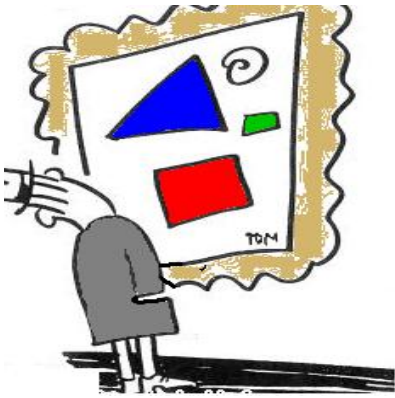


SIFA Fireside's football team was represented proudly by the exceptional talents of our own Daniel Clarke who narrowly missed out on the final team selection for England. Daniel battled his way through an initial group of over a thousand players and was amongst a group of 28 from which the final 8 players were chosen to travel to Brazil. Daniel's talents did not go unnoticed though and he featured in a news article on ITV Central. Well done Daniel



IFA Fireside's football team play in collaboration with the Birmingham City Mission and meet every Tuesday at 12.00 at Astor Tower League where professional coaching is provided by sports enterprise Start Again.





Artistic Licence

This edition of Artistic Licence showcases a selection of work created by SIFA Fireside's weekly art group.



An exhibition of the work will be held from the 6 – 13th July. At the School of Art, Margaret Street, Birmingham. For more info about this speak to Marie or Charles.







"It's my say!"

'It's my say' provides you with the opportunity to voice YOUR opinions about certain issues. This could be anything from local issues, football, politics or news items.

This week David Martin and Natasha Slater respond to an article about the brave actions of a local Soldier.

Heroes....

I was reading the paper the other week when an article caught my eye about a young lad called Private Kennedy.

This lad risked his own life to save his commanding officer and for his bravery he was awarded the Military Cross. He is the youngest person to get this award since World War II.

But when he spoke to the press he shrugged off any praise and said he didn't feel like a hero, he was

In my eyes he is a hero, a Midlander from Bromsgrove who's 18 and has had only 6 months training. He should earn more than a cross for his bravery.

"For a teenager to risk his life to help someone else make him a true legend in my book."

He had left his gear once he had seen that his Commander had been shot 3 times below the waist, all that he actually had to protect himself was a gun that was being pelted with bullets from the Taliban.

He applied first aid and then used his Commander's radio to order the rest of his regiment to move their way, towards the Taliban so that they could get help for backup.

If only more people in the world were like Private Kennedy – a true working class hero.



- David Martin and
Natasha Slater

Would you like to submit an article for 'Its my say'? If so speak to a member of staff! A prize will be provided for the selected article and it will be published in the next newsletter.

SIFA Fireside Activities timetable

Monday		SMART Group	3 - 4pm PS
Tuesday		Football	11.30am LES
Wednesday		Music	2 - 3pm PS
Thursday		Cookery	2 - 4pm LES
Friday		Art	1.30-3pm PS

"Ask Claire"

Claire from the Health Xchange
answers your questions...



What is ADHD?...

To cover ADHD in a small article could prove difficult but here goes...

Attention Deficit Hyperactivity Disorder also known as Attention

Deficit Disorder or Hyperactivity is the most common childhood onset behaviour issue. Symptoms usually develop between the ages of 3 and 7 and boys are affected more than girls

“

The disorder shouldn't be confused with normal boisterous childhood behaviour.

”

One of the main problems of ADHD is that the brain fails to filter the huge amounts of stimulation we receive every minute of every day. Those affected have a greatly reduced ability to maintain attention without being distracted; they are fidgety and restless and they also have trouble controlling what they are doing or saying because of impulsivity.

lead to underachievement and poor self esteem.

Cause

The cause is still to be fully explored but it may be due to an inherited chemical imbalance in the brain. Diet may also be a factor – research by the Food Standards Agency has shown that certain mixtures of artificial food colours alongside Sodium Benzoate – a preservative used in ice cream and confec-

Cure

There is no cure. Some children grow out of the condition but it can go on well into adulthood leading to depression, irritability and anti-social behaviour problems.

Treatment

The treatment for mild ADHD is psychological intervention through counselling and training. For more severe ADHD medication is recommended in the form of Ritalin which helps improve the child's ability to focus. The response to the drug varies from child to child. The drug should not be started under the age of 5 and after 2 years of treatment the child should be taken off it as there is very little efficacy after this length of time.

Continued over leaf.....

There is still much research to do about this condition. With help many people with ADHD manage to channel their energies with dramatic effect. Jim Carrey, John Lennon and Albert Einstein are a few examples.

Further information can be found at www.addiss.co.uk



If you want to ask Claire a question to be published in the next edition of "The City Streets" you can post your question anonymously in the submissions/ suggestions box in drop-in.

Please note the purpose of this column is to provide general information and advice. If you are concerned that you may have this condition, you should visit your doctor for a formal diagnosis.

Poetry Corner



Gossip

Gossip is a dangerous thing
I think I ought to sue,
Gossip is a jealous game
A brownie point or two.

Life is a game of chess
Miracles to create.
Gossip may turn to hate
don't want any part of you.

I deal in facts not fiction
But I do have sympathy
for the few;
I could be a shoulder for a
victim of abuse,
I can be a listening ear,
a guiding voice for you.

ut gossip is a dangerous thing
A browney point or two
I think I ought to sue
nd don't want any part of you!

- Bill West

Back in da day

Back in da day, young
(and not just at heart)
I'd greet them old ladies
(but think them old farts)
"There goes that Jason, you better watch hin
Police came the other night and took him in'
24hrs I'm back on the street
No bus fare, not a bite to eat
I jump the train with hunger pains
I ain't been home since yesterday
What am I gonna say?

Been there done that, Now I've got my flat.
Been homeless and slept on the street
Many days without nothing to eat
So cold I can't get no sleep
I woke up and someone robbed the shoes
off my feet!
What a cheek!

With you

When you and I are far apart
Can a friend mend a broken heart?
I need you yes I really do
Sleep is sweet and so are you.
All you are is a blooming rose
Night is here so I must close.
With care read the first word of every line
You will there a question find.

‘My Story’ My Story is an opportunity for anyone to voice their own experience or story.

I woke up one morning outside a hostel with 20p in my pocket and the stark realisation that I had drunk myself onto the streets of Birmingham.

I looked at my life and thought, *how did I get here?* This wasn't always my life. I was happily married for 27 years with four children. On the surface I had it all, great wife, beautiful house and two cars. Underneath it all it was a different story.

Alcohol has always played a part in my life. I drank for many years socially , mainly to relax at the weekends. Out and about everyone knew me for having a good time. At first I felt I needed a few drinks to get me talking to people, a few more and I was dancing, a couple more after that and I had everyone up dancing. By the time I had a couple more drinks everyone had gone and I was the only one dancing.

“ *Weekend drinking soon turned to drinking on Mondays then before I knew it I was drinking up to 20 pints of lager a day and couldn't get out of bed for the rest of the week.* ”

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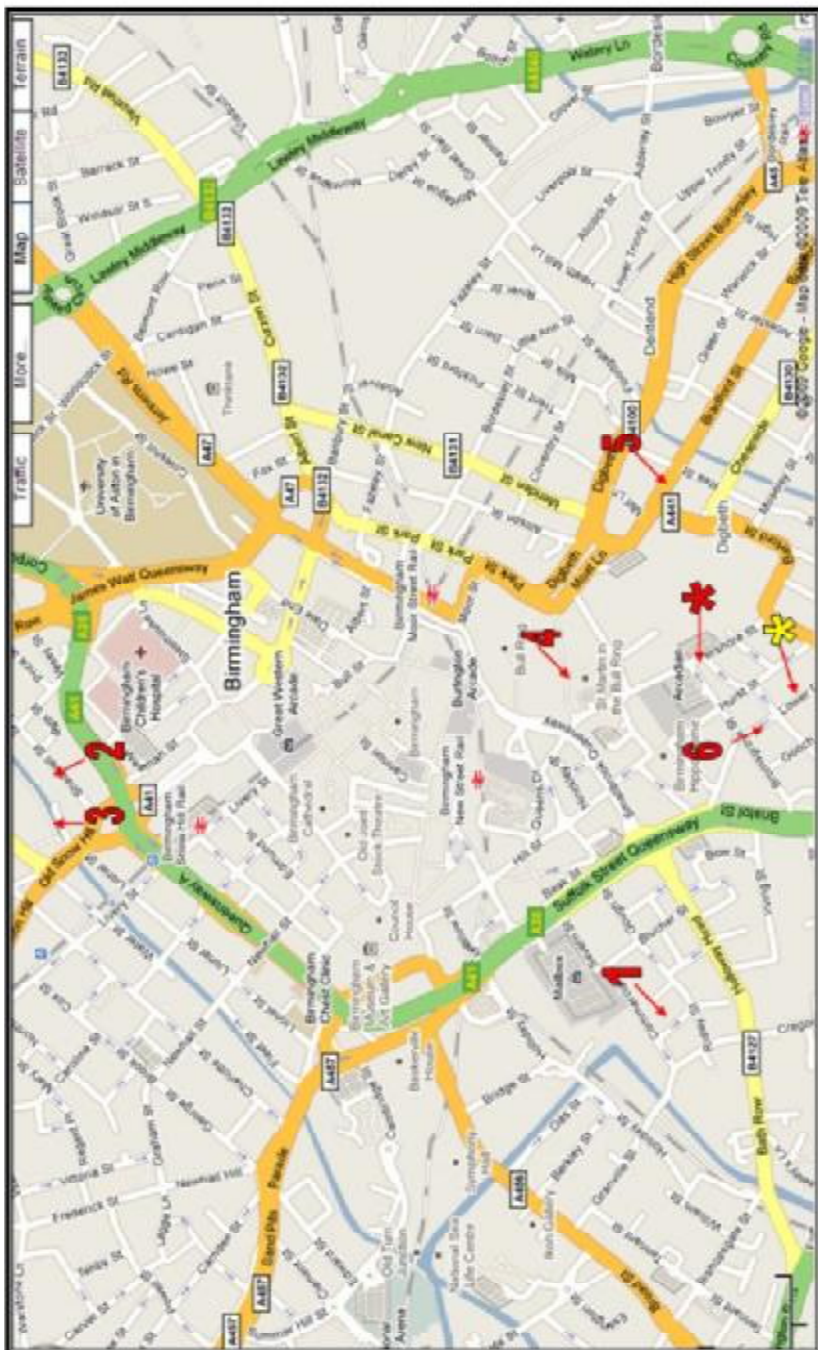
Then the arguments started. My marriage broke down and I found myself staying with friends, living off favours which soon ran out. I moved up to Newcastle and ended up on the streets, soon landed in trouble and spent 4 months in prison. prison gave me the opportunity to sober up and I spent some time in detox where I could sort myself out. Released from prison I had a clean slate and had good intentions to stay off the drink. It didn't work out that way sadly. I had my first drink upon release from Prison and was back in Birmingham in rags.

This brings me back to the beginning. My drinking was out of control and I ended up homeless and alone outside a hostel. Looking up I saw a SIFA Fireside poster, offering support for alcohol misuse. Over the course of 9 months I worked with an alcohol worker to get myself sorted. The service was excellent and I felt really supported.

My last drink was on August 16th 2007 and I haven't looked back since. I am now volunteering with SIFA Fireside and am really proud of how far I have come. I am determined to give back and have held a number of fundraising events for SIFA Fireside.

For me the future feels bright. I am rebuilding my life and would like to move into full time employment, working as an alcohol support worker.





1. Birmingham City Mission Hostel, 38 Washington Street, B1. 0121 643 6182
2. Salvation Army - William Booth Centre, Shadwell St, Birmingham, West Midlands B4 6HA. 0121 236 6554
3. Health Exchange, William Booth Centre, William Booth Lane, off Constitution Hill, Birmingham, B4 6HA. 0121 465 3965
4. St Martin's Church, Bull Ring, Birmingham B5 5EB. 0121 600 6020
5. Homeless Services Centre, 44 Bradford Street, Birmingham, B5 6HX. 0345 6020 540
6. Aquarius, 2nd Floor, 16 Kent Street, Birmingham, B5 6RD. 0121 622 8181

 = SIFA Fireasia (near Fosse Street)

 = SFA FireSafe (Pershore Street)