

credo

Spring 2011

Credo Newsletter

**Credo - a community
work rehabilitation
project helping to
build a brighter
future for those
recovering from
mental ill health
in Bromley.**

Spring is Here!

Spring is here
Crystal Clear
Warming Up
With Natural cheer

Flowers bloom
In gardens green
"Start On that room;
It's time to clean!"

Little buds are breaking through
As nature's rhythm pulses too
Days are longer; nights fly by
Whilst Sunshine seeps from bluer sky

Leap lambs, with calves and foals
As Spring can free our heavy souls
Brook bubbles; crystal clear
And sigh relief; at last it's here!!

Tim



A Day of Forgetfulness



Drawing by Nadia

A DAY OF FORGETFULNESS

A TRUE STORY BY GULTEN HELME

Mrs Mardin turned over and yawned. She then jumped out of bed in anxiety. She had things to do that day; but what were they?

In her pyjamas, she moved towards the fridge on which stood the electric kettle. She pressed the button on top to heat the water for a cup of tea. As the button glowed red and the water began to heat, she remembered that she had to go to the office to fill in some forms with the receptionist. She suddenly remembered that her appointment was at ten o'clock.

She looked at her watch on her wrist which she would never take off unless she was going to have a bath. It was half past nine. "Oh no! I'll never get there on time!" She said to herself. So, she picked up her mobile and rang the receptionist. "Hello, I am G Mardin from room 20. I have an appointment to fill in some forms with Moreen Davies this morning; but I'll never get ready by that time. Can I come at half past ten?" She asked nervously. "Of course you can, Mrs Mardin," said the receptionist.

Mrs Mardin sighed with relief and sipped her cup of tea trying to remember what else she had to do on that day. "Oh, I have to attend the tenants, meeting at half past two," she thought. She comfortably had a shower, put on her clothes and had two slices of Ryvita for breakfast. Her breakfast was delicious. The slices of Ryvita had wholemeal rye, buck wheat, linseeds, toasted chopped soya, sesame seeds, chopped sunflower kernels and salt. All these ingredients had vitamin Bs and minerals necessary for our health and nerves. She looked at her watch which was exactly twenty past ten. She put on her scarf, coat and looked in the mirror to see if she was presentable. She looked fine.

She picked up the carrier bag in which she had put the forms, the letter which she had to post and rushed down the stairs. Half way down, she wondered whether she had locked her door. Up she went again and checked it. She had locked it..... She hurried down the stairs again and went round the corner where the office was. The personnel in the office were responsible for the welfare of the tenants. The forms she had to fill in were partly to do with that housing association.

Mrs Mardin knocked on the door; Monique Williams was at the reception desk waiting for Mrs Mardin with a smile. "Mrs Mardin can you come back in an hour's time as there is no one else in the office. Do you have anything important to do today?" "no, Miss Williams, I can come back in an hour. I'll just go and post this letter. See you later, she said. Mrs Mardin checked if the letter was in her bag. Yes, it was; another sigh of relief. She was very careful walking down the road as there was snow on the ground. The council workers were throwing grit on the pavement in narrow paths so that the pedestrians would not slip and hurt themselves. She smiled to herself, thankful that these jobs were being done. She pushed the door of the post office. It did not open. Immediately she was disappointed and thought that the owner of the post office may not have come because of the snow. As she turned to go, she faced a lady with a round white face smiling at her "You pushed the wrong door," she said with a chuckle.

Mrs Mardin thanked the lady and pushed the other wing of the door. She walked excitedly to the post office part of the shop, "good morning. I would like to post this letter, registered please," she said to the postmaster, "OK madam, fill in this card, he said, pushing the card through the window.

Mrs Mardin took the card and noticed the word address on it in the space below. She had her glasses hanging in front of her, but she didn't read the instructions above the word "address, as she was filling the space, she could not remember the post code of her own address "can you tell me the post code of this road please," she asked the postmaster. "Mad\m you are not supposed to fill in your own address. It is the recipient's address that is needed there. Mrs Mardin forced a laugh but really she wasn't laughing; she felt quite silly. She also felt very embarrassed not to have read the instructions on the post office card/

Having paid the post master, she walked rapidly back to her flat. She had half an hour to go for the meeting with Miss Monique Williams. She checked again if she had the forms in the bag and whether she had the black pen in her pocket. Oh no! she had two pens in her pocket, one of which was the postmaster's. Down the stairs she went again and marched down the road to the post office. Nervously, she walked to the post office window and said "I am terribly sorry sir. This must be your pen..." "It's alright madam, these things do happen" he said laughing naturally which showed that it was the incidence and not Mrs Mardin the postmaster was laughing at.

Mrs Mardin hurried to her flat to get the bag with the form in. She had exactly ten minutes to arrive at the office. The time was half past eleven.

As soon as Monique saw Mrs Mardin through the glassed door, she pressed the button and the door clicked open. "Take a seat Mrs "Now Mrs Mardin , Ill be with you in a minute," said Miss Williams, chewing a piece of cake, half of which she wrapped and put in the fridge.

"Now Mrs Mardin , let's have a look at these forms." She sat next to Mrs Mardin at a small square wooden table. It was just about big enough to hold the forms which Mrs Mardin had spread. "now which part of the forms do we have to fill in," she asked Mrs Mardin.

"If you have enough time, could we go all through the forms together in case I've made a mistake," said Mrs Mardin with frown on her gace.

They went through the forms and completed them. Mrs Mardin thanked is Williams with gratification. She then went back to her flat with the intention of having a cup of tea and then going to the post box with the forms sealed in the envelope.

As she was coming back from the post box, she suddenly remembered that her sons were coming to visit her the next day. She looked at her watch; it was two o'clock.

"I had better rush down to the shops and do the shopping for tomorrow's lunch," she thought. She checked whether she had the shopping list which she had made the previous day. A sigh of relief went through her mind while she also felt and saw that she hade her purse in her pocket. She was now very happy and thrilled in fact, that her sons were going to spend the next day with her, which was Saturday.

She walked down Plainstow Lane briskly with a tender smile on her face, and turned right at the petrol station. This time walking faster and faster to lose the weight she had gained because of her medication and also her age. She arrived at Waitrose, took a trolley and with the elegance of a queen went round and round to find the ingredients for the next day's lunch.

She put some carrots, a packet of muspotato powder, and eventually a small loaf of seedy bread into the trolley. The bread was expensive but, never mind, it was going to be a special day the next day and her sons loved seedy bread.

She paid for her shopping at Waitrose and said goodbye to the lady at the till. The next place to go to was the family butcher on the way back to her flat. The butcher there, a perfect Englishman was very friendly. He greeted her with a smile. Mrs Mardin thought that it was time for her to congratulate him on the homemade sausages she had bought from him the previous week. He smiled kindly and thanked her.

"May I have some of that beef mince, not too much because my dish is not big enough. I am going to make sheperd's pie with it," she said. "I tell you what, I'll put a pound for you and see whether that's the amount you want" "please," said Mrs Mardin. "Oh take a bit off , as that's too much"

"Is this OK?" asked the butcher. "That's lovely, thank you; and a packet of homemade sausages, please. I like the sage in them. Good for the memory, so says a specialist" said Mrs Mardin with a chuckle. "That will be £4.50 madam," said the butcher.

Mrs Mardin hurried back up the hill. She was far away now from the shops. Very excited about the next day. A lady was walking down the hill also briskly. "Excuse me, can you tell me where the library is?" asked Mrs Mardin kindly. The lady answered politely and said "yes it is opposite the shops, opposite Waitrose, in fact."

"Thank you very much, I am new in this area," added Mrs Mardin. Oh now glad she was now that she was getting to know the area and there was so much that she could learn from books.

She suddenly stopped and said "Oh no! I have forgotten the butter. Never mind perhaps the post office shop will have it."

She was now beginning to feel tired. She dragged her feet into the post office shop and rather than going to the dairy fridge, she asked the man at the till if they had any butter. The answer was positive. She saw that they had three kinds, one of which was New Zealand butter. It had the longest duration on it. That was the country her ex husband was going to settle with his girlfriend. It would be too far and expensive for her sons to visit their father but, at the same time, they would also have the opportunity to see the country which sounds and seems so green

Mrs Mardin was now physically and mentally very tired with all the thoughts in her mind. She got to her flat absolutely shattered. All she could do now was to put the bags on the floor and press the button on the kettle, her sister and given her, for a cup of tea. She sat down and looking out of the window she saw the bare trees in the garden. No, they were not quite bare. There was the most sweetest little squirrel with a bushy tail, running up and down the trees. This scenery could be viewed through the window of her room at Lewis King House. How grateful she was for the Housing Association. She sighed deeply....

Alas!!!

She had forgotten to attend the BSH Tenant Service Charge Consultation Meeting which was due to take place at 2.30pm....

4TH MARCH, 2005

Dear Potters,

Thank you for the sponsors for my abseil for Harris HospisCare, Orpington.

It was a fun time and I was a little nervous when I was at the top of Guy's Hospital Tower.

Simon Pitts, the Fundraising Organiser, was encouraging all the participants all the way. He was great!

And Andy, who was the person letting me down on the safety rope, made sure I was looking at him all the time rather than looking down and completely scaring myself.

There were 35 participants on the day each having to raise a minimum of £200. Simon has so far totalled £12,000 from our efforts!

I hoped to raise £300 and according to my justgiving page, I've so far raised £340!

If you want to give through my justgiving page it is:

<http://www.justgiving.com/Nadia-White0>

Thank you again for all your support. I really appreciate it!

Lots of Love and Pottery Mouldings,

Nadia



FAREWELL TO A FRIEND!

On Monday, 20th June, Credo's Anne Bannon will retire from the charity. Here's what two colleagues had to say about her:

Anne, you and I have had some really good times together at Credo. Working for a small charity, you never know what each day will bring. But what I do know is that it has been a pleasure for me to have worked with you for the last 4 years and I want to thank you, for all that you have done for Credo as an organisation and for all the Credo members who have passed through our doors since you arrived in 2003. Lots of love and warmest good wishes,

Jan

xxx

Anne and I faced some real challenges and changes working together for Credo over a 4 ½ year period. The project's evolution into the dynamic and robust organisation that it has become today would not have been possible without Anne's commitment, resilience, hard work and dedication. I wish Anne all the very best for the future and know she will be sorely missed by all Credo members, staff and trustees alike.

Davina Sellick

GOODBYE.

Well Credo people this is IT! After eight years I guess this is the last newsletter I will be involved in. Today I have been energetically shredding papers to clear stuff away for the future move and came across one from my first day on 19 May 2003. I remember how nervous I was that day. I knew managing Credo was going to be a very complex undertaking and nearly backed out of the job at the last minute. I am so glad I didn't though, it has been an exhilarating few years and in retrospect I wouldn't have missed it for anything. In that time Credo has grown from the small project at Anchor House to the large and successful enterprise it now is with a branch at Yeoman House and a bright future. For me personally it has been quite a journey and I have a lot of 'thank yous' to say to the kind, helpful and supportive people I met on the way. Credo was started around 1998 by Yvette and Lesley so many thanks are owing to them first of all. I must include my appreciation of Davina our first Development worker who joined us in November 2003. Together we made a lot of good things happen and had a lot of fun too. Then I need to mention my gratitude to Linda for her tolerance towards my amateur accounting, also our current staff members Jan and Jehan who I know will between them be building on past successes and carrying Credo on to new achievements in the future. 'Thanks' to all the Credo Members from over the years, the Trustees and our brilliant Volunteers. These years have been really super, you have all been great and I will miss you a lot. Keep in touch and don't forget to invite me to your Private View in November.

ANNEx

CREDO MOVES ON

There are exciting times ahead, as Credo moves from its base at Anchor House to new premises at 67 Cotmandene Crescent, St. Paul's Cray, Orpington.

After lots of hard work and negotiation, we have *literally* just heard that our moving day will be Wednesday, 25th May. With the various utilities being installed, we expect to open for business on Wednesday, 8th June. As you can appreciate, with the departure of our dear friend, Anne Bannon, Jehan and I will be able to offer a more limited service for the time being whilst we get settled in and sorted out. We will keep you posted with further updates as and when they occur.

The new building will give Credo a 5 day a week operational base in Orpington, whilst still retaining our Fridays at Penge. The Credo Creative Arts Centre will be able to support even more people than before and provide a range of different arts, whilst still maintaining our much-loved and traditional ceramics base.

A very big **THANK YOU** to all the staff, trustees, service users and volunteers at Bromley Mind who have provided workshop space for Credo at Anchor House for the past 11 years.

We look forward to seeing you at The Credo Creative Arts Centre in the near future.

Jan

A MESSAGE FROM CREDO'S NEW CHAIR, GERALDINE CRAIG

I'm so pleased to be the new Chair of Credo at this exciting time in the charity's history. I have visited both Anchor House and Yeoman House and it's been great to meet so many members and I hope to meet many more of you in future. You have a very talented and committed Board of Trustees with experience in the arts, mental health, business and education, all dedicated to the success of Credo.

Credo's move to Cotmandene Crescent will enable people to participate in and enjoy many varied forms of creative art. We will continue to run our Credo days, whilst looking at other marketing opportunities to allow us to grow and become more self sufficient in terms of funding. What has struck me is the wealth of talent there is among Credo members and we hope to give you all the chance to expand and develop new artistic skills with us.

Looking forward to seeing you all again soon.

Gerry

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 OGATA KENZAN
 JOSIAH WEDGEWOOD
 GEORGE E OHR

MARY CHASE STRATTON
 BERNARD LEACH
 MARIA MARTINEZ
 SHOJI HAMADA
 LUCY M LEWIS
 SANTANA MARTINEZ
 MORINO HIROKI
 JOHN BENNETT
 NAMPEYO

BY JO BAILEY

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 JOSIAH WEDGEWOOD
 BY JO BAILEY

Credo Activities 2011 [updated]

Saturday 7 May (9-5)	Collection at Sainsbury's, Locksbottom.
Monday 30 May	Bank Holiday : Credo closed.
Saturday 18 & Sunday 19 June	'Freda's Garden' Open Event (10-5) – with donation to be made to Credo. Do go along to see this lovely garden: Freda's Garden, Harcourt House, Grasmere Road (off Highland Road), Bromley, Kent, BR1 4BB. (Entry £3.00)
Monday 20 June	Anne's Last Day at Credo.
Tuesday 21 June	Credo Summer Sale at Tesco, Orpington.
Saturday 25 June	Raku Day at Chipstead Potters. See separate sheet.
Saturday 9 July	Bromley Farmers' Market.
Wednesday 28 & Thursday 29 September	Volunteering Course. More info later.
Tuesday 11 October	Credo AGM, Bromley Civic Centre. Committee Room1 (6-8). Set up from 5.
Wednesday 16 November	Set up Credo exhibition after 12 at Bromley Library. Credo Exhibition Private View 6-8.

Exhibition open until Monday 30 November. When the exhibition ends members will be needed before 12 noon to help pack up - please talk to Jehan if you can help.

Christmas Sales : dates not fixed yet.

N.B. Sue would like to assert her copyright to the folding Christmas card published in the last newsletter.

CREDO SUPPORTED BY FREDA'S GARDEN!

On Saturday, 18th June and Sunday, 19th June (10am - 5pm), Freda's Garden will be open to the public for its annual "Art in the Garden" summer event.

Freda Davis has been opening the grounds of her beautiful property - Harcourt House - to the public for the past 6 years and raises a lot of money for charity. This year, Freda has very kindly offered to hold this event to raise funds for Credo.

Admission will be £3.00 per person and you will be able to see a variety of artists at work in the most gorgeous surroundings.

Please do all you can to publicise this event and do come along with your family and friends:

Harcourt House, Grasmere Road, Bromley, BR1 4BB.

Raku Day

Dear all,

Credo is having a Raku day at Chipstead Craft Centre, on **Saturday 25th June 2011 10am- 5pm**. We are hoping to have a maximum of 15 members to join us on this fun and creative day. To make the most of the day you will need approximately four pieces of work bisque fired to at least 1000°C. They could be pinched, coiled, slab or thrown. Please leave a lot of time for making and drying the work so it is fired in time and ready for the Raku day.

Note: be aware that Raku firing is a very smoky and smelly process therefore it is advisable to wear working clothes.

Address

Chipstead Pottery, Chevening Road, Chipstead, Sevenoaks - Kent TN13 2RY



Outline Program

10.00

Coffee and introductory talk on Raku and glazes.

10.30 to 12.00 approx

Glaze work. Advice and help will be given to make the most of the beautiful glazes.

12.00 onwards

Kilns will be loaded and fired continuously throughout the afternoon and every one is encouraged to participate.

4.00 approx.

Last firing.

Lunch

There are pubs nearby serving meals and sandwiches, although most people prefer to bring a packed lunch, so as not to miss anything. Hot drinks are provided in the studio.



If you would like to join us on this fun day please speak to Jehan

POINTS TO CONSIDER WHEN MAKING POTS FOR RAKU FIRING

The pots will be heated very quickly, lifted from the kiln with tongs when red hot (920°C approx.), buried in sawdust for a short time, then rolled on the ground whilst cold water is poured on them. In other words, subjected to EXTREME thermal shock.

Keep your pots THIN (3-5mm). If clay is too thick it will not heat quickly enough and may crack/explode or it may not cool quickly enough and the glaze will be spoilt.

Keep construction simple. Avoid delicate protuberances.

Be very careful to seal all joins securely.

ALL POTS MUST BE BISQUE FIRED TO AT LEAST 1000°C/CONE 06.

WHAT SIZE?

We have special trays for tiny items i.e.. jewellery. The largest kiln interior is 41cm high x 30cm wide (16" high x 12") wide, so work within that. Generally, depending on sizes and shapes etc. we are able to fire three to five pots per person during the day. i.e. five small, four medium, three large.

GLAZES PROVIDED

Copper Lustre - Bright copper under heavy reduction reverting to turquoise green when oxidised.
Good over textured surfaces.

Purple Lustre - Bright copper under heavy reduction reverting to purple blue when oxidised.
Good over textured surfaces.

White Crackle - Beautiful over smooth surfaces and when contrasted with smoked black (*see note below)

Transparent Crackle - Good over strongly coloured slips (pale slips fade under reduction) or oxides.

Lovely on its own over smooth surfaces or contrasted with smoked black (*see note below).

Sliver Nitrate - Can be used for small areas of decoration. Can be very dramatic.

*Black - Any area left unglazed will turn black in the sawdust. Wax and masking tape are available and can be used to create contrasting designs. However this is time consuming and may be better done before you arrive.

WHAT TO BRING

Gauntlet type gardening gloves. Long sleeved shirt. If you have long hair, something to tie it back.

We shall be outside a good deal of the time and it may be cold, wet and muddy, so bring wellies and a thermal vest! Note book, Packed lunch.

(Drinks are available in the studio).

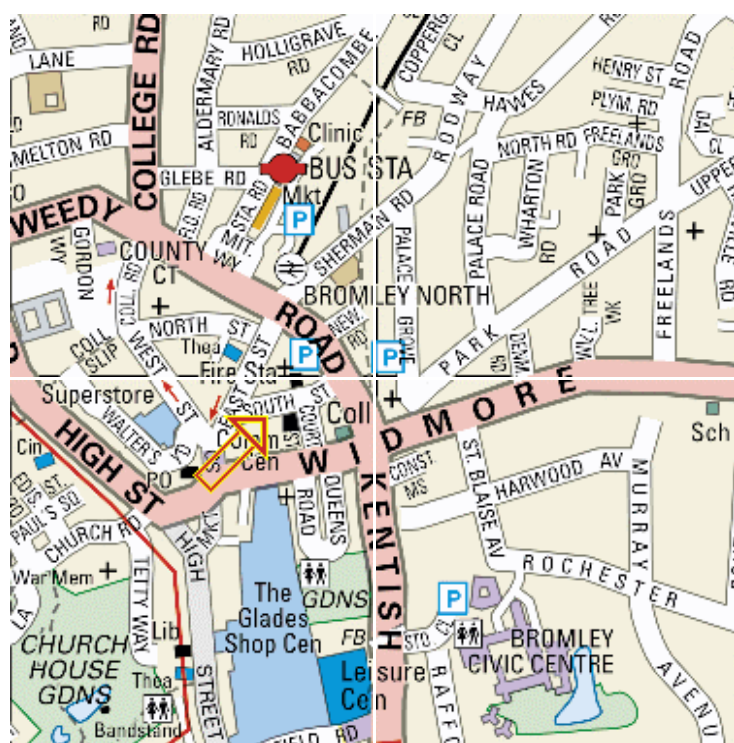
Chipstead Craft Studios

Volunteering Course

Dear All,

Credo with Volunteering Centre Bromley is running two day Volunteering Course on **Wednesday 28th and Thursday 29th September 10am – 4pm**, held at **Community House, South Street, Bromley, Kent BR1 1RH**

Buses: 61 and 208 from Orpington
227 and 358 from Penge



The 2 days course will cover:

- What volunteering is and what the benefits are to you
- Identifying the skills and experiences you have to offer
- Disability Awareness
- What type of organisation you could volunteer for
- Case studies – volunteers talking about their experiences

Teas/coffees and lunch will be provided on the premises.

For further details or to enroll please speak to Jehan