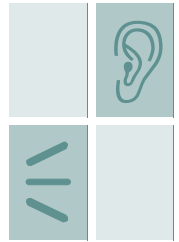


Citizen Advocacy News

BATI AS
Independent Advocacy Service

Issue 2

October 2006



Welcome to our autumn newsletter

Now the evenings are getting darker it is great to have the time to sit and reflect on how busy the summer was.

Throughout the summer BATIAS staff and volunteers were busy attending various community events promoting the work of BATIAS and encouraging more people to volunteer.

I would like to take this opportunity to thank our community events volunteers for giving up their time to help.

I hope that many of you will take the opportunity of joining in some of the social and training events we are planning for the autumn and winter.

Future events:

Christmas Social
Evening

6th December 2006



Confidence and
Assertiveness training
in November

Contact Erika on 01375
389869 for details

Looking forward to seeing you

Angie Cahill

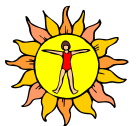
Volunteer Co-ordinator

01375 389869



Women's Health and Wellbeing Day

BATI AS held a Women's Health and Wellbeing Day on 1st September in Brentwood. It was great to see 40 women there. The day was divided into two parts. In the morning there



was the opportunity to take part in art, drama, exercise and also listen to a musical trio. In the afternoon there was reflexology, hand massage, head massage, nail painting, yoga and a make over.

A colourful healthy lunch was provided by Crown Café.



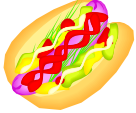
Some of the women who attended have citizen advocates and they were pleased to tell me about what they have been doing.

There were also volunteers helping on the day. Cathy and Alison helped everyone to relax with hand and head massage.

Summer events



We have been to fetes, festivals and carnivals where we have enjoyed clowns, loud music and local dancing troops. There is something special about being outside on a sunny day eating hotdogs and ice cream, joining in with people having fun.



Staff and volunteers have been promoting volunteering in Basildon, Wickford and on Canvey Island. We were lucky each day started cooler and a little rainy but turned out fine and sunny.

At the Basildon Festival this year we held a raffle, with prizes kindly donated to us from shops in Basildon and a "Hook the soft toy" stall which proved popular with all the children. We used the toy stall idea again at the Wickford carnival and also sold old videos. Thanks to Eddy for helping us collect so many items.

We are always looking for events and places to promote volunteering with BATIAS. So if you know of a group who would like a talk, a newsletter who would welcome an article or an event where we could have a stall/ table please let us know.

Angie

Citizen Advocate Report and Quotes

I am Tracey and enjoy being Linda's citizen advocate. We are having a great time together building a friendship.



Recently we spent the day at Southend eating chips by the sea front and indulging in a spot of retail therapy.

Becoming a citizen advocate has been rewarding for me as it has given me the opportunity to do something positive for someone else and has given me a new friend.

Dawn

I enjoy going out for meals with Diana my citizen advocate.

Faustina

I enjoy being a citizen advocate as I always wanted to give time back to the community when I retired. I am happy to be in a new friendship with my CA partner.



Congratulations to Eddy who has started his new job at Marks and Spencer, wishing you all the best.

Christmas Social Evening

Our Christmas social will be a Pampering evening. Come along, relax, enjoy some mince pies on **Wednesday 6th December** at Hutton Poplars Lodge, Brentwood from 7-9 pm.

