

BASE 51 AIMS

Base 51 aims to actively involve young people in the day-to-day running and development of all aspects of the project; to work in an anti-oppressive way in order to make Base 51 a place where all young people feel welcome in coming and which is applicable to them and their needs; to provide information, support and counselling on health and other issues relevant to young people while also working with other organisations.

It is hoped that these aims can be realised within the context of Base 51 being a vital, energetic, exciting and creative place for young people, volunteers and staff.

To further these aims, Base 51 has the following Equal Opportunities statement:

Base 51 has a commitment to an active Equal Opportunities policy in order to counter all kinds of discrimination against individuals or groups.

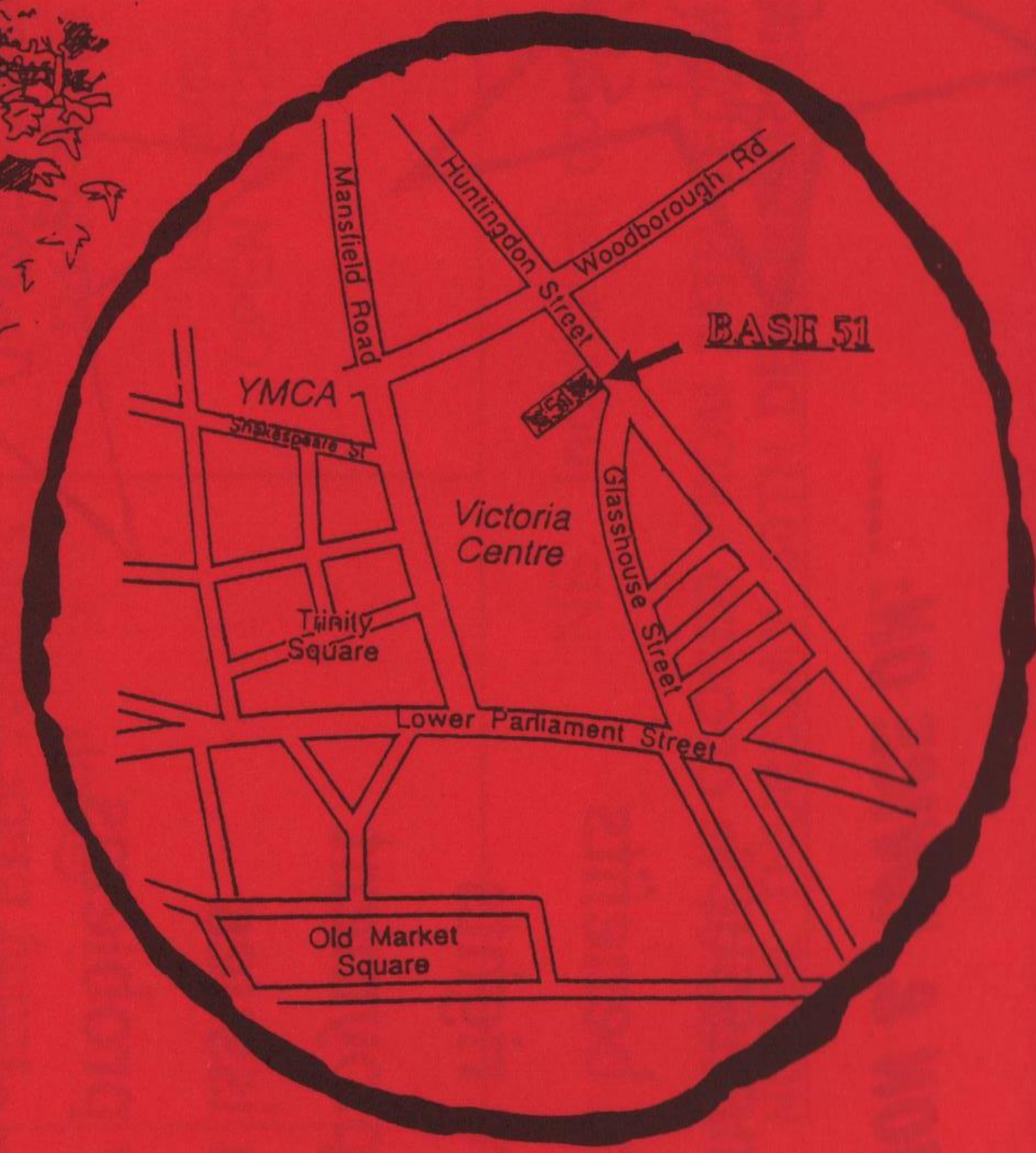
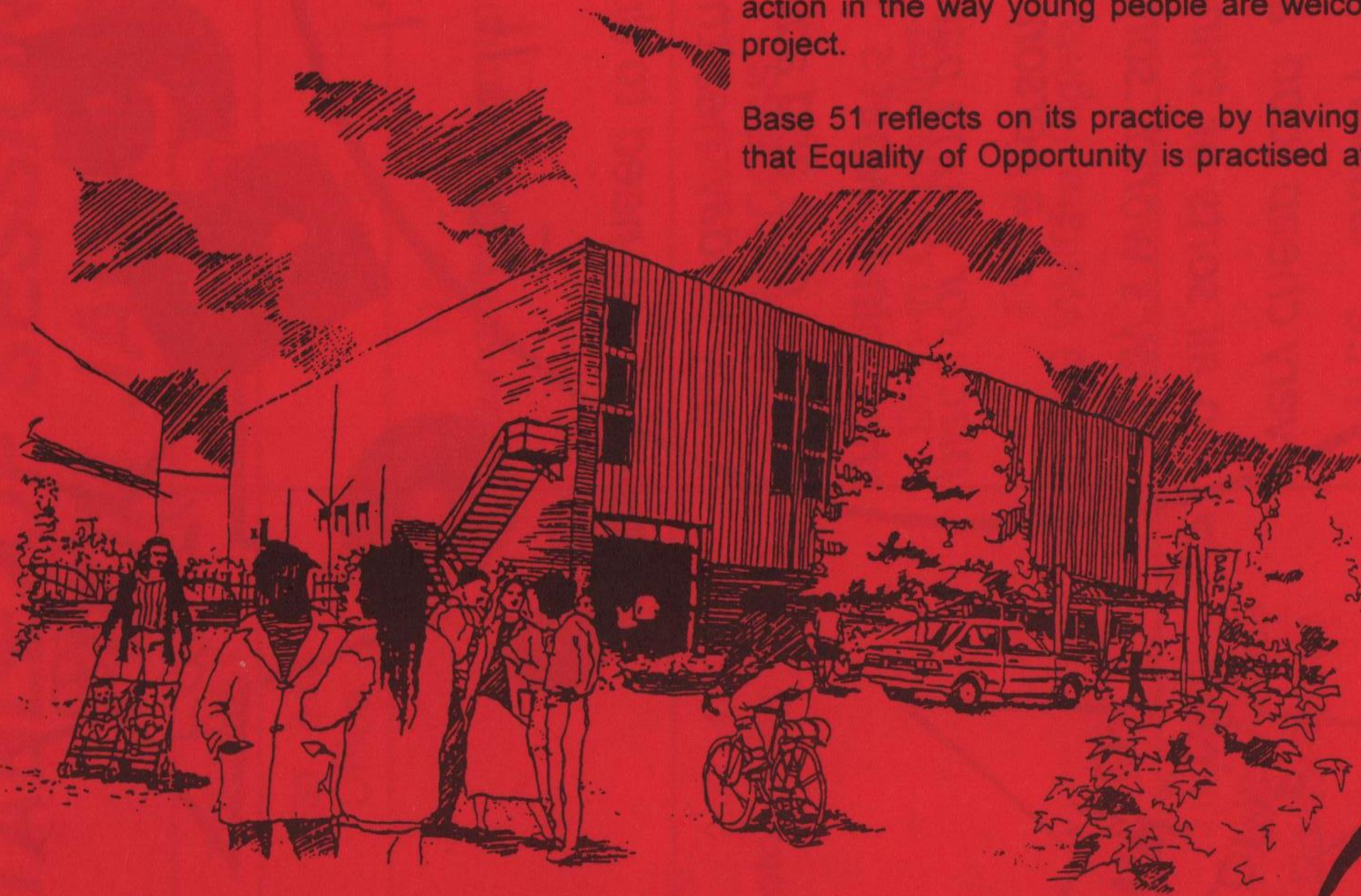
Base 51 is committed to putting a coherent Equal Opportunities policy into practice which will enable any young person to have equal access to support and to have equal access to the facilities offered by the Project.

To the same end, it is considered important that those employed in the project also reflect, as far as possible, the different social groups in the community at large in order to offer a sensitive provision to those young people who approach the Project for advice and support.

There is an Equal Opportunities recruitment and selection policy which endeavours to recruit fairly and efficiently for all available posts.

Base 51's day-to-day running reflects its Equal Opportunities policy by positive action in the way young people are welcomed and encouraged to take part in the project.

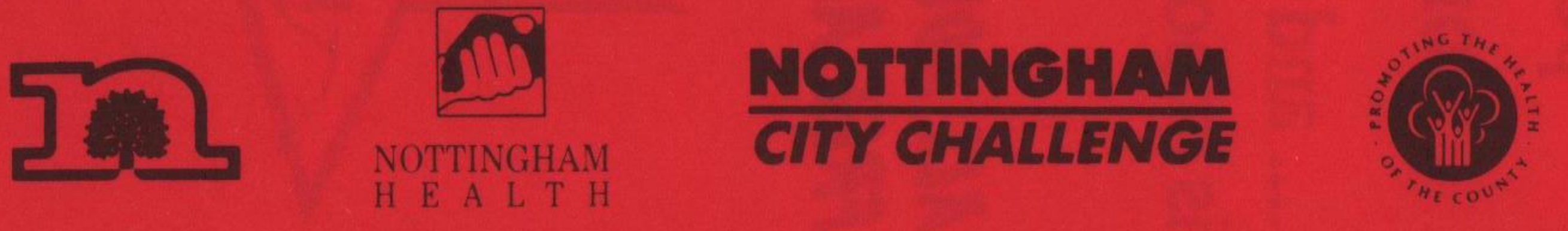
Base 51 reflects on its practice by having active monitoring procedures to ensure that Equality of Opportunity is practised at all levels of the Project.



This is where we are!

51 Glasshouse Street
Nottingham NG1 3LP
☎ 0602 525040
Fax 0602 525080

Base 51 is a project of the Charitable Company HINT.
Registered in England. Company No. 2672194. Charity No. 1007702. Office as above.
Working in partnership with:



Thanks to Lindsey Allen for her help with the Newsletter!

THE NEWSLETTER 1019
DECEMBER 1993



a NEW and very DIFFERENT centre for YOUNG PEOPLE in Nottm.
A place to come and hang out with friends, have a cuppa, talk over your worries and get stuck into some fun activities....

BASE 51 NEWSLETTER...

DECEMBER 1993

Base 51 is a unique, new comprehensive centre for young people, based in Nottingham's city centre. If you have not heard of us before, we hope that this newsletter will give you a flavour of what we are about. If you know of us and have been involved before, this newsletter is to update you about what is happening.

To all of those who have been involved and helped to make Base 51 a reality - THANK YOU! Without the ongoing support of so many over the four years of development, we certainly would not exist.

Our work is entering a new phase in the New Year, with new developments and growths. This time of year offers new starts and beginnings. We hope we are able to build some of these with all of you. We also hope that the New Year brings positive and creative times and events into your lives and your work. We look forward to working with you.



After four years of talking, dreaming and lots of hard work by lots of people, **Base 51** is finally more than a vision. This Newsletter is long overdue but we hope that it will bring you up-to-date about what we are doing and give you information to share with all of the young people you work with. We have a wonderful resource for young people and we hope that together with yourselves we can use it to its fullest potential for the benefit of Nottingham youth!

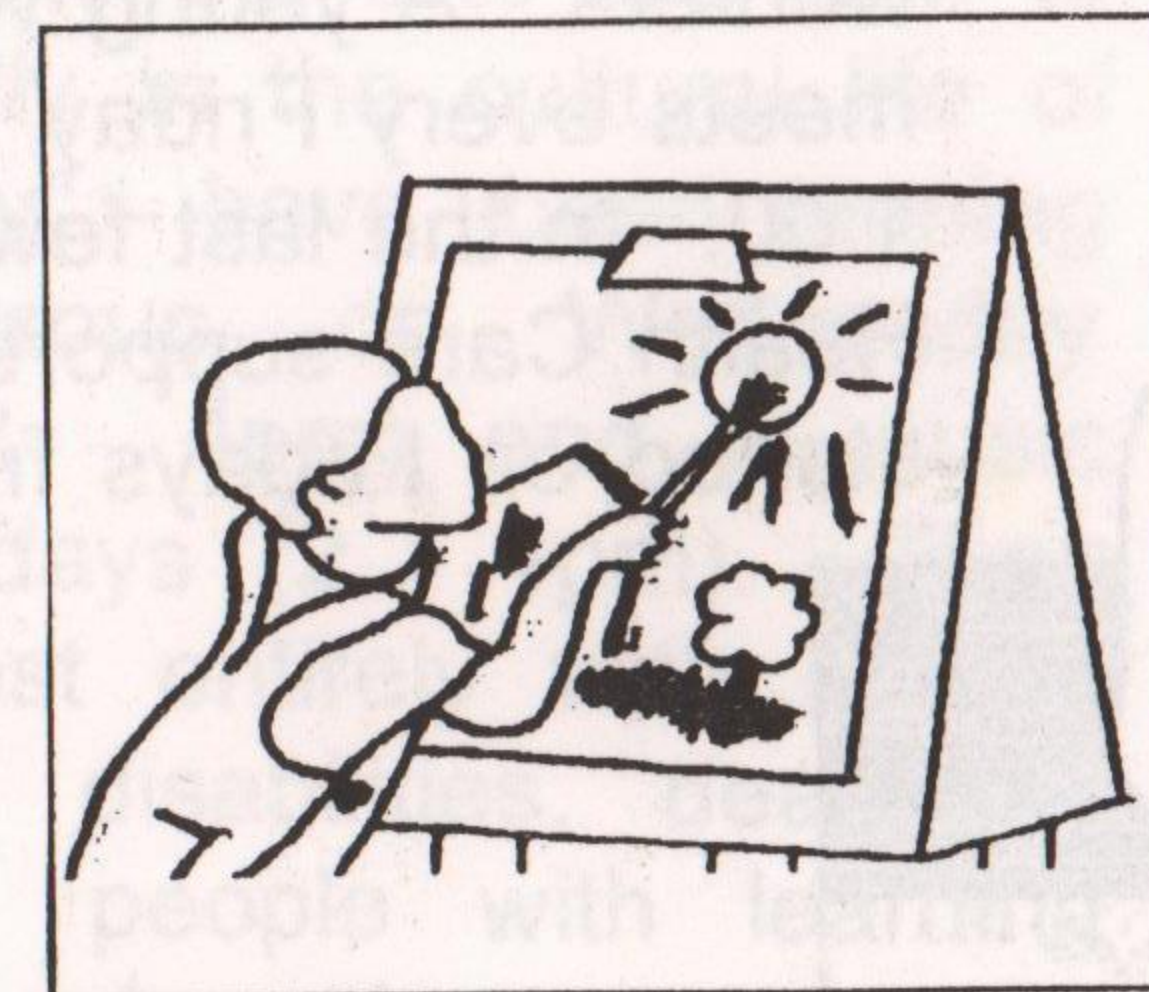
On the 21st June 1993, **Base 51** opened its doors to young people. The exciting and unique refurbishment of the inside of the building, has helped us to offer a new - and needed - service to the young people of Nottingham.

We have a long term (very long-term) aim of being opened six days a week, from midday til 9pm but are still very much developing towards that. Since June this year the development work has been ongoing. Two days a week, from 2pm - 9pm (during July and August) and from 2pm - 6pm during from September until the end of December, have been drop-in, 'open access' sessions. See page 10 for full details of our opening plans from January 1994.



What have we got to offer?

During Open Access all services and facilities are available to young people - cafe (with yummy meals for less than £1), creche - for the children of users, nurse, doctor, counsellor, project work with lots of varied activities. The free laundry, locker and shower facilities have proved very popular and practical for many users. Throughout the other days of the week, a lot of group development and individual work has taken place. The times when the whole centre is not Open Access, have proved very important in enabling many young people to gain confidence to also come in during open access.



COUNSELLING.... Individual counselling appointments are available throughout the week. During the Open Access sessions, a young person can speak with the Counsellor and arrange an appointment if desired but individual sessions are not held during these times - the noise level is just too high! We hope soon to recruit some volunteer counsellors to enable us to expand what we can offer. Young people can come on their own and agencies can phone for more information on the service.

CAFE... The cafe provides the best food in town! So say many of our users, who eagerly look forward to the times when they can get a choice of a meat or veggie meal for under £1. The puddings are very popular. From early January there will be a Basic Food Hygiene course for young people, looking to possibilities of NVQ's and other qualifications.



CRECHE... The creche has developed into an extremely exciting and useful provision within the centre. Young people can leave their children/dependents, from 12 months to five years, in the creche and take part in other areas within **Base 51**, or just use the time to have some space away from the pressures of parenting. Events are a regular feature - including birthday parties and Diwali celebrations. Support with parenting and from other mums is a major feature of the daily work within the creche.

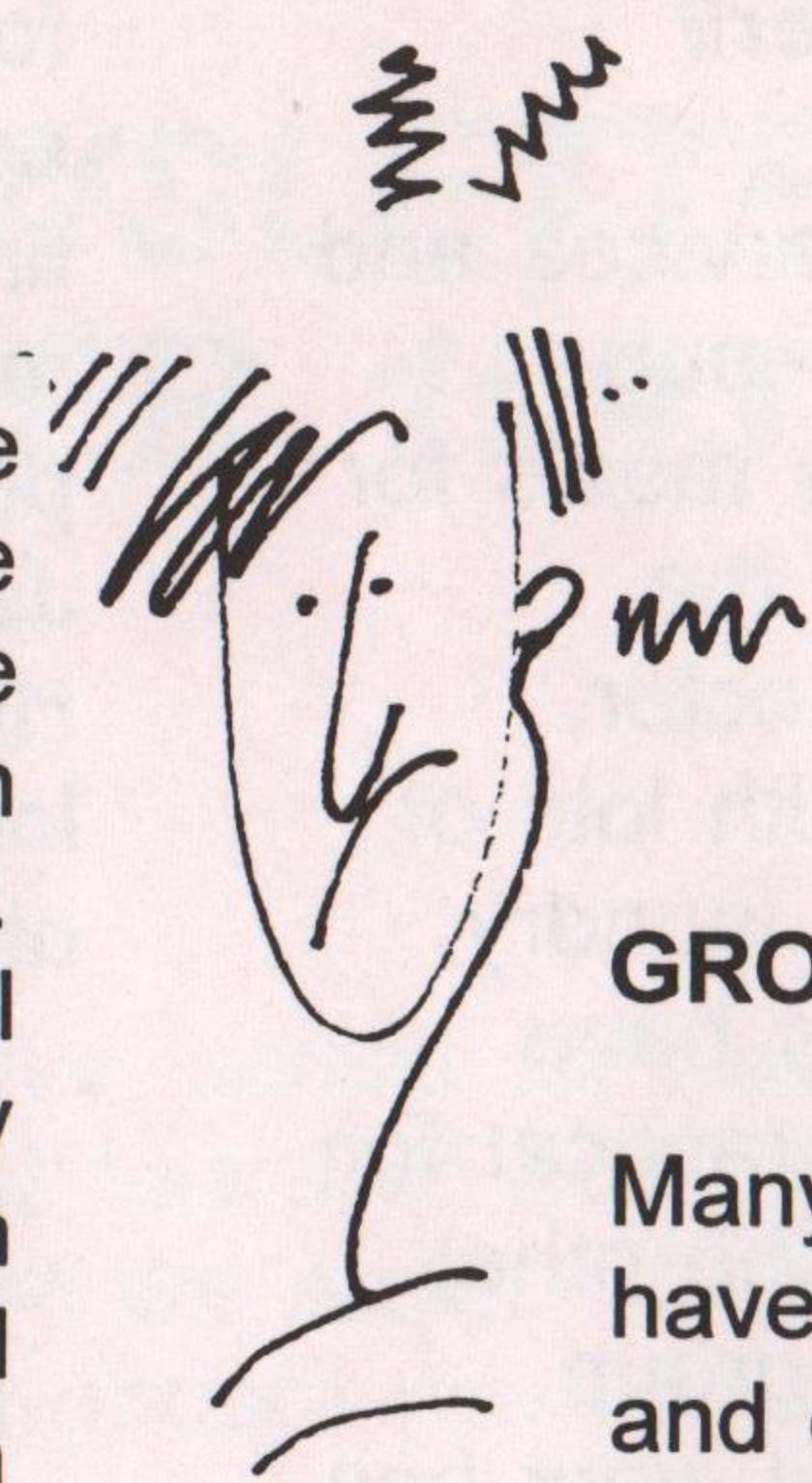


TENSE/IRRITABLE?!

headaches



NURSE AND DOCTOR.... They are setting up a full primary health care service, looking particularly at the needs of young homeless or those in care but available to all young people. Both the nurse and doctor offer a full service which is informal and very accessible to the young people. From January they and other centre staff will be doing specific health promotion events and activities each month - topics include: sexual health, smoking, diet/nutrition, mental health care.



GROUP WORK DEVELOPMENT...

Many groups have started, others have grown within this new space and others are still in the fantasy stage. Developing out of work with **Open** a young black women's group meets every Monday evening 7 - 9pm. Karen, the cafe coordinator, is starting a Basic Food Hygiene course for young people in the New Year. A thriving Young Parents group meets every Wednesday from 10:30 - 12:30 - with young parents sharing problems/issues and gaining support from other parents and workers. A young women's group meets every Friday from 10:00 - 1:00. In the last few weeks a Mental Health Care support group has started on Fridays from 10:30 - 1:00.

PROJECT WORK.... The project workers are important in the developmental work with the centre users. They spend a lot of time befriending and supporting individuals and groups of young people and helping to identify their needs. Intensive work takes place throughout the Open access sessions and on a more indepth level in the specific group development work throughout the week. We have a wide range of materials and facilities available for young people to use - dark room, arts & crafts materials, music making bis including instruments (even a baby grand piano) and karaoke. In the new year we hope to finally develop the music room (where Open Doors were working from) into a recording studio. The establishment of a Users Group is high on the agenda.



WELFARE RIGHTS AND LEGAL ADVICE...

These are two services which have developed from offers of support and work from outside the project. Notts. Welfare Rights Service have placed their volunteer peer educator with us, offering a specialist service. This is proving an essential part of our work. A local solicitors firm, Hunt & Dickens offer free legal advice and information every Thursday afternoon - again this is more used than expected and helps us to be the holistic provider we aim to be.



Fancy doing drama or music?

Since mid-May **Open Doors** have been working from **Base 51**. The growth of their work with young people around, drugs, solvents and alcohol has been enormous. The sharing of resources and users has been mutually beneficial to both projects. **Base 51** sorely miss them since they moved up the road at the beginning of December (see page 6). We hope that the joint work will continue and grow despite them not being based here any more.



East Midlands Shape -an

organisation which aims "to ensure that the many people who do not have equal access to the arts are able to participate fully in the cultural life of the community" - have been running a drama group on Wednesday afternoons (2 - 4pm) and a music group on Fridays (2 - 4pm). Their work is almost entirely with people with physical disabilities, deaf and blind people, people with learning difficulties, people with mental health problems and people with chronic health conditions.

VISITORS DAYS...

We are very keen to share with other workers, carers and agencies our work and to show off the wonderful resource of **Base 51**. We are also aware that it is something which could overtake our work and also make young people feel like they are in a fish-tank. We have therefore organised monthly Visitors Days - to which all are welcome. These take place **the first Monday of every month, 2:00 pm**. During the visit there will be a short presentation by a staff member about the history and development of **Base 51** and then a tour of our facilities. If you would like to attend, could you please telephone in advance so that we have an idea of numbers.

In September 1993 Nottingham

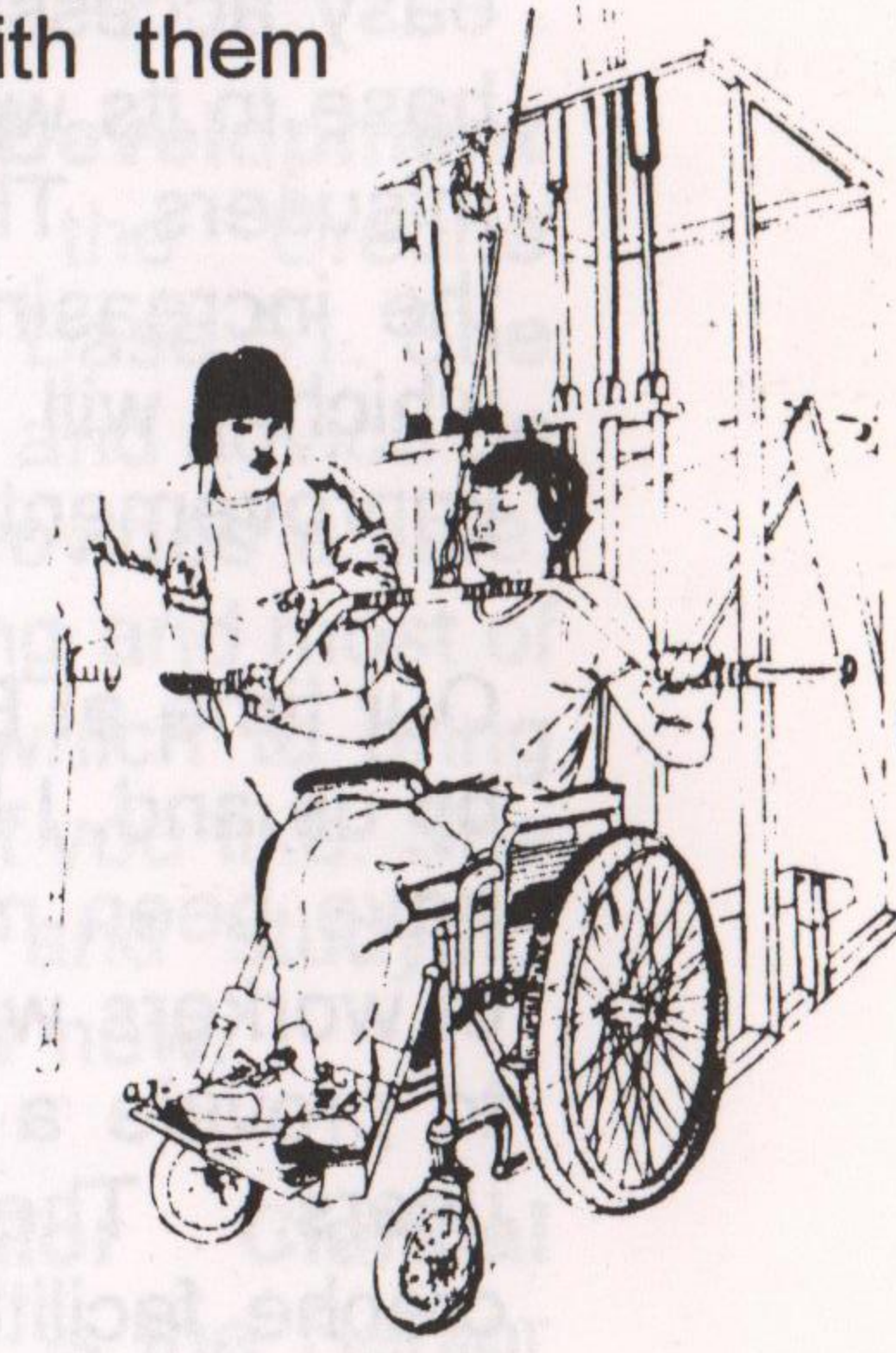
Young Disabled People (NYDP) moved in with us. Their worker, Ailsa Fairley, is based within our office. Nottingham YDP is an "advocacy" project to support young disabled people and aims to support and encourage young disabled people to speak for themselves. Hopefully a lot of joint work will happen with them based here.

The Nottingham Project - Roland

Bourne has just begun some work at **Base 51** for people with learning disabilities. Two groups are planned - a theatre group and a newspaper group. The meetings take place on a weekly basis.

National Association of Young

People in Care (NAYPIC) hold their monthly support meetings at **Base 51** for young people in or leaving care.



Open Doors have been based here with us since May working with young substance misusers. Their presence has been very positive. The links between the two projects will continue and hopefully build in new dimensions. Tony, the co-ordinator adds a bit about their move!

OPEN DOORS

Hello People...

After a six month stay at Base 51, we are on the move again. We will be moving to:

**First Floor
17 Huntingdon Street
Nottingham
NG1 3JH**

Our phone number will remain (0602) 243506 and we moved in on December 1st.

We have secured funding from City Challenge to stay in these new premises until March 1996. This will be the first period of stability that we've encountered since I re-started Open Doors about 2 years ago.

Open Doors has continually proved its easy accessibility and strong practice base in its work with young substance misusers. This move is a milestone in the increasing stability of the project which will mean an increased improvement in our service.

Our time at Base 51 has been valued by us and, I believe, by Base 51. We have been making links with a group of workers who will hopefully continue to provide a resource for our service users. The medical, catering and creche facilities especially have been of great use to us and although we hope they will still be used, they won't be in the close proximity we've become accustomed to. We are going to be only a 5 minute walk away from

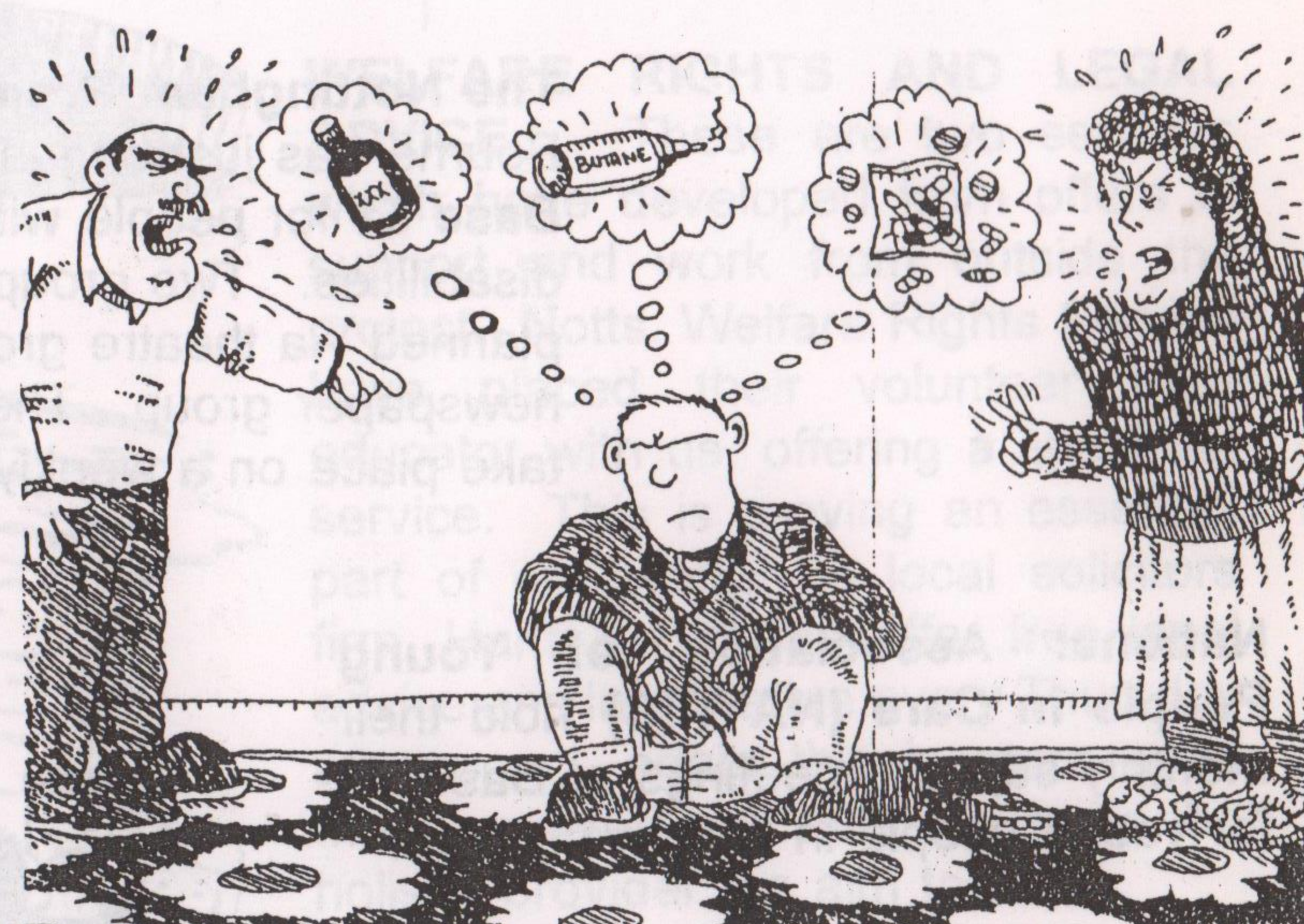
Base 51, so hopefully people will vote with their feet and continue to use both services if that is their need.

We will be up-dating our information leaflets which should be available by February 1994. If you wish to receive some of these, please phone and leave your name and address with us; we will send them out to you as soon as they are available.

Our opening hours at Huntingdon Street will be 10.00 - 6.00 Monday, Wednesday and Friday and 12.00 - 8.00 Tuesday and Thursday.

I'll close this with thanks to the Base 51 Board, management and staff team who have all supported us both as individuals and as a group. Thanks.

Tony Herbert
Co-ordinator
Open Doors



THOSE WHO WORK AT BASE 51...

Susie Daniel: Project Director - Susie has been around Nottingham for a long time. She has done lots of community work and worked as a nurse. She has been working on getting the centre open for the last four years, and was appointed Project Director in February 1992. She plans to spend lots of time fundraising for the Centre but also hopes to be around to meet lots of young people.

Jim Coogan: Centre Manager - Jim started as the Centre Manager in September 1992. He moved here from London, where he was involved in several young people's projects. Jim's role is the day-to-day management of the centre.

Ian Thomas: Finance/Administration Officer - Ian joined the Project in September 1992 and is employed as the Finance and Administration Officer. He was previously based in London and could not resist the chance of joining such an innovative project.

Clare Connor: Project Worker - Clare is the part-time Project Worker. She has worked in all sorts of community work and youth work over the last 15 years, both in this country and abroad (show off!) and has recently finished 3 years' work at Nottingham Women's Centre.

Judith Scott: Project Worker - Judith is a Project Worker. Over the past 3 and a bit years she has been a Youth Worker (part-time and full-time). She enjoys working with young people - and at 26 is still (just about) a young person!

Karen Chapman: Project Worker - Karen is a project worker, and likes meeting new people/faces. She likes doing things and will try her hand at anything -almost! Karen will be on a year's secondment from the beginning of 1994 but shall be back!

Jinny Gray: Counsellor - Jinny is originally from Nottingham, but trained as a counsellor in London. She also worked in a college, at a young persons' drop-in and counselling centre, and at Childline. After going to play in America for a couple of years, she returned to settle back in Nottingham, do another course and start work at Base 51.

Kate Caston: Centre Nurse - Kate is the Centre Nurse, offering general health advice on just about anything! She has a background in general and mental health care, and is busy establishing a unique service at Base 51.

Alison Best : Doctor (GP) - Alison has been working as our own doctor since August 1993. She is a trained General Practitioner, including Family Planning. The health care she offers is unique and she is excited by how well it is going.

Karen Huxtable: Cafe Coordinator - Karen has joined Base 51 from Dudley School Meals Service. You can get dishes you enjoy such as Chocolate Crunch, Burgers 'n' Chips, as well as the healthy, nutritious meals. Also, vegetarians have a special dish of the day. One thing you won't find in the cafe is lumpy custard!

Carol Stevens: Creche Development Officer - Carol is the Creche Development Officer for Base 51. She offers support, guidance and advice on childcare. The creche provides a safe, warm, friendly, stimulating and most of all fun environment in which to bring your kids and stay too, if you like. She has been working in, and studying childcare for eight years now.

Cath Moseley: Senior Clerical Officer - Cath Moseley is the Senior Clerical Officer. She has lived in Nottingham for nearly six years and originally studied at the University. She previously worked in training and Equality.

Nigel Ruding : Part time Clerical Officer - Nigel joined us in October, bringing computer skills sorely needed to help us set up information systems and databases. He recently moved from Manchester.

Erika Jones : Part time Clerical Officer - Erika also joined us in October and brings important back-up skills to the administration. She is also studying acupuncture - so maybe one day soon we will offer some alternative therapies!

Jim Scott : Caretaker - Jim joins us from semi-retirement and helps to keep us all on our toes, whilst trying to keep Base 51 clean and presentable!

ADDITIONAL STAFF...

From our first opening days, it became obvious that we needed more worker support during the Open Access sessions - particularly the creche and cafe would not legally be able to offer their services without these sessional workers!

Sessional workers :

Assistant Project workers -

Tony McCloud & Thara Raj

Creche Assistant - Doreen Grant

Cafe Assistant - Vacant

TRAINEES....

Sharon Bilsen - BESTCO Trainee : Sharon is working with us as an assistant Project Worker for twelve months. She brings experience of working in care.

STUDENT PLACEMENTS...

Base 51 is happy to take a limited number of students on placement. Courses that have approached us so far include youth and community, social work, nursing and counselling. So far, our work has been enhanced by the presence of Patsy, Jo, Fay, Eric and we have two new students starting in the New Year.

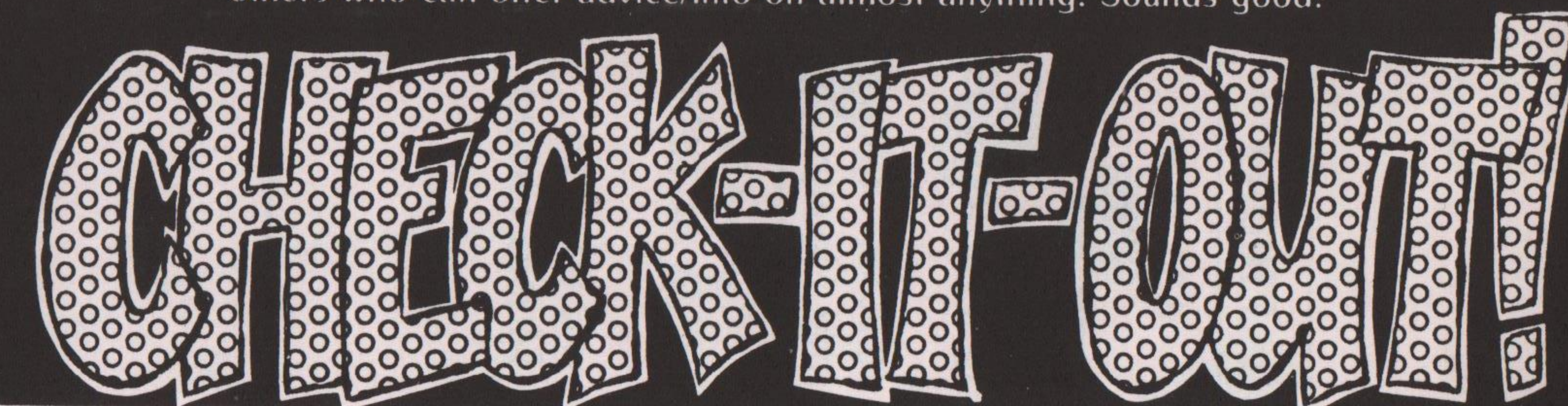
Volunteer Welfare Rights Peer Worker: Jason Boughey - Jason is here from Notts. Welfare Rights Service, offering Welfare Rights information, advice and support to all of the Centre users.

VOLUNTEERS....

In June and July 1993 we did an intensive training and induction programme with potential volunteers. As a result of this selection process, we have 14 volunteers, who each play an extremely important role in the running of Base 51 - particularly offering vital support work during the open access sessions.

Volunteers:

Diane Barber	Jeff Buck
Jan Butterworth	Fay Coulson
Kate Dudley	Mo Francis
Amanda Godwin	Iain Hardaker
Mandy Hatchett	Sally Ingle
Penny Kay	Helena Lock
Debbie Murphy	Gill Searle
Kasia Zalasiewicz	



WHAT'S NEXT?

We are very keen to develop joint work with other workers and agencies and want to share the resources that **Base 51** has to offer. **Base 51** is here for young people and any work we can develop with them or other workers can only be good news!

As early as possible in the New Year we plan a new volunteer intake. The important input of our current volunteers needs to be built on. We plan to target new volunteers from the Afrikan-Caribbean and Asian communities, people with disabilities and men - we are currently very female-dominated!

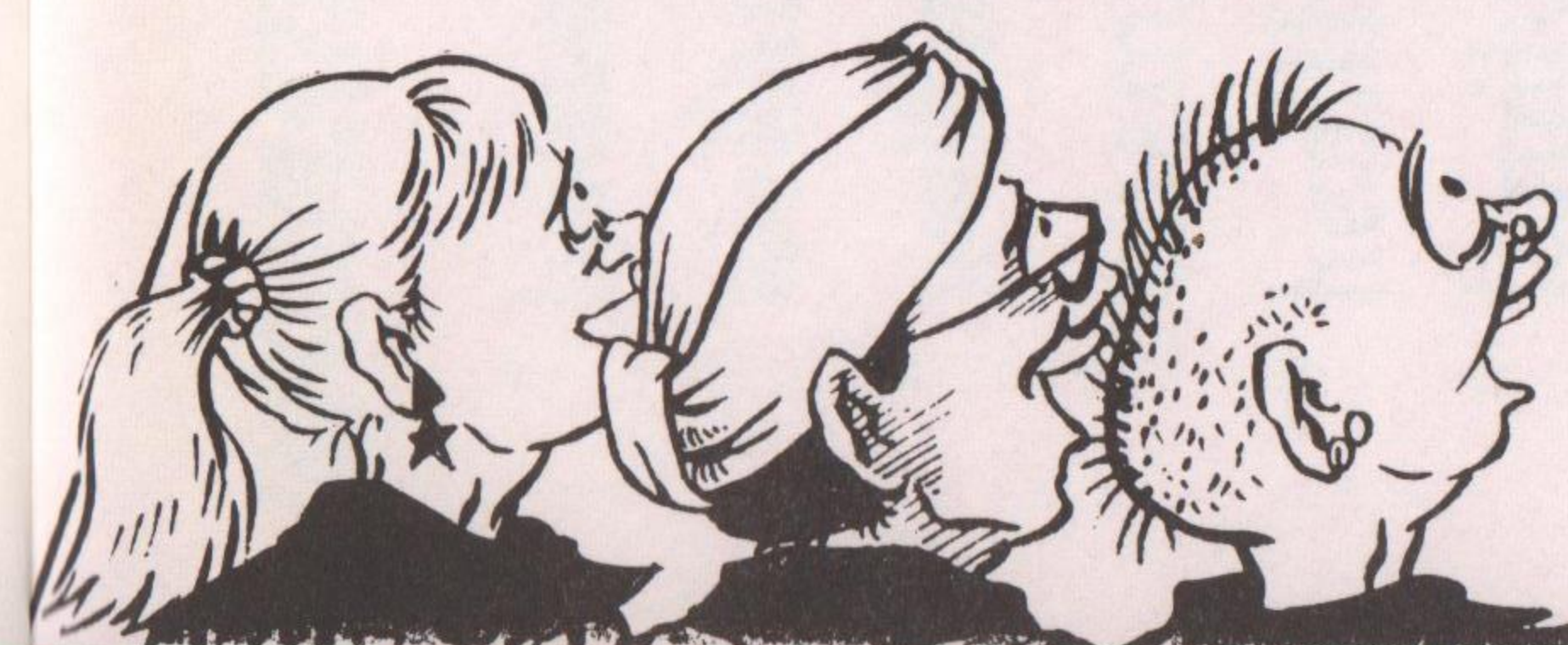
The Project Director has just started a mega-fundraising task - looking to trust/foundations, businesses and other sectors of the community to support us in our unique and innovatory service provision. Lots of applications are being completed and events to attract new funders and supporters will be organised in the new year. Any ideas are more than welcome!

Outreach Workers...Two part-time workers - an Afrikan-Caribbean and an Asian - will be recruited in the New Year.

HARMONY... As part of our ongoing health promotional monthly events, we are organising, jointly with other agencies, March 1994 as AIDS Awareness month for young people. There will be a series of events throughout the month - including: displaying of the Names Quilt in memory of people who have died of HIV; a week's residence by Y'Touring who will be presenting the play "The Inner Circle" and the presenting and displaying of information and of locally available services. Anyone who wishes to get involved or for further details, contact Susie.

YOUNG PEOPLE'S HEALTH RIGHTS CONFERENCE....Base 51, jointly with Nottingham Trent University, is organising this conference for the 24th and 25th March 1994. The aims are to look at models of good practice in providing relevant services. A leaflet is enclosed or for further information contact Samantha Casterton, 0602-486409.

Come and see us soon and see how we can work together!



TIMETABLE OF SESSIONS AT BASE 51 FROM JANUARY 1994

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30 - 5.30 Office	9.30 - 5.30 Office	9.30 - 5.30 Office	9.30 - 5.30 Office	9.30 - 5.30 Office
10.00 - 12.30 Staff Meeting/Team Meetings etc.		10.30 - 12.30 Young Parents Group		10.00am - 1.00pm Young Women's Group 10.00am - 1.00pm Mental Health Group
1.00 - 4.00 Catering Course 3.00 - 6.00 N.Y.D. Group	2.30 - 4.30 Photography Group	1.00 - 4.00 OPEN ACCESS 2.00 - 4.00 Drop in Counselling 2.00 - 4.00 HLG Welfare Rights	2.00 - 4.00 Primary Care Homeless 4.00 - 6.00 Legal Advice 1.00 - 4.00 Young Lesbian Afternoon	1.00 - 4.00 OPEN ACCESS 2.00 - 4.00 Music Group
7.00 - 9.00 Young Black Women's Group	4.00 - 8.00 Health Advice Doctor/Nurse 5.00 - 8.00 OPEN ACCESS		4.00 - 8.00 Health Advice Doctor/Nurse 5.00 - 8.00 OPEN ACCESS 5.00 - 7.00 Drop in Counselling	

NB: Individual counselling sessions throughout the week by appointment

BASE 51 IS CLOSED FROM 24TH DECEMBER - 4TH JANUARY 1994, EXCEPT FOR HEALTH CARE WITH DOCTOR & NURSE THURSDAY 30TH DECEMBER 1993, 2:00PM - 6:00PM.

INFORMATION & ADVICE ON:

- * housing issues
- * welfare benefits
- * welfare rights
- * unemployment
- * health issues
- * family problems
- * personal problems
- * loneliness

.... and anything else you feel is important!

ALL ADVICE AND SERVICES ARE FREE AND CONFIDENTIAL



Welcome

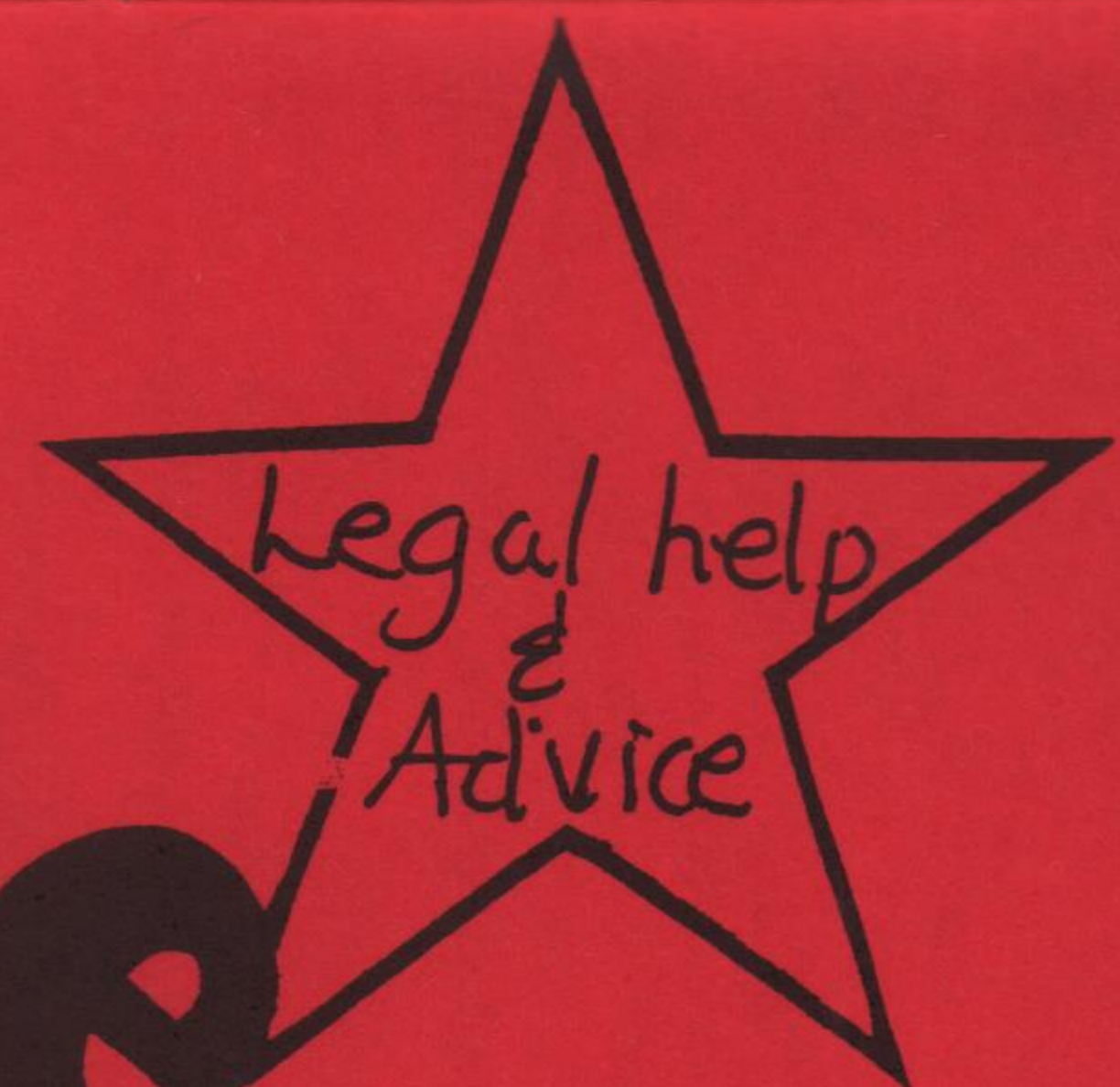
Activity room for leisure activities...Art & Craft...space to lounge...photography/dark room equipment... free laundry and dryers...free showers... very cheap food and soft drinks...music...advice on all sorts of things that affect young people in today's world...somewhere to relax and meet

a person who will LISTEN TO YOU!...

place for young parents to leave their children whilst they join in what's happening at the Base...doctor for health care and advice...nurse to deal with your day to day health needs...a full time counsellor if you need to discuss your problems in depth....

For all young people
12-25 years!

Go to Base 51...



51 Glasshouse Street
Nottingham NG1 3LP

☎ 0602 525040
Fax 0602 525080

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- * housing issues
- * welfare benefits
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WELCOME

FACILITIES AVAILABLE

Activity room for leisure and other activities...Art and Craft....space to lounge..... photography/dark room and equipment.....free laundry and dryers.....free showers....a person who will LISTEN TO ☺ YOU! ● very cheap food and soft drinks....music....advice on all sorts of things that affect young people in today's world....somewhere to relax and meet other people....a place for young parents to leave their children whilst they join in what's happening at the Base....sessional Doctor for health advice....full time nurse to deal with your day to day health needs...a full time counsellor if you need to discuss your problems in depth..... ☺

IN SHORT.....A SPACE FOR EVERYONE !!!!!



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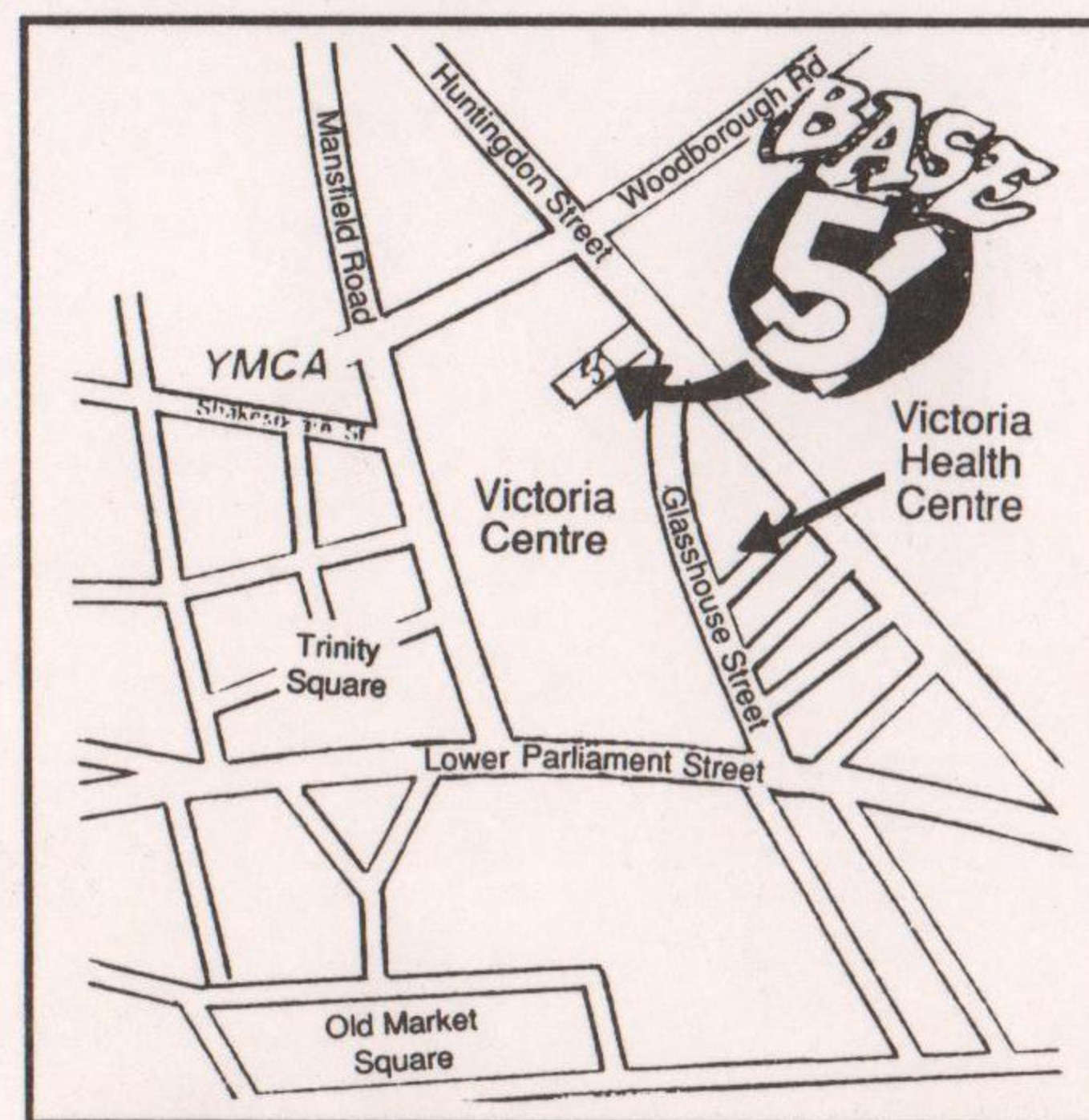
We offer
a wide range of services to young people aged between 12-25

We aim
To provide for and meet your needs,

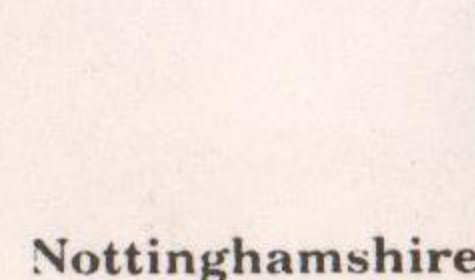
We will
develop our facilities and services with your help

**Base 51 is designed by
and for you**

Base 51 is.... 51 Glasshouse Street
Nottingham NG1 3LP
Tel: 0602 525040
Fax 0602 525080



Base 51 is a project of the Charitable Company HINT.
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Working in partnership with:



Graphics by JO

Thanks to Boots Plc for funding this leaflet

