



Thank you to all who attended Brushstrokes' first Wednesday morning Art Club. I introduced it as an informal way of contributing to our wellbeing and envisaged it as a relaxing couple of hours, doodling while gentle music played in the background. I had no idea of the latent talent that would emerge! We produced some individual works using charcoal and chalk and were then encouraged by Basia to join some of our pictures together in a flowing theme of creativity. The final pieces will be put on display in the centre before being taken home by the artists. I am very grateful to everyone for attending and we welcome any other interested people. Why not give it a go!

Nigel Chandra, Centre Coordinator



Brushstrokes Messenger

Father
**Hudson's
Care**

"We must be in the hand of God like a brush in the hand of the painter"

Nicolas Barré

August 2018



Huge thanks to Teagan :) and all the other children of St Philip's RC School, Smethwick, for a massive and wonderful donation of food raised during Refugee Week recently. We could not support the most vulnerable people in our community without people like you and it is so great to see young children getting involved in caring for others and sharing with others. This food is distributed weekly by Brushstrokes and also cooked and served at our free Friday Community Café. Thank you all for your kindness.



What's on at Brushstrokes

Monday

Advice session: welfare rights and benefits (appointments only)
Resources distribution (appointments only)

Tuesday

Food distribution (1200 — 1500)

Wednesday

Art Club 1000 — 1200
Work Club 1500 — 1700 (appointments only)

Resources distribution (appointments only)

Thursday

Sewing class (0900 — 1100)
Knit and Natter (1030 — 1230)
Food distribution (1200 — 1500)

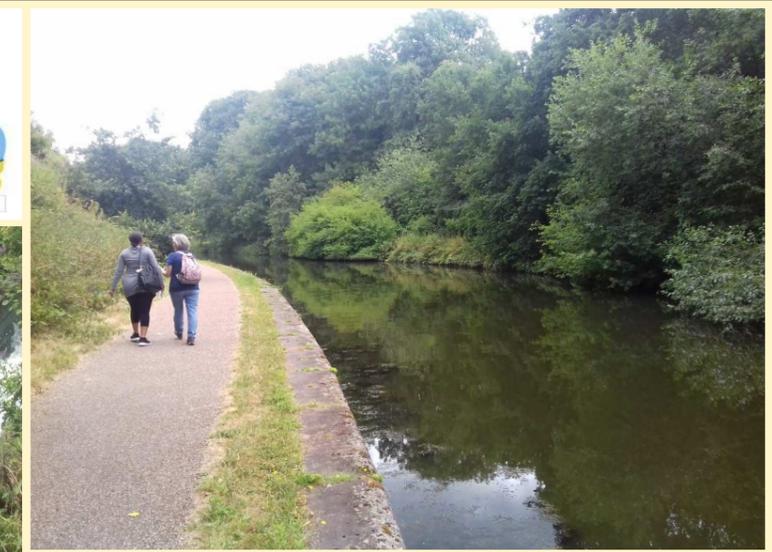
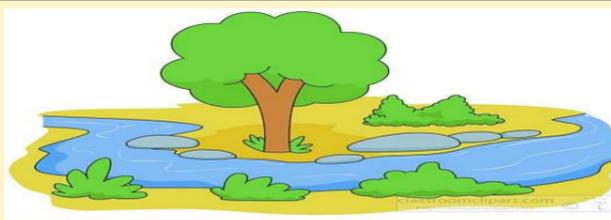
Friday

Immigration drop in service (0900 — 1100)
Community Café (1200 — 1400)
Resources distribution (appointments only)

Contact us:

Brushstrokes Community Project
St Philips Parish Centre
Watt Street (off Messenger Road)
Smethwick, B66 3DA

Phone: 0121 565 2234
E-mail: info@brushstrokessandwell.org.uk
Website: www.brushstrokessandwell.org.uk



Brushstrokes Canal Walk

Many thanks to all participants who took part in the Brushstrokes Canal Walk in July. Nine intrepid trekkers walked the two miles from West Cross Shopping Centre back to Brushstrokes where freshly made samosas, doughnuts and drinks awaited! Although the weather was incredibly hot the peaceful amble along the cool waterside and splendid greenery, including seeing historic Galton Bridge, was very relaxing and calming.

Feedback from the walkers included:

- I enjoyed the walk very much. It was good for my health and I talked with my friends.
- I felt excited seeing the canal. It was my first time of walking along it.
- I have only been in Smethwick for two weeks so it was good to join in and meet new people.

Further walks are planned throughout the summer and if you would like to join in please contact Nigel on 0121 565 2234. All are welcome.

Brushstrokes receives support from:



May we introduce Darren Sault (right), our friendly and reliable Pest Control Operative. A HUGE thank you to Darren for visiting us every six weeks in order to ensure that Brushstrokes Community project is kept safe and healthy for visitors, staff, volunteers and service users. We appreciate all your hard work, Darren. Darren works for Advantage Environmental Services, Smethwick, and can be contacted on 0121 580 9229.



THANK YOU
THANK YOU



WARNING: Awful Horse Puns Ahead. Grateful thanks to the anonymous donor who left us these two beauties at our *starting gate*. They *rock!* We are happy to have been *saddled* with them but are sure they won't be *hay-ere* for long and will soon be *galloping* away to a *stable* home with the *bit between their teeth*. We will miss them; the *mane* thing, however, is that they will ensure hours and *horse* of happy playtime to other little children. Thank you for being kind enough to read this little *tail* and not *bridling* at the awful puns. Sometimes I just think on the *hoof* — I *canter* help it but I will be *shire* to *rein* it in in future. I really *mustang* try harder. NC.

 Congratulations to members of the team from a variety of backgrounds chosen to undertake training by the United Nations Development Programme. The group learned how to conduct interviews on behalf of the 'Out of Africa' project. Thank you very much to the Iley's Community Association for hosting the training sessions.



Many thanks to Margaret for the following prayerful poem.

GOD OF CREATION

Lord of all creation
create anew in me
empty out my foolish pride,
give me new eyes to see
the wonder, and the beauty,
the sorrow, and the need
and grant me the humility
to follow where you lead.
Empty my mouth of hurtful words,
my mind of sinful thought
replace them, with the will,

to think and say the things I ought.
Make my heart a garden
where love and goodness grow,
and water them with abundant grace,
that all who see, might know
I am a new creation in Gods own image made
and the light that shines within me
will never ever fade.
Lord, you created everything,
the earth, the sky, the sea
and I am overawed, to think, that you created me.
And in your beautiful mosaic,
I can take my place,
a place reserved for me alone
only by your grace.



Work Experience at Brushstrokes

In July Brushstrokes welcomed the assistance of St Paul's School for Girls, Edgbaston, student, Annia, on a school work experience placement. Annia immediately impressed us all with her degree of courtesy, friendliness and willingness to tackle any activity with enthusiasm. Annia says: 'My name is Annia and I have been doing work experience at Brushstrokes this week. I am a Year 10 student at St. Paul's School for Girls, and this week I have been kept very busy by Nigel, Martin and Carol making and answering phone calls and helping out wherever else I can. This has been a really fun opportunity for me and I have really enjoyed getting to know all the staff. If I have the chance in the future, I will definitely come back here to volunteer.'

Thank you very much Annia. You were a great asset to us and are a credit to your school; you would be welcomed back any time.



Service user, Asha, proudly displays her quilted cushion made at our Knit and Natter Thursday group. Volunteer class tutor, Sara Packer, says, 'Asha has worked very hard to produce this cushion. She followed the pattern diligently and it shows!' Well done, Asha.

Mobile-Friendly Brushstrokes Site

Grateful thanks to Brushstrokes Committee member, Roy Gardiner, for continuing to develop and update our new website. Roy has now adapted the website for specific use on a mobile phone screen so that wherever you go you can feel connected to our work here.

www.brushstrokessandwell.org.uk



Well done and thank you to Brushstrokes volunteers, Parveen, Costacia and Diane, who kindly gave their free services at the Father Hudson's Care summer fete on Saturday 21st July. The ladies made £84 by selling food they had brought along with them. Special thanks to Parveen for cooking a delicious chickpea curry and rice. Here is Project Manager, Dave, issuing the terrific trio with personal thank you cards from Father Hudson's Care for all their dedication and hard work. If you would like to make Parveen's curry yourself you will need: tinned chickpeas, tinned tomatoes, onions, green chillies, garlic, butter, chopped potatoes, curry powder and turmeric.

