



KeyRing News

AUTUMN 2026

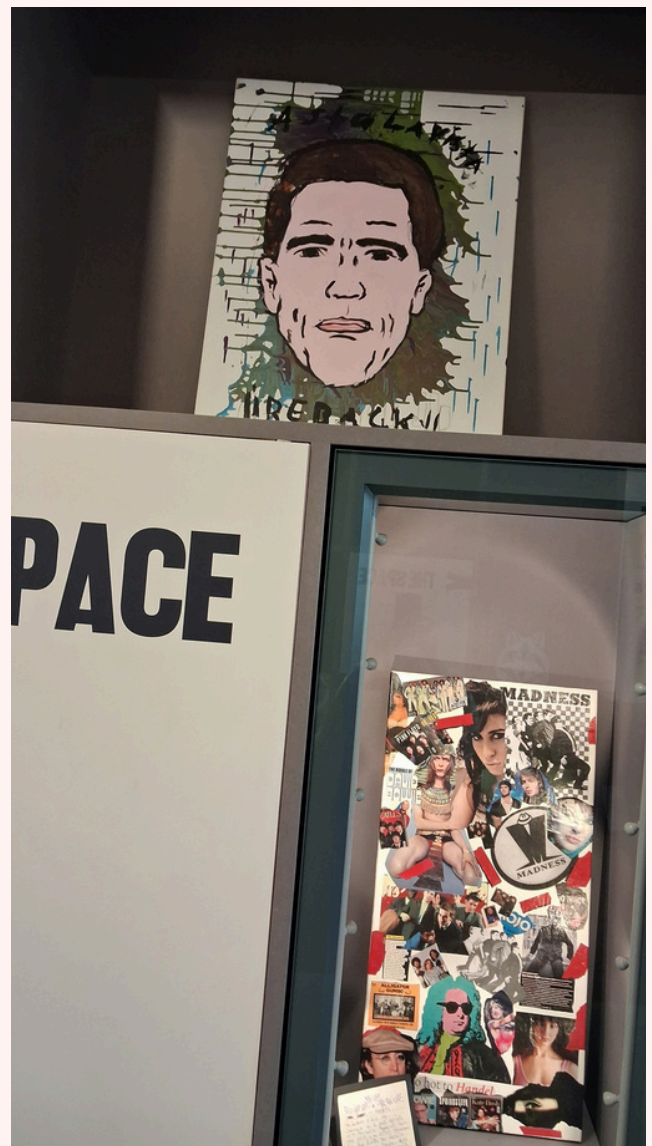
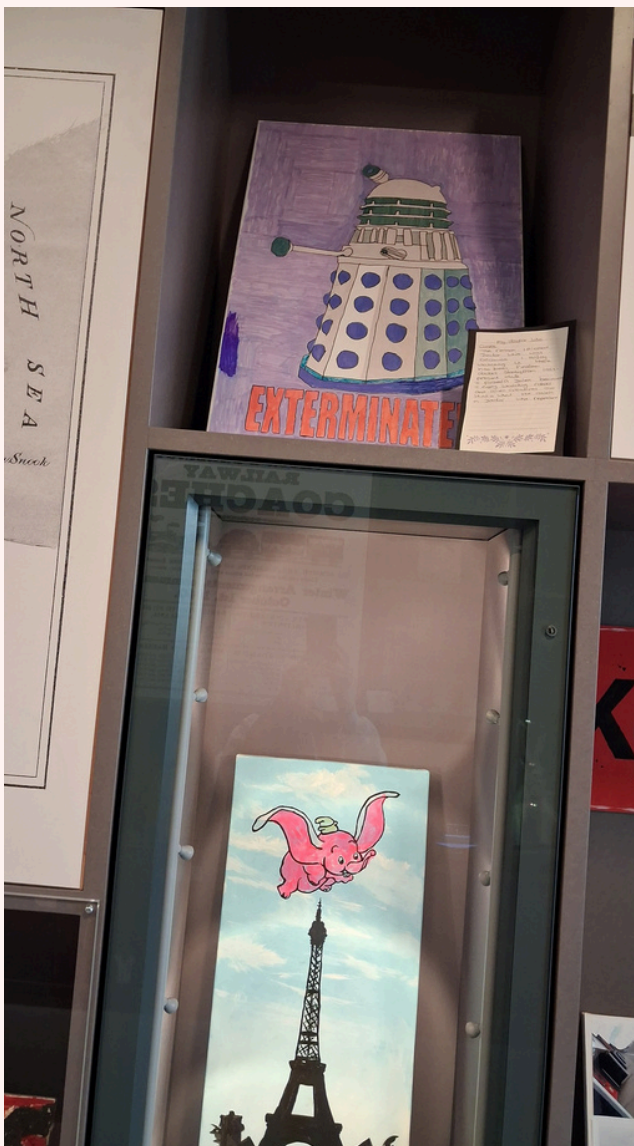
Darlington KeyRing Members have some canvases in the Hopetown Darlington Railway Museum.

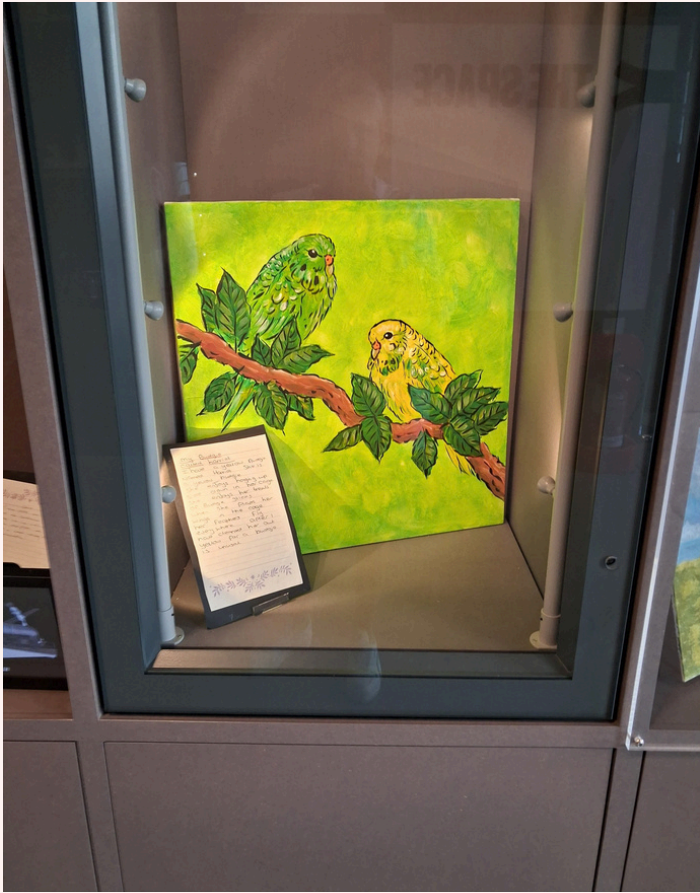
OUR EXHIBITION

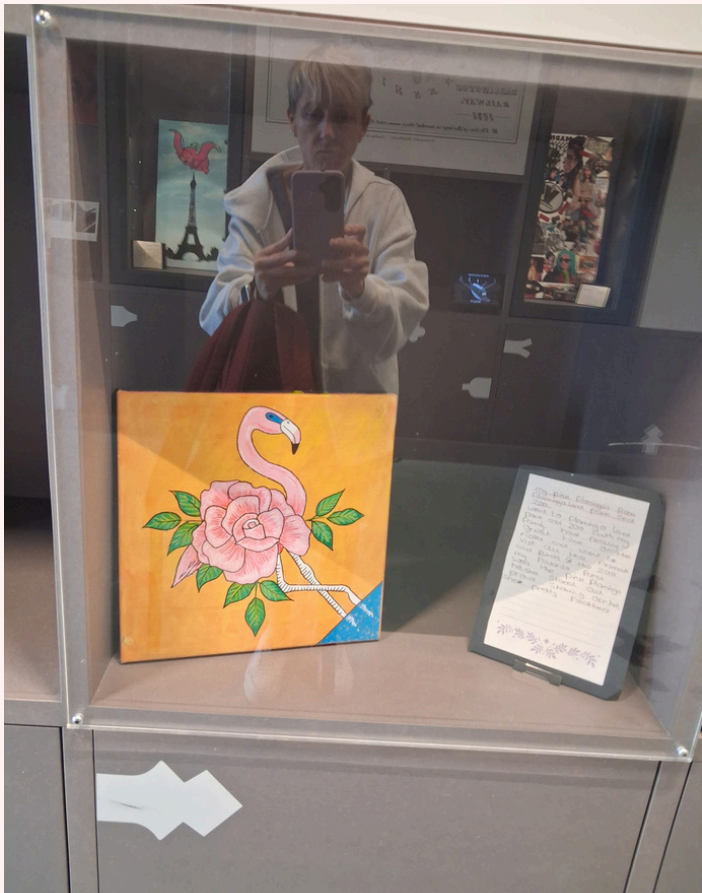
By Michelle Bruce

We collect all the canvases from local charity shops and use different repurposed materials. The exhibition is on from September until the end of October. If you have the time please pop up to the museum and have a look.

The Members that took part were Louise, Arthur, Michelle (me), Alex, Sophie, Hannaf, Paul, Gary, Terry, Alistair, and other Members who didn't want to be named.







CLEANING UP MY HOME

By Lauraine Walker

Before, my flat was very untidy. I just let it go when I wasn't well and was struggling with my autism. My support worker, Jasmine, helped me to get rid of lots of stuff. It took us a year. I feel like a new woman now. Jasmine has been a godsend. She helped me find a cleaner who comes once a week to help me keep it tidy. She helped me get carers sorted and find new furniture. I'm so delighted, everything's coming together. It's like a home now.

I can invite people in. I've got the confidence to go out again as well. My friend came round and said "My god Lauraine, your house is gorgeous now!"



Lauraine in her tidy home. Above: how it used to look.

MY TRIP TO BRIGHTON

By Lara Akinfadeni

I went to Brighton in August. I was in Brighton Station at 12pm. I went to Wetherspoon for a drink. I had dinner on the pier. I put 10p in the slot machine but I didn't win anything. I had a nice sit down on the pier. I met the rest of KeyRing by the beach. And I sat down with Florence to have a nice latte and strawberries.

I watched the sea and the waves going up and down. I really enjoyed it.



THE LIVING WELL HUB

By Mark Doodson

I've been volunteering at the Living Well Hub in Warrington. It's a hub for different services and it has a coffee morning and a kids' play area. It's for the whole community.

If I'm struggling I can get help there. In November 2024 I was at rock bottom. I got the courage to go in when Directions for Men was there. It helped me. I'm 80% better now with help from them and KeyRing.



Mark with the hub manager

I do it on a Tuesday and Wednesday. I meet and greet people, say hello, take their details, send them where they need to go. If the service isn't there they can get advice about where they need to go. I also go to the coffee morning on a Thursday. I have a cup of tea, play bingo, have a chat. It's right in the middle of town so people can just come in.

If someone comes in and you talk to them it brightens their day. I can make them a brew, make them welcome. Some people who come in are very vulnerable. Everyone there is a fantastic team.

Years ago I wouldn't go out, I wouldn't talk to people so it's helped me a lot. Because I've been at rock bottom, homeless, with mental health problems, it's nice to give back to the community. And if you can help one person you've done your job properly. It gets me out of where I'm living and occupies my mind as well. A simple hello can brighten someone's day. They've made an achievement just by walking through the door.

THE PRESCOT HUB MEAL

By Abdoulaye Traore

As part of our Tuesday Hub, we organised a meal at The Grapes in Prescot. It was a great opportunity for Members to spend time together outside of the usual hub setting, socialise and enjoy a meal as a group. Everyone had the opportunity to chat and enjoy each other's company.



NEWS FROM THE SHEFFIELD HUB

By Shaun Booker



Robert painting

At the Tuesday hub in Sheffield we collected falling Autumn leaves and tried to identify them.

At our Wednesday 3D Forge hub Kam and Robert painted Warhammer and we planned some 3D printing tasks that included toothbrush holders and handy hooks.



Leaves the hub collected



Kam painting

SCARBOROUGH HOLIDAY 2026

By Tristan Rowland

On the 1st to the 5th of June there were 6 lads from the Newcastle network who planned a holiday to Scarborough, with a company called Caledonia Travel.

There was 1 team leader his name was Tristan Rowland (me). He looked up all the information they needed to know about the holiday, then we all went to pay our deposits, then at a later date we paid the full amount off.



Newcastle Members on holiday

We got the date we were leaving and the time, then on the day we were leaving, we all met up at Bewick Street where the coach picked us all up at 7.20am in the morning. We had some pickups to do on the way, we got to Scarborough for about 12.10pm, where we all got off the coach and signed in.



The view!

We were able to put our bags and suitcases in the diner area, because we couldn't get in to our rooms till 4pm. So then we all went and found a cafe to have something to eat, until it was time to go back to the hotel so we could go into our bedrooms.

After putting our suitcases and bags in the bedroom we all sat downstairs and planned what we would like to do.

There was 2 excursions but we only managed to go on 1 of them, the trip we went on was to Whitby.

Every evening in the hotel there was entertainment on including bingo, on a couple of days we got days to ourselves to look round Scarborough. Most of us were disappointed that we couldn't get to go on the steam train.

In the evening when there was entertainment on there was a special visitor who came in the hotel his name was Caly the Lion. Some of us got a picture with him.

Everyone enjoyed themselves on the final day before we got the coach home, we all had a walk down to the seafront, then we went and got some lunch before heading back to the hotel to get our suitcases and bags.

We are planning to do other Caledonia holiday next year because everyone loved the trip. Next year's trip is going to be in Scotland.



Travelling together



Meeting Caly the lion

SEEING DAVID ESSEX IN SOUTHEND

By Mark, David and Geoff, Bexley Members

We went to Southend at Westcliff Pavillion, we all travelled together on the train.

We got the train to Lewisham, then the DLR to Limehouse. We changed at Limehouse and got the c2c train to Westcliff.



David Essex on stage

We went with David's sister, her husband and a friend of theirs. We all enjoyed the show, seeing David Essex. Geoff took photos of the show.

We got food at the pavilion. We bought a programme which cost £15. We also bought a mug each which cost £15.

We all travelled back together on the train, after the show.



Mark on the train



Geoff at the show



Geoff outside

SONGS OF PRAISE FOR THE BBC

By Martin Rivers



On Saturday 20th June in the lovely St Cuthbert's Chapel of Ushaw Historic House, Durham I arrived to take my place as part of the congregation for the long running programme Songs Of Praise.

First we recorded the sound. We sang all hymns several times for different technical reasons. Then the cameras took over getting their required shots and angles.

Lastly we had to lip sync or sing with the recorded sound so the cameras could get the close ups and finally do some wide angles of the beautiful chapel we were in.

It was a long day but very satisfying and now I have an appreciation for the TV industry.

KEEPING WELL HUBS

There are four hub sessions that we call 'mandatory hubs'. This means that each hub must run the session every year. They are on the topics that are most important for KeyRing Members to know about.

The first one we asked people to do was on Keeping Well. This is all about staying healthy and looking after your wellbeing.

It was great to hear back from some of the hubs about what they talked about...

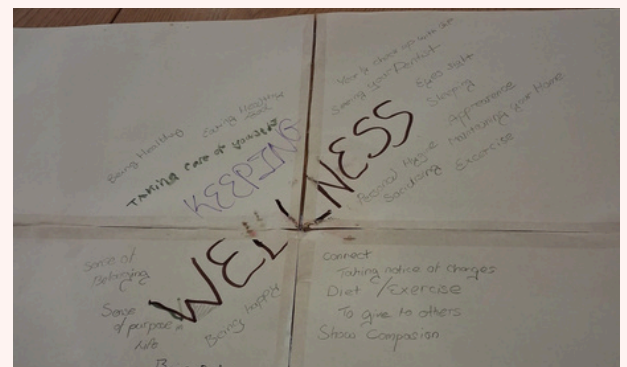
One of the Bristol hubs talked about downloading and using NHS apps.

Another Bristol hub shared their top tips for keeping well, including:

"Try to eat plenty of fruit/veg, less processed food like takeaways and microwave meals."

The Chadderton hub in Oldham ran a 'What does wellness look like?' session.

"Members said lots of things about taking care of themselves, looking after their health, attending appointments. We had a really good discussion and Members wrote it down."



Wellness ideas in Oldham



Getting moving

The Hollins hub in Oldham have had the team from Funky Fitness coming along in August.

"They have been doing gentle exercises with Members that they can do in their chairs as well as up on their feet. Activities have included playing tabletop games to get us moving, using props. It has been great fun."

They also talked about healthy eating:

“We brought different fruits and everyone tried some. Mark was surprised at how much he enjoyed oranges. He has started to buy them every week with his food shopping instead of crisps. He brings some with him every week to the hub for others to enjoy.”



A range of snacks

The Bexley hub in London also ran the hub session:



The Bexley hub

“We talked about what we already knew, also Googled things and asked Members for examples of keeping well, and looked at the things we have used in supporting Members.

Members spoke about keeping busy, getting out and meeting people, connecting with others, keeping contact and a look out for each other.”

The next hub we have asked people to do is Keeping Safe. Your hub lead will have more information. If you have a Member Voice rep in your area you can talk to them about it too. Find out more about that below.

Member Voice

We really want to know how these hubs are going. If you have a Member Voice rep in your hub you can tell them what you think and they can pass this to the trustees. You can tell them about other important issues as well. Not everywhere has a rep yet. If you are interested please contact **Sarah Hatch on 07507 786 018 or at sarah.hatch@keyring.org**.

At the moment there are reps in Greenwich, Sheffield, Darlington, Newcastle and Warrington.

THE GRIMSBY FITNESS HUB

By Zoe Markham

On 13th August the Grimsby hub had a guest visitor from Envision Fitness called Andy Gallagher.



Andy with the Grimsby hub

Andy spoke to Members about his time being homeless and how he went busking and worked in a factory so he could afford a car to live in. He then managed to get a job working on an oil rig and moved into a rented house. A few years later he started his own business, Envision Fitness, with the help of government funding.

This story encouraged Members to share their own stories about life events they had experienced.

Andy spoke about how having a healthy mind is as important as having a healthy body and spoke about positive mindset and setting and achieving goals. He then spoke about what services Envision Fitness offer and is going to attend another hub, at a later date, to do some chair-based exercises with Members. He has also offered to come and help with organising a KeyRing sports day.

NEWS FROM THE TRUSTEES

Thank you!

Trustees want to thank all the hubs and Members who ran the hub session on Keeping Well. Trustees are really keen to hear what Members think about their support, what difference it makes and where we can do things better. Getting regular feedback through the Member Voice led sessions is very important and we want everyone to have the chance to be involved.



Quarterly Review

Trustees carried out the normal quarterly review of KeyRing finances, potential risks, our teams and the support we offer, and the new system for recording all Member information.

We have made a good start in the first three months of the year to be on track with our budget and achieve our business plan goals.

Visiting hubs

Trustees are very keen to visit hubs and Members around the country, to listen and learn from you all. If you would like a visit let Sarah Hatch know on **07507 786 018** or at **sarah.hatch@keyring.org**.

MY CLEANING JOB

By Liam Delap

I've got a cleaning job at the weekend, at a hotel in Birchwood.

I went to an employment support event at the Living Well Hub in Warrington. I just wanted something to do. I started volunteering at the Care UK charity shop. Then after about a month or two I started looking for paid work.



I got this job through Indeed. I had to send in my CV and then I got invited for a work trial and job interview. I did an hours trial and they offered me the job.

I do housekeeping, so that's changing beds, cleaning the rooms, taking laundry and putting it in the right place. I like that you can work independently, you can just get on with the job. I enjoy it. I just like cleaning so I don't plan to move on soon.

If you're looking for work I'd say don't give up, just keep trying and you'll get somewhere eventually.

That's all for this time!

You can listen to the audio version of the paper on the KeyRing website News page. You can also send us your stories or pictures for the next edition.



sarah.hatch@keyring.org



07507 786 018