



Poetry Corner

Original poetry by KMC

Judging Joe

Who gives these people a right to judge?
 With fixed opinions, they refuse to budge,
 Who are they to put a person down?
 Move the homeless out of their town.
 Power mas, they couldn't care less,
 Their job, to tidy up the mess.

These bullies only see drugs and drink,
 Never have they taken time, to stop and think,
 Offer to help or do a good deed,
 Just choose to ignore those desperately in need,
 Joe's one, sat in a doorway looking around,
 He feels great shame, begging for a pound.

The men approach him, disgust on their faces,
 This poor man is cold, hungry, wearing shoes without laces,
 To them, he's just another hopeless case though,
 A tramp in a makeshift camp, he's got to go!
 They mock and taunt him, order him to pack up his stuff,
 Joe leaves, where now? He's really has enough!

Walking through the woods, he starts to cry,
 Once a brave soldier! Brave? Yes, prepared to die,
 He'd been a hero, saved many from death,
 Now Joe planned, to take his last breath.
 As tears flowed, he felt only misery,
 So tightening the noose, he swung from the tree.

Anyone could become homeless one day,
 Imagine people staring, then walking away,
 Try not to judge, because you never know,
 A simple good deed, could save someone like Joe.

Thank you!



Malcom Wood has been a 'Friend of Michael House' for many years and kindly donates his fee for playing the organ at local Church events to support our work. It was our pleasure to present Malcom with an official 'Ambassador' award at our 27th AGM, back in July 2018.

Malcom is a great example of how the community can work together to support vulnerable people by using their talents. Thank you

Group Meditation



Michael House Volunteer and Charity Ambassador Sheela has been facilitating meditation sessions at Michael House. Here is some inspirational feedback from one of the residents:

"I've been doing meditation with Sheela every Friday for about 3 months now. I love the fact that by meditating, I can go anywhere or do anything.

Although it is in my mind, at the time it becomes physical. The beauty of it is letting yourself enjoy the time to pause, breathe, relax, find peace and be still.

Sheela has such a beautiful calming voice which makes it easy to meditate. It's great therapy and what enhances our sessions prior to the start she asks us individually how our week has been. We are so comfortable with her and each other that we can be open and share if we choose to.

Sheela provides suggestions, sometimes options and has a really good way of making you think and see things more positively. The actual meditation, which lasts for about 15-20 mins can often feel longer and sometimes I don't want it to end. Sheela asked us what we experienced and offers explanations. We all agree that our weekly sessions provide a positive influence on our wellbeing."

Rewriting Lives



Shelley (Support Worker) has recently started a new creative group at Michael House. In the group the residents will be able to expand on their writing skills in a safe environment.

"It is great to be yourself and share in confidence"

The topics of the sessions are generated by the group and are very thought provoking. A recent theme was based around human senses and how you feel In a moment of time.

"It was my first time. Very well facilitated. Great fun and good bonding will be coming back next week and through out"

We would like to take this opportunity to welcome Shelley to the team! Thank you for all her enthusiasm.

We have launched our new online blog 'RewritingLives'



The content of this blog is generated by our residents and may not be the views of the Charity.

We feel that it is important for everyone to have a safe place to talk and a platform to be heard.

"As residents of a homeless hostel, we know life isn't always easy. We came here because we had nowhere else to go, but with the support of Michael House we're hoping to rebuild our lives.

These are our thoughts in words and pictures. Pull up a chair and make yourself comfortable.

For more information, please follow the link on the Michael House website: www.michaelhouse.co.uk

Charity Ambassador News

We have really enjoyed our year of fundraising for Michael house starting with our busking at Christmas where we raised over eight hundred pounds.



We have also set up a weekly food collection at our Epiphany school which has been very well supported by children and parents every week up to the summer holidays!

Once the summer holidays started we didn't want to stop helping so collected up our old toys and books and gave them away in return for donations of food, which meant we were able to continue drop offs over the summer holiday!

In September, our food bank has started up again at school. Our headmaster agreed that the food donated at our harvest festival assembly could go to Michaels' and we sent over 30 bags that day. The staff at Michaels' were quite shocked when they saw how much there was!!

We are looking forward to continuing our food collections and especially can't wait for more busking this Christmas!



A huge thank you to **Scott (Scotty Dog) Mitchell** for supporting our Quiz, Dart and Curry night at The Red Shoo Inn, Linwood. The evening was a great success, with lot of fun and humour. We also used this event to formally present Scott with his Charity Ambassador Award. Scott was nominated due to the support and kindness he has shown to our residents. The Charity is very much looking forward to be able to work with Scott and his family more in the future.

We raised a grand total of £445.00!!

Date for your diaries

Following on from the success of our music event at the Shelley Theatre, we can confirm that our next fundraising night will be on

Friday 12th April 2019

More details to be released soon



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