

IMAGINE CROYDON CHRISTMAS 2010 NEWSLETTER

HOLD THE FRONT PAGE! CHRISTMAS IS COMING! OH NO IT ISN'T!

BOOM! BOOM! Imagine are going to see CINDERELLA
AT THE FAIRFIELD HALLS
STARRING BASIL BRUSH THURSDAY 16TH DECEMBER



WHOOOSH ... BANG! POP! OOOOOH..... ARGH ...



WERE YOU THERE? 13 INTREPID IMAGINE USERS BRAVED TRANSPORT PROBLEMS TO REACH THE SPECTACULAR FIREWORK DISPLAY AT CRYSTAL PALACE

Cinderella Pantomime ft. Basil Brush

Meet outside Fairfield Halls at 6.30PM
On Thursday 16th December 2010

Toby Carvery Christmas Meal

Monday 20th December 2010 1.00PM
Brighton Rd

Purley U.L.G Christmas Party

Tuesday 21st December 2010
Purley United Reform Church 12.00 PM

Wear something Red or Christmassy.

Healthy Living Centre Christmas Party

Christmas Eve 2010
H.L.G Thornton Heath 12.00-3.00 PM

Bring along a small gift to in the Lucky dip Santa's Sack.

NEW YEAR, NEW YOU? SEE OVER FOR JUSTIN 'S TOP TIPS FOR GOAL MAKING



JUSTIN'S TOP TIPS ON ...

How to Set Goals



- Eliminate some goals altogether and reduce your ambition for others to leave you with a manageable number of achievable goals
- Divide up the remaining goals into priorities, level 1, and level 2 etc where level 1 is more important than level 2. Then do only level 1 goals



- Perhaps add more goals later when you know better you can manage them.
- Don't feel stressed about goals that don't have any time they end, keep at them e.g. exercise
- Work out milestones that will tell you whether you are succeeding. They should be easily achievable along the way to your goal. Celebrate them or mark them in some way.
- Record some easy to generate figure or list such as books read. Milestones should be memorable without having to note them down.

KIM'S POEM: **A day in the life of CLEAN MAN, the Super Hero**

Clean Man wakes up and has a boiling hot shower for 10 minutes.

He changes his sheets, makes sure the lid is down on a spanking clean toilet. After which he washes his hands. And sets out for work.

Clean Man got the name "Clean Man" after his dirty friend pushed him down a man hole into the sewers when he was a child.

He rose from the poohey depths pledging that he would make it his mission to rid the world of dirt. Clean Man was born.

Clean Man believes that the secret to a clean life style is a clean mind.

Aged 29 Clean Man sets off to work at a Mental Hospital.

You may wonder why. Do mentally ill people have dirty minds? No, but they are extremely messy and Clean Man can't stand mess because he can't clean it.

At the hospital, Clean Man gets to work. He notices a girl who is walking in circles. Nurses don't know what to do. She is dressed in an NHS nightgown and has matted hair.

Clean Man swiftly discharges a comb from his pocket and combs the girl's hair. "Thank you", she says, feeling beautiful and clean.

She moves on her way – a good job done.

Along with cleaning, Clean Man also runs O.T. projects, helping patients get a tidy mind.

Just as Clean Man is invaluable to the Mental Health system, he has a nemesis, Dirty Man.

You can find him lurking in corners, half hidden by cobwebs, and surrounded by cigarette butts.

Clean Man will not give up until Dirty Man is disinfected and all hospitals are spotless.

Next stop Parliament.

Football at Crystal Palace Sports Arena. Football practise is on every Wednesday from 3:30—4:30.

We have been practising now for four months and everything is going well. We are now partners with Mind but Imagine want to have their own team by the year 2011. So everyone is welcome to join us male or female. Further information call Joe on 07969202704

Further Dates for your new Diary: Group Member Meetings at 2pm

Wednesday 22nd December at CVA

Monday 3rd January at Parchmore

Tuesday 18th January at Shirley

Friday 4th February at Purley

Monday 14th February at Parchmore

Wednesday 2nd March at CVA

Monday 15th March at Shirley

Friday 1st April at Purley

