

Newsletter

An update of the exciting things that have been happening this year at Carecent.

Create-to-Connect

We have held a drama group in partnership with Night Light Theatre CIC for the last 2 years. It has been so well received that this year we decided to focus on strengthening the group and making it into something **more**.

The idea was to create a creative space for people to come, not only to participate in the drama activities, but to link up and connect with other services. Whether it was mental health services, housing services, other creative and wellbeing groups. Hence, "create-to-connect".

We had participants that access Carecent, a mental health worker, volunteers, participants from other creative spaces, all together linking up and creating connections, professional and personal. Creating a sense of community.

To celebrate all of the work and creativity over the last 8 months, we held an event at Friargate Theatre on 12th October where we were able to showcase all of the work that had been created by the groups.



We showcased a radio play featuring all of the typical characters you would find on your train journey: the irritating person talking loudly on their phone; the less than-enthusiastic train conductor and the oversharing neighbour that you can't wait to get rid of!

Showreels that our participants wrote and cast themselves. The swap of characters and the imagination our participants have is mind blowing!

A showing of the documentary, "In These Shoes", which we made last year, challenging perceptions of homelessness.

Finally, a unique and one off performance of "The Wizard of Odd" - there was laughter, some tears, and a feeling of inspiration of how the group came together to put on a heartfelt performance!



Admin Vacancies:

If you are interested in supporting Carecent but do not want to help out with the daily running of the service, these are ways to get involved!

Secretary:

We are in need of a reliable and organised individual to take over the role as 'secretary'. Responsibilities would be to attend and minute meetings, circulate agendas prior to meetings and ensure records are filed appropriately.

On average, this role would take 2 hours every couple of months.

Gift Aid Administrator:

We are looking for a volunteer to come and take over a vital role which ensures that every £1 given to Carecent by UK taxpayers is worth £1.25.

Time commitment is for one or two hours every two months. No prior experience is required as brief training will be given, but it would help to be good with numbers and have good record keeping.

'Thank you' correspondent:

We rely on donations, and therefore this is a very important role that we are looking to fill. Commitment of the role fluctuates depending on the time of year, Winter months seem to be busier as we receive more donations, in comparison to summer months.

Bangers & Mash

Method:

To make the gravy: Heat the oil and the butter in a large, then add the onions and sugar and cook over a low heat, stirring now and then, until soft and richly caramelised.

Stir in the flour and cook for 1 minute.

Stir in the beer, beef stock and bay leaves and boil vigorously until reduced to a rich, glossy sauce - about 20 minutes in a large pan. Remove the bayleaves (if you can find them) from the gravy and season to taste with some salt and pepper.

Add more sugar if it's a little bitter

For the sausages and mashed potato:

cook the potatoes in boiling salted water for 20-25 minutes until soft.

Whilst the potatoes are boiling, heat some oil for the sausages in a large frying pan. Cook the sausages over a medium heat turning now and then, until nicely browned and cooked through.

Drain the potatoes and mash until smooth add in the butter with some seasoning and enough warm milk to make a smooth, creamy mash. Serve with a good spoonful of caramelised onion chutney and garden peas.

Future Planning:

As mentioned in the previous newsletter the Executive Committee have been focusing on the development of Carecent, and what else we could be doing to support those who access our service.

One of our main needs within Carecent is more space - we currently only have the main room where everyone sits to eat breakfast; and the clothing store, which is, as you guessed; full of clothes! We also use the clothing store for 'drop in sessions' from hairdressers, podiatrists, and to have confidential meetings or chats with those who need them.

We are in the early stages looking at whether development of our current space is feasible, and how we could go about it.



NEW DROP OFF POINT

NEW LOCATION DETAILS

Management Suite at
Vangarde Shopping
Park

located next to PREZZO.



Chef Tony's Recipes

8 pork sausages

Carmalised onion chutney (to serve)

For the gravy

700g onions, sliced thinly
pinch sugar

2 tbsp sunflower oil

Knob of butter

1 tsp plain flour

1 pint brown ale

1 pint fresh beef stock

2 bay leaves

For the mash

2lb potatoes, peeled and cut into
chunks

Large knob of butter



Between Belief and Silence by N.Orange

Customer of Carecent.

Between Belief and Silence

I walk the edge of doubt and grace,
A shadow cast across my face.
The prayers I whisper lose their sound,
As if the sky won't turn around.

The light I chased, so far, so dim,
Now flickers like a ghostly hymn.
I hold the book with trembling hands
Its words like footprints in the sand.

Once firm beneath me, now unsure,
Each verse a riddle I endure.
I ask, but silence fills the air,
As if my questions float nowhere.

I see the faithful stand so tall,
While I just brace to bear the fall.
Their songs are strong, their eyes are closed
But I feel every thorn and rose.

Oh God, if You are here at all,
Why let Your children slip and crawl
Why build a road with jagged stone,
Then leave the weary one alone

Yet still, i do not walk away.
Some ember in me will not sway.
A stubborn hope, a quiet thread,
That ties me to the words once said.

I do not ask for perfect peace,
Nor miracles that never cease.
Just strength to walk, and grace to find
A whisper deep within the mind.

For faith is not a shining prize,
But something born behind the eyes.
A war between the fear and flame
And still, I call upon Your name.



Art work by an individual who access Carecent.

QUIZ OF THE YEAR 2025 ?

Saturday 10th
January 2026

CENTRAL METHODIST HALL
ST SAVIOURGATE, YORK, YO1 8NQ

Doors Open: 6:30pm
First Question: 7pm

All proceeds to:



&



To purchase tickets, text Simon Parkinson on 07426132069
or contact Carecent directly

A date for your diary!

Limited spaces.

Last year we sold out quickly, so
get your tickets now!

Max teams of 6
£10 per ticket

Contact Simon on the number on
the poster, or us directly to
enquire about tickets!

Gift Aid

We are very grateful to our Friends of Carecent, who make donations
to the work that we do.

Many authorise us to reclaim tax on their donations through the Gift Aid scheme; this adds 25% to the value of their gifts at no cost to themselves.

If you are a UK taxpayer who donates to Carecent and you would like us to Gift Aid your donation, please ask us for a Gift Aid form. If you don't know if you have already completed a form, do ask.

If you already Gift Aid your donations, HM Revenue and Customs asks us to remind you of the wording on the Gift Aid form: 'I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.'

There are a few rules (aren't there always!):

- donations must be from the individual named on the form, and cannot be on behalf of (e.g.) a business, or a group such as a church or other organisation. If you are giving from a joint account you hold with someone else, that's OK;
- the donor must pay enough UK income or capital gains tax in the year to cover their total Gift Aid donations (that is, at least 25% of the total value of their annual donations);
- if your name or address change after sending us the form or the person named on the form dies, please let us know.

Clothing donations

We currently need:

- mens socks
- mens boxer shorts (underwear)
- 28"-34" mens joggers or jeans
- Size 9/10 men's trainers or boots
- Women's underwear (size 8)
- Size 8 joggers/leggings/jeans
- Small bra's

Drop off at Carecent, Central Methodist Church,
St Saviourgate, York, YO1 8NQ

Monday-Saturday 08:30am until 10:45am
Thursdays 1-5pm

CURRENT NEEDS

We do not currently need any:
• Potatoes or Cornflakes

ITEMS NEEDED

- ▶ Instant noodle (canned) bowls
- ▶ Noodles
- ▶ Jars of Coffee
- ▶ Chocolate/chocolatey cereal
- ▶ Chocolate biscuits
- ▶ Instant Noodle bowls

DROP-OFF LOCATION
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Thursday 1-5pm

For more information: admin@carecent.org.uk 01904 824244 / 01905 082384

Thank you so so much for all of your support. Carecent wouldn't be able to
provide the services that they do, without your support.