

THE PHOENIX PROJECT



Charity no. 1153748

ANNUAL REPORT
FOR 2022



funded through



SUFFOLK
Community
Foundation



THE PHOENIX PROJECT 2022

We warmly welcome you to our Annual Report 2022. The board of trustees would like to thank everyone who has contributed to the continued success of Phoenix project; our dedicated volunteers, staff team, project members, funders and supporters.

The Phoenix Project continues to benefit from our partnership work with Ipswich Community Media, The Hive, Out Loud Music and Unlocked Creative and we thank them for their support and expertise, and are looking forward to continued success in the year ahead.

We send our best wishes and many thanks to Malcolm Exworth who stood down as treasurer on our board of trustees after 12 years of support and dedication to the Phoenix Project, and welcome David Plowman who joined us last year as treasurer.

The Phoenix Club, Phoenix Friends and True Thoughts projects have continued to provide valuable connection and well being support to the local community and this year has seen us able to enjoy more community engagement moving forward from the pandemic, we hope you enjoy reading about some of the highlights of the last year.

Many thanks to all who contributed to this report.

Donna Garrod – Project Organiser

Tracy Corbett – Chair person

"The friendship, the feeling of belonging, and the excellent food. Just amazing, thank you." - Gary

"I really enjoy meeting friends here and eating lunch together." - Vera

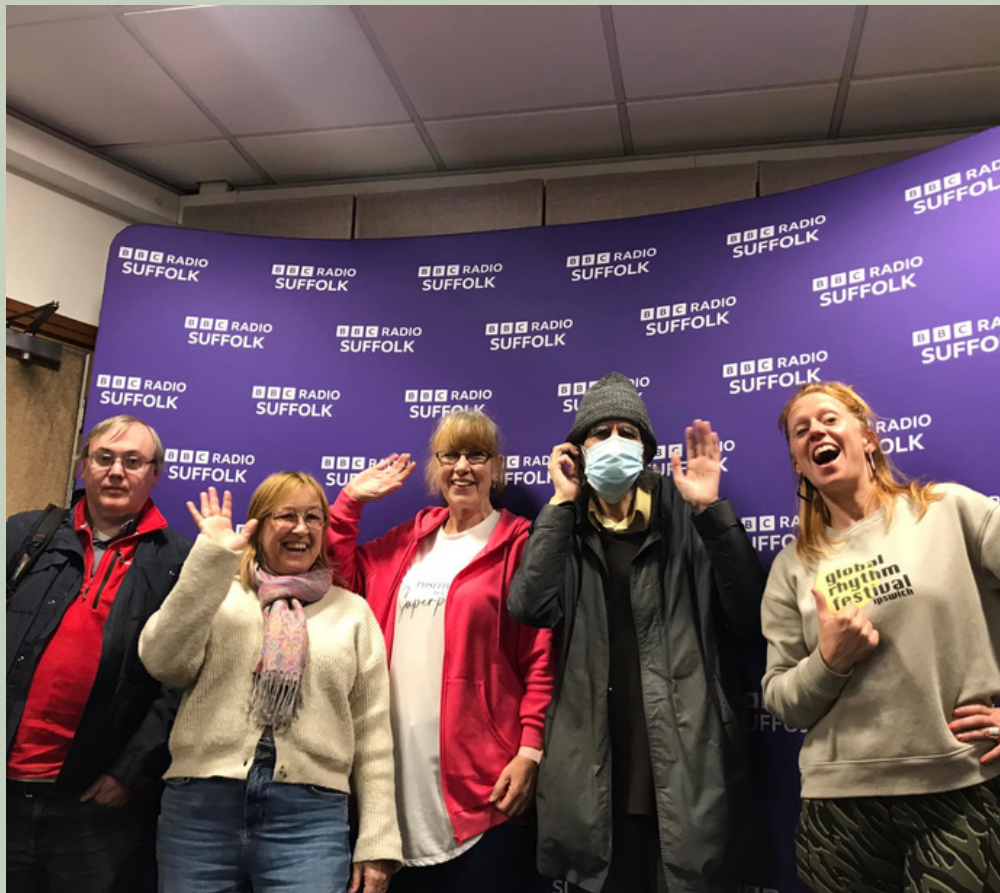
"The Phoenix Project helps me to meet people and socialise. Helps me with my depression and anxiety, one of the only few places in town to mix with other people with mental health issues." - Clive

CHRISTMAS PARTY 2022

We had a brilliant Christmas party at the Phoenix Club featuring live music from Harry, John, Donna and Caitlin, a DJ set from Jake and not forgetting karaoke! The decorations were all handmade during in our True Thoughts sessions. Plus there was a lovely buffet!



THE PHOENIX PROJECT 2022



In December 2021 I brought some of my card making supplies into the Phoenix Project for something to do while waiting for dinner. Then in January 2022 I was asked if I would like to do craft every week. We have made cards for Valentines, Birthdays and Easter. Little Easter bunny bags, glass jar lanterns, decopatch pots, leaf printing, painted suncatchers, and Mark kindly taught some of us how to crochet. Then finished the year making Christmas cards and decorations.

This year I'm planning on doing some collage pictures, Easter Bonnets and Baskets and decorated paper plates, rock painting, and of course I'm always looking for new ideas for things we can all do together.

I would just like to add something my dear daughter said when I was telling her that I was going to be doing craft for the Phoenix Project. She said it was like someone had flipped a switch and I had come alive again, after losing her dear dad.

CHRISTINE
Member of the project



BBC Voices produce weekly radio shows for BBC Radio Suffolk and Norfolk. We were invited by Amy Nomvula (series producer) to take over the air waves for an hour as part of The Friday Night Show with Sophie Little, broadcast live on air in Suffolk and Norfolk on Friday 4th November at 7 pm.

A small group from True Thoughts was formed at very short notice - Paul, Winston, Tracy and myself.

We created a play list of uplifting tracks, chatted about ourselves, True Thoughts and Phoenix Project and introduced our personally chosen tracks.

The show is produced in Norwich, so we were very kindly supported by Cad Taylor at BBC Radio Suffolk to connect remotely via their studio in central Ipswich. We had a fantastic evening - dancing and singing in the studio and enjoying a lovely positive vibe. The team did an excellent job - chatting on a live show to a big audience! The experience and skills learnt from all our previous True Thoughts shows and guesting on BBC Radio Suffolk programmes really paid off. I went home after the show feeling very proud and upbeat about our community.

DONNA GARROD



All Aboard the Steam Train From the Phoenix to Bressingham

The Phoenix Project had a wonderful outing at the Bressingham Steam Museum and Gardens. Such wonder and splendour awaited us on our arrival, as the gardens provided a beautiful backdrop to the steam museum which was a sight to behold.

It was like being taken back in time, steam engines, the very history of train travel could be visited at different parts of the site. A most welcoming cafe staffed with the friendliest staff served food that was a sight to marvel. Scones so large and delicious they were so moreish and delectable.

Our keen train enthusiasts and dear friends Colin and Dave captured the day splendidly. Our great group who are from a wide range of ages thoroughly enjoyed the day so much we were even afforded the privilege of reliving the great Dads Army exhibit, which for us fans it took us all back to the marvellous comedy show we all held so dear to our hearts.

The steam train rides were wonderful and allowed us to sample the local wildlife and see Bressingham in its full majesty. We were taken back to our childhoods with the carousel where many enjoyed the rides so much so that many in the group performed funny movements and pulled funny faces for all of our amusement.

A great day and a huge thank you to Donna, Treacy, Clive, Rob and John for a fantastic day out.

WORDS BY GARY JACKAMAN
PHOTOS BY COLIN HINDLE



Film Competition Winners!

In June The Phoenix Project and True thoughts members took part in a film competition ran by Suffolk and North East Essex ICS called 'Talk the Talk'. We got together to share ideas and experiences about the wellbeing services available.

There were many amazing points and ideas that came from the group about making a film, in the end we decided to use a quiz show format to raise some of the points and ideas that the group came up with. It was quite a difficult task as there were only 3 weeks to come up with an idea for the film as well as make and produce it.

Another challenge was that the competition rules meant we had to get our points across in only 2 minutes! (We could have made a feature film from everyone's great ideas.) The title of our film was 'Points Win Prizes' the title idea came about from the mental health assessment system used to assess and award benefits and the scoring system such as P.I.P (personal independence payment). The film consisted of a quiz master and 2 teams of contestants who were asked questions such as 'How do you get a face-to-face appointment with a G.P?' and 'What do you call person with a mental health condition?' Points were awarded for each correct answer and there were a list of prizes that could be won. The twist at the end of the film was that despite both teams winning points, the prizes were not available in our area.

In July the judging panel met to review the films submitted and choose the winners of each category. I am proud to say that Phoenix project won the category for the most creative film!

Thank you and well done to all those who took part in raising awareness of the lack of health resources in our area and the challenges people face, also promoting the Phoenix Project and it's work. Many thanks also to The Hive for hosting and supporting this project.

TRACY

Chairperson of the trustees,
volunteer and member



A Wall for Joy

Over the summer members of the Phoenix Project's True Thoughts group met at the Hive. Inspired by the invitation to take part in this exhibition, we went on a quest to seek out signs of joy as we go about our lives. Each week we reported back to the group sharing descriptions of the joys & life treasures they found.

We gathered signs of joy together to make into a mega collection of 49 *'things that make our hearts sing!'*

We discovered that by focussing on these little life gems and by giving each other full attention as we speak about them that we were able to raise the vibe of our group - helping everyone to feel a little bit better in themselves or at the very least, a little bit more connected.



As well as conversation our sessions have included relaxation, free-writing, painting and collage. We've used all of these elements as layers in our work which we've made into mini artwork tags for sharing our signs of joy.

MICHELLE BRACE

Course Facilitator



"What have you noticed that makes your heart sing?"

"What in your life / in your community makes you feel happy & connected?"



Let's Rock!

The UK's biggest retro festival series Let's Rock came to Ipswich on Saturday 10th September at Trinity Park. Featuring headline sets from the iconic Adam Ant, electropop pioneers OMD and loads more!

Some members of the Phoenix Project went a long and this is what they had to say!

This was funded through Suffolk Community Foundation as part of the Queen's Platinum Jubilee celebrations.



"I went to Let's Rock Ipswich mainly to see OMD "Orchestral Manoeuvres in the Dark". Been a fan since 1982, I also enjoyed the other bands that were performing on the day." - Colin

"I went, ended up having Granddaughter Violet come with me as Len changed his mind last minute. I loved Adam Ant!" - Christine

"I went with Bryan and met up with John, Tracy and Clive :)" - Donna



Winston loves writing poems, songs and articles for True Thoughts radio shows. He has compiled a collection of these (all beautifully hand written) and created a little book of gems both old and new. Here's a song from 'The Winston Bayross Collection 2022'.

Everything You Do

Everything you do, everything you do
Means a lot for me and you
Yes, everything you do, is for me and you!
And I wish you every success and happiness,
congratulations are coming your way
I feel life will be brighter everyday
Oh! can't you hear me sing
It's just for you, mmm yeah, it's just for you, you, you, you
Yes, everything you do. Everything you do
Means a lot to me and you
Everything is going to be alright
We ain't gonna lose this fight
Oh! can't you hear me sing
It's just for you, mmm oh yeah, it's just for you, you, you,
you.

WINSTON BAYROSS

Member of the project





INCOME RECEIVED FOR FINANCIAL YEAR 2021/2022

Phoenix Project - fund raising, donations and catering	£2200.22
Ipswich Borough Council - Community cash	£2500
Ipswich Borough Council - Suffolk Community Restart	£2059.50
People's Health Trust - Active Communities	£6233.00
TOTAL	£12,992.72

Thank you to all our funders for their support.

Phoenix Project board of trustees:

Tracy Corbett - Chair

David Plowman - Treasurer

Cad Taylor - Secretary

Robert Rainbird

Contact Us

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