



# West Sussex Mediation Service External Newsletter



## Training

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**Valentine's**  
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*Happy*  
*Valentine's*  
*Day*

### External Edition

*Published for the*  
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*Mediation Service.*

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**We Love our**  
**Volunteers !**

On **Sat. 29th March** we are holding a 'Mental Health 1st Aid' Training Day with one of our mediator, Anne Stanton. Anne is trained in this subject. In order to help people provide initial support for someone with a mental health problem, a Mental Health First Aid (MHFA) training course had been developed. Participants will receive a manual. Those who have attended this training have been very positive about the knowledge they have acquired. **If any external organisations would like to join us**, we still have some room. A small donation would be appreciated plus £7.50 to cover the cost of the manual.

We will be in the Garden Room at Henfield Hall, Coopers Way, Henfield, BN5 9DB. Further details and directions are available by email on request.

Timing is **10.00am to 4.00pm** with self supplied lunch.

## No Love between neighbours!

According to a Halifax survey, one in five homeowners encountered 'serious problems' with their neighbours in 2012! If only people would use us more, we might be able to influence that figure (in West Sussex at least).

### 10 things that will affect the value of your home

Feature by Laura Howard

Last updated: Sep 5th, 2013



**Moneywise reveals the 10 most common problems that are likely to impact the value of your home.**

For a property-obsessed nation with ever-shrinking pension pots, the value of our homes is understandably high on the agenda.

That's why - despite the recession and rising unemployment - more than half of UK property owners have made home improvements over the last year, according to a survey from Halifax.

But equally important is retaining the current value of your home. Here are the top 10 most common things that can devalue your home - and how you can avoid them.

#### 1. ANTI-SOCIAL NEIGHBOURS

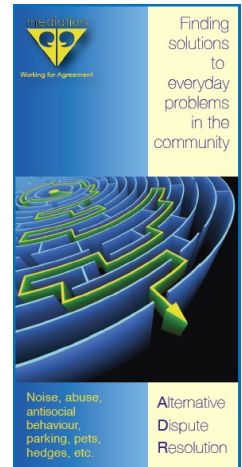
According to a survey conducted as part of Halifax Home Insurance's Peace of Mind campaign, one in five (17%) homeowners encountered serious problems with their neighbours during 2012 - the highest number experienced since 1997.

## Leaflets – spread the love

We have just reordered a supply of our Community Mediation leaflets to take advantage of a great sale offer from our favoured print supplier – Printmeit.com - so if you know of anywhere that might be able to display our leaflets, or need a replenishment, do let the office know.

We also have supplies of our Intergenerational, Workplace and Family Mediation leaflets together with A4 posters for our community work, if you can help us spread the word across West Sussex.

We are **keen to attract more community referrals** to keep all our mediators active.



## Lovely News

WSMS has recently joined Gatwick Diamond Business as a member.

Established 60 years ago, Gatwick Diamond Business (formerly known as CADIA) has been the leading voice for business and commerce in the region. It is run by the members for the members. And is financially and politically independent. GDB holds numerous networking and training events throughout the year. Our Trustees felt that this would give the charity a great way of forging links with local businesses and entrepreneurs and to further promote our services, which now include Workplace Mediation. GDB also does some great fundraising for its member charities.



Nick and Trustee, Kim, recently made a trip to Chichester to meet with staff at Chichester College. It was very worthwhile and gave us the opportunity to explore opportunities for training, awareness, fundraising, referrals and more. This meeting came

about following trustees Peter and John attending a networking event at Fontwell Racecourse last year. If you have any potential 'leads' for us in terms of working with any schools, colleges or businesses across West Sussex, do let the office know.

One snippet of information we picked up on our visit - a Subway franchise has been opened at the College and in its first week of trading it took more money than all of the other outlets in the UK! (You could smell their food wafting through the building) It was just a sandwich box from home in my days!



## Meet the Volunteers

**Name:** Will Adler (Trustee elect)

**Where do you live?** Horsham

**What is/was your career path?**

I have been working in insurance for 30 odd years. I am trained as an actuary and over the years, I have been mainly involved in the design, pricing and taking-to-market of life and health insurance products. Insurance isn't as dull as it sounds and there have been plenty of disagreements with colleagues over the best way to get things done and I do enjoy a good debate or argument.....provided it stays healthy.



**What attracted you to WSMS?**

It's a service that is relevant. Disagreements often seem to spiral out of all proportion and anything that can stop that has to be a good thing.

**What types of mediation are you trained to do/interested in?**

Waiting to be trained in basic mediation.

**Do you undertake any additional volunteering?**

I am involved with Cats Protection in Horsham.

**Do you have any hobbies?**

Armchair sports these days.....cricket and rugby. Slightly more active involvement in golf and bridge (which I guess is an armchair sport anyway).

**What are you hopes for the future?**

I hope that my experience in business can help WSMS grow and offer more and better services to more people in the future.



<http://www.giveasyoulive.com/join/wsms>

## Events

As mentioned in our last newsletter, we are trying to reintroduce Support Meetings for our mediators. The first will be in Ashurst on Wed 19th February 7pm to 9pm

Nick will be trying to share with volunteers all the latest information from the office and current trustee activity and the current health of the charity.

Plans are progressing for our next 'Away Day' on **Saturday 17th May – 10am to 4pm** at Micklepage, Maplehurst, nr Horsham.

If any of our stakeholder would like to come along to meet staff, volunteers and trustees, provide their thoughts and ideas and hear about our vision for the future, you would be most welcome. Just get in touch with Nick in the office.



## Lovely Quotes

If we were marooned on  
an island, I'd be very sad  
when I had to eat you.



Not very romantic, but an amusing little quote used by Innocent Drinks on their Twitter feed recently.

Here are a more appropriate one:

“Affection is responsible for nine-tenths of whatever solid and durable happiness there is in our lives.”

**C.S. Lewis**

**HAPPY ♥ VALENTINE'S ♥ DAY**