

# THE PHOENIX PROJECT



Charity no. 1153748

ANNUAL REPORT  
FOR 2023



Supported through



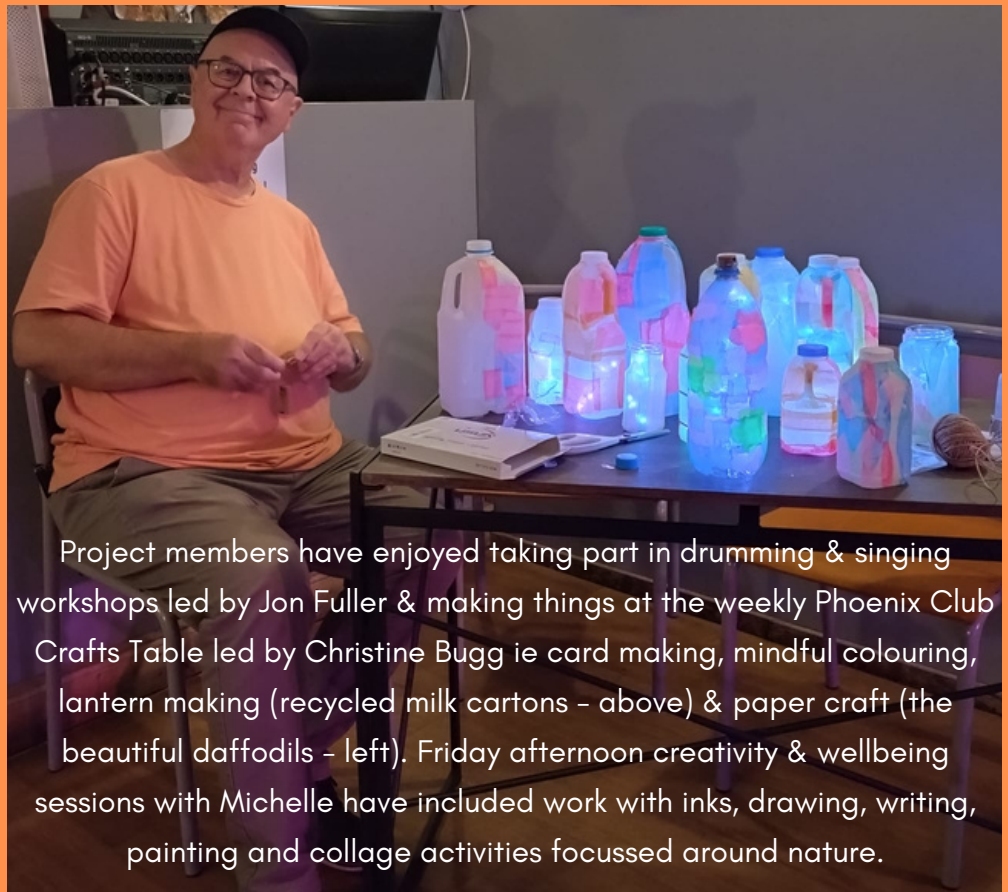
**SUFFOLK**  
Community  
Foundation





# THE PHOENIX PROJECT 2023

## creative activities



Project members have enjoyed taking part in drumming & singing workshops led by Jon Fuller & making things at the weekly Phoenix Club Crafts Table led by Christine Bugg ie card making, mindful colouring, lantern making (recycled milk cartons – above) & paper craft (the beautiful daffodils – left). Friday afternoon creativity & wellbeing sessions with Michelle have included work with inks, drawing, writing, painting and collage activities focussed around nature.

# THE PHOENIX PROJECT 2023

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We warmly welcome you to our Annual Report 2023. The board of trustees would like to thank everyone who has contributed to the continued success of Phoenix Project, True Thoughts & Phoenix Friends; 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, The Smokehouse and Unlocked Creative and we thank them for their support and expertise and are looking forward to continued success in the year ahead.

The Phoenix Club, Phoenix Friends and True Thoughts projects have continued to provide valuable connection and well being support and this year we have been delighted to welcome many new members into our community. We have also been reaching out to make the connections with other specialist support organisations so that members can be signposted to appropriate services.

This year Phoenix Project and True Thoughts have ventured out to the theatre, Walton on the Naze and art exhibitions & have been offering in house craft and music activities. We also produced our own art exhibition & live music event. We hope you enjoy reading about all of the highlights of the last year.

Many thanks to all who contributed to this report.

**Tracy Corbett - Chair**

*"I do enjoy True Thoughts - it is very good. I enjoyed trips to Christchurch Park and museum and enjoy the social side."*

*H.K.*

*"Very inclusive and friendly. High point of my week!"*

*P.G.*

*"I enjoy the creative activities we do & I like the mindfulness and reflective techniques. I find it helpful for my wellbeing."*

*V.C.*

*"It's helpful to chat to people with various experiences and enjoy and improve ourselves."*

*M.R.*

*"I am really impressed by the ideas and enterprise of the group!"*

*R.R.*



# LANDSCAPE REBELS

## Visits to Christchurch Park and Mansion

The Phoenix Project are very lucky to have Christchurch Park just across the road from their meeting place in Fonnereau Road. Over the course of the year the True Thoughts Friday afternoon group made several visits to the park as part of their creativity and wellbeing sessions - to explore the textures of nature, to take photos and to visit exhibitions at Christchurch Mansion.

In February we went to see Landscape Rebels. We made a film of our trip which you can view on our YouTube channel: <https://youtu.be/T8HCsQfqiTg> and a collective piece of collaged artwork, inspired by the work of Mary Warsop 'Nine Suffolk Scenes'. This was shown in our Take a Walk on the Wild Side exhibition in October.

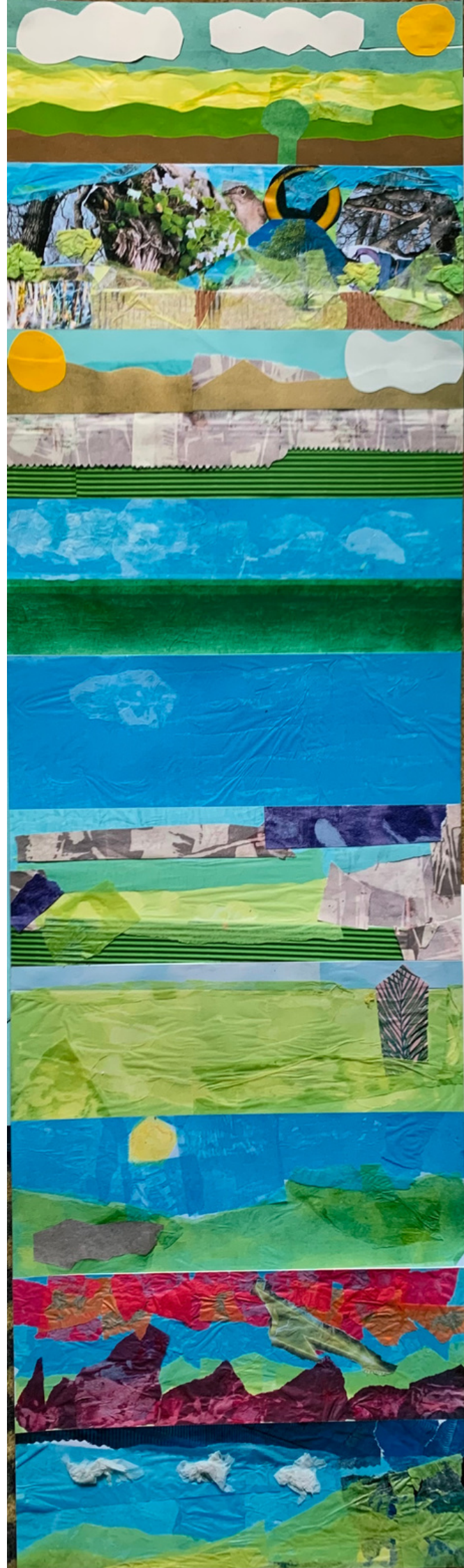
In April, for Earth Day, we spent some time writing 'Postcards to the Earth'. These were read aloud, recorded and added to photos we'd taken in the park to create a series of 'Dear Earth' mini movies.

We also recorded a piece about Christchurch Park in one of our Thursday afternoon creative media sessions at South Street. We talked about how it inspires us and contributes to our sense of wellbeing.

Winston Bayross. True Thought's Friday 20<sup>TH</sup> July 23.

Yes, we went to The ART exhibition which was called Animals at christchurch Mansion, we went last Friday at about 1.30pm. and after ward's - we all went to have TEA & Coffee's & cake etc. Sadly it was a rainy day, we all got wet. as we finished our TEA's and went outside at 4.30pm to go - Home. It was a very good ART Exhibition of many Paintings - some paintings were by John Constable etc etc. This Art exhibition is on till next year. I Hope to go back to look at The Paintings again etc etc.

Animals in The Gallery.





# GREAT EXPECTATIONS

Review by Gary Jackaman

True Thoughts had 'great expectations' of their Colchester Mercury theatre trip that took place in May 2023. The True Thoughts project, accompanied by Donna, John and Michelle went to Colchester by train after their Friday afternoon session to witness a truly sensational performance of Charles Dickens' Great Expectations.

The play depicted Pip as a young man who leaves his family to pursue a life of wonder and opportunity in London. Along the way, as Pip strives to become the perfect gentleman, he soon learns that high living comes with a price. His pursuit of love does not run smoothly as Estella's cruel put downs and reluctance to concede her true feelings to such a kind soul leaves him many times with his heart broken unable to comprehend how complicated life can be and how unforgiving a coveting of a relationship can become. Therein lies a happy ending as a besotted Pip learns that Estella is ready to open her heart and asks to be forgiven for her previous indifference.

We all thoroughly enjoyed the performance and the six fantastic cast members deservedly enjoyed the standing ovation they received.

Thank you so much to those who contributed and performed in the award winning '**Points Win Prizes**' film which won us the prize of theatre vouchers so we could all attend the show. Thanks also to Donna & Michelle whose kindness love generosity and huge support enabled us to go out for an evening we will always remember.





# THE PHOENIX PROJECT 2023

## Walton on the Naze



In September the Phoenix Project took a trip to Walton on the Naze. The lovely pictures here were taken by Scott Ferrer, including one from the top of the tower. Some prints of his work were exhibited in the Take A Walk on the Wild Side exhibition at the Hive in October.



# BRIGHTEN THE CORNERS FESTIVAL

On 9th June, as part of our Friday afternoon True Thoughts session, around 15 project members ventured into the centre of Ipswich to the Brighten the Corners Festival.

Everyone set off in the sunshine to the Ancient House to pick up their festival wristbands and then headed to the Corn Hill to watch performances by Esme Emerson, Bridget and the rap artists Purple Loft.

Donna and three members of the True Thoughts group got involved in volunteering for the festival as event stewards. The job included handing out badges, programmes and making sure the audience knew how to get to the various venues.

## PHOENIX FRIENDS

Phoenix Friends is a peer support group that runs bi-weekly. Over the last year we have seen an increase in the number of people attending, with many new faces. Phoenix Friends has a relaxed atmosphere where people with mental health issues come together to support each other over a reasonably priced cooked breakfast. There are between 20 to 25 members who attend on a regular basis. Some come just to chat with others and reduce the feelings of isolation that so often accompany mental illness. Others come to take part in quizzes and have fun solving crosswords brought in by members. Phoenix Friends is a volunteer led group that has been running for about five years. We look forward to continuing for many years to come!



### **Dates for Phoenix Friends 2024**

#### **Tuesdays 11 - 1 on:**

January 9th, 23rd

February 6th, 20th

March 5th, 19th

April 2nd, 16th, 30th

May 14th, 28th

June 11th, 25th

July 9th, 23rd

August 6th, 20th

September 3rd, 17th

October 1st, 15th, 29th

November 12th, 26th

December 10th



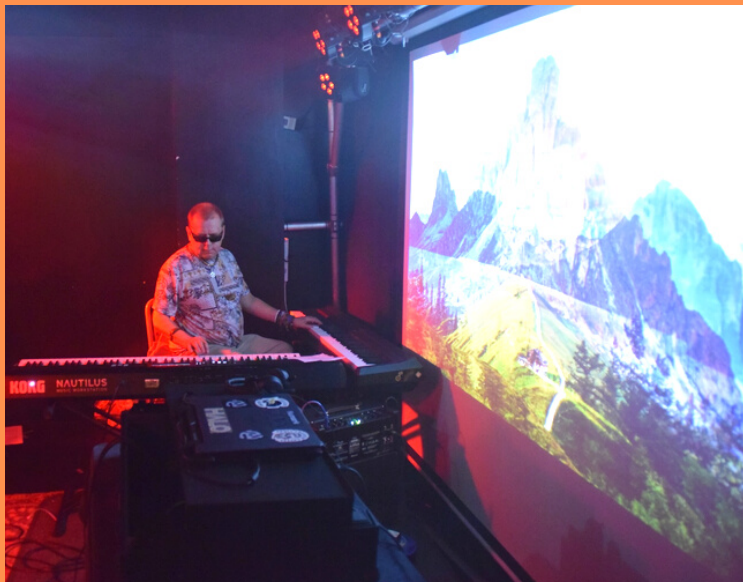
# PHOENIX RISING

For full story check out:

[www.phoenixprojectipswich.com/news/phoenix-rising](http://www.phoenixprojectipswich.com/news/phoenix-rising)

On World Mental Health Day - Tuesday 10th October 2023 - the Phoenix Project hosted their own event at the Smokehouse, Ipswich. It was a really relaxed night with a warm and welcoming atmosphere. Around 30-40 group members & friends attended.

The venue was decorated beautifully by table and courtyard lights made with project member Christine on Fridays at the Phoenix Club and we had a spread of lovely food in the bar made by John King.



Event photos by project member Colin Hindle

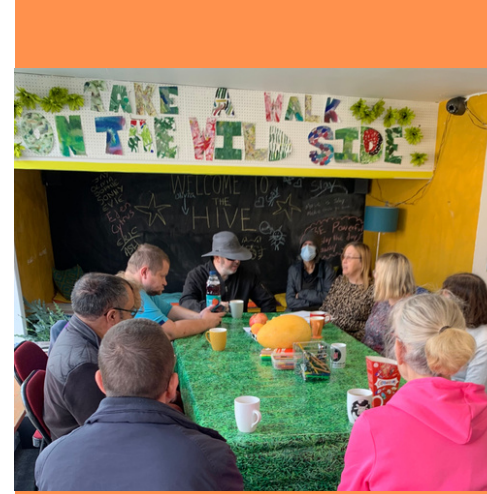


# TAKE A WALK ON THE WILD SIDE

The Phoenix Project's art show - Take a Walk on the Wild Side - opened at the Hive in Ipswich on World Mental Health Day, 10th October 2023 following a 'private view' for group members and guests on Monday 9th.

The show included drawings, acrylic, oil and ink paintings, collage work, crafts, mindful writings and photography. All of the work on show had a connection with nature. Some had been submitted by individual group members, other pieces were created during our True Thoughts creative mindfulness sessions on Friday afternoons at the Friend's Meeting House.

The exhibition attracted groups and individual visitors including local artists and health professionals, guests from the New Skill Centre, Radio Suffolk, South Street Kids, Ipswich Community Media and the Hive community. Phoenix Project members supported the exhibition throughout the week. They welcomed guests at our private view and engaged with visitors telling them more about the work and some of the ideas and processes behind it.



To read the full story go to: [www.phoenixprojectipswich.com/news/take-a-walk-on-the-wild-side](http://www.phoenixprojectipswich.com/news/take-a-walk-on-the-wild-side)



# Volunteer Spotlight : Jon Fuller

Project member Jon Fuller took a lead at the Phoenix Project in 2023. He ran a number of group music sessions and led rehearsals for the Phoenix Project choir. He made use of his musical talents to put together a new arrangement of 'Phoenix Rising' for the group to sing at their World Mental Health Day event in October and got involved in helping to organise the event. Jon, who talked about his desire to "make someone's day a little happier through music," spoke to Michelle after the event to reflect on how everything had gone.

Jon mentioned that when he led group creative sessions previously he felt a bit unsure of himself. This time around he said he felt much more confident and was aware of the distance he'd travelled in himself to be able to stand 'in front of a load of people' and lead a session.

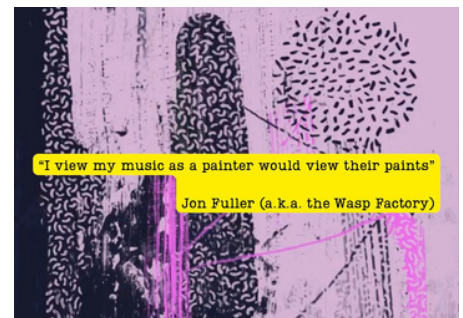
"I did the very same thing about a year ago and I was bricking it. I got loads of things wrong and I made mistakes. It didn't go so well. A bit like a comic who has a flat gig where nobody laughs - you've got to take that on the chin and you really have got to try and keep going. I know it's hard sometimes. I mean don't be afraid every now and again to go home and feel sorry for yourself. You don't set up camp there - you just pass through and learn."

Jon told Michelle that his reactions to situations have changed a lot and that this experience has given him a lot of strength. He said he has learned how to 'hold on steady and keep moving forward' despite the doubt. He said there is definitely an element of anxiety involved in doing something like this - 'is it done, is it good enough, is the timing right and ultimately am I good enough?' but that the experience has also made him question himself 'in a good way.'

As well as leading music jams with the group Jon worked on restructuring the lyrics (originally written with the group by Ginny and John) to the song 'Phoenix Rising'. Jon's new more funky, upbeat version with a Doors-esque break towards the end was performed live by the Phoenix Project Choir at their World Mental Health Day event..

Jon's latest quest is learning a new keyboard programming system. He is learning this through a process of trial and error "just like I learned guitar and alot of the keyboards I now play."

*'Music requires us to look inside ourselves. It's magic because you can't see it and yet it can make the hairs stand up on the back of your neck'.*





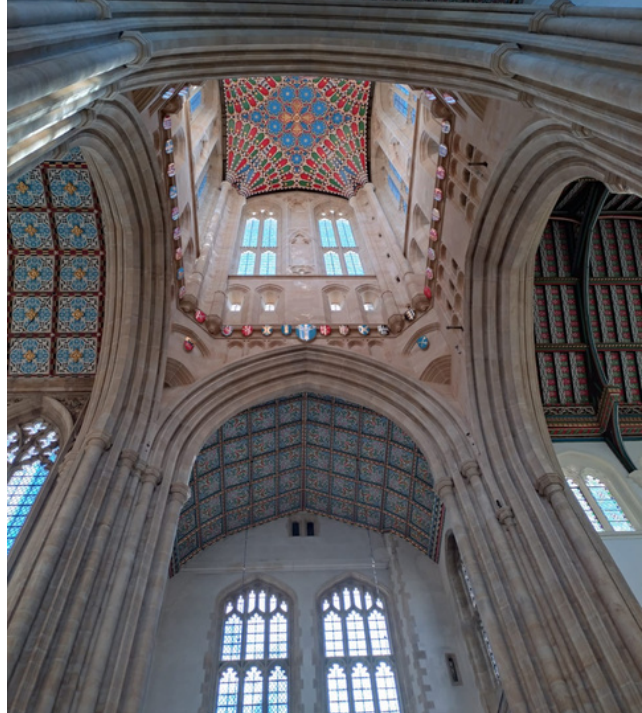
# A BUSY PHOENIX DECEMBER

**Karaoke fundraiser** – Friday 1st December was an opportunity to have a fun afternoon whilst supporting our partners Ipswich Community Media with their 'Big Give' fundraiser. We raised the roof and £55 (which was then matched by 'Big Give'). Thanks to all who came along to sing and support!

**Christmas outing** – Wednesday 6th December saw 30 project members travel 25 miles up the A14 to the historic cathedral city of Bury St Edmunds. The day's highlights included visiting St Edmundsbury Cathedral, the Abbey Gardens, Moyes Hall Museum and the ancient market place, shops and cafes.

**Xmas Party** – Friday 15th December saw a stellar line up of talented project members performing for our entertainment. Many thanks to Carl Swallow, Matt Hawksley, Gary Jackaman and Jeremy and Suzanne Frost for their musical talents. In addition we enjoyed poetry from Winston Bayross, impressions from Jonathan Ward and a DJ set from the talented Jayasarule (Jake Marsden). Special thanks to Jon Fuller who took the lead role in organising, planning and arranging music for this festive treat!

We tucked into a delicious buffet prepared by our hard working volunteers – Clive Bullard, Tracy Corbett and Len Bridges supported by kitchen maestro John King. We topped off the party with more karaoke delights!



## DECEMBER

**FRIDAY 1ST:**  
FUND RAISING KARAOKE (FOR ICM)  
2 - 4PM AT THE QUAKERS

**WEDNESDAY 6TH:**  
OUTING TO BURY ST EDMUNDS  
LEAVE CROWN ST. LAYBY 10.30AM  
RETURN FROM BURY ST EDMUNDS AT 4PM  
COST £10 (BOOK & PAY IN ADVANCE)

**FRIDAY 8TH:**  
TRUE THOUGHTS LAST MEETING BEFORE XMAS  
1 - 4PM AT THE QUAKERS

**TUESDAY 12TH:**  
PHOENIX FRIENDS LAST MEETING BEFORE XMAS  
11AM - 1PM AT THE QUAKERS

**FRIDAY 15TH:**  
XMAS PARTY AT THE PHOENIX CLUB  
10 AM - 3 PM  
BUFFET £2.50 (PAY ON THE DAY)

**FRIDAY 22ND:**  
XMAS MEAL AT PHOENIX CLUB  
10 AM - 2 PM  
£5 (PLEASE BOOK & PAY IN ADVANCE)

**FRIDAY 29TH:**  
PHOENIX CLUB OPEN 10 AM - 2 PM





# FINANCIAL REPORT

## INCOME RECEIVED FOR FINANCIAL YEAR 2022/23

£2,822.11

Phoenix Project – fund raising, donations and catering

£2,000

Ipswich Borough Council – Community Cash grant

£11,200

Peoples Health Trust supported through Health Lottery East – Active Communities fund

**£16,022.11**

**TOTAL**



Charity no. 1153748



### Contact Us:

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07976 768763

### 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

The Phoenix Project  
The Quaker Meeting House  
39 Fonnereau Road  
Ipswich IP1 3JH

[www.phoenixprojectipswich.com](http://www.phoenixprojectipswich.com)

[facebook.com/truethoughtsradio](https://facebook.com/truethoughtsradio)

[facebook.com/thephoenixprojectipswich](https://facebook.com/thephoenixprojectipswich)



## PHOENIX PROJECT INCOME AND EXPENDITURE 2022/23

### GENERAL PHOENIX (NON-RESTRICTED ACCOUNT)

balance b/f from previous year	£3,859.91		
<b>INCOME</b>		<b>EXPENDITURE</b>	
	£		£
Income from service users and catering	2534.11	Room Hire	1095.00
Donations	288.00	Sessional work	738.00
Raffle	0.00	Catering Expenses	0.00
Tombola	0.00	Stationery	0.00
		Costs of Governance	336.04
		Equipment	0.00
		Service Users Activities	0.00
		Phone	125.28
		True Thoughts	0.00
<b>total income</b>	<b>2822.11</b>	<b>total</b>	<b>2294.32</b>
Balance of account as at 31st March 2023	4387.70		

### IPSWICH BOROUGH COUNCIL COMMUNITY CASH (RESTRICTED ACCOUNT)

balance b/f from previous year	0.00		
<b>INCOME</b>		<b>EXPENDITURE</b>	
	£		£
<b>total income</b>	<b>2000.00</b>	Staff	695.00
		Room Hire	1305.00
Balance of account as at 31st March 2023	0.00	<b>Total</b>	<b>2000.00</b>

### PEOPLE'S HEALTH TRUST - TRUE THOUGHTS (Restricted Account )

balance b/f from previous year	0.00		
<b>INCOME</b>		<b>EXPENDITURE</b>	
	11200.00	Stationery	160.43
		Sessional Work	8900.00
		Publicity	38.00
		Volunteer expenses	0.00
		Venue Hire	960.00
		website	163.20
		laptops	0.00
		project management	0.00
		Refreshments	73.50
<b>total</b>	<b>11200.00</b>	<b>total</b>	<b>10295.13</b>
Balance of account as at 31st March 2023	904.87		

### TOTAL OF ALL ACCOUNTS

INCOME	16022.11	EXPENDITURE	14589.45
BALANCE B/F from 2021/22	4520.99		

<b>BALANCE OF ALL ACCOUNTS AS AT 31st March 2023</b>	<b>£5,953.65</b>
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