

MAY 2018

EDITOR

CHRIS DAY

RUN-UP NEWS

NEWSLETTER

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Mental Health and Dementia Awareness Day 2018

In partnership with Redbridge Vision, One Place East held a Mental Health and Dementia Awareness Day at Redbridge Central Library on 22 May. The theme for mental health was 'stress and how we cope with it'. This is something all of us live with. At One Place East part of our presentations and workshops explain how to manage stress. We have been giving these to many organisations, schools and colleges in Redbridge in the past few years, reaching more than 2000 students and many hundreds of local people.

We invited other service providers to have a stall and join us and were very pleased with local enthusiasm to be with us. Others joining us included: Imagine Day Services, DWP, POHWER Advocacy, Healthwatch, Richmond Fellowship, SKY Sharma and Forest Farm Peace Garden.

Dementia is an umbrella term used to describe a range of progressive conditions affecting the brain. There are many different types of dementia, of which Alzheimer's disease is the most common. Some people may have a combination of types of dementia. Dementia is not just an illness affecting older people.

There are over 850,000 people living with dementia in the UK today. Of these, approximately, 42,000 are people with young onset dementia, which affects people under the age of 65. Stall holders reflecting services for this group of people included: Redbridge Carers Support Service (RCSS), Age UK, Jewish Care and SureCare Redbridge.

We were again pleased to have stallholders reflecting other services including alternative therapists giving FREE taster sessions (always popular at our events), advice on nutrition in mental health, Vision - Sport and Health Team, University of East London and representatives from NELFT Research and Development projects keen to capture feedback from the public.

At the end, two of our service user reps gave very personal stories of their health and experience through mental health services and the Peer Support Group held weekly at our office in Ilford Lane. We thank Jan and Ian for being so forthcoming and sharing their views of their very personal journey. We were grateful that Satyin Taylor, a Chaplain / Spiritual Care Advisor from the Chaplaincy office at NELFT Goodmayes came along to give his own personal journey of mental health illness including a time when he was an inpatient. His was a very interesting conclusion to the days events.

“KEEPING YOU UPDATED”

SUN Meeting Feedback by Chhayal

The guest speaker was Kate Harrison talking about the Peer Support Group. She has lived experience of Mental illness.

In 2014 Kate went on a course with nine other people for training to become a peer facilitator. All had lived experience of mental health. The course ran by The Institute for Mental Health was over eight days involving role play and feedback. After eight days everyone had to put together an assignment of 2000-3000 words and get a certain percentage to get the accreditation.

Four of the group have become facilitators of the Peer Support Group run by One Place East every Thursday at 98-100 Ilford Lane. This is for people with mild to moderate mental illness and anyone wanting to attend must meet one of the facilitators for a chat before they can attend the meetings. You do NOT need a referral from another service. You can self-refer.

Each session starts with the ground rules then people take it in turns on how each individual's week has been. It's good to air feelings. Depending on the size of the group this normally uses up the first part of the meeting. After a break for refreshments, topics can include bullying, medication, grief etc. At the end of the group, they go around and ask "what one is going to do until the next week or one thing they want to achieve" depending on time.

Usually on average the group is between seven to twelve people. You don't need to live in the borough to attend. This group is not a funded project and is run for people with mental health issues.

We thanked Kate for an excellent presentation on her lived experience and her role on becoming a peer facilitator.

Chris then asked about future presentations. Some speakers suggested for future meetings include: Universal credits- Job Centre Plus, Sunflower Court Director, Home Treatment Team (HTT), Street Triage in its new work with Crisis Intervention Team, Personal Safety and how to report a crime, Street Watch, Samaritans and Holiday Breaks for people with Mental illness.

EET MH Network Group Feedback by Jai

The guest speaker was Rose Meredith Development Librarian from Vision Redbridge Culture and Leisure who talked about how the library has changed its use to be more of a resource centre.

Resources include:

- Back to work support, training, CV and careers advice for accessing local job opportunities through seeing a Work Redbridge Advisor. There are opportunities for ESOL adults

“KEEPING YOU UPDATED” Cont....

(English for speakers of other languages). They are able to meet others through Work Redbridge. There are 12 Sessions available however a waiting list of three months.

- There is a Family Conversation club which practice speaking English as a family. Carers, adults and family members can come along to learn to speak English with Family support.
- There is a VAANI Saturday Day Club. Opportunities for chess, painting, and creative writing for more details visit www.vaani.org
- You can get help making an on-line Blue badge application to get better parking places.
- Courses are available for ECDL, the European Computing Driving Licence qualification.
- Books on Wheels is a service run by volunteers for people with long term illness, disability or old age who are housebound and find it difficult to visit libraries. They visit people in their homes and read books to them.
- Spread The Word offer space for local health, community and educational groups to have Information tables offering Health and Wellbeing advice, literature, health monitoring and signposting. It's available at all Redbridge libraries.

For more information about a lot of these and other services, google: digital service Redbridge vision.

Other updates:

There is still a demand and interest in the Recovery Project and an update meeting is to be held. However there is no funding for this at the moment.

NELFT Board Feedback by Chris

The Chairman recorded his congratulations to John Brouder on his appointment as Chair of the Cavendish Square Group, a key London forum for policy and development advice on mental health services for the capital.

In answer to a question from Brain Hagger, JVR advised that significant progress had been made with the programme of anti-ligature work; further phases were planned.

The section 75 agreement between LBR and NELFT is currently being reviewed with the original agreement due to expire on 31st March 2019. It seems likely that it will be extended beyond this date.

Forest Farm World Music Day

Forest Farm Peace Garden are holding their annual World Music Day and Community Picnic on Sunday 24th June 2018 12pm – 6pm at their gardens in Hazelbrouck Gardens Hainault IG6 2XL. Bring a picnic and enjoy an afternoon of activities, nature and the community. Celebrating all that we have in common as part of the UK-wide great get together.

There will be live World music, workshops, nature walks, children's activities, therapies, Dr Bike, Pizza-oven baking, craft stalls and delicious food. FREE ENTRY.

Next Steps Project

We're pleased to announce the appointment of Charmaine Harris as the new Project Coordinator for Next Steps. This project will enable young people with lived mental health to be equipped to tackle the stigma and discrimination they face in their day-to-day life.

It is based on the successful Next Steps project from 2002 – 2007 when workshops and presentations on stigma and discrimination were co-designed, co-produced and co-presented by people with lived mental health. This project will continue that work, but specifically for young people and students up to 24 years old. There will be a Project Assistant and up to five young people on the project.

Stakeholders in this will include NELFT, CAMHS, DWP, NCS - The Challenge, Voice Collective other Local Authority teams and local colleges.

POhWER

POhWER is the Independent Health Complaints Advocacy Service (IHCAS) in Redbridge. They provide independent FREE advocacy and support for people who want to make a complaint about the service, care or treatment provided by the NHS. They work in 20 London boroughs providing this service. At a recent event they were telling us that the referral rates in Redbridge to their service are very low and they wondered why?

So we thought we'd just remind everyone about the service. You always have the choice of making a complaint directly to the NHS service or the local Patient Advisory and Liaison Service (PALS) if you want, but that can mean a lot of work for you and often, in cases that have been reported to us, it can be an extremely long and frustrating process.

POhWER can provide an advocate to help you make your complaint and support you through the process. They will listen to your concerns and signpost you to the right organisation. They will also support you to make a complaint on behalf of someone else. If you want to use their service, call 0203 553 5960, email LondonIHCAS@pohwer.net or visit their website at www.pohwer.net.

Job Opportunity



One Place East
Where disability matters



Project Admin Assistant
Hours: 16 hours per week
Salary: £9984 per annum (£12 per hour)

Do you have lived experience of mental ill health or distress and recent knowledge of using children's and young people's mental health services?

We are looking for a motivated and enthusiastic person to work on our exciting new project - Next Steps. The project, funded by the National Lottery through the Reaching Communities Fund, will provide a team of Peer Educators to deliver mental health awareness workshops in schools, colleges and other local organisations working with children and young people.

Providing day to day administration for the project, the ideal candidate will be passionate about making a difference within the community and be able to demonstrate strong IT and social media skills. You must have excellent interpersonal skills and the ability to work with young people. The role will include regularly liaising with schools and colleges to ensure the successful delivery of the workshops.

We are committed to equality of opportunity for all staff and applications from individuals are encouraged regardless of age, disability, sex, gender reassignment, sexual orientation, pregnancy and maternity, race, religion or belief and marriage and civil partnerships.

To receive an application pack, please contact us on 020 8925 2435, email recruitment@oneplaceeast.org or download from www.oneplaceeast.org.uk

CVs are not accepted

Applications must be returned by 5.00pm Friday 15th June 2018.

Interview Date: Tuesday 26th June 2018

Service User Network Meeting

Please remember we also hold a service user network meeting on the last Wednesday of each month at the Gloucester Room, Central Library, Clements Road, Ilford from 5.30pm to 7pm. Often we have guest speakers relevant to mental health, give out information and provide updates on services.

Everyone is welcome to join us.

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Company Limited by Guarantee No. 3115971

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**Newsletter now on
One Place East's
website
www.oneplaceeast.org**

News about our other work

We provide a Peer Support Group every week at One Place East. There doesn't seem to be anything similar in this or other local boroughs. A vocational support worker from Barking and Dagenham Community Solutions had asked to come along and observe a meeting and talk to our facilitators afterwards. She was grateful for the insight into how peer support works for us.

We were invited to a Peerfest pre-event where many different 'Peer' groups met to exchange ideas as to how their groups operate and plans for a Peerfest. A Peerfest is the national annual event celebrating the importance, power and diversity of peer support. It's a welcoming, inclusive and inspirational event bringing peers together to network, share knowledge. Thanks to Jan and Ian for attending this interesting event.

Some of our current volunteers have received refresher training ready for a busy period of workshops and presentations over the summer period.

Peer Support Group

One Place East holds a weekly Peer Support Group.

Share experiences, find hope, support, understanding and inspiration for the recovery from mental health distress.

To find out more about the group call: 020 8925 2435.

It is not our intention to offend, upset or devalue any individual or any organisation by the articles published in this newsletter. We carry the responsibility to raise concerns brought to our attention by the Service User Community. Should you want to contact me please do so. You have a right to reply via writing an article that will be published under our heading "your news your views".

Our motto is "Working In Partnership With Others"

The views expressed in this newsletter are not necessarily those of the editor, or staff or trustees of RUN-UP or One Place East.