

FEBRUARY 2018

EDITOR

CHRIS DAY

RUN-UP NEWS

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Disability Justice Workshop



Disability Justice Workshop

Wednesday 28 March 2018 11am - 4pm

Have you been refused access to a bus, shop or restaurant? Or maybe your request for accessible housing has been turned down by your local authority? Or perhaps your GP has not provided a BSL interpreter?

If so, join us and learn how to use the Equality Act to challenge discrimination and enforce the law

At this interactive and practical training workshop you will learn how the law protects you from discrimination.

We will use real life examples to show you how the Equality Act can be used to challenge discrimination.

You will learn new skills and knowledge to challenge discrimination and enable you to enforce the law.

BOOKING REQUIRED

- www.oneplaceeast.org
- 020 8925 2435
- jon.abrams@oneplaceeast.org

“KEEPING YOU UPDATED”

SUN Meeting Feedback by Kate

Today's presentation was given by Tina Stewart and Claire. Tina has experienced mental ill health and Claire is her support worker. They have formed a group known as PALS (Performance Art Life Skills) and together they run drama and creative art groups for people with mental health issues.

The group is for people who may be stressed, overwhelmed, lonely, anxious or depressed. The aim is to reduce social isolation and increase motivation. It is a place where people can meet in a fun environment whilst improving wellbeing, confidence and self-esteem.

The initial project “Hear My Voice”, funded by Healthwatch, has been very successful and a number of people attending our SUN meetings have attended some of the sessions and give very good feedback. They are trying to get further funding, but in the meantime the project will continue at Richmond Fellowship although there will be a charge £10.00 per session.

For more information please contact Tina on:07709 893637 or at Tinastewart31@gmail.com.

RCVS Meeting Feedback by Chris

Clinical Commissioning Groups (CCG) are the NHS bodies responsible for commissioning health care. All of the East London CCG's are to come together in a merged body. This was initially called the Sustainable Transformation Programme (STP) but is now to be called the East London Health and Care Partnership (ELHCP). Redbridge CVS and other east London CVSs will be meeting with this body, together with Jane Milligan who is the new “Accountable Officer” for East London CCGs.

Kathy Valdes from Digital Unite spoke about the organisation and its passion to improve people's confidence to get on line, their ability to use social media and to google information and so forth. Their goal presently is to train people who can become digital champions and in turn pass those skills on to others.

They have free guides available on their website. Courses cover working with older people, or with people with disabilities or sight impairment, as well as “train the trainer” courses. The charity digital toolkit has information on digital requirements, or links, for charities to go online.

More information about these issues is available at: <https://www.digitalunite.com/>

GDPR (the General Data Protection Regulation) is a new version of the Data Protection Act which will come into effect on 25 May and is EU legislation. Redbridge CVS ran training on GDPR last autumn, and will rerun the course in March.

“KEEPING YOU UPDATED” Cont....

EET meeting Feedback by Jai

There was no guest speaker at this meeting, instead there was a catch up from local service providers:

Kate Allardyce, manager of Forest Farm Peace Garden introduced the project and said that new comers to gardening are welcome as no prior experience is needed. The garden hosts a variety of workshops on horticulture as well as health and well-being. There are annual open days which have been popular with the local community.

The project supports people with mild to moderate mental health recovery needs, such as anxiety depression and isolation. Referral is by a GP, health professional or mental health organisation. The Ecotherapy programme involves twice weekly sessions for one year. There are also one to one volunteer buddies for support. Opportunities are available for new buddy volunteers. They try to provide a positive influence on mood, calmness, confidence and self-esteem around others.

Stuart Burr from Redbridge Job Centre, Seven Kings spoke about Universal Credit which will begin in Redbridge in June 2018.

Naima from Hackney Job Centre talked about Access to Work which would enable people with long term health conditions and disabilities to benefit from adjustments at work, which would not ordinarily be covered by legislation. The employer is obliged to make reasonable adjustments in the work place but if the help you need at work isn't covered by legislation, you may be able to get help from Access to Work.

To get help from Access to Work you must have a disability or health condition (physical or mental) that makes it hard for you to do parts of your job or get to and from work. You must be 16 or over. Certain benefits, including Universal Credit, Job Seekers Allowance and Income Support may affect whether you can get an access to work grant . If you are on ESA you can only apply to get help from access to work if you are doing permitted work. You only have to be working one hour per week to claim Access to Work. For more information go to: <https://www.gov.uk/access-to-work>

CRT Business Meeting Feedback by Kate

At the December meeting Donna Gold did a presentation from Imagine and what services they provide.

There was also a presentation on Lone Working.

Debt Advice

Getting advice on money and debt problems can be difficult in Redbridge, with support services being cut and demand ever increasing. If you are seeking advice and guidance about debt and money, you may need a specialist debt advisor. It's important to contact an advice organisation who are regulated by the Financial Conduct Authority (FCA) and have accredited advisors

Capitalise is a partnership of voluntary organisations that give free, professional, independent, accredited face-to-face advice on debt and money management and who are all FCA regulated.

Capitalise do not receive any funding or payment for recommending debt relief options, and are funded by the Money Advice Service. They understand that everyone's story is different and that anyone can become indebted, and they offer a non-judgmental supporting environment where a client stays with the same advisor and does not have to keep 'beginning-again'.

To find out more, visit their website at www.capitalise.org.uk or ring the Freephone number 0808 164 2480

Independent Office for Police Conduct Research

Have you experienced mental health problems? If so, the Independent Office for Police Conduct (IOPC) have asked an independent research evaluation team at the Institute of Mental Health Nottingham to do a research project about how easy or hard it is to complain about the police and how to make the system better for those who have experienced a mental health problem.

You do not need to have had any contact with the police; anyone can take part. Your feedback will help to improve the service. Your views and opinions will remain confidential.

The survey is online, to complete please click on the link: <https://nottingham.onlinesurveys.ac.uk/18>.

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.

Employment Opportunity



Project Coordinator

Hours: 21 hours per week

Salary: £15,517 per annum (£14.21 per hour)

Funded by the National Lottery through the Reaching Communities Fund we have an exciting opportunity for a motivated and enthusiastic individual to work with our user led service RUN-UP on their Next Steps project.

You will be responsible for developing the project to enable young people with mental health conditions to be equipped to tackle the stigma and discrimination they face in their day-to-day life.

This will include the day-to-day running of the project and coordinating a team of Community Peer Educators to deliver mental health awareness workshops in schools, colleges and other local organisations working with children and young people.

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.

Application packs can be downloaded from our website www.oneplaceeast.org. CVs are not accepted Applications must be returned by 5.00pm Friday 16 March 2018. Interview date 27 March 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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News about our other work

Chris and Ian gave a workshop to the new buddy volunteers on their training day for Forest Farm Peace Garden

Chris and Kate attended a Coffee morning at Richmond Fellowship to talk to their service users about One Place East and our Peer Support Group. Others there were Voiceability and SHP.

We held an event in partnership with Vision Redbridge to celebrate Time to Talk day at Ilford Library. Chris and Maria attended this event. Many visitors were interested in sharing their concerns about mental ill health especially in families. Chris was asked to give a talk on One Place East services to the Imagine Men's Group, who were meeting in the library at the same time.

We are currently planning 2 events for May. We are in talks with Redbridge College for workshops during Mental Health Awareness Week and we are also working in partnership with Vision Redbridge for an event on Mental Health and Dementia.

Satisfaction Survey

Included with this newsletter is our annual satisfaction survey. In order for us to be able to obtain further funding to keep RUN-UP, it is vital that we hear your views.

Please complete and return the survey in the freepost envelope included with this newsletter.

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.