

MARCH 2018

EDITOR

CHRIS DAY

RUN-UP NEWS

NEWSLETTER

**MENTAL HEALTH
AND DEMENTIA
AWARENESS DAY
2018**

**KEEPING YOU
UPDATED**

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Mental Health & Dementia Awareness Day 2018

One Place East and Vision Redbridge are hosting an event to celebrate Mental Health & Dementia Awareness Day. This will include information stalls, speakers, and presentations from services. Light refreshments will be available. This is a FREE event.

When: Tuesday 22nd May 2018

Where: Redbridge Central Library, Ilford, IG1 1EA

Time: 11.00am – 2.30pm



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“KEEPING YOU UPDATED”

RCVS Meeting Feedback by Chris

There were two main presentations at this meeting. The first was about the new General Data Protection Regulations (GDPR) which come into force on 25 May 2018. All businesses, including charities, need to ensure they are aware of the new rules and examine the processes they currently have in place to ensure they continue to comply with the law.

The second presentation was by Street Watch. Belinda gave a brief outline of her work in the police service. Street Watch was set up because when police knocked on neighbours' doors after a burglary, it became clear that residents did not know their neighbours. It became apparent that residents wanted to do more than the Neighbourhood Watch scheme, which can only run if a certain percentage of residents sign up. Street Watch was running really well in Bedfordshire, Wiltshire and Suffolk but nothing existed at that time in the London area. Street Watch Havering was launched in June 2015.

Street Watch volunteers go out in public and can engage with the community while patrolling in pairs or just walking around chosen streets in high visibility vests. Volunteers go through an induction procedure which explains to them how the scheme works. They receive a hi viz jacket, torch, personal attack alarm and a pocket book. They get basic first aid, drug awareness, crime prevention and counter terrorism awareness training. Once a volunteer has completed the induction they will be issued with a password that allows them to log onto an online Forum and add the patrols they are volunteering for. Police checks are carried out on prospective volunteers before the induction, and volunteers are required to stay within the Code of Conduct. The police are very clear that they do not want people acting as vigilantes and taking the law into their own hands

The project is run by the community for the community. There is no maximum or minimum time that people have to spend patrolling – they can do whatever time they have to spare, but it must be booked on the online forum.

The scheme belongs to the volunteers who can run it how they would like it to be run, as long as they stay within the guidelines they have the support of the police and the scheme.

NELFT Board Feedback by Chris

The Open Dialogue treatment is an innovation in clinical care in Mental Health and is a programme in which NELFT have become a global leader . They have the only academically approved English language qualification in the world to support practitioner training in Open Dialogue and are the focus for European development. They have the biggest Research trial in the country for Mental Health and are the leading training site. This is seen as part of the next generation of care in Mental Health and the position of NELFT in this programme is something that they are very proud of.

“KEEPING YOU UPDATED” Cont....

Not all is good for young people with mental illness. Patient Safety in CAMHS is potentially a problem, and if the current workforce resources are not reviewed then there is a risk of significant harm to children and young people due to high number of referrals and caseloads. If the current funding to CAMHS services is not reviewed there will be very long waits for treatment for young people.

New Drug and Alcohol Service in Redbridge

There is a change in the service provider for drug and alcohol services in Redbridge. They will still be delivered from Ilford Chambers but from 1st April 2018, the adult treatment system in Redbridge will be delivered solely by WDP (Westminster Drug Project) but the service name will remain R3. WDP have successfully delivered services in Redbridge prior to this contract and have also been effectively delivering substance misuse services across London and the South East for over 25 years. Read more about them on their website: <http://www.wdp.org.uk> or phone: 0300 303 4612

Important Update

There have been changes to the location of some services which have been incorporated into a new Customer Centre at Lynton House in the High Road, Ilford.

The council says that consolidating services in one place means the council is able to offer residents both a better customer experience and deliver annual savings of £540K during a period of government reductions in funding. The council says they have put the needs and wishes of residents at the heart of the centre's development by using recommendations from local people and the Royal National Institute for Blind to ensure the centre is welcoming and accessible to all. The bright and modern centre will aim to resolve queries at the first point, avoiding repeated face-to-face contact with different services.

Probably the most important changes for you to know about are the relocation of Revenues and Benefits services from Olympic House and the Housing service from Clements Road to the new Customer Centre at Lynton House. So please don't go to Olympic House or Clements Road as these buildings are now closed.

The council says “Bringing services together in this way is a win-win for our residents. They get a better experience when they interact with us and a value for money service at a time we must make significant savings because of cuts to government funding.”

Redbridge Customer Centre is open Monday to Friday between 9am and 4pm (not bank holidays).

The loss of a colleague

It is with the deepest regret we have to inform you of the loss of our colleague Kerry Richardson who has sadly passed away unexpectedly at an early age of her life.

Kerry was a volunteer for Next Steps but also carried out other roles in different services. She was respected by many of her colleagues.

She made a huge impression working with young people through the Next Steps Project at schools, colleges and the National Citizens Service (NCS) The Challenge. She was very much devoted to her work as a volunteer and gave her time freely. She was passionate about delivering mental health awareness workshops in a way that young people could engage with..

Trying to get back into work?

Richmond Fellowship has been in the area for many years. It is now part of a national mental health charity Recovery Focus making recovery a reality for thousands of people every year.

They provide a wide range of services including residential support, supported housing, employment services, community support and crisis support.

They are promoting their “finding work” programme and are here to help anyone with a mental health problem get into work, training or volunteering and then maintain their employment. They work with individuals to understand their situation and to find the right solution for them, tailoring their support to meet peoples personal needs and aspirations.

Contact them on 0208 514 9653 or at 19 Mansfield Road, Ilford, IG1 3BA

Email: admin.redbridge@richmondfellowship.org.uk

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.

A Family Story

We have recently been working with a new organisation—Sky Sharma Foundation and they would like to share their story.

'Akash also known as Sky was an answer to his parent's prayers was born on the 15th March 1994 and since that day on became the reason for smiles and laughter for the entire family. From an early age onwards, Akash's spirit became an invisible cloak of unconditional love and empathy for all the people around him.

Akash had a passion for music and loved to practice with his dad to improve his vocal cords as he loved to sing. He also trained himself on various kinds of instruments. Akash loved to play the drums and the guitar which became his signature later when he was working on establishing himself as an artist.

Akash at heart had always been a charitable spirit and everyone at home and outside started noticing as he grew of how loving and giving he was. He would just take his jacket off and give it to a passer-by on the street if he saw him or her shivering during winter. He would spend his last penny on his friends if he found they were short of money or were in debt. Akash started various projects at his university to raise funds for the homeless and mental health sufferers. He was always optimistic about being able to comfort people in their time of need. This bought him immense joy.

Akash joined Roehampton university in September 2013 and was so thrilled to move to their campus. Even at the campus he developed many close friendships with students from all walks of life. He felt home sick after a while and moved back home within a year in 2014. Akash had lost a lot of weight and spoke about his ambitions for the future and how sometimes he felt the pressure to make them come true. Though he was happy with his studies at university he had mentioned how he felt that he was living two lives. One was his unknown mental health illness.

Akash's own story came to an abrupt ending at tender age of 21 but his vision to spread awareness on Mental Health Issues and help for the less privileged lives on through Sky Sharma Foundation.

As parents and family, we were devastated. Our pain is indescribable. We felt lost confused after losing our only son and didn't understand as to "WHY?". We had no knowledge of mental illness or what signs to recognise. The pain was and still is immense. Not a day goes by when we don't think of our beloved Sky'.

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

We will be giving a number of workshops to young people at Redbridge College during Mental Health Awareness Week in May

We are working in partnership with Vision Redbridge and will be holding an event on Mental Health and Dementia Awareness which will be held in Redbridge Central library on 22nd May 10.30 – 2.30pm

We have confirmed with National Citizens Service – The Challenge that we will be working with three groups of young people in July and August on mental health awareness and promoting our services in the local community

We've been involved in a number of workshops and recovery work on Morris Ward. It's good to see that this ward has been receiving good comments from patients about their care and treatment. This includes communal cooking projects, and the 'Pets as Therapy' project. There has been a great drive for patient involvement over the last year, with patient representatives attending various meetings to ensure their voice is heard. In addition to this, patients have had a huge input into the 'Pets as Therapy' project. Adding to this, Morris Ward has improved their IT access to increase service user experience and have recently introduced means for patients to online shop and use Skype.

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.