

SEPTEMBER 2018

EDITOR

One Place East

RUN-UP NEWS

NEWSLETTER

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News in brief

This month's newsletter will be shorter than usual due to the absence of our regular Editor, Chris Day.

Many of you will know that Chris is currently recovering from an operation and I'm sure you will all join us in wishing him well and a speedy recovery.

Our service user representatives and volunteer team are stepping up to ensure SUN meetings continue and you are kept up to date.

Next Steps

Our Big Lottery funded project, Next Steps, has been up and running for almost 6 months now under the coordination of Charmaine Harris.

We have been very busy over the summer months with recruitment and training. We have recruited an Admin Assistant, Hafsa, and 3 Peer Educators, Farzana, Yvonne and Alex and would like to welcome them all to the team.

Peer Educators have completed training and have commenced delivery of workshops in schools. We are fully booked up to continue with this delivery into the new year.

We have been working with young volunteers from NCS The Challenge. The project has also played its part in the creation of an organisational video and led on our World Mental Health Day event at the Town Hall which this year focussed on young people

“KEEPING YOU UPDATED”

SUN Meeting Feedback by Kate

The guest speaker at the meeting on 29th August 2018 was Maria Thorn – Assistant Director of Mental Health. Maria works from Mellmead House and oversees Redbridge.

She explained what HASS stood for – Health and Adult Social Services. NELFT and London Borough of Redbridge working in partnership covering learning difficulty, older people and mental health. This new system should improve communication between the teams.

Maria Thorn is retiring. Her replacement is Kevin Sole and will be shadowing Maria from October. He has a social worker background in Learning Difficulties.

RCVS Network Meeting 12th September 2018 Feedback by Kate

A presentation was given by Caroline Masundire – Associate Director of Rocket Science.

Rocket Science has recently completed a 32 page report on the voluntary sector in Redbridge. They spoke to 74 people from various organisations which are part of the voluntary sector. Caroline gave a summary of their findings and recommendations.

Times are tough for the voluntary sector and more co-production and co-design with service users needs to be in place. The Council need to be inclusive and transparent.

It is important there is a real understanding of the issues and challenges faced by the borough's population so that funders are aware.

EET Meeting Feedback by Jai

Rhonda Brooks from Vision Redbridge spoke about the UK Elders week with activities for them to follow and try out at different venues as part of Vision Redbridge.

October 2018 is Black History Month, where there is a number of activities taking place - dance shows, photographic exhibitions, special reading groups and much more. An historian and writer Paul Crooks 'Africa History' will also be involved.

An African & Caribbean Community Cultural Day **will** take place on 27th October 2018 at Redbridge Library 12.30—5.30pm.

- Taste of African food
- African storytelling through dance.
- Open mic session poetry/rap/songs

“KEEPING YOU UPDATED” Cont....

For more details please contact rhonda.brooks@visionrcl.org.uk or www.redbridge.gov.uk/events

Katie Francis spoke about Individual and Placement Support (IPS) model which supports people with severe mental health difficulties into employment. It involves intensive, individual support, a rapid job search followed by placement in paid employment, and time-unlimited in-work support for both the employee and the employer. At the moment the IPS model is based at Mellmead House co-located with the Mental Health Teams. Referrals are accepted from GP's, self-referrals and secondary Mental Health Services. The tender is due to come out in December 2018. This will be a three year contract due to start in March 2019.

Jenam Omoma from Work Redbridge spoke about dealing with individuals with substance misuse and guiding them into work. The eligibility is their lived experience and not necessarily that they are on benefits. Placements are through the R3 project.

News about our other work

We attended the Sky Sharma Foundation Mental Health and Suicide Prevention event. The event had an excellent turnout and was enjoyed by everyone. Thanks to Ian and Chhayal for representing One Place East.

We had a six month review meeting with the Big Lottery on the work on the new Next Steps Project. Monitoring for this changed from being National officers based at the Big Lottery Head Office in Birmingham to local officers based in the borough with better local knowledge of the needs of the borough. This was a successful meeting and the Big Lottery were pleased with the work and outcomes we had achieved so far.

Charmaine attended a meeting on Time to Change which will feature as an important event for us next February.

For the third year we gave workshops over two days to the new sixth form intake at Forest Academy Hainault.

We started a regular weekly programme on mental health awareness to year 12 and 13 students at Oaks Park School.

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LOTTERY FUNDED



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.

Peer Support Group

One Place East holds weekly Peer Support Groups.

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

To find out more about the groups call Charmaine on 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.