

Champions' Newsletter, July 2010

Dear Champion of Change

COMING SOON – CHAMPIONS OF CHANGE LAUNCH

We are launching Champions of Change at the Council House in Nottingham on Thursday 30th September. We want everyone who is part of the Champions network to come along and, over a tea or coffee, get updated on the work the Champions of Change project has been doing over the last few months. We will be asking you for your ideas on the best ways we can get feedback on mental health services from yourselves and from the wider community and what action we should be taking to do this. We will be giving you a presentation on some of the feedback we have collected so far. We will send out more information soon on how you can get involved in this presentation.

We really hope that you can attend this event. If you prefer, you can bring a friend or a carer with you. Registration will start at 10:30am with the event beginning at 11am and finishing (following lunch) about 2pm.

Please put this date on your calendar. We would love to see as many Champions at the launch as possible. We will be sending you all a personal invitation nearer the time

Volunteer with Champions of Change

We are delighted that some of our Champions came and helped out on the Champions of Change stand in the Market Square on Saturday 5th June at Volunteer's Day. We will be attending several events over the summer and would love any of our Champions to come along for the day and support us. We will need you to talk to people and tell them about Champions of Change. We also use these events to listen to people's experience of accessing mental health services in Nottingham and take notes on their stories. We feed these comments back to the Mental Health Joint Commissioning Group. If you would like to help out at any of the following events please get in touch. All travelling expenses will be reimbursed.

In July we will be attending the Stonebridge City Farm Open Day, Stonebridge Road, St Ann's – Sunday 25th July and the Nottingham Pride (Lesbian and Gay Festival) – 31st July.

Facebook – Those of you who interested in social networking through the internet may like to join our Facebook Group 'Champions of Change'. When you go on Facebook, click on Groups, then type in the group name 'Champions of Change' and when the groups are listed look for the group with the photo of Lisa and Simon – the support champions, standing next to our 'Proud to Take a Stand' board. Please join our Champions of Change group! Champions of Change also now have a web presence through the Bright Ideas Nottingham Web Site. See www.brightideasnottingham.co.uk or google 'bright ideas nottingham' to find the web site and then look for the Champions of Change page.

Other important news:

Champions of Change are attending the following event. We encourage as many champions as possible to try to get along and make sure your views are heard:

Involved in mental health services?

Interested in what the future holds for mental health services in Nottingham? NHS Nottingham City is inviting all service users, carers, service providers and healthcare partners to a consultation event on future service delivery. Friday 3 September, 12-5pm, Crowne Plaza Hotel, Wollaton Street, NG1 5RH

Amity Project

Champions of Change will be attending a coffee morning at Amity Well Being Centre at 10am on Wednesday 11th August. We will be giving a presentation about Champions and people will have a chance to look around the Amity Centre at 702 Mansfield Road, Sherwood. Also on 27th July at 11am Amity require a couple of volunteers to help collate information for a questionnaire which is being fed back to NHS Nottingham City. If you would like to help out with this questionnaire please contact Amity on 0115 953 9880.

Roads to Recovery

We recently supported the Roads to Recovery Conference. If you attended and wish to show your support for Roads to Recovery, you may like to attend their AGM:

Saturday 24th July 10 30 to 3 00pm

Nottingham Voluntary Action Centre, 7 Mansfield Road Nottingham NG1 3FB (Opposite House of Fraser).

In addition to the core business of the AGM we will be:

- Delivering a report on our main activities this year.
- Showing highlights from our Conference in May.
- Offering a light lunch and refreshments.
- Enjoying a drumming workshop provided by Biant Singh Suwali

... and just catching up with you generally and having a good day. Please let them know if you are attending – ring 0115 934 842 or email: admin@roadstorecoverynotts.org

And finally....

Thank you so much for being involved in the Champions of Change Network.

Best wishes

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