

**June 2010**

Dear Champion of Change

**Here are some updates about the Champions of Change project.**

We are currently building our network of Champions and have recruited nearly 50 people who are passionate about improving mental health services in Nottingham. We aim to recruit a panel of 100 people who can offer feedback on how mental health services are working in Nottingham.

We are pleased to introduce Andy Hart who will be helping with the network administration. He may be ringing you, emailing you or writing to you to help get this feedback.

We are now planning our Champions of Change Launch. We want to know YOUR ideas about this. We are planning to hold this in September at the Council House in Nottingham. The exact date is to be confirmed. Who do you think would make a good speaker? Rufus May has been suggested and we are investigating this. Most importantly though we want to hear from our own Champions. Would you like to share your story at this event? If you are not comfortable speaking in public, perhaps a member of our team could tell it on your behalf? If you are interested in volunteering to plan and help out at this event please let us know as we hope to organise a planning team from among our Champions. If you don't have time to be involved in planning but would like to give us some suggestions for how the event should be ran and what should be included then please get in touch.

**On the Internet!**

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](http://www.brightideasnottingham.co.uk) or Google 'bright ideas Nottingham' to find the web site and then look for the Champions of Change page.

**On the Road**

The Champions of Change stand and support workers are attending more events and talking to groups with (and without) a mental health focus in Nottingham. We supported the Roads to Recovery Conference in Nottingham back in May and we had a busy day in the Market Square on Saturday 5th June for Volunteers Day. Next we will be attending 'All Ours' at Sneinton Community Centre on Sunday June 13th between 1:15 – 3:45. Come along and see us and catch up. See <http://www.allours.org.uk/news.php> for more information.

## **Training for Champions**

When we recruit Champions we ask if they have training needs. Many have said they would like to improve their IT Skills to help them to send email and use the internet. Others would like help with confidence and self esteem building and in particular getting back into work. We are currently compiling information on courses that will be available to the Champions network. If you have any suggestions for what you would like to see featured in the courses then please let us know. We welcome YOUR suggestions.

## **Mental Health History**

Many of you may have seen programmes on television recently connected with the history of mental health. We note that some of you on the Champions Network are interested in history. Would you be interested in setting up a mental health history group in Nottingham so we can do some research on what it was like in the past (including the not so distant past) to use mental health services?

## **Mental Health Drama Group**

We also note that many of you enjoy drama. Perhaps some of you would like to try acting for the first time, perhaps its something you have always wanted to do? Perhaps we can write and perform some new material that focuses on mental health issues in Nottingham, performing at community events? If you would be interested in getting involved please let us know.

## **And finally...**

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

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