



champions of change newsletter october 2010

Thank you for your support!

Champions of Change Launch

Firstly, a massive thank you to all of you who could attend.

The event was a huge success. We got some great feedback as well as having lots of fun.

Nick Judge (Clinical Commissioning manager for Mental Health and Learning Disabilities, NHS Nottingham City) explained what the Joint

Some of your feedback from the launch:

“Mental health needs our attention, Champions of Change the right direction”

“It was nice to have someone to greet me when I arrived, and for people to know my name”

“Thought Provoking”

“Positive and interesting”

“I feel more secure in finding out about mental health knowledge”

“I’m really proud of everyone here, it’s been a privilege to attend”

“Friendly and compassionate”

“Determination with passion”

“Informative”

At Champions of Change we are always listening to your input and ideas. One recent suggestion was to alternate the days of the Champions’ Chat Room so that more of you would be able to attend.

As a result, Champions’ Chat Room will now be on alternating days - Wednesdays and Thursdays.

We hope this will be of some help to those who cannot always make it on a Wednesday!

The next Chat Room will be on **Wednesday 28th October from 12-3pm**. The theme of the Chat Room will be around **‘Crisis Intervention’**.

If you have had any experience of using this service, then please come along and join us in the discussion, as at the next JCG meeting there will be a discussion of ‘Crisis Intervention’.

Clifton Mental Health Forum

This group is re-forming and are looking for people who live in the Clifton area to join them.

Lisa Jackson already supports some champions to attend these meetings. Join them on Thursday 9th December 2010 from 2pm till 3pm on the first floor at Clifton Cornerstone.

The following meeting will be held on Monday 31st January 2011, from 10 - 11 am. We will let you know in the next newsletter. Please get in touch if you require any further information.

Commissioning Group (JCG) does.

Many thanks to The Meerkats who played some great music for us on the day, and a big special thank-you to Chris for writing ‘The Champions Song’ and encouraging us all to join in for a sing along at the end of the launch!

It was a great chance for people on the Champions network to meet each other and to catch up with the Champions of Change project team members.



Champions celebrate at the launch

Champions’ Chat Room - Days Revised

We will also be ringing people to ask about their experience of Crisis Intervention, and what they expect from this service.

Would you like to be part of the JCG?

Would you like to be a Champions of Change representative on the JCG? (Joint Commissioning Group).

Represent the Champions’ Network and make a difference to the future of mental health services in Nottingham.

On **Thursday 11th November**, the Chat Room theme will be the JCG. This discussion will give you an idea of exactly what the JCG does and let you know what would be required from you, if you were to become a Champions’ representative on the JCG. We will be starting at 12 and finishing at 3pm.

Volunteering Opportunities

Community Health Day @ Nottingham Refugee Forum

Champions of Change have been invited to this event that will be taking place on 26th November between 9.30am-3pm at Nottingham Refugee Forum, The Square Centre, Alfred Street North, Nottingham. A variety of other health and community groups will also be present to speak about a variety of health topics.

We have been asked to hold a display and give a 20 minute talk about the Champions of Change Project .

If you would like to have fun, meet new people and learn something new, why not assist the team by helping out at some of or all of the event? Interested and want to know more? Contact Lisa or Simon who will be happy to give you more details on how they could support you to support them.

Future Events

Health in Mind - 'Wellbeing Boost'

Free sessions Tuesdays from 12:00 midday until 1:30

Life at the Centre, 22 Upper Parliament St. NG1 3DA

26th Oct - Making and breaking habits

2nd Nov - Assertiveness

9th Nov - Improving communication and relationships

16th Nov - Managing anxiety and worry

23rd Nov - NO SESSION

30th Nov - Mood boost

7th Dec - De-stress without distress

14th Dec - Relax and revitalise

Booking essential, please call:

Farrah - 8834856

Emma - 8834853

Hats Off For Mental Health!



Wednesday 6th October was our 'Hats Off for Mental Health' walk around Nottingham City Centre, to raise awareness of Nottingham Mental Health Weeks.

What a lovely walk it was. The sun came out for us that day!

This is the picture that appeared in the Evening Post on Saturday 9th October.

Look at the big smiles! You can see that it was a fun walk for everyone who made it on the day. To all who came, we hope you enjoyed it as much as we did.

We have asked Jeniba to introduce herself to you. She is on a 14 week placement with Champions of Change as part of an MA in Health and Community Development.

'Hi Champions, my name is Jeniba. I am a secondary carer for a loved one who has had episodes of mental health issues. As such, I have a specific interest in the mental health and wellbeing needs of carers. For me, being a carer can be challenging, stressful and extremely rewarding. Along with my caring role I am a mother and am also employed by Nottingham City Council on a permanent part time contract.

'I would like to focus on the mental health and well being of carers who work within Nottingham City Council during my placement with Champions of Change. The aim is to be able to inform the department of what needs to be effectively put in place to support our own mental health and overall well being needs as carers and employees within the department.

'So, if you are a Champion or you know of a carer who works for the Nottingham City Council department and would be interested in exploring this further (initially) through a group discussion, please contact me on 0115 837 9474.'

www.championsofchange.wordpress.com



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