



champions of change
newsletter end of 2010

What you have achieved in the first year of Champions of Change....



We really appreciate all the time, effort, and hard work that you have put in. You have helped with so many things.

WOW! You Champions are great!

- You helped design the joining form, and information for the recruitment of Champions
- You attended community events to help recruit other Champions
- You helped to design the Champions launch
- You took part in the third sector review, which will shape the voluntary third sector services in Nottingham
- You contributed to our Headliners report, which has been used to update the Joint Strategic Needs Assessment for Nottingham City
- You contributed to a survey of carers, with your thoughts and feelings on respite care in Nottingham City
- You have given a better insight into where services need improving
- You helped reduce stigma about mental health by taking part in the Champions of Change 'Hats off to Mental Health' walk and other activities during Nottingham Mental Health weeks.

You are an amazing bunch of people, and you are greatly appreciated and valued.
Keep up the good work!

On Friday 26th November an event was held at The Greenwood Centre, Sneinton on behalf of the Refugee Forum. It was a very informative event. Lisa Jackson, Simon Morley and Kathleen McKay attended, to try and help raise awareness of Champions of Change amongst refugee and asylum seeker communities.

Some very relevant important topics were covered on the day, mental health being one of them. Our very own Lisa Jackson gave a very powerful presentation, explaining the good work we've done in the last year. You would have been proud!

As a result of this Lisa Jackson has been invited along to a session at the Somali Women's Organisation.

Nottingham City Mental Health Steering Group

By now, you should all be aware of the Joint Commissioning Group (JCG). Sorry for any confusion, but they have now changed their name to 'Nottingham City Mental Health Steering Group'.



Say hello to some of your Nottingham Mental Health Steering Group Champions: Don, Jeniba, Norma, Parveen, Susan, Alice and Rodney.

The Champions Reference Group have been meeting regularly at the chat room having some great discussions in preparation for the next Nottingham Mental Health Steering Group meeting. The Reference Group chose Don, Parveen and Susan to be championing the Steering Group on this occasion.

Susan is a long standing Champion with a huge amount of insight into mental health services and treatments.

Don is a long standing Champion and has a good understanding of the aims and objectives of Champions of Change and also the current climate regarding funding/third sector review and new service blocks.

Parveen is going to focus on mental health issues in the Asian and wider community. She would like to support people in the community to access mental health services, help reduce stigma, and become a support and resource to other women in her community.

We will tell you about the other Steering Group Champions in the next newsletter.

The Reference Group members are using the chat room as feedback sessions, with minutes being taken so that any new champion to join the chat room sessions has an idea of what was discussed at the previous session. Don took notes from the discussion so that important points and issues that were raised could be fed back to the Steering Group.

The Reference Group have all been given a folder and diary to collect info, ideas and comments relevant to the project.

If you are unable to attend the chat room sessions but would like to have your say then please feel free to contact either Lisa or Simon on 0115 8379474. All of your voices are important.

ROUGH N' Smooth

17.01.11
12-1:30pm

Meeting Room TBC
Mary Potter Centre
Hyson Green
Nottingham
NG7 5HY

Do you work for Nottingham City Council?
Do you care for a family member?
Please know you are not alone

You are invited to a drop in session where you will be able to discuss how your role as an unpaid carer works with your role as a Nottingham City Council employee



For more information or to respond please contact:
jeniba.grant@nottinghamcity.gov.uk
or call 0115 8838266

If driving, you will need to find parking off site as spaces are for GP's and patients only

champions of change BRIGHT IDEAS

Free Things to do Over the Holiday Season...

Here at Bright Ideas Nottingham we are all for saving money (Tight Ideas) so here are a few Tight Ideas for you.

Have some fun in the kitchen. Be inventive and create your own recipies.

There are over 136 parks and gardens which are cared for by Nottingham City Council, beautiful to walk in at any time of the year.

If you have a City Card you can gain free access to Greens Windmill and Science Centre, Nottingham Castle and Wollaton Hall.

Jeniba is currently looking into the experiences of employees of Nottingham City Council (NCC) who also care for a family member. If you do, she would love to hear from you at a drop in session at the Mary Potter Centre in January, details in the picture above! If you can't attend but work for NCC and are a carer, Jeniba would still like to hear from you.

Learn computer skills for free in your local area with Champions of Change

Want to learn how to use a computer? Want to learn how to access the internet and get an email address? We will be organising some special sessions for Champions in 2011, to help get you online. The good news is that we will be holding these sessions in local libraries near where you live. It doesn't matter if you haven't got a computer at home or have any internet access. In your local library you get 60 minutes internet access free every week so you can pop in and check emails or look for information on the internet. If you would like to find out more about this, give the office a ring.

Champions Chat Room Sessions

Well folks, what a great year this has been for us here at Bright Ideas Nottingham and 'Champions of Change'.

We are giving some valuable input to the Mental Health Steering Group. Thank you to all, including those of you who have been making it to the Champions Chat Room sessions.

The Champions Chat Room sessions are growing stronger by the week. There is a very relaxed informal atmosphere with tea and biscuits and plenty of support. Even though we are covering some important topics, we still know how to raise a smile. Every person gets a say, the Chat Rooms are not dominated by any one individual. Each person's input is as important as the next.

So if you've not made it to a session before, why not come along to the next one? Or give us some feedback on why you are not able to attend.

- Is it because of the time or location?
- Would you prefer the chat rooms to be held in different locations?
- Do you know of any alternative locations where we would be able to hold a chat room?

The next Champions Chat Room will be on the 13th January from 12:00, in the Champions of Change Office.

We have tried to accommodate more of you by alternating the days, but please keep giving us your feedback. It is all valuable.

The chat rooms last for around 3 hours, but don't worry you do not have to stay the full 3 hours. You are welcome to stay for as long as you like. Despite the important issues raised we still manage to have fun. Maybe you feel you might need to take some time out if you were to attend the Chat room, that's ok! You will be fully supported throughout the Chat Room sessions, and if you needed some quiet time to gather your thoughts, we can give you that space too.

Are You A Carer?

Do you spend a significant portion of your life providing unpaid support to family or friends? If you do then....
FREE INFORMATION AND ADVICE IS AVAILABLE
Carers road shows are coming to a Local community centre near you. This is a great opportunity to talk to other people who may share the same challenges as you.

Information will be around welfare, health, employment and social care. Events run from 10am to 1pm with refreshments provided.

Friday 21st January	Bulwell Healthy Living Centre Lawton Drive, Bulwell, NG6 8BL
Monday 31st January	Duncan Macmillan Involvement Centre Porchester Road, NG3 6AA
Tuesday 15th February	Aspley Community and Training Centre Off Minver Crescent, Aspley, NG8 5PN
Tuesday 22nd February	Sherwood Community Centre Woodthorpe House, Mansfield Road, NG52FN
Friday 4th March	Hyson Green Community Centre 37a Gregory Boulevard, Hyson Green, NG7 6EE
Wednesday 16th March	St Anns ACNA Centre 31 Hungerhill Road, St Anns, NG3 4NB
Tuesday 29th March	Clifton Cornerstone Southchurch Drive, Clifton, NG11 8EW

Would you like to join a reading group?
Nottingham Central Library in partnership with the Nottingham Bipolar Society holds a reading group on the 4th Saturday of the month.

So with this month's meeting falling on Christmas day, the next group will be held on 22nd January 2011: from 10.30am to 12.00pm.

For more information Contact:

Laura Marano

Partnership Development Officer
British Red Cross
Partnership Development Team
Humanity House
Colliers Way
Phoenix Park
Nottingham
NG8 6AT

0115 8528025

pdt@redcross.org.uk
www.pdteam.org.uk

Crisis Resolution

Thank you for all the valuable input regarding Crisis Resolution. Information was collected via chat room discussions, One-to-one meetings, over the phone and through the post from December 2009 – November 2010.

Common themes were around the need for consistency when dealing with staff. Having the same contact in a hospital through to a community setting was key to aiding people's recovery. People would like the crisis team to also work with carers and family members.

The definition of crisis to a service user is to be able to access support and get help at the exact time needed. For some this is having the reassurance of an unchanging, affordable telephone number to call and for somebody to listen and reason with them, to help talk them down. For others this is to be able to deal with somebody face to face. Carers don't want to be told to wait for medical interventions.

Many people who have accessed the service mentioned the cost of the calls to be a draw back, and also the fact that the contact number is constantly changing, which is very confusing.

There are definitely mixed feelings around the service. All of your issues and experiences have been taken into account, and will be used to check and improve the service specification for Crisis Resolution. This is the document which says how a service should operate.

What does your GP do for you?

A personal account:

After childhood and teenage years where my family complained that I was always 'mardy', things got worse in my twenties. I was always sad and feeling low. When a close family member died this was the final straw, I felt life was pointless. Finally I went to my GP for help despite people telling me not to go as that might affect future employment if 'I got a mental health diagnosis'. On that first visit without hesitation my GP prescribed a low dose of citalopram and told me to come back in a month. I took them for a couple of weeks, I felt a bit strange, then I got my head together and never went back to him about it.

A few months later I became pregnant. During my pregnancy nobody ever asked me about my depression or even discussed post natal depression throughout my pregnancy I felt increasingly depressed but didn't take medication or talk to anyone. After the birth of my baby I completed the standard post natal depression questionnaire that was rolled out by the health visitor. Sure enough I ticked all the right boxes which indicated that I had post natal depression. Yes, maybe the birth of my child had triggered this, but the fact was I had been depressed for years and nobody was addressing this.

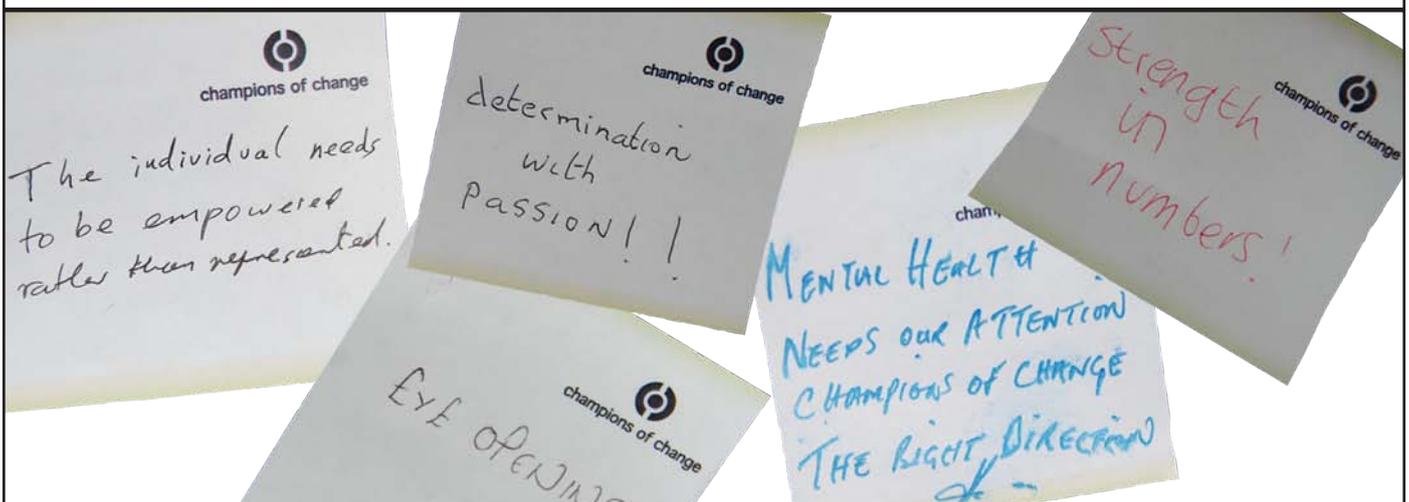
Years passed. I was on and off anti-depressants, never completing the course, never taking them long enough. I had two more children and during my ante-natal care nobody ever asked about my mental health. There was never an holistic approach.

More time passed. Ten years in fact. Then a crisis occurred which led me to fall into even darker places. A new younger GP offered me counselling. She advised that my counselling could take place in the surgery 'so that they could keep an eye on things.' There might be a three month wait. When three months passed I was offered an appointment at 3:30 pm every other Wednesday. As someone with school age children, I had to turn this down. I returned to the waiting list.

Is this a common experience? Have things been more positive for you or people you know?

In January 2011 Champions of Change will be carrying out a study of how helpful and useful you and the wider public find NHS Nottingham City GPs when it comes to dealing with mental health issues. This information will be fed into the NHS Nottingham City Mental Health Steering Group.

All Champions will be approached to complete a survey about their experience with their GP in relation to their mental health, and if we meet people in community settings we will be asking them if they would like to complete one too. However if you would like to spend some time telling your story (as above) please do and email it or post it to us. Everything you tell us will be treated in confidence. If we use samples of your story as information in our report on GPs, we will never link your name to it. However if you choose to get involved, this will help us improve our understanding about how our Champions feel about the help that their GP has given them in the past or present



Free Training Courses for Volunteers

We know that many of you would like to enhance the skills and knowledge you already have and do some training courses.

Well we could be just the people to help you. We have access to a variety of FREE and low cost courses and can help you to find a course. Many courses don't require any previous experience or knowledge and some can lead to a recognised qualification.

From numeracy and literacy (maths and English) NOCN levels 1 and 2, these qualifications only take around 1½ hours per week or fortnight, and are equivalent to GCSE's. Some of you may like to learn in a large group where you can interact and meet other people, and others may prefer one to one individual sessions. Whatever your preference we will be happy to support you through this.

Imagine how happy you would be when your certificate comes through the post to say you have passed. The confidence boost you get from learning new things is enormous.

How to Speak to Your Doctor or Health Professional

In February there will be a short course on 'How to Speak to Your Doctor or Health Professional'. This will be very informative, giving tips on the best way to speak with your doctor or other health professional, hopefully enabling you to get the most from health services in the future. Places on this course will be limited to 12, if you are interested please book your place early to avoid disappointment. If the course is a success it may be repeated. The course will be held on February 7th 2011 from 12 till 3pm at Amity, Mansfield Road, Sherwood.

Prepare for the cold weather

Keep a torch and candles handy. You never know! If you have a car, scrape the ice off it even if you're not using it. The build up could make the locks freeze.

Check fog and hazard lights, and make sure oil water and anti-freeze are all topped up.

Save money by saving energy. For more advice on this Please contact Bright Ideas Nottingham on 0115 8379474 and ask for Audrian Smith from the eNerGy Squad.

For confidential support and advice over Christmas.

Focus line is open 24 hours a day 7 days a week. The FREE number for Focus line is **0800 027 21 27**

Shelter also have a FREE 24 hour number **0808 800 4444**

Crisis support is also available from the Samaritans on **0115 941 1111**

Accident and Emergency QMC **0115 9421 421**

Nottingham Woman's Aid Advice Centre **0808 800 0340**

Language line **0808 800 0341**

Everyone at Bright Ideas Nottingham and Champions of Change would like to wish you and your families and friends lots of love, luck and happiness throughout the festive season and the New Year 2011 and beyond.