

Involvement & Co-Production Service



LIST OF EVENTS & INVOLVEMENT OPPORTUNITIES

November 2018

From Charlotte Spirgel-Sinclair Involvement and Co-Production Manager

Email: COSUIP@community-options.org.uk | Tel: 0330 053 8122

IF YOU HAVE ANY QUESTIONS OR ARE NOT RECEIVING THIS DIRECTLY BUT WOULD LIKE TO DO SO, PLEASE CONTACT US ASAP AND WE WILL ADD YOU TO OUR MAILING LIST.



Disclaimer: Community Options may advertise events and opportunities run by other organisations or individuals in this document. We cannot accept responsibility for, including opinions expressed or represented at events or opportunities run by other organizations or individuals. Whilst we have taken every reasonable precaution in checking details of the events or opportunities advertised, please contact the respective event organiser for up-to-date or further information. Please take up these opportunities at your discretion.

Involvement & Co-Production Service



EMPLOYMENT & VOLUNTEERING OPPORTUNITIES

OPPORTUNITY	DETAILS ON HOW TO APPLY
<p>Community Options Flexi Hours – Support, Time & Recovery Workers <i>Starting Salary: £9.38 per hour (casual hours p/w)</i> <i>Location: Bromley, Tower Hamlets, Newham</i></p> <p>We are looking for people to support our clients within their own homes at times which are flexible to each person.</p> <p>Are you a natural communicator with a passion for working with people? Do you have any experience of working with vulnerable adults, particularly in the field of mental health? Do you have a Qualification Credit Framework Diploma level 2 or above in Health and Social Care or equivalent?</p>	<ul style="list-style-type: none"> ○ Advert ○ Job Description <p>For an informal chat or to find out about working for us, call or email Kelly or Erin in the HR Department. Telephone: 0208 313 9725 Email: recruitment@community-options.org.uk</p>
<p>Community Options Flexi Hours – Driver & Horticulture Assistant <i>Starting Salary: £ 9.35 per hour (casual hours p/w)</i></p> <p>Branching Out is part of our Community Engagement & Inclusion Services. It gives volunteer participants the opportunity to learn about horticulture and engage with their local environment. It provides chances for people to learn new skills and work within a team environment. This in turn helps them maintain and improve their mental wellbeing. .We are looking for a Driver and Horticulture Assistant to support the Horticulture Project Officer to deliver Branching Out activities. You will support the management of the Branching Out project by leading the volunteers to complete practical horticultural activities, assessments and contracted gardening work/projects. .The post holder must have experience of maintaining, improving and managing a green space, experience of working with vulnerable adults and have the ability to drive a van.</p>	<p>For an informal chat or to find out about working for us, call or email Kelly or Erin in the HR Department. Telephone: 0208 313 9725 Email: recruitment@community-options.org.uk</p> <p>http://www.community-options.org.uk/careers/</p>

Involvement & Co-Production Service



<p>Fit For All</p> <p>Volunteer opportunity for those of 50 + being offered by the Bromley by Bow centre .</p>	<p>For more information contact colin.king@bbbc.org.uk</p>
---	--

TRAINING OPPORTUNITIES & WORKSHOPS

OPPORTUNITY	DETAILS ON HOW TO APPLY
<p>Women’s group Hosted by St Mungo’s</p> <p>Women’s group led by St Mungo’s. This is part of their Recovery College, based at Rushworth street, and offers women a chance to engage with and meet new people, as well as take part in a wide variety of activities. There will be art, discussion and snacks!</p> <p>This group is on the last Thursday of every month at Rushworth Street from 2-4pm. Everyone is welcome.</p> <p>The Address is 33 Rushworth St, London SE1 0RB.</p>	<p>Enrol and register with the Recovery College by contacting Emily Catlow at Emily.Catlow@MUNGOS.ORG</p>
<p>Tower Hamlets Together - Making Every Contact Count - Free workshops for frontline staff</p> <p><i>Date: Throughout 2018</i> <i>Location: Tower Hamlets</i></p> <p>Making Every Contact Count (MECC) is about encouraging and helping people to make healthier lifestyle choices to achieve positive long-term behaviour change.</p> <p>We’re offering bespoke half day workshops to support staff to develop the relevant knowledge, skills, and confidence to be able to deliver behaviour change interventions through effective conversations, resulting in signposting to relevant local services. It is about connecting with the public and using the appropriate language to do this effectively.</p>	<p>To check the latest available workshop dates and book your place, visit: www.thcepn.com</p>

Involvement & Co-Production Service



<p>By attending this workshop, you will: Get an understanding of what MECC is all about and the positive impact it can have on health and wellbeing Learn a simple MECC technique to help people make healthier lifestyle changes Be able to use interactions with patients or service users as an opportunity to identify an issue and encourage behaviour change. Learn key health messages related to smoking, alcohol, healthy eating, physical activity, and sexual and mental health. Receive information on signposting to other services for support.</p>	
<p>Way of Wellness Workshops</p> <p><i>Date: Tuesdays & Wednesdays 2.13- 3.15pm</i> <i>Location: 27 Old Ford Road, E2 9PJ</i></p> <p>Ask – Look Inside –Reflect What makes you feel healthy, vital and full of life and energy? In these sessions, we’re looking at life from the inside out, rather than being dominated from the outside.</p>	<p>Book a free intro at WoWwayofwellness.wordpress.com</p> <p>For more information contact Selma 07436007070</p>
<p>Coffee Morning</p> <p>A place to meet other local people Every Monday (Closed on Bank Holidays) 11.00 am – 12.00 pm in the café Free Coffee & Tea Everyone welcome! Harford Street Multicentre 115 Harford Street London E1 4FG</p>	<p>For more information:</p> <p>Khalida Maleque 020 7780 3113</p> <p>khalida.maleque@oceanregeneration.org.</p>
<p>Lantern Making Workshop</p> <p>As the days get colder... We would like to invite you to take part in free creative lantern-making workshops in the lead up to Aldgate Lantern Parade, which is taking place on Friday 7th December 2018.</p> <p>Aldgate Lantern Parade and Winter Fete are back by popular demand, and we are running free, open and</p>	<p>Get in touch to find out more:-</p> <p>Laura Ratling laura@aldgatecommunityevents.london</p>

Involvement & Co-Production Service



creative lantern-making workshops across the area from next Wednesday, 31st October which will feed into the festivities.

Workshops are open to anyone and everyone; no experience is necessary, and they're completely free of charge.

Simply turn up and join in.

You don't need to commit to the whole workshop programme.

Please also note that there are also opportunities to participate in the Winter Fete, if you would like to have a stall, perform or run an activity.

Stress getting the better of you? Something holding you back?

If that feels like you, then a FREE programme for people on low incomes in East London could be just what you need....

'This Way Up' can help you discover your own strengths to take charge of your life and feel good about yourself. It's about taking steps towards your goals, whatever they might be – anything from employment to creative pursuits and relationships. It combines two powerful approaches:

- Life coaching – 1-1 sessions with a trained coach who helps you work things out so that you can take control of your life
- Mindfulness training – a group course that teaches you skills to make your mind calmer and more positive, so you can deal with whatever life throws up

What people who have completed This Way Up say about it:

"I can't believe the difference this programme has made to my life, my thinking and understanding of myself and life...and all in six weeks!"

To apply for a place:

Fill in the attached application form and email it back to thiswayup@qsa.org.uk or post it to TWU, Quaker Social Action, 17 Old Ford Road, Bethnal Green, London, E2 9PJ

For more information:

- Call us on 020 8983 5036
- Email thiswayup@qsa.org.uk
- Go to:

www.quakersocialaction.org.uk/thiswayup

Involvement & Co-Production Service



"This programme has marshalled my thoughts, increased my confidence and re-ignited my motivation."

"I learnt that I can be calm, focused and happier; that I can overcome my problems by realising myself. I now understand myself better."

Course dates

The next programme takes place from 29 January – 05 March 2019. Each participant gets three fortnightly one-to-one coaching sessions, and takes part in a group mindfulness course taking place on six consecutive Tuesdays 10.30-12.00 on 29 January, 5 February, 12 February, 19 February, 26 February, 05 March 2019. Applications are welcome from anyone living on a low income in East London.

Mind Peer Leader Training

Mind in Tower Hamlets and Newham are running their next free [Peer Leader Training](#) course on the 14th of November.

The training will be delivered at our waterfront premises by the [Royal Albert Dock](#) in Newham.

Traveling expenses will be reimbursed.

Applicants can download a [Role description](#), [Application form](#) and If folk need more information, please follow this [link to our webpage](#)

If there are concerns as to whether a person would be ready for the training, please read through our [six questions and answers](#)

For more information please follow this [link to our webpage](#)

Steps into Work programme 2019

TFL have opened The Steps into Work programme it provides an exciting opportunity for people with learning disabilities and people on the autism spectrum to gain extensive work

<https://thcvs.org.uk/news/steps-work-programme-tfl>

Involvement & Co-Production Service



skills experience in three different Transport for London departments over a period of 12 months, whilst working towards a BTEC Level 1 Work Skills qualification

End of Life Care and Dementia Care Level 2 accredited courses.

You can apply for End of Life Care by the 23rd of November and Dementia care by the 26th of November

Dementia Care Level 2

Dates: 30th of October, 6th, 13th and 20th of November

This qualification aims to develop knowledge and understanding of the principles of

caring for those with dementia, covering topics such as:

- Dementia awareness
- The person-centred approach to the care and support of individuals with dementia
- Understanding the factors that can influence communication and interaction with individuals who have dementia
- Understanding equality, diversity and inclusion in dementia care
- Understanding the administration of medication to individuals with dementia using a person-centred approach
- Understanding behaviour in the context of dementia
- Understanding the benefits of engaging in activities in social care

End Of Life Care Level 2

- Want to gain an understanding of end of life care? With this course you can develop knowledge and

For more information contact:-

Babor.chowdhury@poplarharca.co.uk

02075109789

Involvement & Co-Production Service



<ul style="list-style-type: none"> • understanding of support needs, dementia, and grief and loss as you cover topics such as: • Understanding how to work in end of life care • Care planning in end of life care • Understanding how to provide support to manage pain and discomfort • End of life care and dementia • Understanding the role of the care worker in time of death • Understanding loss and grief in end of life care. <p>24th and 31st of October and the 7th and 14th of November</p>	
<p>Resident Training programme 2018-19</p> <p>Free courses will be held at local venues in Tower Hamlets.</p> <p>All venues are accessible for wheelchair users.</p> <ul style="list-style-type: none"> • Want to learn new skills? • Build your confidence? • Find out more about living in your home? <p>Then you may be interested in attending one of our training courses. Our Resident Training Programme covers a wide range of topics to suit different needs – from improving your community to learning more about living in your home and food growing to health and safety. We also run courses for residents, who are members of residents’ associations to help them with chairing meetings and organising community events.</p> <p>Accredited training means you will receive a nationally recognised qualification.</p> <p>All courses are free to residents of THH, Eastend Homes, Gateway, Metropolitan, Newlon Housing Trust, One Housing, Poplar HARCA, Providence Row,</p>	<p>To apply now visit:</p> <p>www.eventbrite.co.uk/o/tower-hamlets-homes-17926371313</p> <p>For more information contact: 020 7364 6911</p> <p>@THHomes towerhamletshomes</p> <p>Lunch and refreshments will be provided. To support you in attending a training course we can</p> <p>Arrange transport for residents with mobility issues. Please contact us in advance to confirm.</p>

Involvement & Co-Production Service



Spitalfields, Swan, THCH and Clarion Housing.

Course Date Times

I Emergency First Aid Training (Accredited) Saturday
10 November 2018 10am-5pm

I DIY Repairs in Your Home (Women only) Wednesday
14 November 2018 10am-4pm

I Personal Leadership and Effectiveness - Day 1 of 2
Saturday 24 November 2018 10am-5pm

I Personal Leadership and Effectiveness - Day 2 of 2
Saturday 8 December 2018 10am-5pm

I Level 2 Food Safety & Hygiene (Accredited) Saturday
15 December 2018 10am-4pm

I Building and Managing Team Wednesday 9 January
2019 10am-4pm

I Afternoon Bake Off Saturday 12 January 2019 10am-
4pm

I DIY Repairs in Your Home (Mixed group) Wednesday
23 January 2019 10am-4pm

I Project Management - Day 1 of 2 Saturday 26
January 2019 10am-4pm

I Level 2 Food Safety & Hygiene (Accredited)
Wednesday 30 January 2019 10am-4pm

I Project Management - Day 2 of 2 Saturday 2
February 2019 10am-4pm

I Developing Local Community Actions Wednesday 6
February 2019 10am-4pm

I Paediatric First Aid Training - Day 1 (Accredited)
Saturday 16 February 2019 10am-5pm

I Paediatric First Aid Training - Day 2 (Accredited)

Involvement & Co-Production Service



<p>Saturday 23 February 2019 10am-5pm</p> <p>I Public Speaking & Presentation Skills Saturday 2 March 2019 10am-4pm</p> <p>I Digital Awareness (New) Wednesday 6 March 2019 10am-4pm</p> <p>I Organising and Running an Event Saturday 16 March 2019 10am-4pm</p> <p>I Community Organising Wednesday 20 March 2019 10am-4pm</p> <p>I Emergency First Aid Training (Accredited) Saturday 30 March 2019 10am-5pm</p> <p>I Food Growing and Managing a Food Garden Wednesday 3 April 2019 10am-4pm</p> <p>I Charing Meetings (TRA) Saturday 6 April 2019 10am-4pm</p> <p>I Paediatric First Aid Training - Day 1 (Accredited) Saturday 27 April 2019 10am-5pm</p> <p>I Paediatric First Aid Training - Day 2 (Accredited) Saturday 4 May 2019 10am-5pm</p> <p>I Health and Wellbeing (New) Wednesday 8 May 2019 10am-4pm</p> <p>I Personal Development Living in Your Home Health & Safety Improving Your Community</p>	
<p><u>Trustee Training</u></p> <p>20th November 2018, 5.30pm to 7.30pm at Whitechapel Idea Store, 321 Whitechapel Road, E1 1BU</p> <p>This free seminar will summarise the roles and responsibilities of charity trustees and will provide an</p>	<p>Book to attend here</p>

Involvement & Co-Production Service



<p>opportunity for participants to share their experiences of trusteeship. We will look at the role of the governing document and discuss some of the practical measures a board can take to help them to have effective oversight of their organisation.</p>	
<p>Peoples Portal</p> <p>Peoples portal is a user led group run by and for people with mental health, they are supporting people in their recovery using holistic alternatives</p> <p>Advance booking necessary –</p> <p>19Th Nov - TRE - Tension/trauma release exercises with Jo 5th Nov - Chi gong with Peter 3rd Dec - Sound Healing with Vicky - Gong bath 17th Dec - Planning mtg , Water Demo with Stefy & Xmas meal</p> <p>These sessions are 6-8pm every Monday at Healthwatch Hub in Whitechapel</p> <p>Please book in advance with Charley to guarantee your space on 07761912453</p>	<p>Please book in advance with Charley to guarantee your space on 07761912453</p>
<p>The Eden Sessions</p> <p>Reconnect to Nature and find peace of mind</p> <p>Every Thursday 11 - 12.30, Spitalfields City Farm</p> <p>Our surroundings help to shape our inner world. If you're struggling with life, let nature in. Join us and learn how plants can help to increase wellbeing.</p> <p>Starts Thursday 1st November, 2018</p>	<p>For Info:</p> <p>Thedensessions@gmail.com</p> <p>0736 5865 691</p>

Involvement & Co-Production Service



FEEDBACK OPPORTUNITIES

OPPORTUNITY	CONTACT DETAILS
<p>Social Care Charging Survey</p> <p>Many people have found the process for financial assessments confusing, or are unhappy with being charged for their social care. Real is feeding into a review that the council is currently undertaking, and urge people to complete the survey.</p>	<p>The survey should take about 10 minutes, and can be accessed by clicking the link below. https://www.surveymonkey.co.uk/r/TH_social_care_charging It can also be accessed from the front page of Real's website: http://www.real.org.uk</p>
<p>Violence Against Women and Girls (VAWG) strategy</p> <p>Tower Hamlets are refreshing their Violence Against Women and Girls (VAWG) strategy and would like residents and those who work in the borough to shape it, with their knowledge and opinions. The different strands of VAWG are: domestic abuse, sexual abuse, female genital mutilation, stalking and harassment, prostitution and trafficking for the purpose of sexual exploitation, 'honour' based violence, forced marriage and child sexual exploitation.</p>	<p>You can help to inform the strategy by completing this survey: www.towerhamlets.gov.uk/VAWG_consultation</p>

EVENTS AND OPPORTUNITIES

EVENT/OPPS	CONTACT DETAILS
<p>Involvement and Co-Production Opportunities</p> <p>Inspire put on a range of Involvement and Co-production Opportunities for people to get involved and have their say. For more information contact our Involvement and Co-Production Manger - Charlotte Spigel-Sinclair</p>	<p>Charlotte Spigel-Sinclair 07703 472588 Charlotte.s-sinclair@community-options.org.uk</p>

Involvement & Co-Production Service



<p>Walking Netball</p> <p>At poplar Baths, we are now starting Back to Netball for Women at Whitechapel Sports Centre.</p> <p>This is a FREE session for 7 weeks starting from Monday 5th November. 9:30 – 10:30am</p> <p>Whitechapel Leisure Centre 55 Durward St E1 5BA</p> <p>No need to book, just turn up!</p>	<p>For More Info Contact:-</p> <p>Hana 07834 316756 Hana.Ismail@gll.org</p> <p>or</p> <p>Yvonne Yvonne.rhoden@englandnetball.co.uk</p>
<p>Tower Hamlets Inter Faith Forum Event</p> <p>Dangerous Delusions: Learning to understand each other</p> <p>The Tower Hamlets Inter Faith Forum (THIFF) is celebrating Inter Faith Week 2018 by holding a free event on 15th November.</p> <p>In addition to challenging prejudice and discrimination, THIFF works to provide a voice for the borough’s broad mix of faith groups on matters that affect residents, working closely with police, Tower Hamlets Council and other network bodies.</p> <p>Inter Faith Week is a fantastic opportunity to strengthen good inter faith relations and to increase understanding and awareness of the different faith communities in the UK.</p> <p>The event will focus on how we can learn to understand each other, in order to make Tower Hamlets a better place to live and work. There will be discussion, speakers and interactive workshops.</p> <p>Tickets are free and there will be a free light buffet. It takes place at St John on Bethnal Green church, a grade 1 listed building in the heart of Bethnal Green.</p> <p>All are warmly welcomed to attend and join in the discussion!</p>	<p>More details and ticket reservations can be made here: https://bit.ly/2NGGIBp</p> <p>To find out more about THIFF or get involved, go to: http://www.faithintowerhamlets.org/</p>

Involvement & Co-Production Service



<p>Macmillan Social Prescribing Health and wellbeing service</p> <p>Many of you may already be aware of The Macmillan Social Prescribing Service. This is a message to tell new colleagues and refresh your memory about what they do and how they can support any of your clients that have or have had cancer.</p> <p>The Macmillan Social Prescribing Service provides holistic non-medical support to patients at any stage of their diagnosis, from newly diagnosed, in treatment to discharge. They provide up to four 1:1 sessions in the Bromley by Bow Centre where clients have up to an hour with a cancer specialist social prescriber to give them space to talk about what is important to their health and support them to identify what services and activities they can access locally.</p> <p>The service has been particularly successful in addressing concerns relating to emotional wellbeing, socialising, physical activity and return to work. The service connects patients with specialist cancer specific services from welfare and advice to exercise classes. Clients are connected with services and support such as employment advice, psychology workshops and support groups.</p>	<p>To refer a patient into the service or to ask any questions to the team, please email socialprescribing.cancer@nhs.net or call 020 8709 9736. Attached is the service leaflet and referral form. Referrals will be acknowledged and feedback shared after 8-10 weeks.</p>
<p>Nourish Your Mind & Body (Women Only)</p> <ul style="list-style-type: none"> • Exercise & Relaxation • Tips & Techniques • For Everyday Life <p>Fridays, 10-11:30am - £3 per class</p> <p>The Cabin, 82 St Leonards Rd, E14 0QU</p>	<p>Tel: 0203 069 7401 Email: jayne.clavering@poplarharca.co.uk Twitter: @BrownfieldCabin</p>
<p>Anti Social Behaviour and Violent Crime Networking Event</p> <p>13th November 2018, 10am to 12pm at Professional Development Centre, Bethnal Green.</p> <p>THCVS would like to invite you to a networking event on Community Safety and approaches to anti-social behaviour and violent crime to support the development of potential partnerships and consortiums to bid for both borough and external opportunities.</p>	<p>Register here</p>

Involvement & Co-Production Service



<p>THCVS Annual General Meeting</p> <p>29th November 2018, 3.30pm to 5.30pm at Lecture Hall, Toynbee Hall, 28 Commercial Street, London E1 6LS</p> <p>Join us for our 8th Annual General Meeting at the iconic Lecture Hall at Toynbee Hall.</p> <p>We will have an update on our impact over the past year, and set out our plans for the year ahead.</p> <p>Food and refreshments will be provided. We will circulate a full programme in due course.</p>	<p>Register here</p>
--	--------------------------------------

INVOLVEMENT PROJECT OF COMMUNITY OPTIONS

SUN NETWORK	CONTACT
<p>The network consists of 16 funded user led peer support groups, including:</p> <ul style="list-style-type: none"> Peoples Portal Expression with Arts Thai Boxing Cultural groups and many more. 	<p>For more detailed information on all the groups and how to join please contact the SUIP Team on suip@community-options.org.uk</p>

HEALTH FORUMS

FORUM	CONTACT
<p>F.E.E.L</p> <p>We believe in empowering all people in the mental health system</p>	<p>Contact David on 077900269, or Myra on 077809038 or email on f.e.e.l.campaign@gmail.com</p>

Involvement & Co-Production Service



OTHER GROUPS AND SERVICES

GROUPS & ACTIVITIES	CONTACT
<p>Beside</p> <p>A range of social activities such as cinema club, outing group, cooking group, art club, music club as well as hearing voice group.</p>	<p>For further information and details on time and location please contact Beside: 0207 033 6888 info@beside.org.uk</p>
<p>Inspire Group Activities and Peer Support</p> <p>We have over 33 groups and activities for you to join and gain support from others. Including: Green Fingers, Mindfulness, Get Cycling, Creative writing and many more! Are you interested in getting involved? If you are interested in joining a group or becoming a group leader come and meet with a staff member</p>	<p>Call or email Inspire on 0330 053 812 or enquiry@inspirewellbeing.org.uk</p>
<p>Extended opening hours to meet public demand for mental health support</p> <p>Inspire First Point of Access Service are delighted to announce that they have extended their opening hours to include late night access to support until 8pm on Thursdays.</p> <p><i>Our regular hours of 9am-5.30pm will be retained for the rest of the working week.</i></p>	<p>To find out more or to access Inspire Mental Health Recovery & Wellbeing Services call on: telephone: 0330 053 8122 or visit the website: www.inspire-wellbeing.org.uk</p>

Involvement & Co-Production Service



**IN THE KNOW -The Idea Store new directory is now live!
Just go online and visit by [CLICKING HERE.](#)**

- ✓ If you have any services you would like to promote please add it to the directory.
- ✓ If you have used the IN THE KNOW directory, feedback is crucial as it continues to be developed.

For more information please contact:

Denise Bangs Idea Store Information Officer

Telephone: 0207 364 5794

Address: John Onslow House, 1 Ewart Place, London E3 5EG

Website: www.ideastore.co.uk