

Involvement & Co-Production Service



LIST OF EVENTS & INVOLVEMENT OPPORTUNITIES

December 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.

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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>

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<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</p> <p>colin.king@bbbc.org.uk</p>
<p>Christmas Party Volunteer</p> <p>We are looking for Christmas party volunteers, to support in the planning and delivery of a SUN Network Christmas Party.</p> <p>The SUN (Support User Network) is made up of 14 user led groups run by and for people with Mental Health.</p> <p>We would like a few volunteers to help us with our Christmas party, the party will include a variety of performances including, Arts and Crafts exhibitions, poetry, spoken word, singing, and dancing.</p> <p>There will be various roles available on the day for people to participate in including:</p> <ul style="list-style-type: none"> • Pre planning with the Project Worker • Decorating the hall • Serving Food and Drinks • Taking the entry fee on the door 	<p>For more details visit our website: https://www.inspire-wellbeing.org.uk/jobs-volunteering/</p> <p>For more info Contact: Charlotte.S-Sinclair@community-options.org.uk or Grace.Azeez@community-options.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>

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Tower Hamlets Together - Making Every Contact Count - Free workshops for frontline staff

Date: Throughout 2018

Location: Tower Hamlets

Making Every Contact Count (MECC) is about encouraging and helping people to make healthier lifestyle choices to achieve positive long-term behaviour change.

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.

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.

To check the latest available workshop dates and book your place, visit: www.thcepn.com

Way of Wellness Workshops

Date: Tuesdays & Wednesdays 2.13- 3.15pm

Location: 27 Old Ford Road, E2 9PJ

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.

Book a free intro at WoWwayofwellness.wordpress.com

For more information contact Selma 07436007070

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Coffee Morning

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

For more information:

Khalida Maleque 020 7780 3113
khalida.maleque@oceanregeneration.org.

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!”

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

“I learnt that I can be calm, focused and happier;

To apply for a place:

email thiswayup@qsa.org.uk

For more information:

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

· Go to: www.quakersocialaction.org.uk/thiswayup

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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.

Essential Human Resources (HR) Training for Voluntary Groups

3rd and 4th December, 9.30am to 5pm at Professional Development Centre, 229 Bethnal Green Road, London, E2

Four sessions will be delivered across two days, each will help voluntary groups in the borough to become more skilled around a specific area of their human resources practice. The sessions covers a range of essential HR skills, from recruitment, writing employment contracts, creating a staff handbook for your organization or group, and how to set up and implement mechanisms for reviewing staff performance, appraisal and redundancy processes.

Course content

Session one – Recruitment - Monday 3rd December, 9.30am to 12.20pm

Session two – Contracts - Monday 3rd December, 2pm to 5pm

Session three – Handbooks - Tuesday 4th December, 9.30am to 12.30pm

Session four - Performance Management/Appraisals - Tuesday 4th December, 2pm to 5pm

All upcoming THCVS training and events are [listed on our webpage](#).

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Participants are encouraged to bring organisation-specific HR issues to the programme, where appropriate, for one to one or group problem solving with the trainer.

Session fees

Each of the sessions* will be charged at £20 for THCVS members, £40 for non-THCVS members, thus if you book on two sessions it will be £40, three will be £60 and all four £80 (for THCVS members). If you are a micro or small group with very limited resources, please talk to us by contacting peter.vittles@thcvs.org.uk to discuss applying for one of our limited number of sponsored places.

*Note: each session charge is per attendee, if you wish to send more than one representative they will each be charged the relevant fee

Not a Member?

If you would like to become a THCVS member, please see <https://thcvs.org.uk/membership> If you are not sure whether your organisation or group is a member, please contact Raadhiya at Raadhiya.begum@thcvs.org.uk

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 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

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

Resident Training programme 2018-19

Free courses will be held at local venues in Tower Hamlets.

To apply now visit:
www.eventbrite.co.uk/o/tower-hamlets-homes-17926371313

For more information contact: 020 7364 6911

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All venues are accessible for wheelchair users.

- Want to learn new skills?
- Build your confidence?
- Find out more about living in your home?

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.

Accredited training means you will receive a nationally recognised qualification.

All courses are free to residents of THH, Eastend Homes, Gateway, Metropolitan, Newlon Housing Trust, One Housing, Poplar HARCA, Providence Row, Spitalfields, Swan, THCH and Clarion Housing.

Course Date Times

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

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

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

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

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

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

Project Management - Day 2 of 2 Saturday 2 February

[@THHomes](http://www.thh.org.uk)
towerhamletshomes

Lunch and refreshments will be provided. To support you in attending a training course we can arrange transport for residents with mobility issues. Please contact us in advance to confirm.

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2019 10am-4pm

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

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

Paediatric First Aid Training - Day 2 (Accredited) Saturday 23 February 2019 10am-5pm

Public Speaking & Presentation Skills Saturday 2 March 2019 10am-4pm

Digital Awareness (New) Wednesday 6 March 2019 10am-4pm

Organising and Running an Event Saturday 16 March 2019 10am-4pm

Community Organising Wednesday 20 March 2019 10am-4pm

Emergency First Aid Training (Accredited) Saturday 30 March 2019 10am-5pm

Food Growing and Managing a Food Garden Wednesday 3 April 2019 10am-4pm

Chairing Meetings (TRA) Saturday 6 April 2019 10am-4pm

Paediatric First Aid Training - Day 1 (Accredited) Saturday 27 April 2019 10am-5pm

Paediatric First Aid Training - Day 2 (Accredited) Saturday 4 May 2019 10am-5pm

Health and Wellbeing (New) Wednesday 8 May 2019 10am-4pm

Personal Development | Living in Your Home | Health & Safety | Improving Your Community

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<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>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>Health and Wellbeing Forum</p> <p>Thursday, 6th December 2018</p> <p>Poverty is an issue across Tower Hamlets widening the gap in health inequalities for vulnerable people and communities. This forum will explore how the borough is responding and how the sector can get involved.</p>	<p>All upcoming THCVS training and events are listed on our webpage.</p>
<p>Training, Employment and Enterprise Forum (TEEF)</p> <p>Thursday, 13th December 2018</p> <p>You are invited to our TEEF December 2018 Seasonal Networking Event. We want to bring people together across the Tower Hamlets employment, enterprise and training networks to come and share a morning of networking and seasonal bites.</p>	<p>All upcoming THCVS training and events are listed on our webpage.</p>
<p>Level 2 Certificate in Mental Health Awareness</p> <p>4 day course: 3rd, 4th, 10th and 11th of December</p> <p>This qualification aims to raise awareness of mental</p>	<p>Please contact babor.chowdhury@poplarharca.co.uk or 020 7510 9789.</p>

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<p>health and a range of mental health problems.</p> <p>Useful for increasing your own knowledge of mental ill-health.</p> <p>Useful for supporting your role within your workplace.</p> <p>Useful for roles that interact with individuals with mental health problems.</p> <p>To register for this course you must be 19+, a British citizen, EEA national or have a residency permit.</p>	
<p>Courses due to start in January 2019</p> <p>Developing Potential: Teaching Assistant Level 2</p> <p>This is a chance for those who are unemployed on out of work benefits to develop their professional skill, gain working experience through volunteering, gain accredited qualification in Supporting teaching and learning in schools and employment support to move into work.</p> <p>Business Admin Level 1</p> <p>A 4-week accredited course delivered Monday to Friday 10am-2pm in partnership with Kickstart. Includes customers service and personal and social development. Start January 2019</p> <p>ELATT Personal, Professional and Community development course</p> <p>An interactive 12- week development course aimed to build confidence to communicate in</p> <p>English • Increase employability skills • Share your skills with the community • Establish wider social networks and explore volunteering.</p> <p>Functional Skill English Level 1 and 2</p> <p>Would you like to improve your reading, writing and</p>	<p>Contact Juliana on, j.ajibade@limehouseproject.org.uk or call 020 7538 0075 (Option 2) for the skills and training team</p>

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spoken English up to GCSE equivalent level, are you unemployed or on low income, then Functional skills English is the course for you to consider.

We will be holding a number of information and registration days on:

Date: Monday 5th/ 17th December

Time: 10:30am (allow 2 hours for initial registration/ assessments)

Location: Limehouse Project (Unit 2) St. Anne Street, 789-791 Commercial Road, London E14 7HG

FEEDBACK OPPORTUNITIES

OPPORTUNITY	CONTACT DETAILS
<p>Help us improve life with cancer in Tower Hamlets</p> <p>We are looking for people affected by cancer to get involved in the Tower Hamlets Living with Cancer Programme</p> <p>We want to improve support for local people who have cancer and their families, so that they can live well with a good quality of life. This includes improving access to practical, financial, emotional, spiritual and rehabilitation services for people living with cancer during treatment, after treatment and at the end of life.</p> <p>How can you get involved?</p> <p>There are lots of different ways you could choose to be involved:</p> <ul style="list-style-type: none"> Join a group of people with cancer, family members and NHS and social care professionals to help improve support for local people and design future 	<p>Call Becky Driscoll on 0207 364 3397 or</p> <p>Email: becky.driscoll@towerhamlets.gov.uk</p>

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<p>services</p> <ul style="list-style-type: none"> • Become a member of our programme board which meets every two months • Help test new services to make sure they work for people with cancer • Attend focus groups and workshops • Join our network and stay connected by email • Follow us on social media <p>If you live in the borough and you, or someone close to you, has had cancer – we would love to talk to you about how you could make a difference.</p>	
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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>
<p>THCVS Annual General Meeting</p> <p>Thursday, 29th November 2018 Come and meet fellow THCVS Members, the staff team and Board of Trustees taking place at the iconic Lecture Hall at Toynbee Hall on 29th November.</p>	<p>Please click here to register</p>
<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</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.</p>

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<p>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>Referrals will be acknowledged and feedback shared after 8-10 weeks.</p>
<p>Deafplus</p> <p>For anyone with a hearing loss living in Tower Hamlets</p>	<p>Please contact Sumita at Sumita.baines@deafplus.org or Milena at Milena.blaszczyk@deafplus.org to book your place</p>

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<p>Thursday 6th December 2018</p> <p>Activity: Want to know how to use the Gym Equipment (Venue: Deafplus)</p>	
<p>Wednesday 12th December 2018</p> <p>Activity: Want to learn how to indoor climbing? (Venue: Mile End Climbing Wall)</p>	
<p>Thursday 13th December 2018</p> <p>Talk: About Gardening (Venue: Deafplus)</p>	
<p>Wednesday 6th February 2019</p> <p>Conference: What is Dementia? Support for carers who look after deaf dementia patients. (Venue: Idea Whitechapel)</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>Winter Tree Walk</p> <p>Stroll around the park & neighbourhood discovering local trees. Suitable for children. Saturday 8th December 1:00pm - 2:30pm NOTE: Events start promptly at the Wellclose Square Entrance to Swedenborg Gardens.</p>	<p>Website: www.fothcp.org Tel: 0208 983 1277 Email: michelle.lindson@fothcp.org</p>
<p>Tower Hamlets InterFaith Forum</p> <p>Monday, 3 December. It will be held at Shadwell Fire Station, from 6-8 pm. It would be great to see you there, all are welcome to come along and get engaged in the</p>	<p>For more information contact Tower Hamlets Inter Faith Forum info@faithintowerhamlets.org</p>

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<p>discussion.</p> <p>Place: Shadwell Fire Station, 290 Cable Street, E1 0BX Nearest tube: Shadwell DLR/Overground Station, then a one minute walk. Bus links: Routes 100, D3 and 339 stop at Shadwell Station.</p>	
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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>

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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>

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CRACKERS

FOOD!

FUN!

GAMES!

**TOWER HAMLETS
RECOVERY COLLEGE**

JOIN US FOR OUR ANNUAL XMAS KNEES UP!

10TH DECEMBER 3-5PM

86 Old Montague St
Whitechapel, E1 5NN

CAROLS

BAND

RSVP 02074262332
Eft.thrc@nhs.net

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**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