

Involvement & Co-Production Service



LIST OF EVENTS & INVOLVEMENT OPPORTUNITIES

January 2019

From Charlotte Spirgel-Sinclair Involvement and Co-Production Manager

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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 colin.king@bbbc.org.uk</p>
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TRAINING OPPORTUNITIES & WORKSHOPS

OPPORTUNITY	DETAILS ON HOW TO APPLY
<p>Are you interested in becoming a 'BMHF Community Mental Health Champion'?</p> <p>The Bangladeshi Mental Health Forum (BMHF) are currently recruiting volunteers to become Community Mental Health Champions. The role of the Community Mental Health Champion require volunteers to proactively raise awareness of mental health (via events and workshops) in your local area and around Tower Hamlets.</p> <p>In order to become a BMHF Community Mental Health Champion, you are required to participate in a 3 half day training course. This short course will provide you with basic knowledge on mental health, provide you with basic skillsets to feel confident to engage in conversation on mental health and give you a overview of local mental health services.</p> <p>Places are limited ! Only 10-12 places are available.</p> <p>Training Details:</p> <p>Dates: 17th, 24th & 31st January 2019</p> <p>Time: 10am - 1.30pm (3.5 hours each day, 31st January date is 2.5 hours)</p> <p>Venue: Tower Hamlets, venue details will be provided once registration is confirmed</p>	<p>How to get involved</p> <p>To register your interest in becoming a BMHF Community Mental Health Champion you will need to complete and return a registration form. You can download the registration form from our 'Get Involved' page via our website: http://bangladeshimentalhealth.org or request it via email (also attached with this email).</p> <p>If you would like more information on this volunteering opportunity or would like to register your interest please contact Shamsur Choudhury: E: shamsur@bangladeshimentalhealth.org T: 0771 607 8840</p>

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<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>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>Stress getting the better of you? Something holding you back?</p> <p>If that feels like you, then a FREE programme for people on low incomes in East London could be just what you need....</p> <p>‘This Way Up’ can help you discover your own</p>	<p><u>To apply for a place:</u></p> <p>email thiswayup@qsa.org.uk</p> <p>For more information:</p> <ul style="list-style-type: none"> · Call us on 020 8983 5036 · Email thiswayup@qsa.org.uk · Go to:

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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; 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, 5 March 2019. Applications are welcome from anyone living on a low income in East London.

www.quakersocialaction.org.uk/thiswayup

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

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

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<p>over a period of 12 months, whilst working towards a BTEC Level 1 Work Skills qualification</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, Spitalfields, Swan, THCH and Clarion Housing.</p> <p>Course Date Times</p> <p>I Building and Managing Team Wednesday 9 January 2019 10am-4pm</p> <p>I Afternoon Bake Off Saturday 12 January 2019 10am-4pm</p> <p>I DIY Repairs in Your Home (Mixed group) Wednesday 23 January 2019 10am-4pm</p> <p>I Project Management - Day 1 of 2 Saturday 26</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 arrange transport for residents with mobility issues. Please contact us in advance to confirm.</p>

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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)
Saturday 23 February 2019 10am-5pm

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

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

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

I Community Organising Wednesday 20 March 2019
10am-4pm

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

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

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

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

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

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<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>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>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>Health and wellbeing training courses</p> <p>Poplar HARCA have a range of health and wellbeing courses coming up.</p> <p>Level 2 Certificate in Equality and Diversity 5 day course: 26th - 30th November</p> <p>Level 2 Certificate in Counselling Skills Group 1: 9th, 16th, 23rd, 30th of Jan and the 6th of Feb Group 2: 10th, 17th, 24th, 31st of Jan and the 7th of February</p> <p>Level 2 Certificate in Information, Advice and Guidance 4 day course: 5th, 12th, 19th and 26th of February</p>	<p>Interested? Please contact babor.chowdhury@poplarharca.co.uk or 020 7510 9789.</p>
<p>THCVS Data Workshop</p> <p>Thursday 17th January 2019, 9.30am to 12:00pm at Professional Development Centre, 229 Bethnal Green Road,</p> <p>Integrated ways of working across health and care are dependent on IT systems being interoperable. In this free online event, we will discuss the benefits of interoperability for staff, patients and carers – sharing learning from how we can make interoperability a reality and where this is being done well. This workshop will consider the current path of the health</p>	<p>Book your place here</p>

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<p>and care sector, sharing their own experience and expertise along with use cases of those already making strides towards successful interoperability.</p>	
<p>Digital Inclusion Networking Event</p> <p>Wednesday 23rd January 2019, 9.30am to 12.00pm at the Professional Development Centre, 229 Bethnal Green Road, London, E2 6AD</p> <p>THCVS would like to invite you to a networking event on Digital Inclusion to support the development of potential partnerships and consortiums to bid for both borough and external opportunities.</p> <p>The event will bring commissioners and voluntary sector organisations together to learn about:</p> <ul style="list-style-type: none"> - What underpins the commissioning approaches and the commissioning framework and timescales for the Local Community Fund - Opportunities to network with the Big Lottery and Good Things Foundation - Network to find new partners with which to strengthen your commissioning offer <p>There will be opportunities to showcase your work as part of the Tower Hamlets voluntary and community sector. A mix of projects will be pitched, followed by an opportunity for you to ask questions, find out more from the people driving these ideas forward.</p>	<p>Book to attend the event here</p>
<p>Employment and Skills Networking Event - 13th February 2019, 10:00am to 12:00pm, Venue to be confirmed.</p> <p>The event will bring commissioners and voluntary sector organisations together to learn about partnership and commissioning opportunities. Check back later for more updates when details are</p>	<p>Book to attend the event here</p>

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<p>finalised, to include:</p> <ul style="list-style-type: none"> - What underpins the commissioning approaches and the commissioning framework and timescales for the Local Community Fund - Network to find new partners with which to strengthen your commissioning offer 	
<p>LGBT History Month 2019: Tower Hamlets Launch Evening - Friday 1st February 2019 6.30pm – 9.00pm (arrival, refreshments & pre-event networking from 5.30pm) at The Reach Community Hub, 11 Oliphant Street, London, E14 0GB</p> <p>An evening of discussion and talks to launch LGBT History Month in Tower Hamlets with Tower Hamlets Police, Swan Housing, Tower Hamlets Community Forum and Tower Hamlets Council. See here for poster for the event</p> <p>Follow the partners on twitter at - @MPSTowerHam @SwanHousing @thLGBTVoices @TowerHamletsNow</p>	
<p>Accredited Evaluation Course</p> <p>Held at QMUL over 6 evening sessions between 5 - 7pm. Between January 22nd and April 9th 2019.</p>	<p>Places are limited so please contact Alison.robert@thcvs.org.uk to find out more.</p>

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FEEDBACK OPPORTUNITIES

OPPORTUNITY	CONTACT DETAILS
<p>Tell us your experience of accessing your GP practice!</p> <p>We are looking at appointment booking systems used by GP practices across the Borough so that we can help practices to understand which systems work best for patients. It would really help us if you could spare five minutes to let us know your experience</p>	<p><u>Survey on GP appointment processes</u></p>
<p>Your community needs you - join the Community Voices Group</p> <p>Would your voice be stronger if you could work with other people in the community? Would you like to meet up with other local people who have taken on small, medium and large roles in voicing the views of residents to improve our health and wellbeing? We hope to facilitate a regular local health representative's get together for people to share concerns and ideas. You could be a patient leader, carer, GP or Royal London Hospital patient panel member, Healthwatch member, older persons rep, volunteer or just someone with an interest in representing the voice of users.</p> <p>As a starter we're calling this the Community Voices Group. It needs to be led by local people so all we're suggesting at this point is to meet up and decide what you think would be useful to help you to be a good community representative. We'll give you space, admin and some refreshments... the rest is up to you.</p>	<p>Let us know if you're interested by contacting our Volunteer Support Officer by email:</p> <p>tahmina.begum@healthwatchtowerhamlets.co.uk</p>
<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>Call Becky Driscoll on 0207 364 3397 or</p> <p>Email: becky.driscoll@towerhamlets.gov.uk</p>

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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.

How can you get involved?

There are lots of different ways you could choose to be involved:

- 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 services
- 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

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.

Voluntary Sector Health and Wellbeing Strategy – 2019/20

THCVS and the Health and Wellbeing Forum (H&WBF) Steering Group are working with the sector to develop the Voluntary Sector H&WBF Strategy and Action Plan.

At our Health and Wellbeing World Café on 7th November at Ideas Store Whitechapel, we started looking at five priority themes for the strategy, which fall in to:

- Contributing to health and wellbeing priorities
- Engaging Communities

[Input your comments by clicking here](#)

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- Workforce Development
 - Data and Impact
 - Integration
- There is still time to have your say.

EVENTS AND OPPORTUNITIES

EVENT/OPPS	CONTACT DETAILS
<p>THCVC Health and Wellbeing Forum</p> <p>The next Health and Wellbeing Foun will be held on Thursday the 28th February, this meeting will bring together the Integrated Commissioner and the THT Work Stream leads to explore how the sector can be involved in developing the integrated response across health and social care.</p>	<p>Book to attend here</p>
<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 Spirgel-Sinclair</p>	<p>Charlotte Spirgel-Sinclair 07703 472588 Charlotte.s-sinclair@community-options.org.uk</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 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.</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>

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<p>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>Deafplus</p> <p>For anyone with a hearing loss living in Tower Hamlets</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>Please contact Sumita at Sumita.baines@deafplus.org or Milena at Milena.blaszczyk@deafplus.org to book your place</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>

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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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**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