

Involvement & Co-Production Service



LIST OF EVENTS & INVOLVEMENT OPPORTUNITIES

February 2019

From Charlotte Spiregel-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>Support worker Job at Look Ahead</p> <p>Please find below link of a job advert for Support Worker position (Permanent) with Look Ahead Mental Health Floating Support Service (ILCS). All relevant information (Job description and salary info) is on the website.</p>	<p>https://www.lookahead.org.uk/work-with-us/jobs-and-careers/</p> <p><i>(click on current vacancies then select Tower Hamlets from the location drop down menu and you will see Support Worker position, full-time 40 Hours, apply online)</i></p>
<p>Community Options are currently recruiting for the following positions:</p> <p>Floating Support, Time & Recovery Worker – London Borough of Croydon Support, Time & Recovery Worker – London Borough of Bromley Support Worker Residential - London Borough of Bromley Cleaner (part-time) – Sutton Bank Support Worker – London Borough of Bromley Bank Support, Time & Recovery Worker – London Borough of Bromley Bank Support Worker – Sutton</p>	<p>You may be interested in or if you know someone who is looking for a change, please pass this on.</p> <p>Here is a link for our website - http://www.community-options.org.uk/careers/current-vacancies</p>
<p>Quality assurance team job role</p> <p>Quality Assurance Facilitator, East London NHS Foundation Trust, LONDON</p> <p>This role includes leading on the delivery of the new expert by experience accreditation scheme that is being developed by ELFT</p>	<p>http://jobs.elft.nhs.uk/job/UK/London/LONDON/East_London_NHS_Foundation_Trust/Administration/Administration-v1486604?ref=Twitter&</p>

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Peer Supporter (Volunteer role)

Background

Together is trusted for our expertise in service user involvement. In everything we do we are inspired and guided by the hopes and wishes of those we support.

We work alongside people, supporting and facilitating service user involvement, empowerment and leadership that promote and support wellbeing. This includes people leading their own positive lives and supporting others to do so. Peer support is key in our philosophy and service delivery.

Peer Support in Liaison & Diversion – London

Our Liaison and Diversion (L&D) services work in partnership with NHS England to improve the health and justice outcomes for people who come into contact with the criminal justice system where a range of complex needs have been identified as factors in their offending behavior.

L&D aims to link service users in with appropriate services in the community such as *Peer Support*, as part of a holistic approach to promote and support better wellbeing.

Peer Support Role

As a Peer Supporter in within Liaison and Diversion, your lived experience of mental distress and contact with the criminal justice system will be at the heart of your role.

You will use your own lived experiences of both to empathise with and support people who have similar experiences.

This role is open to anyone with personal experience of mental distress and has come into contact with

Christine Pearson 020 7780 7432

christine-pearson@together-uk.org

Criminal Justice Mental Health Services
Together for Mental Wellbeing, 12 Old
Street, EC1V 9BE

07880 191 320

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criminal justice services who feel they have the skills to support others.	
People Participation Lead IAPT and Psychological therapies	http://jobs.eft.nhs.uk/job/v1502597
Fit For All Volunteer opportunity for those of 50 + being offered by the Bromley by Bow centre .	For more information contact colin.king@bbbc.org.uk

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. This role requires 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 take part in 'two half-day' mental health training course. This short course will provide you with basic knowledge on mental health and also skillsets to feel confident to talk about mental health and also signpost people to local services.</p> <p>Training Details:</p> <p>Dates: 28th February & 7th March 2019</p> <p>Time: 10am - 2pm</p> <p>Venue: Tower Hamlets (Commercial Road)</p>	<p>To register your interest 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</p> <p>Places are limited ! Only 10-12 places are available!</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 khalida.maleque@oceanregeneration.org.</p>
<p>Deaf Plus Activities:-</p> <p>Wednesday 6th February 2019 10am until 12pm</p>	<p>Please contact Sumita at Sumita.baines@deafplus.org or Milena at Milena.blaszczyk@deafplus.org to book your place or for more information</p>

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<p>Conference: What is Dementia? Support for carers who look after deaf dementia patients. (Venue: Idea Whitechapel) For anyone (service users or professionals) Please contact Milena at Milena.blaszczyk@deafplus.org to book your place or for more information</p> <p>Monday 29th April 2019 for a 7 weeks course 10am until 12pm Living with Hearing Loss Course (Venue: DeafPLUS)For anyone with a hearing loss living in Tower Hamlets please contact Milena at Milena.blaszczyk@deafplus.org to book your place or for more information</p> <p>Dates to be arranged individually Two hours session Deaf Awareness Training (Venue: DeafPLUS or at your venue)For anyone working in the Health Sector in the Tower Hamlets area - wanting to know how to work with deaf and hard of hearing people Please contact Sumita at Sumita.baines@deafplus.org or Milena at Milena.blaszczyk@deafplus.org to book your place or for more information</p>	
<p>Steps into Work programme 2019</p> <p>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</p>	<p>https://thcvs.org.uk/news/steps-work-programme-tfl</p>
<p>Resident Training programme 2019</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? 	<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>

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- 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 charing 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

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

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

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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<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 Chairing 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>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>Free Fortnightly Monday healing sessions:</p> <p>4th February - Sound Healing with drums 18th February - Reiki 4th March - TRE 18th March - Sound Healing with chanting and mantras.</p> <p>Everyone welcome</p> <p>All held 6-8pm Monday's twice a month at the Healthwatch Hub.</p>	<p>Please book in advance with Charley to guarantee your space on 07761912453</p>

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Employment and Skills Networking Event - 13th February 2019, 10:00am to 12:00pm, Venue to be confirmed.

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 finalised, to include:

- 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

[Book to attend the event here](#)

FEEDBACK OPPORTUNITIES

OPPORTUNITY	CONTACT DETAILS
<p>Macmillan Social Prescriber based at the Bromley By Bow Centre in Tower Hamlets</p> <p>They provide social and practical support to patients at any stage of a cancer diagnosis. As well as an initial telephone assessment, they can provide up to four hour long 1:1 sessions at the Bromley by Bow Centre, to help people identify what's important to them and help them access beneficial services locally. They also provide an opportunity for patients to talk to someone other than friends and family about their cancer and how they are coping.</p>	<p>For any information please contact: Jen Fearnley jen.fearnley@bbbc.org.uk 020 8709 9736 Bromley By Bow Centre St Leonard's Street London E3 3BT</p>
<p>Consultation on items which should not routinely be prescribed in primary care</p> <p>NHS England has partnered with NHS Clinical Commissioners to support Clinical Commissioning Groups (CCGs) in ensuring</p>	<p>Booking can be made here.</p>

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that they can use their prescribing resources effectively and deliver best patient outcomes from the medicines and products that their local population uses. CCGs asked for a nationally co-ordinated approach to the development of commissioning guidance in this area to ensure consistency and address unwarranted variation. The aim is that this will lead to a more equitable process for making decisions about guidance on medicines but CCGs will need to take individual decisions on implementation locally.

During the consultation period a range of events, including face to face events and webinars (online meetings) will be undertaken to gather feedback on the proposals

Face to face consultation meetings

London: 5 February 2019, 2:30pm – 4:30pm: [Booking can be made here.](#)

Webinar

14 February 2019, 1:00 – 2:00pm: [Booking can be made here](#)

Your community needs you - join the Community Voices Group

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.

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.

Let us know if you're interested by contacting our Volunteer Support Officer by email:

tahmina.begum@healthwatchtowerhamlets.co.uk

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<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 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 <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>	<p>Call Becky Driscoll on 0207 364 3397 or</p> <p>Email: becky.driscoll@towerhamlets.gov.uk</p>
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EVENTS AND OPPORTUNITIES

EVENT/OPPS	CONTACT DETAILS
<p>Next Health and Wellbeing Forum</p> <p>28th February 2019 from 10am to 12pm at the Professional Development Centre, 229 Bethnal Green Road London E2</p> <p>The meeting agenda will cover – Presentations and discussions on integrated commissioning, THT Workstreams and the Locality Health and Wellbeing committees.</p> <p>To book a place: click here</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. 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</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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services and support such as employment advice, psychology workshops and support groups.	
<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</p> <p>Email: jayne.clavering@poplarharca.co.uk</p> <p>Twitter @BrownfieldCabin</p>

INVOLVEMENT PROJECT OF COMMUNITY OPTIONS

SUN NETWORK	CONTACT
<p>The network consists of 14 funded user led peer support groups, including:</p> <p>Peoples Portal Expression with Arts Thai Boxing Cultural groups and many more.</p>	<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>

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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>

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>Minor Eye Conditions Service</p> <p>A new Minor Eye Conditions Service (MECS) will be starting in Tower Hamlets on Wednesday 30th January 2019. MECS is a NHS funded service available to all patients registered with a Tower Hamlets GP or who are a Tower Hamlets resident. The service is designed to offer convenient care for minor medical eye conditions. Examples of eye conditions that can be treated by a MECS are:</p> <ul style="list-style-type: none"> • Red eye(s) 	<p>Contact the appropriate number under where you are able to access this service</p>

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- Significant recent discharge from or watering from the eye
- Mild trauma, for example a scratch to the outer surface of the eye(s) or lid(s)
- Suspected foreign body in the eye
- Mild pain and/or discomfort in the eyes

The service is provided by local optometrists who have specialist knowledge and skills to carry out this work. MECS can be accessed by self-referral, GP referral or through signposting from another service. Appointments are offered every day of the week and patients can expect to be seen within 24 hours for urgent issues or 48 hours for routine issues. A list of MECS locations along with contact details are below:

E2 Specsavers Bethnal Green, Unit 1, 409 Bethnal Green Road, E2 0AN

M,Tu, F,Sat 9-6, Weds 10-6, Thu 9-7, Sun 10-5

020 7324 7520

E1 In Focus Optics- Cannon Street Road, 149 Cannon St Road, E1 2LX

Mon-Wed 10am-6pm, Thur closed, Fri 3-7pm, Sat 10-6pm, Sun closed

020 7488 4523

E1 In Focus Optics- White Horse Lane, 94 White Horse Lane, E1 4LR Mon ,Tues 10am-6pm, Wed & Sat, No MECS

Thur & Sun Closed Fri 3-7pm

020 7791 0692

E14 In Focus Optics- Poplar, Unit 1, 223 East India Dock Road, E14 0ED

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<p>Tues, Sat, 10-6pm, Mon,Weds Fri No MECS, Thurs, Sun Closed</p> <p>*Can offer some Wednesday appts, please call for availability 020 7987 2364</p> <p>E14 Boots- Canary Wharf, Jubilee Place, 45 Bank St, Canary Wharf, London E14 5NY</p> <p>M,W,THU 8.30-7.30</p> <p>0345 125 3758</p> <p>E3 Scrivens Opticians 531 Roman Road, E3 5EL</p> <p>Mon-Fri, 9:00am-5:30pm, Sat 9:00am-5:00pm</p> <p>020 8980 5053</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