

Involvement & Co-Production Service



LIST OF EVENTS & INVOLVEMENT OPPORTUNITIES

March 2019

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 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</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>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>Health and Wellbeing Networking Event</p> <p>Wednesday, 20th March 2019</p> <p>Our March Health and Wellbeing Networking Event will be an opportunity for people to come together to get an update on the latest developments over the Local Community Fund and provide another opportunity for people to network and find partners.</p>	<p>Find out more by clicking here</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>Universal Credit in London Advice for Advisors</p> <p>From 4in10 London Child Poverty Network Designed for those working with families in receipt of, or expected to be, Universal Credit or those experiencing difficulties navigating and accessing the benefit system.</p>	<p>To book click here</p>

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<p>This free, half day workshop will provide you with expert advice on Universal Credit rules and procedures to help you maximise the income of families you support.</p> <p>With guest presentations from:</p> <ul style="list-style-type: none"> • Owen Stevens, London Universal Credit Advisor, Child Poverty Action (CPAG) • Kelly-Marie Jones, Welfare Benefits Advisor - Early Warning System, Child Poverty Action (CPAG) • Dawn Jackson, Head of Grants Services, Turn2Us 	
<p>Deaf Plus Activities: -</p> <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>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</p>	<p>https://thcvs.org.uk/news/steps-work-programme-tfl</p>

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<p>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>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? • 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 charring 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 Public Speaking & Presentation Skills Saturday 2 March 2019 10am-4pm</p> <p>I Digital Awareness (New) Wednesday 6 March 2019 10am-4pm</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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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 Chairing 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

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

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

Peoples Portal

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

Free Fortnightly Monday healing sessions:

4th March - TRE

18th March - Sound Healing with chanting and mantras.

Everyone welcome

All held 6-8pm Monday's twice a month at the Healthwatch Hub.

Please book in advance with Charley to guarantee your space on 07761912453

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Three-day leadership programme for lay partners.

The London Leadership Academy is offering an exciting three-day leadership programme for lay partners.

This programme will be highly interactive throughout and will include expert speakers, peer mentorship, coaching, practical exercises, simulations and discussions. The three days will build on each other and are not standalone.

The programme will help your lay partners:

- To develop their understanding of the NHS challenges ahead;
- To improve their skills in negotiation, influencing, committee work, teamwork and representing the views of others;
- To act as critical friend and support shared values and vision;
- To forge supportive new relationships and networks;
- To understand the principles of co-production and experience it in action.

This invitation is for any patient or carer with a lay partner role that would like to be nominated as likely to gain benefit from this course and to put the learning to good use.

By patient we mean someone who has had a life-changing illness or disability. By carer we mean someone with life-changing carer responsibility. And by lay partner we mean a patient or carer who works with healthcare professionals or the voluntary sector to improve services to patients.

Places are strictly limited to 30 participants and will be allocated to those who apply first, meet the eligibility criteria and can attend all three dates.

Lay partners can get more information and sign up here.

<https://llaevents.uniquesystems.online/events-listing/the-effective-lay-partner-programme-2019/>

Or for more information, please email patient.leadership@hee.nhs.uk

*Please note that while the course is offered free of charge, the London Leadership Academy is not able to reimburse travel expenses or other expenses that participants may incur. *

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FEEDBACK OPPORTUNITIES

OPPORTUNITY	CONTACT DETAILS
<p>Tower Hamlets</p> <p>24 Hour Mental Health Crisis Helpline</p> <p>020 7771 5807</p> <p>Call this number if you feel your mental health is deteriorating or if you are in distress and you need to contact</p> <p>A qualified mental health professional out of office hours</p> <p>Available 24 hours a day including weekends and Bank Holidays</p> <p>The Crisis Helpline can:</p> <ul style="list-style-type: none"> support and help you if you have mental health problems provide accurate information and advice about local mental health services communicate with other services or teams on your behalf if you wish support you in a non-directive way, to empower and encourage you to take control of your own life and come to your own decisions <p>Other useful numbers and websites</p> <ul style="list-style-type: none"> • NHS111: Call 111, available 24 hours every day • Sane Line: 0845 767 8000 (6pm - 11pm every day) www.sane.org.uk 	<p>020 7771 5807</p>

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<ul style="list-style-type: none"> • Samaritans: 08457 90 90 90 (24 hours every day) www.samaritans.org 	
<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>Feedback re Royal London Hospital</p> <p>If you have had any experience of outpatient services at the Royal London Hospital, we'd love to hear from you.</p>	<p>You can leave feedback on our website www.healthwatchtowerhamlets.co.uk</p> <p>You can drop us an email at: info@healthwatchtowerhamlets.co.uk</p> <p>Or you can just give us a call and talk to us about it on 020 8223 8922</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>Let us know if you're interested by contacting our Volunteer Support Officer by email: tahmina.begum@healthwatchtowerhamlets.co.uk</p>

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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.

Help us improve life with cancer in Tower Hamlets

We are looking for people affected by cancer to get involved in the Tower Hamlets Living with Cancer Programme

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.

Call Becky Driscoll on 0207 364 3397
or

Email:
becky.driscoll@towerhamlets.gov.uk

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<p>How Are You?</p> <p>The "How Are You?" campaign is now live and encouraging adults to kick-start 2019 by taking the free "How Are You?" health quiz.</p> <p>With your help, Public Health England would like to encourage adults to think about how their current lifestyle could be impacting their health, and support them to make positive changes, whether that be eating better, stopping smoking, cutting down on drinking or getting active.</p> <p>At the end of the quiz, people receive a health score and personalised advice. The quiz also signposts users to a range of Public Health England apps to support their health and wellbeing.</p>	<p><u>"How Are You?" health quiz.</u></p>
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EVENTS AND OPPORTUNITIES

EVENT/OPPS	CONTACT DETAILS
<p>Visit my mosque open day</p> <p>Darul Ummah Jame Masjid are holding an open day to coincide with Visit My Mosque day 2019.</p> <p>When: Sunday 3 March 2019, 11am - 6pm</p> <p>Where: Darul Ummah Jame Masjid, 56 Bigland Street, E1 2ND.</p> <p>The day will include guided tours, displays, discussions and there will be a finger buffet available.</p> <p>There will be the opportunity to observe live prayers and ask questions and free books and leaflets available.</p> <p>The day gives a great opportunity people of any faith to visit their local mosque and find out more about it.</p>	<p>More information can be found on the flyer. To find out details of other mosques participating in Visit My Mosque open days, click here.</p>

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<p>Leadership Forum</p> <p>THCVS would like to invite you to the leadership forum on the 21st March from 10 – 12 the focus of the forum will be women in leadership. We all take on leadership to make things work from projects, managing teams or organisations. The forum is an opportunity to hear from a range of speakers focussing on the unique experiences of women in a variety of settings.</p> <p>We will be joined by:</p> <ul style="list-style-type: none"> • Black Women’s Training Group • Women in the City • Other local women leaders • The opportunity to share ideas and network <p>We hope you will be able to join us at the forum and share your thoughts and ideas on how we can develop the project to meet the needs of established and emerging leaders in</p>	<p>Tower Hamlets. Please book your place here https://thcvs.org.uk/civicrm/event/info?reset=1&id=376</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>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>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>Meet the Funders Event</p> <p>Tuesday 26th March 2019 between 10am – 3pm at the Professional Development Centre 229 Bethnal Green Road London E2 6AB</p> <p>Tower Hamlets, Hackney, Redbridge and Barking and Dagenham CVS's in partnership with the East London Health Care Partnership would like to invite you to attend a meet the funders event.</p> <p>The day will include:</p> <ul style="list-style-type: none"> • A market place with information stalls from over 20 local and national funders. • Opportunities to attend 30-minute workshop on approaches such as crowd funding • Chances to discuss funding approaches • Network with organisations across East London 	<p>For further information contact Alison.Robert@thcvs.org.uk To find out more and book click here</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 14 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>

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>Call or email Inspire on 0330 053 812 or enquiry@inspirewellbeing.org.uk</p>

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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

Extended opening hours to meet public demand for mental health support

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.

Our regular hours of 9am-5.30pm will be retained for the rest of the working week.

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

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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