

Involvement & Co-Production Service



LIST OF EVENTS & INVOLVEMENT OPPORTUNITIES

April 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
Domestic Abuse, Assessment & Referral Service Volunteer – Tower Hamlets	https://hestia.officialfirstclass.co.uk/Candidates/c/ApplicationForm/Advert/74950?aisId=11&qc=1&d=b22067fb618061cad27e7960e317acc3feef4291&src=2
<p>Community Options are currently recruiting for the following positions:</p> <p>Bank Support Worker – London Borough of Bromley Bank Support, Time & Recovery Worker – London Borough of Bromley Support Worker Residential - London Borough of Bromley Bank Support, Time & Recovery Worker – London Borough of Croydon</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>Peer Reviewer for Home Treatment Team Services</p> <p>A great opportunity to be trained as a Peer Reviewer for Home Treatment services across the country via the Royal College of Psychiatrists College Centre for Quality Improvement (CCQI).</p> <p>See below for dates of training (and how to apply). I have checked and it is open to service users and carers too - the following link provides further</p>	<p>If you or your colleagues would like to attend, please complete the registration form and email to HTAS@rcpsych.ac.uk</p> <p>If you have attended the training before but would like to attend again as a refresher, please do come along.</p> <p>registration form</p>

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information about the Peer Review part of the Home Treatment Accreditation Scheme (HTAS):

<https://www.rcpsych.ac.uk/improving-care/ccqi/quality-networks-accreditation/htas/how-to-join>

We are holding a peer reviewer training day on Friday 19th July 2019 at The Royal College of Psychiatrists, 21 Prescot Street, London E1 8BB. The training is free and is eligible for CPD points.

Being a peer reviewer gives you the chance to visit other Home Treatment services in the UK, and for Home treatment teams this means becoming part of a network where you can share ideas and resources and gives you the opportunity to see how diverse other services work. Many of our reviewers value the experience, particularly as part of preparation for their own peer review.

The training day is structured like a peer review day and involves guidance and group sessions to give you an idea of how to be part of a peer review team.

Please get in contact if you have any questions.

Bid Writing : The Basics

Do you know the most common reasons for rejection? Are you gathering the right evidence? Are you making the right arguments? Are you using the right terminology? Are your numbers right? Are you learning from rejections? Are you assembling the right documents? Do you know how to create a clear and concise standard funding bid?

Are you communicating with people or just excluding them? Do you know your own organisation well enough? Are you thinking through your projects carefully enough? Do you know enough about your competitors? Are you answering the questions funders will ask themselves about your application? Are you submitting applications correctly?

If you have a question please e-mail questions@nfpmail1902.co.uk

You will usually receive a response within 24 hours. Due to our training and travel commitments we are unable to accept questions by phone.

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<p>ATTENDEES</p> <p>Staff members, volunteers, trustees or board members of charities, schools, not for profits or public sector organisations who intend to submit grant funding applications to charitable grant making trusts and foundations. People who provide advice to these organisations are also welcome.</p> <p>BOOKING DETAILS</p> <p>£95 including booking fees. Start time 09.00. Finish time 11.30. Refreshments provided. Attendees receive full notes and sample bids by e-mail after the workshop. The workshop consists of talk, questions and answers. There are no power points or audio visuals used. All places must be booked through the online booking system using a debit or credit card. We do not issue invoices or accept bank or cheque payments. If you do not have a debit card from your organisation please use a personal one and claim reimbursement using the booking confirmation e-mail as proof of purchase.</p> <p>10 June 2019 - London 17 June 2019 – London</p>	
<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>Book a free intro at WoWwayofwellness.wordpress.com</p> <p>For more information contact Selma</p>

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<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>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>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</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>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? • 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>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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<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>Learn and practice mindfulness and feel good</p> <p>Free drop-in sessions</p> <p>Everyone welcome ... just drop by and try</p> <p>Tuesday 6:00pm to 7:00pm & Friday 12:00pm to 1:00pm</p> <p>Community room at Wapping health centre, 22 Wapping lane, E1W2RL, next to Wapping green</p> <p>(getting there: Bus D3 or 100 to Wapping Health Centre stop, Tube/Overground to Wapping, DLR to Shadwell)</p>	<p>INFORMATION AND SCHEDULES ON HTTPS://MINDFUL.CAFE</p> <p>OR CALL 07 4150 45196</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>Please book in advance with Charley to guarantee your space on 07761912453</p>

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<p>Everyone welcome</p> <p>All held 6-8pm Monday's twice a month at the Healthwatch Hub.</p>	
<p>DeafPLUS – Lipreading course</p> <p>“Living with Hearing Loss “ for people living in Tower Hamlets with a hearing loss.</p> <p>You will learn lip reading skills, communication techniques, tips on managing your hearing loss, coping strategies, information about hearing loss and tinnitus, and more.</p> <p>The course will be every Monday, beginning on 13th May and run until 1st July, time to be confirmed soon, at deafPLUS, Trinity Centre, Key Close, Whitechapel, London, E1 4HG.</p>	<p>If you know anyone who wants to join or for more details, please contact us:</p> <p>Milena Blaszczyk email: milena.blaszczyk@deafplus.org or</p> <p>Yatmiris Gil email: Yatmiris.gil@deafplus.org or Text Mobile : 07497824326.</p>

FEEDBACK OPPORTUNITIES

OPPORTUNITY	CONTACT DETAILS
<p>Tower Hamlets 24 Hour Mental Health Crisis Helpline</p> <p>Call this number if you feel your mental health is deteriorating or if you are in distress and you need to contact a qualified mental health professional out of office hours. Available 24 hours a day including weekends and Bank Holidays</p> <p>The Crisis Helpline can:</p> <p>Support and help you if you have mental health problems provide accurate information and advice about local mental health services</p> <p>communicate with other services or teams on your behalf if you wish</p>	<p>020 7771 5807</p> <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 • Samaritans: 08457 90 90 90 (24 hours every day) www.samaritans.org

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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

Macmillan Social Prescriber based at the Bromley By Bow Centre in Tower Hamlets

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.

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

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

Call Becky Driscoll on 0207 364 3397
or

Email:
becky.driscoll@towerhamlets.gov.uk

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- 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.

EVENTS AND OPPORTUNITIES

EVENT/OPPS	CONTACT DETAILS
<p>The Women’s Employment Service</p> <p>Offers free and flexible 1:1 employment support and advice that is tailored to suit you.</p> <p>Who is the service for?</p> <ul style="list-style-type: none"> • Women living in Tower Hamlets • Women affected by mental health issues • Women currently in paid employment • Women who are ready to take the next step in their career progression <p>What do we offer?</p> <ul style="list-style-type: none"> • Employment support • Speaking to employers on your behalf • In-work support • Skills building • Creating CVs and cover letters • Mock interviews • Support to find job related training and education • Volunteering & work experience • Job search and applications • Benefits calculations • Help to change jobs • Online and telephone support 	<p>To refer</p> <p>You can self-refer to our service or be referred by your mental health professional</p> <p>Get in touch</p> <p>Rasna Begum</p> <p>Women’s Employment Worker</p> <p>020 7729 7557 07494 479 432 rasna@wwtrust.co.uk</p> <p>Visit our website www.workingwelltrust.org</p>

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<ul style="list-style-type: none"> • Progress in your career • Secure an increased salary • Work more hours • Gain a better work/life balance • Achieve better job satisfaction • Change employment • Secure flexible working 	
<p>Tower Hamlets Recovery College Coffee Morning</p> <p>11:00-1:00 every Wednesday at the library and study area – 86 Old Montague Street E15NN</p> <ul style="list-style-type: none"> ▪ We have a great selection of books on mental health and recovery ▪ We have a wide range of range of information on local resources and projects ▪ Use our computers to access the internet, emails and seek information 	<p>Thrc.elft@nhs.net</p> <p>02074262332</p>
<p>Tower Hamlets Recovery College Computer Course</p> <p>Join our <u>ten week fully accredited</u> course for beginners and learn about:</p> <ul style="list-style-type: none"> ▪ Computer basics ▪ Microsoft Word ▪ Email – send, receive and attach ▪ Internet – safety ▪ CV building <p>Drop in available every Tuesdays from: Time: 2:00pm -4:00pm Venue: Tower Hamlets Recovery College, 86 Old Montague Street, E1 5NN</p>	<p>Contact us to book your space!</p> <p>*This course is FREE for adults who meet the criteria.</p> <p>Contact us for more information and eligibility</p> <p>Phone: 0207 426 2332</p> <p>Email: elft.thrc@nhs.net</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>

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

INVOLVEMENT PROJECT OF COMMUNITY OPTIONS

SUN NETWORK	CONTACT
<p>The network consists of 13 funded user led peer support groups, including:</p>	<p>For more detailed information on all the groups and how to join please contact</p>

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<p>Peoples Portal Expression with Arts Thai Boxing Cultural groups and many more.</p>	<p>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 voices 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>

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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

A decorative poster with a gold and brown border. At the top center is a black square with white stars. Below it is the title "RAISING CARERS AWARENESS ON JINN, EVIL EYE, BLACK MAGIC AND MENTAL HEALTH ISSUES" in red. The text continues with questions about mental health difficulties and spiritual issues, followed by the event details: "ELFT CARERS STRATEGY aims to provide more information for carers wishing to know more around this sensitive topic. We are Inviting all CARERS to come along on: 3rd April 2019, 10am – 1pm. 86 OLD MONTAGUE STREET, LONDON E1 5NN. LARGE MEETING ROOM. Refreshments and snacks will be provided. Contact: Nasima Begum – Carer Liaison Practitioner Tower Hamlets Locality & Primary Care Mental Health Service. Nasima.Begum15@nhs.net. Mobile: 07908 430 837/0207 426 2448". The NHS East London logo is in the bottom right corner.

RAISING CARERS AWARENESS ON JINN, EVIL EYE, BLACK MAGIC AND MENTAL HEALTH ISSUES

Caring for someone with mental health difficulties and struggling with these issues?

Are you unsure if your relatives' symptoms could be caused by spiritual issues or have you had experiences where you may have ignored such beliefs and believe they have no place in mental health?

ELFT CARERS STRATEGY aims to provide more information for carers wishing to know more around this sensitive topic.

We are Inviting all CARERS to come along on:

3rd April 2019, 10am – 1pm.

86 OLD MONTAGUE STREET, LONDON E1 5NN.

LARGE MEETING ROOM.

Refreshments and snacks will be provided

Contact: Nasima Begum – Carer Liaison Practitioner Tower Hamlets Locality & Primary Care Mental Health Service
Nasima.Begum15@nhs.net. Mobile: 07908 430 837/0207 426 2448

NHS East London NHS Foundation Trust

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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