

5-16 October 2009 are Mental Health Awareness Weeks in Nottingham.

Mental health problems can affect us all. These weeks aim to reduce stigma and ignorance and promote greater understanding. This issue of *Self Help News* focuses on mental health.



A Message from Sarah Collis, Director of Self Help Nottingham



Hello everyone, welcome to the autumn edition of the newsletter. In a few weeks time it will be a year since I joined the staff at Self Help Nottingham. The time has truly flown by and what a year it has been! The staff and I have been working hard to extend the reach of our services to self help groups across the whole of Nottinghamshire. Thanks to funding from the County Council we have been able to expand the staff and for the first time we are working to produce our first edition of a Nottingham and Nottinghamshire Directory.

These are mixed times for everyone. The economic situation across the country has left many people feeling anxious about the future and how they will manage if the economy has a detrimental effect on their employment, housing and quality of life. For many of you running groups the effects of the economic downturn may have already started to hit, people may not have as much money in their pockets to support group activity and funding is increasingly hard to source and maintain. If you are having any such difficulties please make sure that you get in touch with us, we may be able to help with in-kind support or advice and it will also help us when we are talking to funders on your behalf to stress the difficulties small self help groups face.

As many of you will know Self Help Nottingham is funded by the PCTs in the city and county and both the city and county councils to provide support to groups, training, information, practical services etc. Over the next few months we are going to be highlighting the value of this work to our funders and to provide them with evidence of the difference that having a service like this makes to people who are setting up and running groups. With this in mind we are starting to think of ways to demonstrate just how important your groups are to the health and wellbeing of people living in Nottingham and Nottinghamshire. One of the things we would like to be able to do is carry out a small survey of groups, looking at where people meet, how you get your funding, how you found out about self help

amongst other things. This information along with comments made to us throughout the year are going to be put into a report which we can then send to our current funders and which we hope will provide a valuable resource for commissioners of health and wellbeing services in the future.

On another note, we are really pleased to welcome 2 new members of the team, Mat and Dave, who will be introducing themselves later on. Together with the rest of the staff they are already getting stuck into working with groups and developing new services.

Sadly for us we say goodbye to 2 of our very valued volunteers. Sarah Thomas has been working with us for over a year and has helped David keep our database updated and lately has been creating some case studies of groups which we can use to support our work. Sarah has a new job at the Nottingham University Hospital Library and we wish her every success for the future. Earlier in the year we also said goodbye to Mary Monro. Mary, an ex-member of the Positive Health Group, had been helping up-date our file on meeting rooms across the area, but sadly her own health and family commitments meant that she was no longer able to help out. Thanks and best wishes to you both.

Thanks to everyone who has made my first year so fantastic. I feel truly privileged to be working for you all and hope that this next year will allow me more time to meet with more of you. In the past I know different types of user groups have happened to help inform us of what you would like us to provide to your groups. This is something I am keen to set up again and would be very happy to hear your suggestions for what you think would work best.

Please get in touch with me at any time if you want to discuss our services or just to let me know how you are doing. Thanks again for a wonderful year and I look forward to hearing from you.

Sarah



Happy 30th Anniversary to the Motor Neurone Disease Association

In August members of the Motor Neurone Disease Association (MND) celebrated their thirtieth anniversary.

In 1979 Roger Carus of Farnsfield started up the group after being diagnosed with the condition. Roger wanted to make contact with other sufferers of the disease with a view to supporting each other.

MND is incurable and progressive, wasting the muscles and affecting the spinal cord until it paralyses the arms and legs. It also impairs speech although the brain remains active and sharp.

Roger contacted the *Evening Post* and through an article was put in touch with other people suffering the same disease. A meeting was called with the view of forming a local support group. Groups were also being set up in Scunthorpe and London and they were invited to attend a meeting at Roger's home in Farnsfield. As a result of that meeting the National Motor Neurone Disease Association came into being, although at that time nobody had any idea that the group would grow into the nationally renowned charity that it is today.

Members of the organisation came together in Nottinghamshire to celebrate their 30 years of helping people with motor neurone disease. These included some of the original founding members, one of whom was Roger's wife Jennifer who is still heavily involved with the Association. Kirstine Knox, the chief executive of the Association, and chairman Alan Graham travelled to Farnsfield to join in the celebrations.

Spotlight on Mental Health Self Help Support Groups

Nottingham can boast over 20 mental health self help support groups. There are many more groups which might deal with other aspects of mental wellbeing including bereavement, eating disorders and anxiety groups etc. At Self Help Nottingham we have had the privilege of working with and getting to know most if not all these groups. Reflecting on our work we have noticed some subtle differences between groups serving people experiencing mental illhealth and those focussing on people experiencing physical illhealth. Admittedly these observations are far from scientific but as we approach Mental Health Awareness Week, we thought we would share with you the impressions we have gained as we go about our work.

Groups meeting around mental health issues appear to meet more often than many groups based around physical health. Indeed a quick trawl through our Directory indicates that most meet weekly and that the majority of groups based around physical illhealth meet monthly. Holding a weekly group poses its own challenges as most venues charge. Room hire can cost anything between £7-£15 per session. When the membership is small or fluctuates, the cost of covering the rent each week makes heavy demands on the group's limited resources. A couple of groups have got over this by meeting in a café or pub but this brings with it its own challenges - privacy, confidentiality and noise.

Many of the groups serving people with mental illhealth, appear to have modelled themselves on co-operatives - everyone is equal and can contribute to decision-making and the running of the group. Few, if any of the mental health self help groups have formal committees; roles are often shared, leaving people to dip in and dip out according to how well they feel. Instead the membership is the decision-making body. Whilst other groups, with a committee and officers, might find this model difficult to imagine, for the mental health

groups who have 'flat structures' it seems to work very well. The beauty of this model is its ability to recognise and respond to the fact that people will need to take breaks and that it is too stressful to rely on a few to do all the work.

Some mental health groups serve small local communities enabling people to quite literally 'walk round the corner' to their group: there are groups in St Ann's, Strelley, Beeston, Bulwell, Long Eaton, Rushcliffe and Beeston. Others meet in the City Centre but draw their membership from a wide area which may include Greater Nottingham and the north of the County. There are groups meeting at weekends, in the daytime and in the evening. Many of these groups have been meeting for years, offering a sustained level of support to their members, their families and the community.

Whilst the groups vary in character, the substance tends to be that of mutual support, sharing experiences and problem-solving. Between them the local groups have written and published books, held seminars and awareness-raising events, made a video, run a book club, organised walking groups, weekend trips and camping holidays - they have even tried their hand at running a group allotment.

A few statistics for you to ponder on:

- 1 in 4 people will experience some kind of mental health problem in the course of a year
- Mixed anxiety and depression is the most common mental disorder in Britain
- Women are more likely to have been treated for a mental health problem than men
- About 10% of children have a mental health problem at any one time
- Depression affects 1 in 5

- older people living in the community and 2 in 5 living in care homes
- British men are three times as likely as British women to die by suicide
- The UK has one of the highest rates of self harm in Europe, at 400 per 100,000 population
- Only one in 10 prisoners has no mental disorder

Statistics suggest that 1 in 4 people will experience some kind of mental health problem in the course of a year. The stigma that is sometimes associated with mental health just adds to the problem. The local groups have worked hard to raise awareness of mental health issues and to reduce the stigma surrounding it. The Mental Health Awareness Weeks run from Monday 5 October to Friday 16 October 2009. Events are happening all over the city so why not come along and join in.

Exercise for the over 65s

A new 5-year project is being run by the University of Nottingham to help older people exercise more.



The ProAct 65+ scheme, paid for by the NHS, is being run by Professor Denise Kendrick. Patients aged 65 and over are invited to join an exercise class with trained instructors. The exercises are designed with older people in mind and will gradually get harder as people get fitter. Professor Kendrick said: "Staying active is so important for helping older people keep fit and well".

Organisers are also looking for peer-mentors. If you are physically active, aged 65 or over and would like to take part, contact Rachael Taylor on:
tel: 840 2697
email: Rachael.Taylor@nuh.nhs.uk

World Mental Health Day 10 October 2009



This global awareness campaign addresses the continuing need to "make mental health issues a global priority." Mental illnesses do not discriminate according to culture or age, and an individual's mental health is an integral aspect of overall health and wellbeing. There is a growing body of knowledge on the benefits of integrating mental health into primary care settings. This integration would align the diagnosis, treatment and care of mental illnesses with the mainstream healthcare system, alleviating the problems associated with the current separation of physical health and mental health care.

The theme of this year's campaign is intended to draw worldwide attention to the growing body of knowledge on integration which emphasises the benefits of enhancing overall health and promoting mental health by integrating healthcare services.

World Mental Health Day 2009 aims to provide consumers, families and advocacy associations around the world with accessible information on this topic. Involving consumers at a grassroots level in the process of healthcare integration will strengthen the message that mental health is integral to good overall health and it is imperative that appropriate services are provided for everyone who needs them, regardless of where they receive those services. During this time of healthcare reform it is critical that advocates are well informed on these important integration issues. We can be influential in ensuring that people living with mental illnesses receive the same level of priority within the general and primary health care system.

This is an extract from the World Federation for Mental Health, Mental Health in Primary Care paper and can be viewed in full on: <http://www.wfmh.org>

International Stammering Awareness Day (ISAD)

22 October 2009

On this day many people around the world who stammer will show great courage in raising awareness and talking openly about their speech problems, maybe for the first time in their lives, through radio, TV, the internet or magazine and newspaper interviews.

Stammering, or stuttering, can be a very isolating condition for around 1% of the population and causes embarrassment, lack of confidence and introversion. This can lead to under-achievement in school, thereby limiting career options and relationships in adulthood.

All of these concerns can be addressed, though. Children who stammer, if referred to an NHS speech and language therapist early in life, have a good chance of complete recovery. Although there is no cure for adults, like me, with speech habits ingrained over the years, speech therapy techniques can be successfully taught to control the stammer and improve confidence and communication skills, which in turn lead to happier and meaningful lives.

Locally, the NHS speech and language therapy department in Sherwood works well with the Nottingham self help group for people who stammer. Members of this group, established in 1986, meet fortnightly at the Sherwood Community Centre to exchange experiences, ideas, information and coping strategies on all aspects of the condition. More information on the group can be obtained by contacting me on:

email: david.preece11@btinternet.com
tel: 927 1025

The British Stammering Association (BSA) is the only national charity caring for the interests of all who are affected by stammering. This autumn the BSA website, www.stammering.org, will be carrying links to the yearly Awareness Day on-line conference. This always includes some uplifting articles by people across the globe who have come to terms with their stammer, and in so doing are inspiring others to follow their lead.

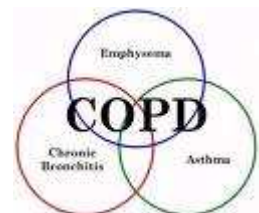
David Preece

self help
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AGM
January 2010

**Watch out for more
details.**

**World COPD
Day**



This is an annual event organised by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with health care professionals and COPD patient groups throughout the world. It aims to improve awareness and care of chronic obstructive pulmonary disease (COPD) around the world.

World COPD Day 2009 is to be held on:
18 November

self help
NOTTINGHAM

National Self Harm Network

On Saturday 10 October 2009 the National Self Harm Network (NSHN) will be holding a wellbeing fair in Nottingham to mark World Mental Health Day. This fair is free and will include stalls representing organisations working with all aspects of physical and mental wellbeing, employment and education, such as Self Help Nottingham, British Red Cross and many others - as well as free taster sessions from alternative therapists.

The NSHN supports and encourages individuals who self harm to explore the reasons behind self-harm, to offer distractions away from self-harm, to seek appropriate help and to provide crisis support. This is done via our online forums which can be accessed at www.nshn.co.uk/forum. This is a heavily moderated twenty-four-hour forum offering a safe anonymous environment for its members to talk and receive support. Full visibility of the forum is available on membership.

We are happy to announce that we will be opening up a national freephone helpline for those affected by self-harm. This will be based in Nottingham and is scheduled to open in November.

Self-harm (also known as self-injury or self mutilation) is the act of deliberately causing harm to oneself either by causing a physical injury, by putting oneself in dangerous situations and/or self-neglect. For each person the triggers, associated feelings, methods and outcomes can be different.

There is no 'typical' person who self-harms. An individual who self-harms can not and should not be stereotyped; they can be of any age, sex, sexuality or ethnicity and of different employment status etc. Someone that self-harms should not be described as a 'self-harmer', they are an individual and should not be categorised by their distress.

For many self-harm is born out of complex origins and there are no simple solutions. Self-harm is primarily a coping strategy and removing it

before exploring the reasons behind these actions and finding alternate coping strategies only serves to distress individuals further.

NSHN provides information and training from small groups to national organisations and the voluntary sector. It offers membership to individuals including friends, families and carers, professionals and organisations who receive information packs, distraction lists, resource lists, newsletters and regular updates.

For membership forms please contact info@nshn.co.uk or write to NSHN, PO Box 7264, Nottingham, NG1 6WJ

The wellbeing fair will be held at **Nottingham Voluntary Action Centre, 7 Mansfield Road, Nottingham NG1 3FB** and will be open to the public from 11.00am-3.00pm on Saturday 10 October.

(Written by National Self Harm Network, 2009)

Self-Harm Training

Free training from the self help group Cutting Back

On Wednesday 14 October from 11.00am-2.0pm with lunch provided.

To be held at the Life at the Centre, Central Methodist Church, Parliament Street.

Topics covered: what is self-harm, why people self-harm, needs of workers and helpful responses.

Attendance is free, although donations to Cutting Back would be welcomed.

To book a place please ring Angela on 913 5710. Complimentary lunch and refreshments provided.

Please book early to avoid disappointment!

A Mother's Story

After going round and round in circles looking for some support for me, I gave up and contacted Self Help Nottingham hoping they could help me.

Why do I need support?

I am the mum of a 15-year-old lad, in many ways an ordinary teenager. Girls, music, Facebook and MSN dominate his life. But on top of the usual teenage things, he also self-harms, has so many bad thoughts, he hears voices, is compulsive, erratic and is prone to going A.W.O.L when it all gets too much. He has anxiety, driven depression.

I went everywhere, got turned away because he wasn't that bad, the help we did get was thin on the ground until he got really bad and ended up in crisis. But no one has ever asked me what help I need, given me advice on how to talk him down when he doesn't feel safe!

There are carers' groups out there, but not one specific for carers of teenagers. Its not just about mental health problems, but the parenting bit. Above all I'm a mum, I still have to parent effectively, but some of the things that I scratch my head about are:

- When is he just being a teenager and when is it his depression?
- How do I get school to recognise he needs some support?
- How far to push when he is being a pain without pushing so hard he ends up in crisis?

Sometimes I feel like I'm between a rock and a hard place - back off and support or remind him of the rules and run the risk of meltdown.

I'm trying to make family, friends and teachers understand he has an illness that is not always under control and he isn't a bad kid doing it on purpose.

If you have identified with anything I have written and found yourself nodding, or you know someone who cares for a teenager with mental health issues, then please get in touch with Self Help Nottingham or email me at: together.selfhelpgroup@googlemail.com

What next?

I would like to meet up with other parents or carers of teenagers with mental health issues; it can be as informal as meeting up for a drink and chat. If there are lots of us perhaps we could meet to see what ideas are out there. But my starting point is meeting others like me.

I am working with Mat to get something going. Even if there are 3 of us, a drink and a bag of nuts, having a chat, it's a start.

I hope I'm not alone in thinking this is a good idea.

Turkey & Tinsel Holiday Staying at the Savoy Hotel, Skegness 2-6 November



Take a Break, carers support group, have organised a Turkey & Tinsel holiday for their group members. They are inviting members of other groups to join them as there is spare capacity both on the coach and at the hotel. The coach is adapted for use by wheelchair users and the hotel is situated on the sea front. The cost is £140 for the 4 nights/5 days.

If you are interested please ring Christine on 952 4482

Living Library - it's OK to talk about it

Living Libraries with Living Books

Every library needs books and in a Living Library the books are people, they are Living Books all with different titles. The reader can borrow a person, have a cup of tea and a chat and talk about whatever that Living Book might be about.

Six Living Libraries are planned across Nottinghamshire as part of a campaign to end the discrimination of mental health. Nottinghamshire Healthcare NHS Trust are working in partnership with the national Time to Change campaign and City and County Library Services to put together this unique approach to talking about mental health.

On our mental health shelf there could be Living Books that cover subjects like:

- Anxiety
- Being a carer
- Being a psychiatrist
- Being a parent
- Bi-polar
- Depression
- Race and mental health
- Schizophrenia
- Substance misuse
- Sexuality and mental health
- Working in mental health services

All the Living Books have direct experience of mental health issues and can talk and answer questions about their topic of expertise.

It allows the opportunity to ask questions that you may not get the chance to ask in everyday conversation in a place that is free from prejudice and stigma.

One in 4 people are affected by mental health in the UK and if this issue has touched your life, a Living Library gives the opportunity to listen and share stories in a safe and open environment.

The Living Library concept has its origins in Scandinavia and was initially used as a tool to challenge prejudice. A Living Library can be on any topic but in this case it is mental health.

Where

Saturday 10 October 11.00am-3.00pm
Nottingham Central Library

Monday 12 October 10.30am-2.30pm
Beeston Library

Saturday 17 October 10.30am-2.30pm
Retford Library

Monday 19 October 10.30am-2.30pm
Mansfield Library

Saturday 24 October 10.30am-2.30pm
Newark Library

Wednesday 28 October 10.30am-2.30pm
The Crossing, Worksop

For further details contact:

Jonathan Wright

Anti Stigma Campaign Manager

tel: 9555 404

email:

jonathan.wright@nottshc.nhs.uk

TAGADERE MOVES FORWARD



Tagadere, Nottingham's HIV self help group, is moving on at a steady speed. In recent months we have moved to new premises slightly out of the city centre, located opposite working allotments. We have an outdoor space with barbecue facilities which is invaluable in providing somewhere for members to have a pleasant, relaxing space with a view over the gardens.

The facilities also include a separate office for one-to-one meetings, disabled toilets and a dedicated and well-equipped play room for children which is highly useful as the number of ladies with children attending drop-in has increased quite rapidly over the past few months.

The price of renting the premises is substantially smaller than that of the old one, thus enabling us to provide a free weekly meal which caters for around 30 people. Our culinary adventures are cooked by members of the group and range from traditional English fish and chips to African, Portuguese and Jamaican food. Using volunteers from local catering colleges for additional help is an avenue which we are exploring.

The opening day for the new drop-in was very successful with over 50 people attending, including members from Derby Positive Support and Faith In People from Leicester, who came over to join in the celebrations. A catering firm was employed to provide a substantial buffet lunch which was enjoyed by all. A bouquet and a gift were presented to Joy Rushton in appreciation of her ongoing help and efforts.

The icing on the cake was that on the day of the opening we discovered that we had been granted charitable status which is a great advancement.

Our aim is to obtain permanent premises for Tagadere and remain locally based,

independent and to continue offering services at a grassroots level whilst concurrently liaising with other HIV groups.

The working party consisting of Morgan, John, Simon and Richard have been working closely with Derby Positive Support and Sheffield SHIELD to learn from their experiences and to discuss how Tagadere's services can be improved and expanded. Visits to both groups' premises have been made recently. Also, invaluable help has been provided over many meetings with Self Help Nottingham and Nottingham CVS.

As well as having Housing Specific Support Workers from Metropolitan Support Trust at each meeting, Tagadere offers exclusive social work support from Joy Rushton, plus an HIV specialist nurse in attendance every week and also a dietician from Nottingham City Hospital. A laptop computer with internet access is available to enable group members to use the internet for help in a variety of needs.

Excursions are being planned for the coming months, the first being a cruise along the Ashby canal in Leicestershire with all places having been filled as soon as it was announced.

The working party presented Armored Young with a bouquet and a gift as thanks for her voluntary work in fundraising over the past years since the creation of the Hardship Fund.

All in all it is a very productive, exciting, exhausting and rewarding time for Tagadere.

SIMON SMALLEY

Local Involvement: Turning Rhetoric into Reality

The Patients Association was set up more than 45 years ago to promote the voice of patients in healthcare.

We are a registered charity committed to making a difference to the 'patient journey'. We offer patients an opportunity to share their experiences of health services and we are then able to campaign for all patients nationwide.

We receive no core funding from government so we can maintain our independent voice, but we work with government, the NHS and other healthcare providers to improve services.

The Patients Association is writing this because we want to support the continuing good work of active local campaigns and campaigners. We would like to offer our free weekly news round-up which has information and opinions on the latest developments in healthcare. With this, we hope we can contribute to your information needs about the issues facing the NHS nationally.

To sign up for the Patients Association's weekly news round-up, please visit our website www.patients-association.com/Join-Us

Signing up is free and will make you an 'e-member'. You will receive the weekly news round-up and the latest information on the Patients Association's activities. We will not pass on your details to any other organisation.

Above all, the Patients Association wants to maximise the excellent work of local involvement groups across the country with campaigns to improve national policy. Our experience in the past has shown that concerns raised in one area will recur

elsewhere. Too often individual patients think they are alone with the problem that affects them. By raising awareness of national healthcare issues among local campaigners, we hope that together we can bring about the improvements needed for all patients.

Unfortunately, the Patients Association cannot offer direct support to every campaign and, every case of mismanagement, much as we would like to be able to do so. By keeping active members of communities aware of developments in healthcare and our latest work, however, we hope to go some way to producing a more informed approach to healthcare delivery and policy. Nobody understands local issues better than those affected locally. We strongly believe that by increasing the awareness of national developments in the NHS, local patient involvement groups will also be enabled to contribute a major role in advancing change.

Our past and ongoing campaign areas include: GP services; access to medical records; care for older people; infection control and hospital cleanliness; dentistry; trust in medicines; patients rights and mixed-sex wards. We have worked to research and campaign in all of these areas and continue to focus on them in our current schemes.

**Our helpline - 0845 608 4455
(open Monday-Friday 10.00am-4.00pm)**

**or email:
helpline@patients-association.com**

is available to any patient in the UK when they are having difficulty with the service that they receive during their 'patient journey'.

For further information please:

Write to:
PO Box 935
Harrow
Middlesex HA1 3YJ

tel: 020 8423 9111
fax: 020 8423 9119

email: mailbox@patients-association.com

website:
www.patients-association.com

If you would like to become a full member please contact us for a membership form or apply online. For any questions or queries please do not hesitate to call. We look forward to hearing from you.

The Patients Association hit the headlines at the end of August with their report '**Patients not numbers, people not statistics - 16 first hand accounts of patient care in hospital**', which highlights unacceptable experiences facing patients around the country. Using evidence from the report, the Patients Association called on government and the Care Quality Commission to conduct an urgent review of basic care standards in hospital, and stricter supervision and regulation of hospital care.

The report is available free from the website at

www.patients-association.com



Self Help Nottingham gets a make-over

Self Help Nottingham gets a make-over from Boots employees. Volunteers from the Boots Company have been redecorating the meeting rooms and public areas of Self Help Nottingham's offices on Pelham Street in the city centre.

The Boots volunteers came to Self Help Nottingham through Nottinghamshire Cares, a Business in the Community campaign to engage employees in their communities through volunteering.

Boots Charitable Trust awarded us £3,000 towards a complete refurbishment of the training room. This enabled the purchase of training equipment including a wall-mounted, wide-screen monitor, white boards and new dishwasher for the adjoining kitchen. Other support for the project has come from John Lewis Nottingham and the Gray Trust.

Come and visit us and see our new facilities.



Boots volunteers



Event

28 October Stroke Awareness event

Summit Centre, Pavilion Road
Kirkby-in-Ashfield

An informal event that is open to everyone who would like to know more about stroke services. The event is aimed at stroke survivors, carers, family and friends.

Lunch will be provided and you are welcome to come along to the morning or afternoon session or both.

To find out more or book a place at either event contact Steve or Wendy at Ashfield Links Forum on: **01623 555551**

Let's hear it for the new groups

Self Help Nottingham continues to receive requests to set up new groups around new and traditional issues. Here's a selection of some of the new groups taking their first tentative steps into the world of self help:

- Tinnitus
- Bereavement: Keyworth
- Hearing Loss: Newark
- HIV: Newark
- Parents of Teenagers with Mental Health Problems
- Carers: Bilborough
- African & African Caribbean Dads of Disabled Children
- ADAPT: Stress at Work
- Talking Epilepsy

Contact us for further information

Green Update...

Earlier this year the Greening Self Help Nottingham group applied for funding from B & Q for energy efficient office improvements - unfortunately we were unsuccessful, but are now using some of the information to plan some low-



cost improvements to insulation. The group has also developed a Green Statement for the organisation and is starting to look at different policy areas such as transport in more detail.

We'll include more information about green issues for groups in the newsletter as they come up in future.

Free Energy Audits for Community Buildings in Nottinghamshire

If your group meets in community buildings in one of the county districts, the building organisers can apply for a free energy audit. The audit would point out potential energy savings and could also help the organisation running the building to apply for funding for some types of energy improvements. Saving energy could help to keep the costs of room hire down in the longer term, as well as reducing harm to the environment.

Audits are offered on a first come, first served basis by Marches Energy Agency, working for the County Council.

For more information or to apply, see
www.communitysustainable.org.uk
or contact Joe Bentley
e-mail: joe@mea.org.uk
or tel: **01743 277108**

Joan Cook

Disclaimer

Self Help Nottingham offers information in this Newsletter which may be of interest to groups and group members, but we cannot recommend any particular individual, organisation or service.

What's new at Self Help Nottingham

Key Members Day

Saturday 17 October 2009 11.00am-3.00pm

In addition to topics requested by participants, this event will explore the thorny issue of succession. Succession is the planned process whereby one member steps down and is replaced by a newly elected member. When it works well the member standing down does so with a sense of achievement and satisfaction and the member taking on the new role feels fired up with enthusiasm and energy. Sounds familiar? Maybe not, for many Key Members the task of finding someone to take over is long-drawn-out and ultimately disheartening. Come along to this event and here about succession planning and how it might help you.

Heart and Diabetes Groups' Network Meeting

Thursday 5 November 1.30pm-3.30pm

Network invitations will be going out shortly to all Nottingham's diabetes self help groups and heart support groups. This annual get-together aims to be informal, giving groups an opportunity to re-establish links, exchange information and to share developments over the last year. There will be a speaker, information sharing and an opportunity for diabetes groups to plan for World Diabetes Day.

Making the most of public involvement

Wednesday 2 December, 10.30am-3.30pm

More and more health and other organisations now want to involve and hear from people who use their services. This day looks at different ways of getting involved, and at issues for self help group members thinking of taking part in patient, public and service user involvement groups. We'll be thinking about pros and cons of getting involved, choosing which groups to get involved with, representing your self help group or speaking

for yourself, deciding when to push your group's issues and when to listen to others, and spotting where other groups' issues might match with yours. Whether or not your group has already got involved with involvement, we think this day will help you to make the most of it!

Training in 2010

Throughout November, the Groups Training and Development Team will be putting together the 2010 training calendar for groups. We are eager to include your ideas and suggestions. What sort of topics would you like to see addressed through training or networking events? Are there courses you would like us to repeat, or new areas we have not covered?

If you or your group has a problem you think could be addressed through training, the chances are that another group might be facing a similar challenge and would welcome a workshop or longer course. So please, let us know what your needs are, and we will make sure we include training to suit you in next year's calendar.

If you have any suggestions or requests, please call Caroline.



Help raise funds for Self Help Nottingham by shopping on-line at:

www.buy.at/selfhelpnottingham

All your favourite retailers



Five A Day!

Eating your 5 portions of fruit and vegetables has so many advantages, one being that it helps reduce the risk of heart disease, stroke and some cancers. Fruit and vegetables are packed full of vitamins, minerals and fibre and it's easier than you think to get your 5 A Day! It's not just about eating fresh fruit and veg: canned, frozen, 100% fruit juice and dried fruit and veg all count.

Here are some examples of what counts towards your 5 A Day:

Fruit

Vegetables

- 2 small plums/satsumas
- 3 tbsp veg e.g. carrots, peas, sweetcorn
- 1 apple or banana
- 1 cereal bowl sized salad
- 1 tbsp raisins
- 2 broccoli spears
- 3 dried prunes or apricots
- 1 large parsnip
- 2 pear halves from a tin (in natural juices)
- Half a pepper
- A glass of 100% fruit juice (150ml) (only counts as 1 portion per day)
- 3 tbsp beans e.g. baked beans, kidney beans, chick peas (only count as 1 portion per day)

If you are aged 40+ and would like to find out more about healthy eating and how to cook healthy meals that are quick and easy to prepare then come and join a free cook and eat group in your area.

It's fun, friendly and informal and helps you explore healthy eating and lifestyle change through practical cooking and sharing ideas.

Over the sessions you will develop your skills in cooking and be able to make small and gradual changes to your eating habits.

IT'S REALLY EASY AND FUN AND IS COMPLETELY FREE!

If you live in Radford, Aspley, Bilborough or the Meadows we have a cook and eat group coming to you in November. If you don't live in these areas then don't worry as we have more cook and eat groups planned for the New Year.

If you are interested please contact Clair from the Public Health Nutrition Team (Adults) for Nottingham City Community Nutrition and Dietetic Service on:

tel: 883 4291

email:

clair.morley@nottinghamcity.nhs.uk



FUNDING

Self Help Groups Project Fund

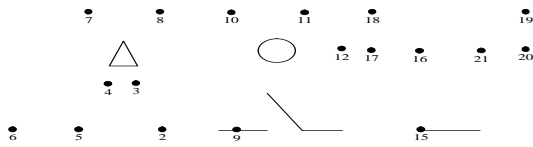
The autumn round of the Self Help Groups' Project Fund has come around again and we want to hear from health related groups in need of cash to fulfil a new project or to purchase new equipment.

Application forms are available through Self Help Nottingham, by e-mail or by post. The fund is for self help groups across Nottinghamshire and particularly welcomes applications from groups that have not applied in recent years,

If you would like an application pack, or help with your application, please contact the Groups Training and Development Team at Self Help Nottingham.



Nottingham
City Council



Dot-to-dot

Follow the numbers with a continuous line to reveal a word.

What does this word mean to you and your group?

Have your say on how your Museum Service provides your group with interesting things to look at and do by joining the People's Panel.

For more details please contact:

Annabel Elliott
People's Panel Co-ordinator
tel: 0794 913 5754
email: annabel.elliott@hotmail.co.uk

RENAISSANCE
EAST MIDLANDS
museums for
changing lives



Further copies of this newsletter in a pdf format can be obtained from our website at:
www.selfhelp.org.uk/pub_news.html
then click on the edition that you're interested in.



Local Involvement Network

The Local Involvement Network is an independent network of local individuals, groups and organisations that work together to raise community concerns about all publicly funded health and social care services. Since April 2008 LINKs have been set up in every local authority area in England to give communities a stronger voice in how their health and social care services are planned and delivered. The LINKs is funded by the Department of Health through the respective local authorities.

We need your help to raise issues and concerns around health and social care services. We have a team of dedicated staff that will visit your group to give a talk around how the LINK can work for you and how you can raise issues with us. If you would like a presentation to your group or any more information please contact:

City - Martha Highton/Laura Marano on:
975 4647

County - Katy Jeffery/Inderpal Dhillon on:
975 4647

Or alternatively e-mail:
links@strongerlocalvoice.com
or write to:
Unit E2, Southglade Business Park,
Cowlairs, Nottingham, NG5 9RA



New Staff at Self Help Nottingham



Hello, my name is Mat Rawsthorne. I joined Self Help Nottingham at the start of August, in the Groups Training and Development Team with Caroline and Susan.

Before that I have had lots of different jobs: working for a depression self help group, supporting Primary Care Trusts in deciding which health services to buy, helping a Mental Health Trust introduce new community teams, and, way back working in finance and IT which is handy for understanding funding bids.

I am originally from Crosby, Merseyside (near where the Iron Men are) and recently re-settled in Nottingham with my wife. I enjoy stand-up comedy and getting out in the fresh air, either hacking at the garden or hiking up a hill.

I am a member of 2 self help groups and doing part-time study in cognitive behavioural coaching.

I'm still getting to know my way round all the brilliant groups we're involved with. I never cease to be amazed at the courage people have in sharing their stories to let others know that they are not alone with their problem.

If there is anything I can do to help you keep up the good work please contact me - my email address is mat@selfhelp.org.uk or you can ring me on 911 1657.



Hi, I'm David Potter the Self Help Nottingham (SHN) Toolkit Projects Manager. I started with Self Help Nottingham on 24 August. The team have made me very welcome and I've had the pleasure of meeting a few members from self help groups; I'm looking forward to meeting more groups in the future.

I'm originally from the North West (near Warrington), what Mat would call a 'woolly-back'. I've lived in Nottingham for nearly 20 years and have lived in Sherwood for the past 8 years with my partner Janet and our two daughters Ellen and Hannah. I've had a variety of jobs leading up to this one, from a university researcher to project development as a funder. My role before this was as the Volunteer Development Manager for Gedling CVS. I've got a few interests, but my first love is football. I support Liverpool and I've nearly adopted Mansfield; but what keeps me really busy is managing the Sherwood Girls Under-10s side.

The Toolkit Project is an exciting venture for SHN that will, in time, benefit many groups, health and social care staff, and individuals in the West Midlands. The Department of Health is funding Self Help Nottingham to pilot the development of a directory of self help groups in 5 or 6 PCT areas in the West Midlands. The way this is done is unlikely to mirror exactly how it is done in Nottingham, but as a leading organisation in the UK supporting self help groups Self Help Nottingham provides invaluable learning and know how that will be used and replicated to the benefit of many in the West Midlands.



Ormiston House, 32-36 Pelham Street, Nottingham NG1 2EG

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0115 911 1662 for admin & general enquiries

Fax: 0115 911 1660

Email: admin@selfhelp.org.uk or visit our website at www.selfhelp.org.uk

Opening hours: 9.00am-5.00pm Monday to Friday