

**It's That Time Of Year Again!!  
 Mental Health Awareness  
 Weeks, October**

As a child, the time of year that I looked forward to the most was the beginning of September. I met up with all my friends at school and friendships were re-kindled again after 6 weeks apart. We were all kept busy, rushing around finishing homework.

I also waited with bated breath as the countdown to Goose Fair began. We all had such eager anticipation for that first Thursday in October, when the nights began to draw in and the smell of the slowly approaching autumn was in the air. To this day the fair lights, the sounds, the smells and the hustle and bustle of the people milling around both young and older (like me!) fill me with excitement and joy!

Bearing all this in mind, there is a wonderful synchronicity in the fact that Nottingham Mental Health Awareness Weeks is held in the first two weeks of October and has been for the past nineteen years.

For me there are two areas that MHAW focuses on. The main area is to do 'what it says on the tin'! To raise awareness of the discrimination and stigma that people in our society with mental health problems face on a day-to-day basis and how this leads to exclusion from many things that we as a society take for granted. There is a diverse programme of 30 events organised throughout the city in order to promote the messages of awareness and acceptance.

The by-product of all of these events is the social, fun and inclusion aspect - people meet up with old friends and make new acquaintances, they watch films, join in discussions, listen to and join in with music nights, view art, hear wonderfully inspiring stories and accounts of other people's life journeys, laugh, cry, hug, sing, disagree and generally feel included in our society.

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The raising of self-esteem, self-respect and confidence that occurs during these weeks is embedded in people and enables them to move forward in their lives. For myself it is a privilege to be part of such an important, heart-warming annual event.

So, when the nights are drawing in and Goose Fair is rapidly approaching - remember, so is Nottingham Mental Health Awareness Weeks, 9-21 October and watch out for the bright orange leaflets, or visit

[www.nottinghammentalhealthawarenessweeks.org](http://www.nottinghammentalhealthawarenessweeks.org) and join in!

Pam Abbott  
MHAW Co-ordinator  
Tel: 0797 367 4803

## **MENTAL HEALTH HELPLINE STOPS OFFERING SERVICES TO PEOPLE IN NOTTINGHAMSHIRE**

Rethink Focusline, Nottinghamshire is a local helpline offering telephone support and information to anyone affected by mental health issues, including those experiencing mental health problems and anyone caring for someone with a mental health problem. It provides a listening ear and reassurance to those in mental distress and can also signpost people to more specialist services if appropriate.

From 1 June 2011 this service covers Nottingham city, Derby city and Derbyshire, Leicester city and Leicestershire and Rutland. The service previously covered Nottinghamshire county and callers from this area will receive an automated message from the answerphone service, with details of alternative services including the national helplines of the Samaritans and Saneline.

Tel: 0800 027 2127, Freephone Helpline, Monday-Friday, 5.00pm-7.00am and Saturday and Sunday, 24 hours

email: [focusline@rethink.org](mailto:focusline@rethink.org)

UK Website: [www.rethink.org](http://www.rethink.org)



## **Free Mental Health Recovery Courses**

Information about courses at Nottinghamshire Healthcare Trust's Recovery Education Centre is now available. The centre opened in May, in Sherwood, Nottingham, and courses are open to adults who have personal experience of mental health challenges, who care about people with mental health challenges or who work for mental health services. 'Recovery' in this context is the idea of living as full a life as possible in spite of limitations, similar to learning to get on with life while living with a variable or long-term physical health condition.

The idea of this type of recovery came originally from people who have experienced mental ill health, and many mental health services now offer support for recovery and self care. The Recovery Education Centre is part of this approach in Nottinghamshire.

Courses support wellbeing and recovery, helping people to develop their skills and understanding, identify goals and ambitions, and gain the confidence to take up other opportunities. There is a wide and interesting range of courses on personal development, confidence, understanding mental health, and practical skills such as gardening. The centre also invites people to suggest courses they would like to see running in the future. The centre aims to break down barriers between 'us' and 'them' by offering training sessions run for and by people with experience of mental health challenges and people with professional experience. There is also a library of resources including books, DVDs, leaflets and internet access.

The centre can be contacted on 0115 956 0802 or email [recoveryeducationcentre@nottshc.nhs.uk](mailto:recoveryeducationcentre@nottshc.nhs.uk).

Course information, student handbook and booking forms are available from [www.nottinghamshirehealthcare.nhs.uk/our-services/local-services/recovery-education-centre](http://www.nottinghamshirehealthcare.nhs.uk/our-services/local-services/recovery-education-centre).

# Help to Celebrate our 30<sup>th</sup> Birthday

Self Help Nottingham turns 30 next year and to celebrate we are planning a series of events to mark this milestone in our history and the achievements of self help groups in Nottingham and Nottinghamshire.

We would really like you to be involved in the planning to make sure the events are fun, interesting and useful to groups. If you can spare some time to attend meetings, to give us a self help group perspective and to help us to come up with ideas, we would love to hear from you.

The meetings will be held up to twice a month and full travel expenses and refreshments will be provided.

Contact the Director, Sarah Collis, on 0115 911 1659, Monday-Friday, 9.00am-5.00pm or email [sarah.collis@selfhelp.org.uk](mailto:sarah.collis@selfhelp.org.uk).



1982 - 2012  
30 years of Self Help  
Nottingham

## Meadows Association for Diabetics Celebrates 10 Years



### All Aboard for a M.A.D Day Out

As a new member to M.A.D (Meadows Association for Diabetics), it was my first excursion with the group and I really enjoyed my day out. As the group has just celebrated its 10<sup>th</sup> anniversary, the group booked a meal at the Lord Ted at Farndon near Newark, after we embarked on a boat called "The Newark Crusader". The boat was fitted out for people with disabilities and can take wheelchairs; this was good as a couple of our members do use wheelchairs. We were made very welcome and were offered tea and coffee.

As the journey unfolded I was allowed to drive (sorry, steer) the boat. It is harder than you think. I take my hat off (if I was wearing one) to the drivers (sorry again pilots) as they made every effort to make us feel good. The scenery from the boat was so different you would not think that you were still in Nottinghamshire. For once the weather was fine and we all had a great day out.



### Enjoy the beauty of St Anns Allotments



Summer may be fading, but our gardens are still bursting with fruit and veg. Why not come to one of our activities or arrange a visit with your group. Our 70-acre site, on the St Anns/ Mapperley border, is great to visit and spend time in nature. There are regular heritage walks, activity days and volunteering opportunities.

#### Heritage Open Day 2011

Sunday 11 September, 11.00am-4.00pm  
Site open to the public, tours activities, refreshments.

- Free fun for all the family
- Heritage tours and exhibitions
- Wild life areas open
- Ecoworks workshops activities and refreshments

#### Heritage Walk

Wednesday 28 September, 1.30pm-3.00pm  
book with office.

#### Apple Day at the Community Orchard

Sunday 16 October, 11.00am-4.00pm

- Apple juicing, apple tasting and all things appley

#### Health walks

We are in negotiation with Best Foot Forward to run health walks at the gardens - contact us for more information.

**Note:** The site is a working allotment site; it's hilly with uneven surfaces which can make it difficult for elderly or disabled visitors.

For more information about any of the events please contact STAA on 0115 911 0207, email: [mo\\_heritage@staa-allotments.org.uk](mailto:mo_heritage@staa-allotments.org.uk), check our website; [www.staa-allotments.org.uk](http://www.staa-allotments.org.uk) or follow us on Facebook.

[www.facebook.com/staa.allotments](http://www.facebook.com/staa.allotments)

### Free Healthy Eating Cooking Courses and Talks for all Self Help Groups in Nottinghamshire

The NHS Nottinghamshire Community Nutrition Team would like to offer all self help groups free talks and cooking courses on healthy eating. The Team covers the whole of Nottinghamshire and runs courses for many thousands of people a year free of charge.

If your group is interested and wants to find out more please contact Luke Daley, Public Health Nutritionist for enquiries in the Gedling, Mansfield and Rushcliffe areas or Mia Johnson, Public Health Nutritionist, for Newark and Sherwood, Ashfield and Broxtowe, on 01623 785 183, Monday-Friday, 9.00am-5.00pm or e-mail:

[Community.Team@nottshc-chp.nhs.uk](mailto:Community.Team@nottshc-chp.nhs.uk).



### Free Snooker Tables and Membership at Rileys for Self Help Groups



Rileys American pool and snooker club is offering free snooker tables and membership for self help groups. The members-only club, in St James Street in Nottingham city, offers groups the first two snooker tables free of charge and also offers free membership to self help groups with six or more people.



The club already has a mental health group and a disability group using the facilities and would like to see more self help groups using the club during the day.

Rileys has 12 full size snooker tables upstairs and on the ground floor has eight pool tables, two football games and a Wii console connected to a giant 3m X 3m screen.

If you are interested in finding out more please contact Lee Thorpe, General Manager, or Jen Thomas, Promotional Manager, on 0115 947 0620, email [nottingham@rileys.com](mailto:nottingham@rileys.com) or visit the website at: [www.rileys.co.uk/club/101/Nottingham](http://www.rileys.co.uk/club/101/Nottingham).

### Stammering Open Day, Open to All

Stammering can be a frustrating, embarrassing and isolating condition and so the Nottingham self help group are holding an open day to tackle some of these issues. With generous funding from the Nottingham Community Foundation and in conjunction with the national charity, the British Stammering Association, the event is offered free of charge to anyone interested in stammering - including friends, family and colleagues of sufferers, professionals such as speech and language therapists and SLT students. Members of other self help groups are also very welcome to attend the event.

This event ties in with International Stammering Awareness Day and hopefully will attract people not only from the city and county, but from anywhere in the UK. The day will include keynote speakers, workshops and a Question and Answer session too.

Importantly, time will be given - during refreshment breaks and lunch - for people to meet others who stammer and to exchange experiences and coping strategies and hopefully make new contacts and friends. [www.stammering.org/events\\_nottingham.html](http://www.stammering.org/events_nottingham.html)

**Saturday, 22 October**  
**10.00am-4.30pm**  
**Rufford Suite, County Hall, West**  
**Bridgford, Nottingham, NG2 7QP**

To book a place and for more information and details on the Open Day, please contact David Preece, by letter, telephone or email.

**David Preece, 52 Highbury Avenue,**  
**Bulwell, Nottingham, NG6 9DB**  
**Tel: 0115 927 1025 or email:**  
**[david.preece11@btinternet.com](mailto:david.preece11@btinternet.com)**



# Anglia Ruskin has 'Big Ideas for the Future'

**Self help research project has been selected for leading national report**



Anglia Ruskin University's groundbreaking work on the support for self help groups has been chosen as one of the most important research projects taking place in universities today.

We are delighted that credence is being given to the self help movement by being included in the report *Big Ideas for the Future*. This is being jointly published by Research Councils UK (RCUK) and Universities UK, pulling together the leading research currently taking place across UK universities.

Research from all fields, including science, social sciences, engineering, the arts and the humanities, was eligible to be included and this project was selected for inclusion from hundreds of submissions. The report is narrated and backed by high-profile celebrities such as Professor Lord Winston, Dr Alice Roberts and Professor Iain Stewart.

Researchers at Anglia Ruskin are producing evidence-based guidelines on how community-based practitioners can best support local self help groups. Anglia Ruskin's work on Effective Support for Self Help/Mutual aid groups (ESTEEM) is in collaboration with Self Help Nottingham and the University of Nottingham.

The study aims to improve the quality of advice and support to UK self help groups by community practitioners through the provision of appropriate guidance and resources. It will also support the development of resilient and resourceful self help groups in the future.

The overall management of the project is led by Sarah Collis from Self Help Nottingham. The research project partners are Professor Carol Munn-Giddings, from Anglia Ruskin, and Professor Mark Avis, from the University of Nottingham.

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## Speakers Wanted from self help groups

One of the most common requests Self Help Nottingham receives from groups is for a list of people willing to talk at meetings. To this end we are compiling a register of individuals willing to speak and the topics they feel able to speak about. There is often a lot to be learned from members of different groups interacting because some of the issues faced are common to many conditions and life situations. For example, we have in the past arranged for members of a depression self help group to share their expertise on resiliency with a diabetes support group. Both groups gained a great deal from the exchange. There is support available from Self Help Nottingham's Training and Development Team for members of groups who want to practise telling their story, so if this is something you are interested in doing please let us know.

**Contact [training@selfhelp.org.uk](mailto:training@selfhelp.org.uk)  
or telephone 0115 911 1662,  
Monday-Friday, 9.00am-5.00pm,  
for more information.**



# Advisors Wanted for Nursing, Midwifery and Physiotherapy Education

Self Help Nottingham works with the School of Nursing, Midwifery and Physiotherapy at the University of Nottingham to involve service users, carers and patients. People are involved in activities such as teaching and speaking to students, consultations about courses and interviewing for new students.

The Service User and Carer Advisory Group advises on how service users and carers are involved with the School. It provides service user and carer viewpoints on how nurses, midwives and physiotherapists are trained and on School policies and procedures, and helps the School to consult with wider groups of patients and the public. This is a time of enormous change, for both health services and for higher education. The group aims to make sure that people who use health services now and in the future keep a strong role in health professionals' education. There is more information about the group at [www.nottingham.ac.uk/nmp/about/service-user-carer/index.aspx](http://www.nottingham.ac.uk/nmp/about/service-user-carer/index.aspx).

Meetings take place every two months, with service users, carers and lecturers working together in a friendly, hard-working and interesting group. As well as preparing for and coming to meetings, members have the chance (but no obligation) to join consultation groups, train to interview students, and take part in other activities. The group tries not to use jargon, and explains the jargon that can't be avoided. Meetings are held on weekday afternoons in accessible venues in Nottingham and Grantham, with payments offered for expenses and for taking part. The group appreciates that members' health and commitments often vary, and members may not be able to come to every meeting.

The group is looking for new members from September this year, and would especially like to recruit more men, carers, and people from minority ethnic groups.

If you might be interested, or would like to find out more information, please contact:

**Joan Cook at Self Help Nottingham**  
tel 0115 911 1662  
or email [joan.cook@selfhelp.org.uk](mailto:joan.cook@selfhelp.org.uk)

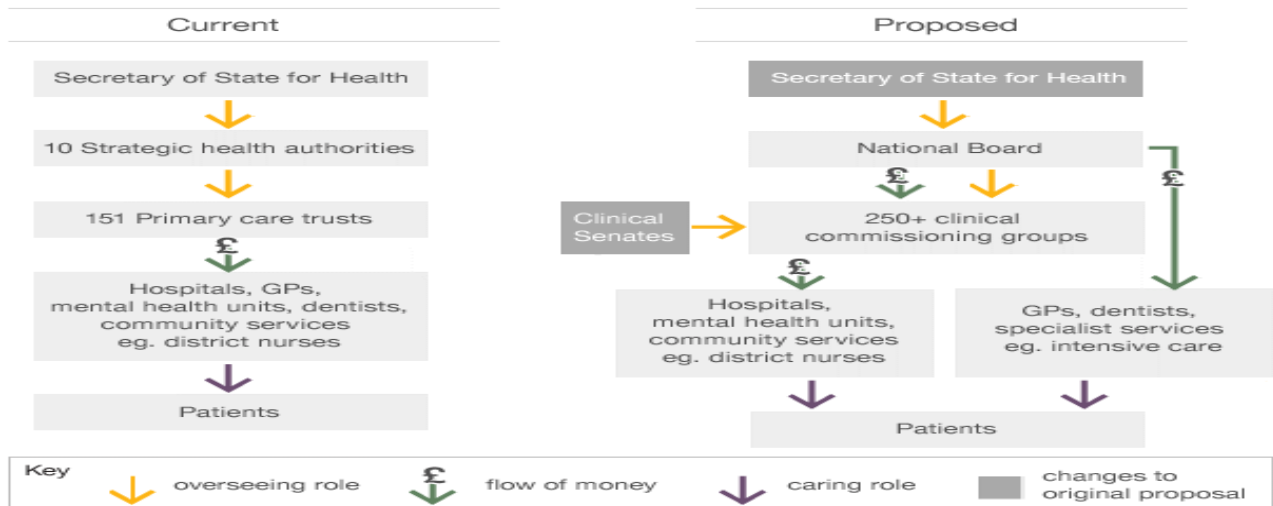


Get all your on-line purchases through Self Help Nottingham's website and support the organisation to raise funds. Just click on the Buy.at logo at [www.selfhelp.org.uk](http://www.selfhelp.org.uk) and continue to shop as you would do normally. Each week there are special offers, so don't miss out, check what's happening today.

# Patient and Public Involvement Round-Up

When the overhaul of the NHS in England was announced last summer it was dubbed the most radical re-organisation of the health service since it began more than 60 years ago. Over the following months the criticisms mounted to such an extent that the government called a halt and commissioned an independent review. The NHS Future Forum carried out consultations and published its recommendations in June. The diagram below shows the current NHS structures and how things would look with the proposed changes in place.

**The structure of the NHS**



## What does this mean for patient and public involvement locally?

Self Help Nottingham attended the NHS Nottingham City Patient Experience Group (PEG) meeting in July to find out more. There were presentations by Sally Seeley, Patient Involvement Lead at NHS Nottingham City Clinical Commissioning Group, Sarah Kirkwood and Shanaaz Aziz from City Care Partnership, and Sarah Hewitt, Communications Director of the NHS Nottingham City Clinical Commissioning Group. They described the governance structures of the new organisations and discussed initial ideas for involving patients with City Care Partnership (which provides many community health services) and with the Clinical Commissioning Group. Sarah Hewitt talked about the Clinical Commissioning Group's branding and new newsletter *Connect*.

The current forms of patient and public involvement with NHS Nottingham, such as the Citizens Health Panel and the PEG, are carrying on for the moment. The new organisations asked the group for ideas on how involvement in the new organisations should be set up and after discussions at tables the group asked the organisations to come back with some proposals for consultation. This is an example from Nottingham City and organisations in other areas will also need to work out how to involve local people in the new health organisations.

LINKs groups (Local Involvement Networks), including Nottinghamshire County LINK, are in their final year and working towards becoming HealthWatch groups as part of NHS reforms. HealthWatch will be similar to LINKs in many ways, with extra functions such as advocacy, and will work with the new local Health and Wellbeing Boards. Nottinghamshire County LINK is keeping active in the meantime, for example hosting a drop-in event about post-natal depression in Bingham in August. In June the group moved to new offices with the Carers Federation at Christopher Cargill House, 21-23 Pelham Road, Nottingham, NG5 1AP, tel: 0115 962 9350. There is more information about the group at [www.strongerlocalvoice.com/nottingham-county](http://www.strongerlocalvoice.com/nottingham-county).

## Patient and Public Involvement Dates

**Patient Experience Group, NHS Nottingham City**, 20 September, 1.00pm-3.00pm, 1 Standard Court, Park Row, Nottingham, NG1 6GN - contact Tracie Baker on 0115 883 9320 or email [tracie.baker@nottinghamcity.nhs.uk](mailto:tracie.baker@nottinghamcity.nhs.uk).

**Nottingham University Hospitals workshops** listening to patients' and carers' experiences and views on what 'quality' means, 21 September, 10.00am-12.00 noon, Room B1222, Clinical Sciences Building, City Hospital, and 21 September, 6.00pm - 8.00pm, Restaurant, D Floor, West Block, Queens Medical Centre.

To take part, contact Nazma Begum by 5 September on 0115 969 1169 or email [nazma.begum@nuh.nhs.uk](mailto:nazma.begum@nuh.nhs.uk).

**Disability Independent Advisory Group Annual General Meeting**, 21 September, 11.00am-11.30am, The Arrow Centre, Annesley Road, Hucknall, NG15 8AY - contact Simon Bernacki on 01623 658 060 or email [simon@disabilitynottinghamshire.org.uk](mailto:simon@disabilitynottinghamshire.org.uk).

**Nottinghamshire Healthcare NHS Trust Annual General Meeting**, with workshops and discussions on Sharing Stories, Friday 23 September, 10.30am-3.30pm, East Midlands Conference Centre, University Park, Nottingham, NG7 2RJ. Book before 14 September at [www.tylerevents.co.uk/agm2011](http://www.tylerevents.co.uk/agm2011) or call the Involvement Team on 0115 993 4567.

**NHS Nottingham City Annual General Meeting**, 28 September, 1.00pm-3.00pm, with displays open from 12.00 noon, Council House, Nottingham - contact Tracie Baker on 0115 883 9320 or email [tracie.baker@nottinghamcity.nhs.uk](mailto:tracie.baker@nottinghamcity.nhs.uk).

**Nottingham University Hospitals NHS Trust's 2011 Annual Public Meeting**, Wednesday, 28 September, 5.00pm-7.30pm, Cityside Restaurant, City Hospital, Hucknall Road, NG5 1PB.

**Disability Involvement Group (Nottingham City)**, 27 October, 2.00pm-4.00pm, Loxley House, Station Street, Nottingham, NG2 3NG - contact Vincent Bryce on 0115 876 4954 or email [vincent.bryce@nottinghamcity.gov.uk](mailto:vincent.bryce@nottinghamcity.gov.uk).

## Feedback from the Involvement Network in June 2011

The Self Help Nottingham Involvement Network is an informal meeting for group members who are involved with health and social care services or organisations. The Network meets once or twice a year to share information, experiences and ideas. The last meeting was held in June and aimed to clarify how current changes and cuts to public services might affect involvement. Group members discussed the challenges they face in influencing health and social care services. Some key points raised were:

- Raising issues directly with the organisation can be effective: one group had got a meeting venue changed to somewhere more accessible and another's enquiry about differences between similar services at different sites is being investigated
- Groups would like more ideas on how to fight stigma such as for age or mental health
- Developing more links between different self help groups (there are often shared interests)
- Some would like support for groups to set up and make best use of websites and social media
- Some groups had experience of organisation-led forums, groups or involvement initiatives tending to start with a bang and ending with little or no notice

# Self Help Nottingham Welcomes Three New Staff Members

**Paige  
Bramley**



I have recently joined Self Help Nottingham staff team and will be the lead on a new project based in Derby city to develop a network of groups supporting people with drugs and/or alcohol problems.

I began working for Self Help Nottingham at the end of May 2011 as part of the Groups Training and Development Team. My background is in regeneration, community and group development and I previously worked for Nottingham Community and Voluntary Service (NCVS).

If you want to know more about the Derby Recovery Network please contact Paige on 0115 911 1662, Monday-Friday, 9.00am-5.00pm or email [paige.bramley@selfhelp.org.uk](mailto:paige.bramley@selfhelp.org.uk).

**Self Help Nottingham**  
supporting and promoting  
self help groups  
since 1982

## Self Help Nottingham Welcomes a New Apprentice

Steven Pownall has joined the Self Help Nottingham staff team and is working alongside David Thornton and David Potter, within the Information and Directory Services.

Steven has a good understanding of IT and business and is undertaking a level 3 National Vocational Qualification (NVQ) in Business Administration during his one year apprenticeship. Work areas will include the production of the 2012 Directory of Self Help Groups, database quality and website content. You may be in contact with Steven later in the year as he updates the directory and associated databases and information resources.



**Laura  
Marano**



Since joining the Groups Training and Development Team at the end of May I have learned so much from the wealth of experience and knowledge here at Self Help Nottingham. Two months on and I'm happily settling into my role as a Self Help Worker. At the moment I am mainly working with new groups and visiting a few established groups to learn from the experts. In addition, I have been lucky enough to be part of setting up Work Clubs in Kirkby and Sutton-in-Ashfield. Using a self help model for supporting people back into employment is incredibly rewarding. The more established Work Club in Worksop is particularly inspiring so I look forward to the newer ones following suit!

My background is in community development - I was part of the Partnership Development Team at the British Red Cross and before that worked for the Local Involvement Networks (in both Nottingham and Leicester).

Contact Laura on 0115 911 1662, Monday-Friday, 9.00am-1.00pm or email [laura.marano@selfhelp.org.uk](mailto:laura.marano@selfhelp.org.uk).



**Steven Pownall**



Happy 60th  
Birthday to  
Al-Anon!



## The Recovery Network

The Recovery Network is a specialist project Self Help Nottingham is leading on, which aims to increase the choice and number of self help groups across Nottinghamshire and Derby city - designed to support people affected both directly and indirectly (e.g. as carers) by alcohol and drugs. The Network also gives a greater voice to people in recovery working closely with alcohol and drug treatment service providers to ensure self help groups are recognised as an important part of the recovery process.

Self Help Nottingham doesn't run self help groups themselves and similarly the Network offers support and guidance to many individuals and groups to make sure their group is everything they want it to be. No groups are favoured over other types of groups and all groups are helped to flourish to ensure there is a range of groups available, in recognition that different people will have different needs when it comes to finding a group.

The Recovery Network works with all types of group supporting people affected by alcohol and drugs, including Alcoholics and Narcotics Anonymous, SMART Recovery and various independent groups across Nottinghamshire and Derby.

If you would like to know more about the Recovery Network please contact:

**For Nottingham**  
Tim at [tim@selfhelp.org.uk](mailto:tim@selfhelp.org.uk)  
**For Derby**  
Paige at [paige@selfhelp.org.uk](mailto:paige@selfhelp.org.uk)  
Or call 0115 911 1662, Monday-Friday,  
9.00am-5.00pm.

I have been a member of Al-Anon Family Groups for a while and I'm proud to say the organisation is celebrating its 60<sup>th</sup> birthday in the UK this year. It's helped me to meet people who understand how difficult it can be when someone close has a drink problem. I think the way Al-Anon, which adapted the model pioneered by Alcoholics Anonymous, has thrived is a real success story for support groups, and shows how they grow sustainably and even thrive without any outside funding.

Al-Anon holds regular meetings for anyone whose life has been affected by the drinking of someone close to them. Circumstances of our members vary. Members have all experienced the stress, isolation, shame and despair of this traumatic situation.

At an Al-Anon meeting I say how I feel and what's going on in my life, if I choose to. I don't get interrupted or told what to do. I'm free to listen and take what I like and leave the rest. Everyone has a say in the running of the group and I've gained confidence from being encouraged to get involved, from putting out the chairs to chairing a meeting. No-one can wave a magic wand to improve the alcoholic situation, but having an hour-and-a-half of peace and serenity leaves my head clearer and allows me to connect with my feelings, so I can live a happier life.

This is my personal view of how it works and I don't speak for Al-Anon as a whole. I'm grateful for what Al-Anon has given me and I hope I'm alive to celebrate its 120<sup>th</sup> birthday!

A grateful Al-Anon member from Nottingham.

**For further information contact the national Al-Anon helpline on 0207 403 0888, Monday-Sunday, 10.00am-10.00pm or visit the website at: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)**





# Funding

## Focus on Funding - workshops and briefings across Nottinghamshire

Does your group need funding? Do you not know where to go? Focus on Funding has an event that could help.

**Workshops:** are open to any voluntary or community group in Nottinghamshire. The workshops are small, friendly and tailored to you and your questions about funding.

**Small Grants for Small Groups:** an introduction to the basics of a good grant application, aimed at small groups. Held on the first Monday afternoon of each month at various Nottinghamshire venues.

**Funding Central demonstration:** a briefing showing you how to use Funding Central, the free funding search website. Held on the second Monday afternoon of each month at various Nottinghamshire venues.

**Boots Charitable Trust briefing:** an introduction to Boots Charitable Trust and how to approach the application form. Held on the third Monday afternoon of each month at various Nottinghamshire venues.

**Awards for All briefing** (the Big Lottery's small grants programme). This briefing will talk you through what it will and won't fund and how to approach the application form. Held on the fourth Monday afternoon of each month at various Nottinghamshire venues.

**Surgeries:** are open to any voluntary or community group in Nottinghamshire, who needs help to secure funding. This isn't training - this is one-to-one, hands-on, practical help for your group. Surgeries run every Tuesday and Wednesday in various Nottinghamshire locations.

We can help you with:

- Completing application forms
- Where to find new sources of funding
- Using Funding Central, the free online funding search website
- Answering any questions you may have

To book a place or find out more contact: Focus on Funding on 0115 934 8405 or email [focusonfunding@nottinghamcvs.co.uk](mailto:focusonfunding@nottinghamcvs.co.uk).

All event details, along with this month's venues, can be found on the events page at the Focus on Funding website: [www.focusonfunding.org.uk/events](http://www.focusonfunding.org.uk/events).

## Membership Community Fund

The **co-operative**

Community Fund grants, between £100 and £2,000 are awarded to community, voluntary or self help groups to run projects that meet the following criteria. To be successful, a group must carry out positive work in the community.

The project must:

- address a community issue
- provide a good long-term benefit to the community
- support co-operative values and principles
- ideally be innovative in its approach.

*What types of things can my group apply for?*

Anything from equipment to event costs, help towards rent or fixtures, sport or computer equipment. If you need further clarification as to whether your project items are eligible, please call 0844 262 4001, Monday-Friday, 9.00am-5.00pm.

Applications to the Co-operative Community Fund can only be submitted online at:

[www.co-operative.coop/membership/local-communities/community-fund/onlineapplicationprocess](http://www.co-operative.coop/membership/local-communities/community-fund/onlineapplicationprocess).

These are hard times for groups, don't struggle alone. If you would like some advice and assistance in completing a funding application, please contact Self Help Nottingham's Group's Training and Development Team on 0115 911 1662, Monday-Friday, 9.00am-5.00pm.

## Comic Relief: Local Communities programme

The Local Communities programme will run for two years and during this time grants of between £1,000 and £10,000 will be available.



The programme aims to empower local people, enabling them to create lasting change in their communities. Projects should be run by people directly affected by the issues they are dealing with and priority will be given to small, locally based groups or organisations in areas of disadvantage that have a clear understanding of the needs of their community.

Under the programme, organisations can apply for funding to:

- increase local services
- build skills of local people
- increase community cohesion
- respond to local economic needs
- increase access to sport and exercise for people who face social exclusion and isolation

### When can you apply?

Applications from **15 August 2011** via the Nottinghamshire Community Foundation. The closing date is 16 September 2011.

(For this round only, the Foundation aims to spend at least 50% of the money available on projects which 'increase access to sport and exercise for people who face social exclusion and isolation').

The next round will open on 9 January 2012 and close on 10 February 2012.



## Training and Networking Events: 2011

Over the last few months Self Help Nottingham has been running a series of workshops designed to skill up members of the self help committee. The workshops have attracted a great deal of interest, so much so that 'How to Chair a Committee Meeting' had a waiting list of people keen to take the place of anyone who cancelled at short notice. In November, the 'Alternative Workshop for Treasurers' will complete the series. This workshop is **not** about how to keep the accounts, important as this is, but instead will focus on wider financial issues in groups - how to reduce personal liability, how to demonstrate the committee has acted responsibly in safeguarding the assets of the group and how to promote sound financial policies and procedures in line with good practice. The session will also examine what can go wrong using real-life case studies guaranteed to send a shiver down the spine. This workshop will take place on Friday 18 November 2011.

In the meantime Self Help Nottingham's annual Key Members' event takes place on the first Saturday in October. The theme for the day is strengthening your group: how to get the best out of people by identifying and building upon what is called their 'signature strengths'. There will also be plenty of time to network with other key members and to share the ups and downs of your role within the group.

If you would be interested in coming along to either event, please complete the relevant form enclosed.

It is reassuring to know that Self Help Nottingham's training calendar is proving to be so popular with group members. The Training and Development Team is currently in the process of putting together a new calendar and would be



interested in finding out what workshops could potentially enthuse and inspire your members. Current ideas include: a one-day workshop on how to measure the impact of your group; a fundraising event; a session on working with the media; and a briefing session on Mindfulness Meditation followed by further practical sessions if the interest is there. In addition the team plans to offer a few appointments throughout the year to book your group in for an MOT and service.

So if you have any ideas, do pass them on and we will do our best to design a new training calendar with you in mind.

Contact Caroline by e-mail at [caroline.bell@selfhelp.org.uk](mailto:caroline.bell@selfhelp.org.uk) or on 0115 911 1662, Monday-Friday, 9.00am-5.00pm.



Workshop

## work club to host Job Fair

Lesley Towl, Liam Hudson and Tim Edmonds, key members of the Worktop Work Club, have arranged for recruiting employers and related local employment support agencies to exhibit at a Job Fair on Wednesday 28 September, 9.00am-4.00pm, at 73 Bridge Street, Worktop, S80 1DG, a high street retail premises that has been loaned by Bassettlaw District Council for the day. The event will be opened by the Leader of the Council. For more information contact [workclubs@selfhelp.org.uk](mailto:workclubs@selfhelp.org.uk).

### Nottinghamshire Disabled People's Movement

Transport Debate & Annual General Meeting  
Wednesday 28 September, 7.00pm-9.00pm

0115 959 8168 or 0785 713 241

[info@ndpm.org.uk](mailto:info@ndpm.org.uk)



# EVENING POST

## Evening Post Voluntary and Community Focus

The *Evening Post* now has a dedicated volunteering and voluntary sector page every Thursday. This is a great opportunity to showcase local voluntary sector groups, self help groups and community events.

They're looking for:

- **Stories of volunteers** who have achieved great things in their local community. Do you know an inspirational volunteer?
- **Profiles of organisations** who have made a real difference, whether they've been around for 30 years or are just starting up. Does your group deserve recognition?
- **News of groups that are closing** or losing significant funding or those that are soldiering on despite financial difficulties. Is your group struggling with funding?
- **New groups or projects that are starting up.** Looking for help setting up a new group? Want to tell others what you're doing?
- **Volunteering opportunities.** Are you currently recruiting volunteers? Briefly describe the role and how you want potential volunteers to get in touch.

Get in touch with Delia Monk on [Delia.Monk@nottinghampostgroup.co.uk](mailto:Delia.Monk@nottinghampostgroup.co.uk) or telephone 0115 948 2000, Monday-Friday, 9.00am-5.00pm

## New Groups in Nottinghamshire

### **SIM (SHIT IT'S MONDAY)**

Created two years ago as a direct result of my own personal experiences and frustrations in guiding my own family through the Special Education Needs (SEN) diagnosis process (still guiding and frustrated). The majority of the support and knowledge that I have gained is through informal sources of support; parents and carers who are in similar positions, these are my peers and support network.

SIM is working on a special education diagnosis process guide (Parent's survival guide to SEN diagnosis). With ever increasing demands on finite, and in some cases diminishing resources, it is vital that access to information and support remains open (and cheap!). On the website there is also an ever increasing website links section, a glossary of commonly used terms and summaries of specific learning difficulties and disabilities.

My vision of a national peer support network earned my place on "All Together Better 2", a specifically designed family leadership course. This was funded by In Control and the Department of Health. Graduating from this course (50 places nationally) as a disability rights advocate has provided a unique opportunity that allows me access to international network of experts (professional and through experience) in areas of social care, child services, health, personal health budgets, person-centred planning, law, housing, employment and education.

SIM is an independent peer support network that offers information, guidance and support for individuals and or families with extra support needs, adhering to these key concepts; information, informality, inclusion, integrity and individuality.

#### **Our aims**

To acknowledge the individual's concerns, for them to feel listened to and valued. To ease the sense of isolation during the potential diagnosis period. To become less dependent on professionals/systems for support and look for alternative sources of support.

### **NOTTINGHAM ASPIES**

Formerly called the Nottingham Asperger's Self Help Group (NASH). A self help group for adults with Asperger's Syndrome living in and around Nottingham. The group is run and attended by local people with Asperger's syndrome with no facilitation from professionals or volunteers.

### **CANCER JOURNEY, LONG EATON**

A group for cancer patients (not carers) in Long Eaton, Beeston, Chilwell and surrounding areas. The group hopes to provide support, complementary therapy and information and is seeking interest from people to start group meetings.

### **TOGETHER AT THE EMBANKMENT, NOTTINGHAM**

A friendship group open to anyone in Nottingham and Nottinghamshire, welcoming people to come along, chat and make new friends.

### **DISORDERED EATING, NOTTINGHAM**

Aiming to set up a support group for people who feel food controls them and it interferes with their lives.

### **RE-CREATION, NOTTINGHAM**

A social and support trans group for anyone 18 years and over who is affected by gender identity issues.

### **CASA - COURAGE AGAINST SEXUAL ABUSE, NOTTINGHAM**

A self help group made up of male survivors of childhood sexual abuse. Offers confidential support, information and signposting.

**For information on these and other local groups please contact our Information Services by email [info@selfhelp.org.uk](mailto:info@selfhelp.org.uk) or telephone 0115 911 1661, Monday-Friday, 9.00am-5.00pm.**



## Queen's Award for Harmless!

The Nottingham group Harmless have been awarded the 2011 Queen's Award for Voluntary Service.

The Queen's Award for Voluntary Service is the highest award given to volunteer groups across the UK for outstanding work done in their local communities. Harmless was one of 130 groups across the UK to win the award this year.

Harmless is a user-led organisation that provides a range of services about self harm including support, information, training and consultancy to people who self harm, their friends and families and professionals. Harmless was set up by people who understand self harm and at the heart of our service is a real sense of hope. We know that with the right support and help life can get better. We hope that you find this site a safe and helpful resource.

Visit the Harmless website at [www.harmless.org.uk](http://www.harmless.org.uk) or you can email for information on [root@harmless.org.uk](mailto:root@harmless.org.uk).

## AGM

Self Help Nottingham's AGM will, this year will be held on Thursday 27 October at 6pm at our offices on Pelham Street, Nottingham. Cream teas will be served from 5pm. You and members of your group are welcome to attend.



## Keeping You and Your Group Members Informed

Self Help Nottingham has recently set up email distribution systems for group members to help them to stay informed about our newsletter, training and other areas that may be of interest. Anyone in a group can subscribe and whilst we want to assure you that we will not share this information with anyone else we also make it really easy to unsubscribe by including a link in each email we send out. The current email lists we have that you and your group members can subscribe to are:

**[groupstraining@selfhelp.org.uk](mailto:groupstraining@selfhelp.org.uk)** - to receive occasional information about forthcoming training events for group members

**[groupsnewsletter@selfhelp.org.uk](mailto:groupsnewsletter@selfhelp.org.uk)** - to receive quarterly reminders with links to our website as soon as we have produced online versions (in a range of accessible formats)

**[news@selfhelp.org.uk](mailto:news@selfhelp.org.uk)** - to receive information and news from time to time, between the quarterly editions of the groups' newsletter

If you have any queries or want to know more about how our email distribution lists work, please make contact with David Thornton, Information Services Officer on 0115 911 1662, Monday-Thursday, 9.00am-5.00pm and Fridays, 9.00am-1.00pm or email [david.thornton@selfhelp.org.uk](mailto:david.thornton@selfhelp.org.uk).



## October 2011

This year is the 24<sup>th</sup> year of Black History Month (BHM) in the UK and without fail the arts and cultural hubs in Nottingham are hosting thought-provoking and captivating events to commend black history.

This is the perfect time to showcase the unique and positive contribution that self help group members make to fostering self resilience in some of the most challenging times of their lives. So why not get involved in some of the events below. You can find out more about BHM nationally on the official website: [www.blackhistorymonthuk.co.uk/](http://www.blackhistorymonthuk.co.uk/)

**Nottingham Contemporary**, Weekday Cross, Nottingham, NG1 2GB. Te: 0115 948 9750

**30 September: The Panthers and Genet** - 11.00am to 4.00pm, The Space. This event is free.

The first half of this symposium is a rare lecture by Emory Douglas, the Panthers' former Minister of Culture. The afternoon consists of a presentation on Genet and the Panthers by Kodwo Eshun. He will be joined by artist Lili Reynaud-Dewar to consider the significance of the Panthers in their own time and their legacy - as well as their relationship with Genet.

### **The Black Panthers and Cinema**

The films reveal the movement's extensive geography and web of connections, from radical student and ethnic minority organisations in the States, to African liberation movements.

**3 October, 6.00pm-8.30pm; 4 October, 6.00pm-8.30pm.** These events are free.

**6 October 2011: Seize the Time, 1970,** 6.00pm, The Space. This event is free.

An experimental and soulful "docu-fiction" set in Los Angeles telling a young man's story - from experiencing everyday racism to joining the Panthers. Elaine Brown, later the first woman 'Chairman' of the BPP, provides the evocative soundtrack.

**3 October 2011: Black Panthers (1968) & Black Liberation (aka The Silent Revolution) (1967)** - 6.00pm to 8.00pm. This event is free.

**New Art Exchange**, 39-41 Gregory Boulevard, Nottingham, NG7 6BE. Tel: 0115 924 8630

**5 October: Eldridge Cleaver, Black Panther, 1970,** 6.00pm. This event is free.

This 75-minute documentary is a close up portrait of three days in the life of the charismatic and eloquent Eldridge Cleaver, the Panther's Minister for Information, in exile and on the run in post-revolutionary Algeria.

**6 October, Black Drop: Differences of the Sexes,** 8.00pm-10.00pm, Admission: £3

This special event takes place as part of National Poetry Day 2011 and celebrates the 8th Anniversary of Blackdrop! Poetry/Spoken Word - Open Mic night.

**Broadway Cinema**, 14-18 Broad Street, Nottingham, NG1 3AL. Tel: 0115 9526 611

**3 October 2011: Black Panthers (1968) & Black Liberation (aka The Silent Revolution) (1967),** 6.00pm to 8.00pm. This event is free.

# HEALTH EVENT CALENDAR

September - December 2011

## September

- 1-30 Keratoconus Awareness Month  
[www.keratoconus-group.org.uk](http://www.keratoconus-group.org.uk)
- Let's Talk baby Month  
[www.tommys.org/Page.aspx?pid=421](http://www.tommys.org/Page.aspx?pid=421)
- 4-11 Fibromyalgia Awareness Week  
[www.fibromyalgia-associationuk.org](http://www.fibromyalgia-associationuk.org)
- 9 Foetal Alcohol Spectrum Disorders National/International Awareness Day  
[www.fasaware.co.uk](http://www.fasaware.co.uk)
- 10 World Suicide Prevention Day  
[www.iasp.info/wspd/index.php](http://www.iasp.info/wspd/index.php)
- 11-18 National Eczema Week  
[www.eczema.org](http://www.eczema.org);  
[www.nottinghameczema.org.uk](http://www.nottinghameczema.org.uk)
- 12-18 Lymphatic Cancer Awareness Week  
[www.lymphomas.org.uk](http://www.lymphomas.org.uk)
- 15 World Lymphoma Day  
[www.lymphoma.org.uk](http://www.lymphoma.org.uk)
- 18-24 Pituitary Awareness Week  
[www.pituitary.org.uk](http://www.pituitary.org.uk).
- 19-25 Continece Awareness Week.  
[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)
- CMT Awareness Week  
[www.cmt.org.uk](http://www.cmt.org.uk)
- Meningitis Awareness Week  
[www.meningitis.org](http://www.meningitis.org)
- 21 World Alzheimer's Day [www.alz.co.uk](http://www.alz.co.uk)
- 24 Walk4Life Day [www.walkevents.org](http://www.walkevents.org)
- 25 International Ataxia Awareness Day  
[www.ataxia.org.uk](http://www.ataxia.org.uk)
- 26-30 World Reflexology Awareness Week.  
[www.aor.org.uk/index.php?page=world-reflexology-week](http://www.aor.org.uk/index.php?page=world-reflexology-week)

- 29 World Heart Day. [www.worldheart.org](http://www.worldheart.org)
- 30 World's biggest coffee morning.  
<http://coffee.macmillan.org.uk>

## October

- 1-31 Breast Cancer Awareness Month  
[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)
- Prenatal-onset GBS Disease Awareness Month  
[www.groupbstrepinternational.org](http://www.groupbstrepinternational.org)
- Lupus Awareness Month  
[www.lupusuk.com](http://www.lupusuk.com)
- Tuberous Sclerosis Complex Awareness Month [www.tuberous-sclerosis.org](http://www.tuberous-sclerosis.org)
- 1 International Day of Older Persons  
[www.un.org](http://www.un.org)
- 2-8 Andropause (Testosterone Deficiency Syndrome) Awareness  
[www.andropause.org.uk](http://www.andropause.org.uk)
- 3-7 Self Management Awareness Week  
[www.ltcas.org.uk](http://www.ltcas.org.uk)
- 3-8 'Donate 4 Daniel'. Campaign to encourage the Black and Mixed Race community to donate blood  
[www.aclt.org](http://www.aclt.org)
- 8 World Hospice and Palliative Care Day  
[www.worldday.org](http://www.worldday.org)
- 9-15 Baby Loss Awareness Week  
[www.babyloss-awareness.org](http://www.babyloss-awareness.org)
- 10 Mental Health Awareness Week  
[www.mentalhealth.org.uk/mhaw](http://www.mentalhealth.org.uk/mhaw)
- 10-16 Encephalitis Awareness Week  
[www.encephalitis.info](http://www.encephalitis.info)
- Scleroderma Awareness Week.  
[www.raynauds.org.uk](http://www.raynauds.org.uk)
- 12 World Arthritis Day  
[www.worldarthritisday.org](http://www.worldarthritisday.org)

- 13 World Sight Day. [www.v2020.org](http://www.v2020.org)  
[www.max4health.com](http://www.max4health.com)
- 17-23 Parents Week  
[www.familyandparenting.org](http://www.familyandparenting.org)
- Back Care Awareness Week  
[www.backcare.org.uk](http://www.backcare.org.uk)
- 20 World Osteoporosis Day  
[www.nos.org.uk](http://www.nos.org.uk)
- 22 International Stammering Awareness Day. [www.stammering.org/isad.html](http://www.stammering.org/isad.html)  
*See article on page 5 about an event the Nottingham Stammerers group are hosting.*
- 28 Wear it Pink [www.wearitpink.co.uk](http://www.wearitpink.co.uk)
- 29 Make a Difference Day  
[www.csv.org.uk/campaigns/csv-make-difference-day](http://www.csv.org.uk/campaigns/csv-make-difference-day)
- World Psoriasis Day  
[www.worldpsoriasisday.com](http://www.worldpsoriasisday.com)
- 31/10-6/11  
National Adoption Week.  
[www.nationaladoptionweek.co.uk](http://www.nationaladoptionweek.co.uk)
- Dyslexia Awareness Week  
[www.dyslexiaaction.org.uk](http://www.dyslexiaaction.org.uk)

## November

- 1-7 Psoriasis Awareness Week  
[www.psoriasis-association.org.uk](http://www.psoriasis-association.org.uk)
- 1-30 Pancreatic Cancer Awareness Month  
[www.pancreaticcanceraction.org](http://www.pancreaticcanceraction.org)
- Mouth Cancer Action Month  
[www.dentalhealth.org.uk/mouth](http://www.dentalhealth.org.uk/mouth)
- Lung Cancer Awareness Month  
[www.roycastle.org/patient/lcam.htm](http://www.roycastle.org/patient/lcam.htm)
- 2 National Stress Awareness Day  
[www.isma.org.uk/national-stress-awareness-day/](http://www.isma.org.uk/national-stress-awareness-day/)
- 13-19 Mouth Cancer [www.rdoc.org.uk/mouth-cancer-awareness-week.html](http://www.rdoc.org.uk/mouth-cancer-awareness-week.html)

- 14 World Diabetes Day.  
[www.worlddiabetesday.org](http://www.worlddiabetesday.org)
- 14-20 Self Care Week  
[www.dh.gov.uk/longtermconditions](http://www.dh.gov.uk/longtermconditions)
- Alcohol Awareness Week  
[www.alcoholconcern.org.uk/alcohol-concern-in-action/campaigning/current-campaigns](http://www.alcoholconcern.org.uk/alcohol-concern-in-action/campaigning/current-campaigns)
- 14-25 Anti-Bullying Week  
[www.antibullyingweek.co.uk](http://www.antibullyingweek.co.uk)
- 16 World COPD Awareness Day  
[www.lunguk.org](http://www.lunguk.org)
- 20 Universal Children's Day.  
[www.un.org/depts/dhl/children\\_day](http://www.un.org/depts/dhl/children_day)
- 21-27 Carbon Monoxide Awareness Week  
[www.covictim.org](http://www.covictim.org)
- Road Safety Week.  
[www.roadsafetyweek.org](http://www.roadsafetyweek.org)
- 25 White Ribbon Campaign UK. Campaign to ensure men take more responsibility for reducing the level of violence against women.  
[www.whiteribboncampaign.co.uk](http://www.whiteribboncampaign.co.uk)

## December

- 1 World AIDS Day [www.worldaidsday.org](http://www.worldaidsday.org)
- 1-7 Anger Awareness Week  
[www.beatinganger.com/aaw](http://www.beatinganger.com/aaw)
- 1-10 Wallace and Gromit's Great British Tea Party. To improve the quality of life for sick children in hospitals and hospices.  
[www.wallaceandgromitfoundation.org](http://www.wallaceandgromitfoundation.org)
- 1-31 Childhood Cancer Awareness Month  
[www.clicsargent.org.uk/Getinvolved](http://www.clicsargent.org.uk/Getinvolved)
- 2 Carer's Rights Day [www.carersuk.org](http://www.carersuk.org)
- 3 International Day of Persons with Disabilities [www.un.org/esa/socdev/enable](http://www.un.org/esa/socdev/enable)

# What News Do You Have?

Has your group got any news or information you want to share with other groups?

Perhaps you're organising or involved in a health or community event?

Each edition of Self Help News we have leading themes as well as information on developments in health and social care services, funding, training and other key areas of interest.

The leading themes for the December Self Help News are:

- Self Help Nottingham 30th Celebration event
- Rebranding and promoting Self Help Nottingham services
- Training and Events in 2012

If you've got some information or news you think might be of interest to local groups, please get in touch with us. To request an article submission form and for any newsletter enquiries contact the editor, David Thornton by email at [editor@selfhelp.org.uk](mailto:editor@selfhelp.org.uk) or by telephone on 0115 911 1662, Monday-Thursday, 9.00am-5.00pm and Fridays, 9.00am-1.00pm.

Deadline for articles for the December edition is:  
**12.00 noon on 8 November 2011**



Self Help Nottingham supports and promotes self help groups and offers a range of services for groups, members of the public and for professionals.

## Information Services

**0115 911 1661**

Monday-Friday, 9.00am-1.00pm  
[info@selfhelp.org.uk](mailto:info@selfhelp.org.uk)

## Practical services for groups

**0115 911 1662**

Monday-Friday, 9.00am-5.00pm  
[admin@selfhelp.org.uk](mailto:admin@selfhelp.org.uk)

## Groups training and development

**0115 911 1662**

Monday-Friday, 9.00am-5.00pm  
[training@selfhelp.org.uk](mailto:training@selfhelp.org.uk)

## Get this Newsletter in other Formats

Self Help News is available in a range of accessible versions, including standard, large print, text and audio. For this and other editions of the groups newsletter please visit: [www.selfhelp.org.uk/pub\\_news](http://www.selfhelp.org.uk/pub_news) or email: [editor@selfhelp.org.uk](mailto:editor@selfhelp.org.uk).

The information contained in this newsletter is given in good faith and Self Help Nottingham accepts no liability for any act, omission, loss or damage arising from any inaccuracies or incompleteness in such information.

Any opinions expressed do not necessarily reflect the views of Self Help Nottingham.

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

[www.selfhelp.org.uk](http://www.selfhelp.org.uk)

September 2011