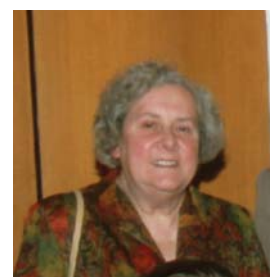


Thank you to our Volunteers We couldn't do it without you!

In this edition of *Self Help News* we celebrate the work done by volunteers in the organisation and give thanks for the many hours they spend helping out. Some of our volunteers have been with the organisation longer than most staff!

Mary S

Mary S is a retired librarian and came to the organisation in 1982, which was the first year of what was then called the Nottingham Self Help Groups Project. Her task was to help with the production of the 2nd edition of the Directory of Self Help Groups. The Directory has now reached its 28th edition and Mary is still involved in the production 27 years later.



For many years the *Evening Post* published a monthly diary of self help groups giving contact details and information about meetings. Sadly this was stopped a few years ago, but during its lifetime Mary spent many hours keeping the *Evening Post* updated with information about groups.

Mary was also involved when Self Help Nottingham became an independent organisation, splitting from Nottingham CVS. She became a member of the steering group enabling the split to take place as painlessly as possible. This involved putting together a memorandum and articles of association for the organisation, applying for charitable status, registering with Companies House and setting up systems and procedures that any small business needs. This was an exciting time, but also a period of venturing into the unknown. Mary has continued to help steer the organisation by becoming a Trustee which she has now been doing for 12 years.

Mary, and now her retired husband Malcolm, have become our proof readers, checking all our printed material, including this newsletter, before publication. We are indebted to them both for correcting our spelling, typing errors and grammar in the professional and thorough way that is their style.

To sum up her involvement with Self Help Nottingham, Mary says:
"I find Self Help Nottingham a satisfying and stimulating organisation to be involved with. It is an organisation which has a good record in valuing its volunteers."

Research Volunteers

Pat and Geraldine

When Self Help Nottingham moved from Sherwood Rise into the City Centre we were faced with clearing out literally hundreds of old box files and papers dating from the project's inception in 1982; the shredder was in constant use for weeks. Fortunately we had the foresight to keep the boxes marked 'Closed Groups', for they contained the records of every self help group that had come and gone over a decade or more. We packed up these boxes and brought them with us to Ormiston House where they sat in a corner looking out of place in our swishy new offices. They sat and they sat - knowing the information was valuable was one thing but, having the time to prove it was quite another.

That all changed when Pat and Geraldine volunteered to become our 'Closed Groups Researchers'. The project required the mind of a detective and the patience of a saint and Pat and Geraldine proved they both had these qualities in abundance. Add diligence, accuracy and a dogged determination to produce a really comprehensive archive and you begin to get a picture of the qualities of these two fabulous volunteers.

Pat and Geraldine recall

"having agreed to the task, we found that the number of local self help groups that had started and closed since 1980, totalled over 860! This helps to explain why it took us about five years to complete the project. The work has enabled us to look back at the first twenty years of Self Help Nottingham and appreciate the range of experiences of self help groups".

Pat and Geraldine have now completed this work. The Closed Groups Database is up and running and now contains information on 984 groups that have set up, run and then come to an end since 1980. When a current group closes, we automatically add their anonymised details to the database. In this way the data grows year on year. This wonderful archive of groups is all down to the

hard work and dedication of Pat and Geraldine and their legacy will continue for as long as, or perhaps even longer, than Self Help Nottingham.

Sarah

Sarah, our information volunteer, currently volunteers one morning per week in our Information Service where she is kept busy making sure our databases hold accurate information. Her latest piece of work has involved contacting all the local voluntary and community associations to check that the information we hold on them, is bang up to date. Sarah is a nurse so we are particularly grateful to her for giving up her spare time to volunteer at Self help Nottingham.

Admin Volunteers

Maureen, Jean and Boyd

Four or five times a year we've called on help from a little band of volunteer envelope stuffers. This group of people, all members or ex-members of self help groups' have given up their time to help us deal with mail-outs.

In January we start the year with the Directory. Putting 4,000 directories in envelopes or packed up in boxes is quite time-consuming and usually lasts 6 to 8 weeks. All three of the volunteers take it in turns to come into the office and wade through the mountain of directories, labels and envelopes.

We then have 4 mailouts each year when we send out *Self Help News* along with other information that will be useful to groups. This is usually a two-morning job and is carried out by the volunteer who is available on the dates required.

Maureen has been with us for 12 years. She was involved in a group for families of a child with a disability having helped in the setting up and continued to facilitate the group until its closure. She retired from local government and fits coming into the office around keeping fit in the gym and looking after her grandchildren.

Jean has been coming to help for years and is a member of the Motor Neurone Disease Society. She came to us after her husband died of the disease and has kept herself busy volunteering, not only with us, but also selling charity Christmas cards at St Peter's Church each Christmas. She also fits her volunteering around helping out with her grandchildren.

Boyd is our latest recruit and has been very helpful carrying bags of directories to the post box for us. He is a member of the committee of the ICU group and is a retired human resources manager for the National Coal Board.

Mary M

Mary M has been working on updating our file on meeting rooms around the area. Unfortunately, due to ill health she has had to postpone her activities. Mary was a member of the Positive Health Group until its closure and has family in Wales with teenage children whom she visits regularly to help out. We wish Mary a speedy recovery and hope she'll be back to her normal self very soon.

**To all our volunteers,
past and present we
send a big**



THANK-YOU

My personal experiences of being a volunteer

Susan Kerr

The theme of this newsletter has caused me to remember my personal experience of volunteering. I have been pleasantly surprised at how much (in hindsight) those experiences gave me.

At 16 I trained at London College of Fashion and then worked in the fashion industry. At 25 I moved to New York and had a grand old time. However at 28 I wanted to come home and make sense of my life. I felt confused about a number of things. I knew there were some unresolved issues I needed to face and didn't really know where to start. I had worked solidly since I was 18 and I decided to take some time out.

It was the late 80s and feminism was alive and vibrant and it spoke to me. I felt uncomfortable in my skin and tired of trying to be the woman I was 'supposed' to be.

I decided to volunteer at the Women's Centre. I became involved in all sorts of courses, activities, discussions and projects. My mind expanded exponentially. I met all sorts of women from all sorts of vastly different backgrounds. My narrow view of what was ok regarding being a woman was challenged and my mind, in lots of ways, was liberated.

I learned reception skills, listening skills, governance skills, gardening skills, organising skills, budgeting and money management skills. I learnt about the theory and practices of equality of opportunity. I learned about recruitment and volunteering. My consciousness was raised about domestic violence. I was able to make sense of my own experience of issues within my own family and how that had affected me.

And finally I felt strong enough to want to explore myself as a Black woman.

I was brought up in the Northeast in the 60s and surrounded by undisguised racism that had left me feeling deep down ashamed of being Black.

At the Women's Centre, while volunteering, I had made very strong friendships that have proved to be enduring with very loving and patient women. I finally felt safe enough to look at my thoughts and feelings about being Black. I discovered the way I felt was unsurprising based on the faulty information I had been fed. This led me to apply to do an access course, which directed me to Nottingham University. I chose American history and politics. The reason I chose this was because I wanted to study slavery and the civil rights movement'. I wanted to study a history that reflected in some way my experience, and it was the closest I could get.

Bob Marley sings 'Free yourself from mental slavery' and I had already stepped on a path that would lead me there. That step for me started in the Women's Centre.

I went on to do lots of training that explored and untangled my thinking more directly. I worked in fields that elaborated on that training and were designed to help others who faced similar challenges.

My life has been enriched and informed

My life has been enriched and informed by those long-ago volunteering experiences that could not have anticipated. The rewards I can only see now with the wisdom of hindsight. However, what I can appreciate is that what it gave me was priceless and enabled a journey of self-discovery that literally changed my life.



Look After Yourself
Brush For Health

How to find volunteer work in your local area

There is a tremendous range of volunteering work, for example:

- gardening
- being part of a team planning a fete
- campaigning
- teaching someone to read

Unless you are already sure what you want to do, it is worth finding out what kind of work there is near where you live.

If you do already know the type of work you want to do, then you can contact relevant organisations direct. For example, if you want to teach you could contact local schools, colleges or adult education centres.

Some organisations are looking for people with specific skills. Other organisations, including volunteer bureaux, will find volunteer work for everyone, including people with extra support needs.

Where to look:

Do-it.org.uk (YouthNet UK)

An internet database of UK local volunteering opportunities. Searchable by postcode, type of work and type of organisation.

www.do-it.org.uk

Volunteer bureaux or centres act as a volunteers' "job shop". They can tell you what voluntary work is available locally and put you in touch with local organisations. You can also discuss with them what you want to do and get advice. There is a volunteer bureau in most areas. Visit our volunteer centre finder for details of one near you.

You can also look up your nearest volunteer



bureau in the phone directory under 'V' or phone Volunteering England on 0845 305 6979. As well as the volunteer bureau, some or all of the following should be able to help.

Councils for Voluntary Service: they often act as a volunteer bureau if there is no local bureau. They are sometimes known by a different name, so look in the telephone book or Yellow Pages under "Council", "Volunteers" or "Voluntary". In rural areas the equivalents are Rural Community Councils.

Colleagues, neighbours and friends: ask if they know of any voluntary work you could do.

Public libraries: ask if there is a noticeboard or a file of information on voluntary work. There are several published directories of voluntary work, and most libraries will have at least one of these in the reference or careers section. *The voluntary agencies directory* is particularly useful if you know exactly what you want to do as it has an excellent index of types of organisation from Abducted children to Zoology.

TimeBank

By registering with TimeBank, your interests and skills will be matched to volunteering opportunities in your area. You will also receive TimeBank's volunteer guide and newsletter, regular updates about volunteering opportunities and handy hints about giving time.

To register call: **0845 601 4008**
or for general enquiries: **020 7401 5438**
You can also register online at
www.timebank.org.uk

Through work: some employers encourage and support their staff to volunteer. Your employer may be able to provide information about opportunities and support such as money, equipment, or time off to volunteer. Contact the community affairs manager to find out if

your company has an employee volunteering programme.

Local hospitals often offer volunteering opportunities. Social Services Departments sometimes take on volunteers, and are often a good source of information on where to volunteer.

The Guardian newspaper features an interesting selection of about 100 volunteering opportunities. These appear most Wednesdays in the jobs section. **Local press and radio** may have special programmes or regular articles about voluntary work.

REACH is a charity which recruits people of all ages and backgrounds with specific business, professional, managerial or technical career experience and finds them volunteering opportunities with voluntary organisations which need their expertise.

For further information contact REACH on
020 7582 6543

or visit

www.reach-online.org.uk
RSVP (Retired and Senior Volunteer Programme)
c/o CSV, 237 Pentonville Road
London N1 9NJ
tel: **020 7278 6601**

Issues to consider:

- Before making contact with an organisation, think about what you want to know from them, and what they are likely to ask you.
- How much time can you give? And when?
- What do you want to get from volunteering, e.g. meeting people or gaining new skills?
- What skills or experience can you offer?
- Will you get out-of-pocket expenses paid? Does the organisation insure its volunteers? Are you receiving any form of state benefit? You will need to check that your volunteering won't risk this. Contact your local benefit office or our information service for advice.



Local Involvement Networks (LINKs)

Keeping you up-to-date



A LINK is an independent network of local individuals, groups and organisations that work together to raise community concerns about health and social care services.

LINKs have powers authorised by government that allow them to:

- Enter and view publicly funded health and social care facilities
- Hold health and social care providers to account
- Refer matters to the Overview and Scrutiny Committee for the County Council and the Select Committee for the City Council

As a member of the LINK you would be able to give as much or as little time as you want, such as registering just to complete questionnaires. You can put yourself forward for membership of a task and finish group. These groups will be brought together to focus on one issue, which can last from a couple of weeks to a few months and then disband and there is much more that you can become involved in if you wish.

Membership of a LINK is an ideal way for either individual members of self help groups or for the group as a whole to influence changes in both health and social care services.

Local Involvement Networks went live at the beginning of April 2009.

During the last 12 months two steering groups have worked extremely hard to ensure that both the Nottingham City LINK and the Nottinghamshire County LINK structures have been put in place to ensure that they can operate effectively and efficiently.

This is what we have been waiting for, for a long time. As members of self help groups, you have all experienced some or all of the services provided at first hand by social care and health professionals. So who better to make their voices heard?

The LINK is not a complaints service; it is an issue based service. If you have a complaint about your treatment or the service you have received through health or social care, then in the first instance you should make your complaint through the normal channels.

Both the County LINK and the City LINK are run out of the same office.

To find out more contact the LINK office and they will send out the appropriate information pack and application form.

There are a number of ways to contact the LINK office:

tel: 0115 975 4647

Post:

Nottinghamshire County LINK or
Nottingham City LINK
Unit E2, Southglade Business Park
Cowlairs, Nottingham
NG5 9RA

email: info@strongerlocalvoice.com

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.

Further copies of this newsletter in a pdf format can be obtained from our website at:

www.selfhelp.org.uk/pub_news.html



Depression Awareness Week™

20th – 26th April 2009



DepressionAlliance

Every year, people across the country join together to support us in our campaign to raise awareness of depression as well as raising money to enable us to develop our range of services and continue our work in providing vital information and support to those in need.



Why should I fundraise for Depression Alliance?

- One in five people will have depression at some point in their lives.
- More than 2.9 million people in the UK are diagnosed as having depression at any one time. As many as three in four cases of depression are neither recognised nor treated.
- Depression is a killer with more than 70% of recorded suicide being committed by people with depression.
- With your help we can stop lives being torn apart.
- The World Health Organisation estimates that by the year 2020, major depression will be second only to chronic heart disease as an international health burden.
- More than 80% of people with depression can be helped with the appropriate treatment. Depression Alliance is the leading UK charity for people affected by depression. We provide information and support services to anyone affected by this debilitating illness.

For more details of the many ways you could help support Depression Awareness Week please contact: information@depressionalliance.org

www.depressionalliance.org

Depression Alliance is a registered charity – Charity number 1096741



DepressionAlliance

End of Life - Palliative Care

The prospect of approaching the end of life can be a daunting one, especially if you have certain requirements to be fulfilled on your behalf by those you will leave behind. How can you be assured that these requirements will be followed by those acting on your behalf? The short answer is that you cannot be so assured but, if you take appropriate measures, the odds can be considerably shortened in your favour.

A talk with a peer educator could provide just such a measure. They are people of a similar age group to yourself, who understand the difficulties of getting your wishes fulfilled when the time comes.

Typical of such wishes could be your strong preference to be cremated rather than buried. Or indeed the other way round. Whichever way, it is your wish and should be adhered to. Unfortunately your family, with the best of intentions, may have other thoughts, insisting upon their own preferred method, possibly brought on by religious or ethical considerations. This is not, of course, really acceptable, flying in the face of the wishes of the person concerned.

A peer educator would, upon request, talk to this person and put to them the options available to them. They would also talk with the family, if they were so willing. It should be stressed that all advice given and any

advance planning is an entirely voluntary process. No pressure is put upon any participant in any way and they are free to withdraw from the proceedings at any time they wish.

A further source of concern is the matter of the person's immediate future. There may be times when they have to think about the consequences of becoming seriously ill or disabled and the consequence of this upon their family and friends. They may wish to record their preferences and wishes for future care. One way of doing this is by a process of advance care planning. This could include elements such as exploring the options available; stating their wishes and preferences; the right to refuse specific treatment; asking for someone to speak for them; appointing an attorney, if wished, and letting people know their wishes. Again, advanced care planning is an entirely voluntary process and no one is under any pressure to take any of these steps.

If any reader and/or family wishes to meet a peer educator for an informal chat in a location of their choice, please contact Roy or Pat Tomlinson on 0115 926 8192. We will be happy to make the necessary arrangements. We are also more than willing to speak to organised groups on the subject.

The system is run under the auspices of the Sue Ryder Foundation together with the Universities of Birmingham and Nottingham.

Serving Carers for 15 years

Congratulations to Christine and Ted and all the members of Take a Break Carers Group who are celebrating 15 years of self help support to carers in Gedling.

Well Done



What's your group doing this summer?

Why not drop us a line and tell us about what you're planning, especially if you think other groups will benefit from your knowledge or experience. You can either write an article or just give us some pointers and we'll write it for you.

Send to: angela@selfhelp.org.uk

The deadline for the next edition of *Self Help News* is Monday 22 June - please put the date in your diaries

April is Bowel Cancer Awareness Month



Check It

Check It is Bowel Cancer UK's new awareness and fundraising campaign.



It will be developed over the next three years as part of the charity's goal to raise the public profile of bowel cancer and reduce the number of deaths from the disease.

Check it aims to:

- raise awareness of bowel cancer, so that people are diagnosed earlier
- encourage people to act upon their concerns and be more proactive about their health
- encourage people to make simple changes to their diet and lifestyle to help lower their risk of developing the disease



We are asking members of the public to:

- Check any symptoms of bowel cancer and act upon on them
- Check for any family history of bowel cancer
- Check if they are eligible for screening
- Check how they can help to reduce their risk of bowel cancer

How can I support Check It?

- You could ask your local gym, community centre, school or workplace to display Check It materials
- If you are a healthcare professional you could display Check It materials in a GP surgery, hospital or healthcare centre
- You could take part in one of our events or organise your own event

For information on symptoms or to support the campaign go to:

www.bowelcanceruk.org.uk

The Big Listen for Disabled Persons Groups

New Ground Consultancy has been commissioned by Nottingham Council for Voluntary Service to undertake an independent survey about disabled persons groups who are working in the City of Nottingham. We really want to hear from all sorts of groups, particularly smaller ones, find out how you are doing and how NCVS might be able to help.

NCVS acts as a conduit between decision makers in the City and voluntary sector organisations and groups. We want to ensure that you are on the map in terms of decision making and help make sure that your voice is heard. We would like people from local groups for disabled people to take part in the project by completing a brief survey form in the first instance. Groups can complete the survey online using the following link:

<http://tinyurl.com/biglisten> or call us on 0800 0197 828

Groups completing the survey will be entered into a prize draw with a chance to win £100 for their group. **Thank You**

WONDERFULLY STRANGE

by
Becky Shaw

An account of my journey through the system plus practical help on how to manage, where to go and how to survive.

Becky Shaw is a member of the Rushcliffe Mental Health Group and through her book describes how she has taken her own journey through the mental health system. She tells her story of survival but also gives help and advice to others trying to deal with their journeys.

As someone labelled psychotic, bulimic and a depressive she knows at first hand how it feels to be adrift in a system which she didn't understand and didn't address her needs. After years of feeling an outsider, now Becky is an established author with contributions to academic journals and books.

Her experience has given her a passion to help others who've had problems in dealing with mental health issues.

"If I can help someone else to believe that despite their mental health issues, they are a valid and valued human being then writing this book will have the result I want."

Rushcliffe Mental Health Group has also written a book:

Discovering Recovery

We are writing this book so that we can share our learning from several areas.

Firstly, to share the effect that the experience of a small support group can have on individuals

Secondly, to share our experiences of what helps and what doesn't help when experiencing mental health distress

Thirdly, to tell you about group members' individual experiences of mental health service

Finally, the aim of the entire book is to highlight the recovery process from mental health distress. It offers hope and optimism for those currently in distress, and tips for those people supporting them.

Colour illustrations have been produced by a local artists' club for people experiencing mental health difficulties.

The journey to recovery is an ongoing path of discovery. All the contributors to this book are at different stages of their journey.

Congratulations

Becky Shaw and the Rushcliffe Mental Health Group for producing 2 wonderful books about their experiences of the mental health system and their recovery.

Each book is on sale for £9.99 plus £3.80 for postage and packing. Alternatively both books are being offered at the introductory price of £17.99 plus postage costs. To obtain a copy of either of the books please send a cheque (or UK postal order) made payable to the Rushcliffe Support Group to:

4 Holme Road, Bingham, Nottingham NG13 8DZ

A good proportion of the profits from the books are going to the Rushcliffe support group to continue in helping support people who are experiencing mental health difficulties.

We hope you enjoy reading them

Training and Networking for Groups

Below is a listing of the training events we've got coming up at Self Help Nottingham

Wednesday 13 May 2009

1.30pm - 3.30pm

Mental Health Self Help Support Groups Network Meeting

Group invitations for this annual event were sent out at the beginning of April. If you have not received an invite and would like to come along, please give Caroline a ring at Self Help Nottingham.

Thursday 21 May 2009

11.00am - 3.00pm

Confidence building for treasurers

This workshop, run by Community Accounting Plus, aims to boost both your confidence and your financial skills. If you are new in post or still struggling to find your feet, come along and learn from the experts.

A buffet lunch and refreshments will be provided. Booking forms are enclosed with this newsletter.

Monday 1 June 2009

7.00pm - 9.00pm

New Groups' Evening

A great opportunity to meet other people who are thinking about, or in the process of setting up a new self help support group. Invitations for this event will be mailed out separately to all new groups.



Friday 12 June 2009

10.30am - 3.30pm

Pepping up your publicity

A workshop packed with information and practical advice on improving your publicity. Suitable for both new and established groups, the day aims to inspire you to create and develop some truly eye-catching publicity.

An application form for this workshop is enclosed with this newsletter.

Wednesday 15 July 2009

10.30am - 3.30pm

How to be a welcoming group

Come and join us and discover how to become an even warmer, more welcoming and inclusive group. If you feel your group could benefit from attracting and maintaining a wider membership, this workshop could set you on the right road.

Diversity brings many advantages including different perspectives, new experiences and a bigger potential membership. Join us and discover how your group can go the extra mile so that everyone feels really welcome.

An application form is enclosed with this newsletter.

Not sure whether a training event will meet your needs? Require further copies of the application forms? Call the Groups' Training and Development Team - we are here to help. Tel: 0115 911 1662

'Changing Your Mind'

Free mental health awareness training for voluntary and community groups.



In this edition of *Self Help News* you will find a leaflet about Frameworks' free mental health awareness training. The film-based package is currently being delivered to statutory and voluntary organisations and groups throughout the city.

Framework is offering three free training sessions at their main headquarters in New Basford for small community groups.

If you would like a place on the training or you would like framework to do some training with your group please contact Anne Barker on:

email: anne.barker@frameworkha.org
tel: 07837 300 919

Sessions will be held at:

Framework Housing Association,
Maville House,
Beech Avenue,
Nottingham NG7 7LS

The Dates are:

Wednesday 13 May 10.00am-12.30pm
Thursday 18 June 2.00pm-4.30pm
Wednesday 1 July 10.00am-12.30pm

'Healthtalkonline' and the linked young people's 'youthhealthtalk' are websites bringing together interviews with a wide range of people talking about their experiences of health and illness. On the websites you can watch or listen to videos of the interviews, read about people's experiences and find reliable information about conditions, treatment choices and support. The interviews are analysed and linked by different themes, such as experiences of being diagnosed, or being a carer, as well as by experiences of different medical conditions.

The website used to be called DIPEX, and researchers are gradually collecting and adding new sets of interviews. At the moment they would like to talk to people about experiences of menopause, bereavement by sudden death, infertility problems, Jewish health issues, men with breast cancer, women living with chronic pain and to young people about experiences of depression and about weight and health.

More information at:

www.healthtalkonline.org
and
www.youthhealthtalk.org

How to be a welcoming group

Wednesday 15 July 10.30am to 3.30pm at Self Help Nottingham

Do you remember when you first walked into your group? Were you nervous? Were you made to feel welcome? How did your group do that?

See page 11 for further details





FUNDING

Grants for Health Groups

The General Dispensary's Self Help Groups Project Fund is now open for its spring round of grants to groups. Groups who meet around health issues can apply for up to £800 towards projects and equipment. New groups can apply for starter grants to help with set up costs.

The Self Help Groups Project Fund is particularly interested in funding established groups who have not made an application in the last five years and any new group in need of financial assistance.

Application forms and guidelines are now available from Self Help Nottingham's Groups Training and Development Team. Please call Susan or Caroline on 0115 911 1662.

Don't forget we can offer you advice and guidance on completing the forms.



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

www.buy.at/selfhelpnottingham

All your favourite retailers



Charitable Trust

Boots Charitable Trust funds registered charities and also small voluntary organisations benefiting people living in Nottinghamshire. Since the Trust was established in the 1970s it has donated over £9 million to a range of charities and community organisations.

The Trust's current funding priorities are health, life long learning, community development and social care. Charities and voluntary organisations are encouraged to apply for grants up to £10,000. We welcome applications for projects with the capacity to deliver significant impact and which reach the greatest number of people.

Trustees meet every 2 months to consider appeals and the application form and details of our giving criteria can be downloaded at:

www.boots-uk.com

or you can contact
Appeals Officer, Rachel McGuire
tel: 0115 949 2185
email: rachel.mcguire@boots.co.uk
for further details

Thankyou to Boots

Boots has just awarded £3,000 to Self Help Nottingham for equipment for use by groups. The equipment includes a monitor and dvd player as well as office space with desk and computer.

For their help and support we send our many thanks, thankyou

Visit of Vice Chair of Nottinghamshire County Council



Recently Ellie Lodziak visited the Dizzy group at one of their meetings which are held in our offices. Whilst here Ellie toured the offices, met Self Help Nottingham staff and learnt about the work that is carried out here.

Ellie has been the Nottinghamshire County Council elected representative of Eastwood since 2001, prior to which she served as an Eastwood Town Councillor and Town Mayor. With a background in community work she has worked with local people to develop several projects including a drop-in centre and welfare rights for homeless people and victims of domestic violence.

In the photo Ellie can be seen with Sarah Collis, Director of Self Help Nottingham and Glen Swanwick, Trustee of Self Help Nottingham and Chair of the Dizzy Group.



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

Tel: 0115 911 1661 for information enquiries 9.00am-1.00pm;

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