

WOODSIDE DAY CENTRE

USER FORUM



By
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(Forum Lead)

Welcome to the 45th edition of the User Forum News.
Newsletters will be out every two months.

July 2017

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THE TWO PREVIOUS USER FORUM MEETINGS

Tuesday 13th June 2017

My speaker should have been Sam Billingham from Survivor of Domestic Abuse (SODA) but she could not attend on the day. I have re-arranged another date with her for Wednesday 15th November. So I asked Chris if she would like to do a presentation for me, she said yes.

As some of you may know I can be very creative with actions and words, and be very spontaneous. This was an asset when Michael's speaker was unable to attend and he asked me to jump in at the last minute. I decided to talk about Woodside Crafts, no surprise!

Luckily there were several members n the audience who were able to talk about how volunteering in the shop, boost their self confidence, self esteem and gave many a focus to their day.

Woodside Crafts continues to be a charity, always open to new members. We have started to do more crafts events and outreach work.

We are constantly designing new products to make and sell. This year in September we have been established for five years. It has been an eventful journey and thanked all members for their support.

By Christine George

Wednesday 12th July 2017

I was hoping to have a speaker from Artspace, there was a communication problem, so there was no meeting on the day. I have text the secretary of Artspace to ask tutors for date to be arranged in 2018.

DATE OF NEXT TWO MEETING AND GUEST SPEAKERS

On Thursday 17th August the guest speaker will be Trish Taylor from the Clinical Commissioning Group (CCG). She will be giving you an update on the CCG.

On Monday 11th September the guest speaker will be Charlotte Bennett from Warm Homes Dudley.

WOODSIDE DY CENTRE DAY TRIP TO LLANDUDNO

On Tuesday 4th July Woodside had a day trip to Llandudno. The staff organised a coach from Prospect Coaches. We were informed beforehand to meet at the centre at 8am. I arrived just after 8.05am. I did not want to go at first. One of clients asked a friend to go who happens to be one of my relations, so I decided to go at the end. The coach came at 8.25am. We departed at 8.32am. There were a few seats empty which should have been a full coach. Around 8.45am we had to turn back to the centre because Jacqui forgotten her works mobile which was needed for those who had mobiles for contact if anyone was lost or need to inform staff for emergencies. We restarted from the centre at 9.05am. The driver took us through Shropshire into the Welsh border. We stopped at Llangollen at 10.55am which was supposed to be for a 30 minute break. We did not depart till 11.35am. There were two road works, where the first one we had to wait nearly ten minutes before we went passed the green light. The second one just lasted for about three minutes. We finally arrived at Llandudno around 1.15pm. I first went for a meal in the Habit Tearooms. I have been there twice before. I had Homemade Steak and Kidney Pie, Chocolate Sundae, with a pot of tea which had two teabags in plus a pot of water. The service was very quick on all three orders. Then I walked up towards the pier and met most of the staff with a few other people. I spoke to one client for about 40 minutes at the pier. Then I walked half way on the Toll road pathway to the Great Orme. Turned back towards the promenade and stayed there for about 10 minutes and starting walking back towards the main shopping area, where I met four more from the coach, one being my relation. I went round with them for a few minutes. By this time it was 4.50pm I started to walk slowly back towards the coach park. First though I went to Marks and Spencers which

is opposite the coach park for the last 25 minutes. I arrived on the coach at 5.25pm for the 5.30pm departure time. There was one person missing so Donna and Jacqui went out to find this person. We finally set off at 5.50pm. We went back through northern Wales towards Chester on the motorway to Stoke. It was agreed by everyone that there would not be a break going back. There was an emergency, so we had only a toilet break for those who needed it. As we got to the Oldbury area we was close to Dudley and Woodside Day Centre. As we arrive back at 8.15pm I walked back with my relation and the three other persons. I got back home at 8.40pm. Overall it was a nice pleasant sunny day with a few clouds, there was some rain whilst travelling.

CCG HEALTHCARE FORUM

The continuation of the previous meeting from Thursday 23rd March 2017.

Re-enablement

This team is predominantly about facilitating recovery and return to normal functioning.

This team would liaise with Housing, CAB, Jobcentre and other Employment services that assist return to work. Social skills and confidence will be integral to this.

The team would predominantly comprise of trained support workers.

This team would also support the small cohort of patients being discharged on depot medication in partnership with GPs who will have access to specialist help and advice when needed.

We would envisage using principles such as those found within recovery colleges.

Talking Therapy

The “Talking Therapy” section of the hub would consist of a variety of professionals qualified to deliver a selection of therapies across all age ranges (children, young people, adults and older adults). Therapies to include but not exclusively CBT, low intensity counselling, family therapy,

trauma therapy, interpersonal therapy, solution focused therapy, brief interventions and humanistic therapies.
Talking therapies across all ages would be delivered in conjunction with appropriate 3d sector agencies.
Therapies would be time limited and will integrate with other services as required.

Assessment

The assessment team would comprise of band 6 nurses (highly experienced CPNs, led by a Band 7 clinical lead), whose role would be to assess an individual's needs, devise a care plan and refer into the appropriate part of the service. They would be responsible for review and have an overarching view over responsibility for a patient's journey through service/s (as there may be more than one service relevant to the patient's needs). It is envisaged that this team would attend MDT meetings at practice level with each nurse providing case management for patients from a specific locality.

Their role would also be to in reach into acute services at a point where a patient is ready to be discharged so that a community-based package of care can be put into place ready for when that patient is discharged.

On Thursday 6th July there was another CCG Healthcare Forum meeting held again at the Brierley Hill Civic Hall. The theme was called, Connecting the Dots.

Dr. Steve Mann chairing the meeting on this occassion spoke briefly on the afternoon's agenda. Then Fraser Battye did a presentation on Working together to stay healthy and well. He spoke on that the NHS is not the main thing that keeps us healthy. He explained that there is 45% with Social and environmental conditions, 40% health related behaviour and only 15% are health services. The graph what was shown was gadgets pictures of Good work, Our surroundings, Money & resources, The food we eat, Education & skills, Housing, Transport and finally Family, friends &communities.

The second graph showed when we use services, sometimes we are the expert. It shows the doctor and patient relationship. The doctor would say treatments that usually works. Doctor and patient would say, what would work. The patient would say treatments that will suit me.

In the third graph is seeing patients and professionals need to work together. From this – Doctor to patient : What's the matter? How can I make you better? To this – What matters to you? How can we achieve this?

In the fourth graph - Overall, if we want to improve health in Dudley we need : 1. To take responsibility for staying healthy. 2. Support from services when we need it. 3. Support to not need it.

In the fifth graph - We might need support to change our behaviour. What helps already?: 1. Setting goals? 2. Support from family/friends? 3. Community activities? 4. Support from community groups. 5. Services to help with smoking/weight/drinking? 6. Healthy places? 7. Advice from doctors/nurses/pharmacists/etc?

In the sixth graph – In Dudley there is already a lot going on to help people stay healthy and well. But not everyone knows about these opportunities. We are going to spend some time today sharing.

There were other speakers doing short presentations, these were : Iran Mann from the Dudley and Walsall Mental Health Trust. Donna Roberts and Jody Prichard from Public Health, Melissa Guest from Healthwatch Dudley and Kate Green from IntergratedPlus at DCVS to promote their projects they are currently doing.

I did not attend the Mental Health Forum this time as it was in Walsall.

Also I could not attend the Healthwatch Dudley held on Wednesday 13th July as it coincided with the User Forum.

NETHERTON PARK FUN DAY

On Saturday 8th July I attended the annual Netherton Park Fun Day. I went from 11.15am-12.10pm. The sun was out bringing lots of people in to the park. There were plenty of stalls from various local groups selling their products, raffles. There was a large area for vintage cars. There must be around 50 of them. There were playing activities for the children to take part in. There were the usual food stands for people who wish to eat a burger, hot dogs, chips and ice cream or two, plus beverages.

THE BRIDGE HUB

The Bridge Hub is for moving towards volunteering, education and employment. It is a range services facilitated by Summit House Support working across Dudley and Sandwell. There are peer mentoring, training opportunities and interactive group sessions.

They recognise that it can be very difficult to take the first step towards moving on your life so we, as an independent charity, offer support to help you get there.

A member of their team will meet with you for a relaxed chat over a cuppa to help you work out what it is you like to do. They will support you with identifying small steps towards achieving your goal and meet with you periodically to support you along the way. They take a bespoke approach, tailoring our support to the person in front of us.

You wil also be welcome to come along to their Tuesday afternoon activities in Dudley, which include workshops around :

- **Confidence-building**
- **Business awareness**
- **Volunteering**
- **Assertiveness**
- **Resilience & coping with life's challenges**
- **CV writing, job applications and interviews**
- **Sport & wellbeing**
- **Arts & crafts**
- **Learning styles**
- **Mindfulness**
- **Yoga**

You can find out what is happening each month from their newsletter.

They also offer the opportunity for you to complete a Level 2 Peer Mentoring which is accredited by the Open College Network West Midlands.

There address is Brindley House, North Street, Dudley DY2 7DT. Telephone: 01384 243 220 Email: info@shsl.org.uk On twitter: @summit_house

DIABETES UK

Do you live with diabetes? Are you a family member/carer/friend of someone living with Type 1 or Type 2 diabetes? They would like to invite you to the Dudley Borough Diabetes Support Group at Kingswinsford Community Centre, 425, High Street, Kingswinsford, DY6 8AP

They discuss living with diabetes with various professionals In the field of diabetes care. They also learn from each other on how to live better with the condition.

To find out details of their meeting times and dates or to confirm your place please contact them via

**Email: dudleyboroughdiabetes@gmail.com
Website: <http://dudley-borough.diabetesukgroup.org/>
Diabetes UK Midlands: 01922 614500**

There vision is a world where diabetes can do no harm.

WOODSIDE CRAFTS AT STOURBRIDGE FESTIVAL 9th July

What a brilliant festival this was. The sun was shining, plenty of live music and street entertainment, plus fantastic stalls. My husband and I did a stall for many sells and chatting to people about mental health issues. Like trip advisor I would recommend this day out.

By Christine George

DATES FOR 2017 DIARY

These are the dates for the User Forum Meetings (10.30am-11.20am) which is followed by the Monthly Communications Meetings for everyone till lunch time.

Monday 16th January – No meeting took place.

Tuesday 14th February – No meeting took place.

Wednesday 15th March – Vanessa Gill (Dudley Stroke Association). Plus 13 service users.

Thursday 13th April – Ken and Tracey McClymont, plus their P.A. and Hope their dog (Dudley Centre For Inclusive Living). Plus 26 service users.

Monday 15th May – Claire Savage (Step Up). Plus 15 service users.

Tuesday 13th June – Christine George (Woodside Crafts). Plus 15 service users.

Wednesday 12th July – There was no meeting.

Thursday 17th August – **Trish Taylor (Dudley Clinical Commissioning Group)**.

Monday 11th September – **Charlotte Bennett (Warmth Homes)**.

Tuesday 10th October – **Lucy Nearney (Participation Development Team)**

Wednesday 15th November – **Sam Billingham (Survivor of Domestic Abuse)**

I have two provisional bookings for sometime in 2018 from the Telecare Talks and Action Art so far.

To service users, volunteers and staff. If you have any ideas of speakers or subjects you wish to cover for 2018 please see me. I will contact the relevant organisation/person for you.

If you have any issues, concerns, comments on services of Mental Health, Housing, at Woodside, or on any other local services you would like to put forward in a User Forum meeting Please see me before the next two meetings.

If any of my contacts would like to put an article in my newsletter about the service you provide or any events coming up on your service or would like to come to the centre to do a presentation for 2018 or you know of someone who may do, please contact me, I am always looking for new speakers from groups/organisations .

The forum is an independent group for all service users, volunteers and current students of the centre, which was formed in January 2003, where there is a meeting once a month.

All meetings start at 10.30am prompt with a five minute window for late attendees. After five minutes there will be no entry for people wishing to attend. There will be a door keeper outside door to stop anyone entering the meeting. Could those who have mobiles wish to attend the meeting to make sure they have their mobiles turned off, vibrate or on silent. Thank you. This is to respect my guest speaker, myself and those attending the meeting.

I invite speakers to do a presentation for 15-30 minutes or longer followed or with questions to the speaker.

I am the leader of the group where I provide a service with information and personal support. The group and this newsletter is officially supported by the Support Association for Mental Health (known as S.A.M.h) based at the Henry Lautch Centre, Bushey Fields Hospital, and Dudley and Walsall Mental Health Partnership Trust (DWMHPT).