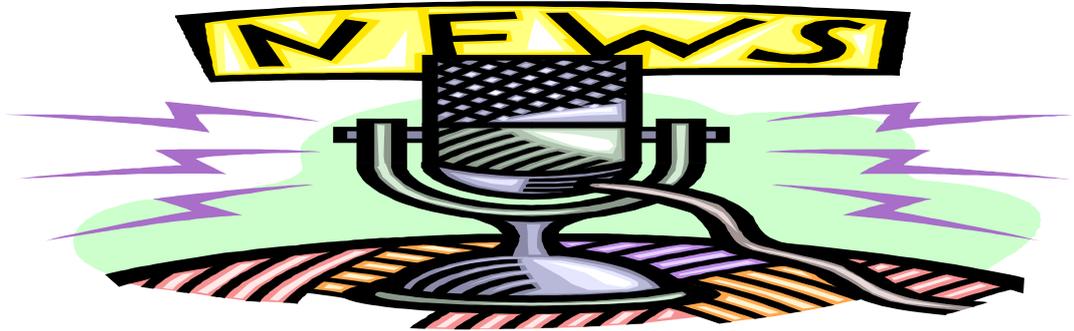


**WOODSIDE DAY CENTRE**

**USER FORUM**

**MONTHLY**



**By**

**Michael Sidaway  
(Forum Lead)**

**Welcome to the 36th edition of the Monthly News.  
Each edition will be out on the last Friday of each month  
regarding to the forum group of the centre.**

**NOVEMBER 2015**

**In this edition:**

- 1. At The Previous Meeting**
- 2. Date Of Next Meeting And Guest Speaker**
- 3. Be Safe Be Secure This Christmas**
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- 9. Dates And Speakers for 2016**

## AT THE PREVIOUS MEETING

**Wednesday 11th November 2015**

**Aiesha Parker from the Creative Support Service came to do a presentation for the User Forum.**

**She explained that Creative Support began in Manchester 25 years. A service for Dudley started up 5 years ago which is based at Unit 3, Park Road, Lye, Stourbridge DY9 8SS. 01384 896737.**

**Their mental health floating support service can help you to develop daily living skills and achieve independence and wellbeing by helping you in the following areas :**

- Economic wellbeing – They can support you to maximise income through access to all appropriate benefits, reduce debt and arrears, develop budgeting skills and ensuring all household bills are paid.**
- Enjoy and achieve – They can support you to access training, social and leisure opportunities, meaningful activities and wider community inclusion.**
- Make a positive contribution – Support to feel a valued member of the community and enjoy full legal, civil and human rights.**
- Stay safe – They can support you to minimise risk and harm through positive risk management.**
- Be healthy – They can support you to access mainstream and specialist health services and to lead a positive healthy lifestyle.**

**They can put you at the centre of your support, which means that you exercise choice, control and independence. They work with you to produce personalised support plans that enable you to achieve meaningful and personal outcomes. They can provide a maximum of 10 hours of support, tailored around your individual needs, and can provide you with support for up to 2 years. The service is open to anyone over the age of 18 free of charge. Referrals can be made via the supporting people gateway form.**

They also do a newsletter which I receive from Aiesha which is very informative. If you have got the internet you can read it online.

### **DATE OF NEXT MEETING AND GUEST SPEAKER**

The next meeting will be on Thursday 14th January where I am looking for a speaker to do a presentation.

### **BE SAFE BE SECURE THIS CHRISTMAS**

At Christmas time is when thieves are more likely to enter your property and burglaries are committed especially attacking the most vulnerable like the elderly. When you go out, always close and lock the external doors and windows – even if you are just going out for short time. You don't know who may be looking to break in to steal those valuable Christmas presents you have set aside somewhere in your home. If you know a vulnerable person who may live on their own it would be good idea just to pop in to see if they are OK. Perhaps make them a hot drink or do a hot meal to keep them warm. They will also appreciate your company.

### **GROUP EVALUATIONS UPDATE**

Jacqui has informed me that the Group Evaluations are now typed up. If anyone wants to see a copy there will be some in the Dining Room and one on the User Forum notice board.

### **SUPPORT ASSOCIATION FOR MENTAL HEALTH**

Over the past months SAMh has taken time out to observe the “mental health” scene, from what was observed and question that were asked a decision was made to launch a website that gave easy access to obtain help and advice.

Support and advice covers form filling, benefit interviews, appeals, tribunals, housing applications, housing benefits claims, homeless, service complaints and matters that may cause distress.

Website. <http://www.samhdudley.org>

**For those who would like a face to face interview every Wednesday starting on 13<sup>th</sup> January 2016 from 11am till 2pm at the Samh office there will be SAMh's 'Bite Back surgery'.**

**For further information contact**

**[angela@samhdudley.org](mailto:angela@samhdudley.org)**

**Mobile 07505003924**

**By Angela Hill (Chairperson of SAMh)**

**Angela suggested that it would be a good idea if I had the Monthly News on the SAMh's website. She said I could use the SAMh's office which is based at the Henry Lauth Centre, Bushey Fields Hospital when needed to interview my contacts to ask them questions on their service they work in, to add extra material in the newsletter to give service users, staff, volunteers and students of Woodside Day Centre and local service providers monthly updates. If any of my contacts would like to make appointment please contact me.**

**I am having an email address set by SAMh just for the Monthly News soon so contacts can email me for information. My job title at SAMh will be known as the Editorial Lead.**

### **PEER SUPPORT EVENT**

**On Friday 27<sup>th</sup> November I went to a Peer Support event which was organised by Dudley and Walsall Mental Health Trust, Dudley Rethink Mental Illness and Dudley Mind. This was held at the Cable Plaza building, Waterfront West, Brierley Hill from 11.00am-3pm. A few service users from Woodside Day Centre also attended which was great to see. Claire Savage from Step Up invited me to come along to this event which could be useful. She was one of the facilitators there. I and two other people from the centre with Martin Mueller from Dudley Mind sat round Claire's table. There were 8 tables set up for the other people who attended.**

**Steve Jones opened the event. Then Kelly Slade from DWMHT did a short presentation on how Peer Support came about. One of the speakers Jon told his story on beating alcoholism. There was a lady speaker from the Wolverhampton Voluntary**

Sector Council who spoke about many groups are on offer for peer support.

After Lunch break with a good buffet selection and drinks we had the workshop exercise on various questions which was put forward on sheets of paper around the walls of the area of the room. Each person was given small writing coloured tabs to put their views and comments and place them on the related question paper.

### CHRISTMAS ACTIVITIES AT WOODSIDE

This year's Christmas activities in December at and outside the centre are as follows :

**Tuesday 1<sup>st</sup> December** - Christmas Fayre (Chris) (11am-2.30pm) which is open to the public.

**Monday 7<sup>th</sup> December** - Christmas Shopping Trip to Gloucester. 9.30am start (Janine and Paul).

**Tuesday 8<sup>th</sup> December** – Christmas Shopping Trip to Nottingham. 9.30am start (Janine and Jacqui).

**Thursday 10<sup>th</sup> December** – Richard's Christmas Meal (Richard C. and Lorraine).

**Friday 11<sup>th</sup> December** – Trip to German Market (Birmingham) 10.00 start (Ann and Janine).

**Monday 14<sup>th</sup> December** – Christmas trip to Stratford-upon-Avon. 9.30 start (Sheila, Steve and Janine).

**Tuesday 15<sup>th</sup> December** – Christmas Meal and Disco at centre. (Donna and Lorraine).

**Wednesday 16<sup>th</sup> December** – Carol Service with Michael Pullen (Sheila and Paul).

**Thursday 17<sup>th</sup> December** – Sound of Woodside Performance/Table Top. (Chris and Sheila).

**Friday 18<sup>th</sup> December** – Christmas Quiz and Games. (Jacqui and Janine).

**Monday 21<sup>st</sup> – Wednesday 23<sup>rd</sup> the centre will be open as normal. Closing at 12.00pm on the Wednesday.**

**Thursday 24<sup>th</sup>- Monday 28<sup>th</sup> the centre will be closed for the Christmas period.**

**Tuesday 29<sup>th</sup>- Thursday 31<sup>st</sup> the centre will be open.**

**Friday 01<sup>st</sup> January will be closed for New Year's Day.**

**The centre will re-open on Monday 4<sup>th</sup> January 2016.**

### **ANNUAL REPORT**

**Thank you for those who have attended a User Forum Meeting this year. I appreciate your support and your feedback that I am doing a very good job in running the group. I was disappointed on the turnout of some of the meetings where the lowest was 7 and the highest was 31, average attendance 17.**

**The circulation of my newsletter has improved where I have 53 contacts who receive a copy on a monthly basis by email attachment which takes me between 2.5 - 2.75 hours to do in total in a space of 3-4 days. I would like to thank the contacts who have given brilliant feedback by email on my Monthly News where the newsletter is always very good and very informative.**

**I would like to thank Claire Savage from Step Up very much for doing the printing and copying of the newsletter each month by sorting out the pages in order. Claire is the person I send the first copy to each month. I asked her to do 3 coloured copies, one for the User Forum Board, one for Donna and rest of staff to read and one for myself to keep in a folder. She does a further 7 black copies for everyone to read who attends the centre. Those copies are situated on the left side of the Tuck Shop table by wall.**

**Merry Christmas every one and a Happy New Year.**

## DATES FOR 2016 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.

Thursday 14th January – FREE

Monday 15th February – FREE

Tuesday 15th March – Heidi Davies & Jane De Rooy (Enhanced Primary Care Mental Health Service)

Wednesday 13th April – FREE

Thursday 12th May – Claire Savage (Step Up)

Monday 13th June – FREE

Tuesday 12th July – FREE

Wednesday 10th August – FREE

Thursday 15th September – FREE

Monday 17th October – FREE

Tuesday 15th November – FREE

The dates above were recently arranged by Donna and agreed by Michael.

To service users, volunteers and staff. If you have any ideas of speakers or subjects you wish to cover for 2016 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 the next edition which be displayed on board from Friday 29th January 2016. Please see me before Wednesday 27th January so I can do your article for you. It must be related to the forum.

If any of my contacts would like to give me any update information or events coming up on their services or would like to come to the centre to do a presentation for 2016 or you know of someone who may do, please contact me.

The forum is an independent group for all service users of the centre, which was formed in January 2003, where there is a meeting once a month. I invite speakers to do a presentation.

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 Lauth Centre, Bushey Fields Hospital, and Dudley and Walsall Mental Health Partnership Trust (DWMHPT).