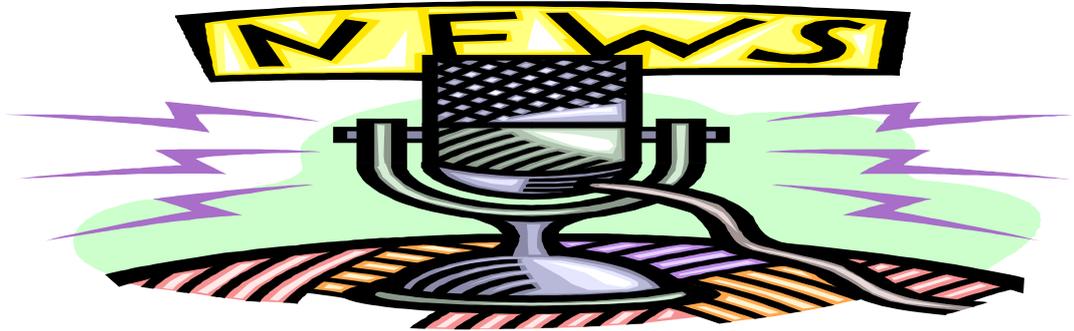


WOODSIDE DAY CENTRE

USER FORUM

MONTHLY



By

Michael Sidaway
(Forum Lead)

Welcome to the 38th 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.

FEBRUARY 2016

In this edition:

1. At The Previous Meeting
2. Date Of Next Meeting And Guest Speaker
3. Dudley Peer 2 Peer Support Event Feedback
4. Dementia Part Two (Memory Loss)
5. Holocaust Memorial Day
6. Healthwatch Dudley – Opticians Survey
7. D.F.T.R.A. Quiz and Awards Evening
8. Monthly News Update
9. Dates And Speakers for 2016

AT THE PREVIOUS MEETING

Monday 15th February 2016

Sian Evans, manager from Housing Options gave a presentation on the current overview of the housing options in Dudley.

Background information

- Council stock – around 22,500 homes
- Status – a stock retaining landlord authority ie we have not transferred ownership or management of our council housing to an RSL or ALMO
- Strategic responsibilities – housing needs, homelessness, supporting people, links to social care services
- Turnover – around 1600 per year, of which around 12000 are new lettings
- Waiting Lists – around 2,700, with 100 plus applications each week
- Choice based lettings – choice & transparency
- Access –Dudley Council Plus, Stourbridge/Halesowen/Brierley Hill Libraries

Dudley Council Housing Service

- Strategy & development - assessing and meeting housing needs of the borough across all tenures
- Assets & investment – building new homes and managing what we spend on those we already have
- Estates & communities - dealing with tenancy issues and estate management
- Housing options & support – new customers and specialist needs

Housing options & support

- Homelessness – prevent and “safety net”
- Housing options – council waiting list and options advice
- Housing liaison – nominations, events and partnerships

- **Allocations & lettings – advertising and letting**
- **Housing occupational therapy – medical and disability needs**
- **Sheltered housing - 11 schemes for older people**
- **Housing support – floating support for vulnerable people, drop ins and pre tenancy workshops**

Our customer journey

- **Apply for housing on line at www.Dudley.gov.uk or justd call 0300 555 2345 for housing options interview (or bthe same number for homelessness help)**
- **Needs assessment takes place (including any medical or disability needs)**
- **Provide documents when asked (proof of identity & address, references)**
- **Attend pre tenancy workshops if to do so**
- **Receive your “bidding number”**
- **Search for available homes on www.dudleyathome.org.uk and place up to three bids each week – you will only be contacted if you are successful**
- **View, sign up move in**

How can we help?

- **What we can't do -**
- **Provide housing for all who need it (although we can usually offer something**
- **What we will do –**
- **Provide housing options advice**
- **Provide housing if we can or nominate to another provider if we can**
- **Provide the homelessness safety net**
- **Provide extra support for those who need it, or work with other support services**

A flavour of the services we can provide or can advise on

Mediation, Flashpoint, Youth hub, Floating support, Adaptations, Benefits/debt, Loans, Gardening, Home Security, Mortgage, Council housing, Nominations to housing associations, Shelter housing, Extra care, Supported housing, Private sector, Tenancy Deposit scheme, HomeBuy, Downsizing, Exchanges.

Housing support drop in's

There is a list of drop in's around the borough where people can go to for support. For opening times and appointments call 01384 812504 or email

housingsupport.dachs@dudley.gov.uk

Hot Topics –

- **New build council homes – for general needs**
- **Investment needs and low demand stock**
- **Housing options for older people**
- **Rent reduction**
- **Welfare reform**
- **Health and well-being**
- **Love your community**

DATE OF NEXT MEETING AND GUEST SPEAKER

The next meeting will be on Tuesday March 15th where Heidi Davies and Jane De Rooy from the Enhanced Primary Care Service will be attending. They would like to hear from you on what you can do for them.

DUDLEY PEER 2 PEER SUPPORT EVENT FEEDBACK

The Dudley P2P Group were really pleased to hold our Second Peer Support Event last month at the Cable Plaza in Brierley Hill. The group is currently made up of people who use mental health services, staff from Dudley Walsall Mental Health Trust, Dudley Mind and Rethink.

The event was a real success and we had great turn out – the lunch was great too! The aim of these events has been to raise awareness about Peer Support, to try to build a directory of what Peer Support already exists in the Dudley Borough and to help and support people who might want to develop new avenues of Peer Support. Feedback so far has been really positive.

We will continue our work and our current focus is getting the directory of current Peer Support up to date and getting it out to people as soon as we can. We are also looking forward to Dudley Mind facilitating a Peer Support training day in the spring. This will hopefully increase the confidence and knowledge of the attendees in the area of Peer Support. We are sure to hold further events in the future too.

If you would like to be involved or find out more then please contact Dudley Mind on 01384 442938 or speak to Claire Savage from Step Up who is based at Woodside.

By Kelly Slade, Personalisation Lead

[DEMENTIA PART TWO \(MEMORY LOSS\)](#)

Everything we see, hear, taste, smell or feel at any given time enters our short term memory first. This information stays there for approx. 20-30 seconds. Within the space of half a minute therefore, we have to make a selection. Important information receives our attention and the remainder is discarded. To keep this information, we have to transfer it to our long term memory, the hippocampus; a large warehouse in the brain that can store endless quantities of information without filling up. It retains all the information it receives throughout the course of our lives.

Transporting information from our short term to our long term memory is not an automatic process; it requires effort and attention.

Because the short term memory is first affected by dementia, people with dementia are no longer able to transport

information to the long term memory store, which in practice means they will not remember what happened 30 seconds ago and can no longer retain new information.

Time does not stand still; in order to know the time we have to look at a watch or clock several times a day and print the hours and minutes in our head. When this fails the time of day represents a constant puzzle.

In the next edition of my newsletter Diagnosis will be the subject of Part Three of Dementia.

[HOLOCUST MEMORIAL DAY](#)

On Friday 29th January several of us went to Dudley College to attend the annual Holocaust Memorial. We were privileged to listen to Susan Pollack, a survivor from Auschwitz. Susan was the most gracious and brave lady I have ever met. She was born Hungary, she spoke with such clarity about anti-Semitism. Susan's story was so emotional. No one had an ory eye.

What stunned me more was when the Bishop of Dudley led a minute silence for all the holocaust victims, he then said if we did a minute silence for each individual victims of the holocaust we would be sitting at the college for eleven and half years!

We must never forget, as we must learn from our mistakes. Let's support refugees/Syrian Crisis. We can not have people die in vain.

By Chris George (Staff Member)

[HEALTHWATCH DUDLEY – OPTICIANS SURVEY](#)

Georgia Davis who is the Participatory Research Assistant from Healthwatch Dudley came to Woodside on Wednesday 17th February from 2pm-3.30pm to see service users if they would be interested in doing a survey on opticians. I sat with Georgia and four service users in the hall who took part in the survey. There were nearly 50 questions put forward to each

service user. Georgia ticked the relevant answer as she went along on each question.

D.F.T.R.A. QUIZ AND AWARDS EVENING

On Thursday 24th Dudley Federation of Tenants and Residents Association did a Quiz and Awards evening at the Dudley Sports FC Social Club, Hillcrest Avenue, Brierley Hill 7pm-10pm. I was the first to arrive just before 6.30pm. The DFTRA board members helped out putting the tables and chairs whilst I just watched. I was told that I would be with the Participation Development Team (Kim, Emma and Jo) but Stan one of the board members said he wanted someone with brains on his team, so I joined them. It was 6.45pm where most of the people started to arrive. Martin Smith the chairperson of DFTRA introduced the event. He also did the quiz assisted by Caroline Salter the DFTRA Office Manager who compiled the questions for the evening.

Rounds of questions were on General Knowledge, Local Knowledge, Around the World, Cryptic Clues, Pictures of local well known people, Abbreviations of local businesses which was brewery names and finally on Entertainment. During the quiz people got stuck into their meals, which was ordered from a local chippie in Brierley Hill. I had fish & chips, which was very nice especially. The awards were also announced where some Tenants & Residents Associations won awards for their achievements in 2015. The group I was in called the 'The Young Ones plus One' came joint third with 'House Rockers' (Bowling Green TRA and Corbyns Bromley TRA). Joint second were 'Tunnel Tenants' (Darby End TRA and Oval & Tudor) and 'Chapel Street TRA'. The winners were '5 + Him' who were all from Ellowes Hall and Area TRA.

It was a very good night out where people from local TRA's in Dudley got together and enjoyed themselves. Well done the DFTRA team in getting the event organised.

MONTHLY NEWS UPDATE

The circulation of the Monthly News is now sent to a wider audience as it been on the Support Association for Mental Health (SAMh Dudley website. www.samhdudley.org) since

January 2016. You can now download my newsletter from it. On their website you can look up what is happening in mental health locally and nationally.

The newsletter is on the DFTRA (Housing) website. It is also sent to all the staff of the Participation Development Team (Housing), the Dudley Rethink Mental Illness, Dudley Mind and Healthwatch Dudley, plus to other contacts on my list.

[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 – Jon Mansell (aka exboozehound), plus 23 service users and one staff member.

Monday 15th February – Sian Evans (Housing Options DMBC) plus 24 service users.

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

Wednesday 13th April – Jody Prichard (Community Health Improvement Team)

Thursday 12th May – Claire Savage (Step Up)

Monday 13th June – Lynn Campini and colleague (Alzheimer's Society)

Tuesday 12th July – Chris Barron (Healthwatch Dudley)

Wednesday 10th August – FREE with a few options chosen

Thursday 15th September – Donna Takaj (Dudley Rethink Mental Illness)

Monday 17th October – Richard Lewis (Dudley Archives)

Tuesday 15th November – Amy Matthews (Dudley Counselling Service)

To service users, volunteers and staff. If you have any ideas of speakers or subjects you wish to cover for 2017 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 25th March 2016. Please see me before Wednesday 23rd March so I can do your article for you. It must be related to the forum.

If any of my contacts would like to have a interview for about 30-60 minutes with me at the Support Association for Mental Health (SAMh) office to put an article in the Monthly News about the service you provide will be on the SAMh's website or would like to give me any update information or events coming up on your service 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, volunteers and current students 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).