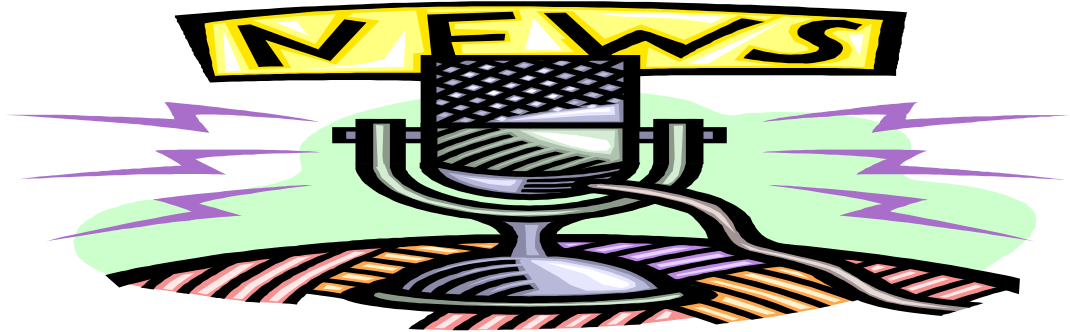


WOODSIDE DAY CENTRE

USER FORUM

MONTHLY



By

Michael Sidaway
(Forum Lead)

Welcome to the 40th 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.

APRIL 2016

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AT THE PREVIOUS MEETING

Wednesday 13th April 2016

Jody Pritchard the Public Health Programme Manager from the Community Health Improvement Team came to Woodside. I showed her around the centre before the User Forum meeting started. She liked what she saw. In the meeting Jody did a ice-breaker exercise where service users and the two students were given hard paper with a drawing of a head, heart and hand. The Head – This meant what you enjoying doing, like watching any forms of sport, enjoying going on the computer, enjoy shopping, enjoy going out for a meal. Heart – Where is your heart in? What your interests? Like family, environmental issues, politics. The Hand – What are you good at? This could be DIY, Running groups.

After that exercise she explained the services in Dudley. During her talk some service users asked Jody on those issues these were about, Get Cooking Courses, Outdoor Spaces and Parks, Some users would like to meet up informally at the weekend. A Central hub for mental health support.

Jody took these issues back to her colleagues and email me back to give answers to these.

1. Get Cooking Courses

Jody has spoken to the commissioner of these Get Cooking services. The number of places available for people to attend Get Cooking courses have not reduced /cut. However, the number of providers/organisations running the courses have been reduced because there were enough people attending some of the sessions. So, just as many people will still be able to attend Get Cooking, but the sessions may be held in different places.

2. Outdoor Spaces and Parks

Lots of people mentioned outdoor spaces and parks and suggested a few ways in which things could be improved – if people would like to get involved helping to look after or

improve the local parks they might want to join a 'Friends of the Park' group, or even set up their own group if one doesn't already exist. For more information on this please contact Liz Stuffins on Liz.Stuffins@dudley.gov.uk or 01384 816991 or Daniel Fildes on Daniel.Fildes@dudley.gov.uk or 01384 815589.

Some people in the group said they enjoy walks in the countryside/parks. For information on free healthy walks and other activities in our parks have a look at www.let-get.com

3. Meet Up at the Weekend.

Several people mentioned that they would like to meet up informally on a weekend or at times when the Woodside Day Centre is not currently open, just for some company, a cup of tea, a chat or to do some crafts etc. together. I know this can be tricky and most places would charge you room hire. I am working with a colleague at DCVS to try and find ways of making different meeting spaces available to groups. A newly opened venue in Stafford Street, Dudley has just been opened by DCVS. If anyone from the group is interesting in using that venue for information meetings, peer support sessions etc. free of charge then please give Lorna Prescott a ring on 01384 573381 or email lorna@dudleycvs.org.uk

4. Central Hub for service user support

Someone suggested that a central hub for mental health support would be a idea. Within the council there is lots of work going on at the moment to look at developing five community hubs, as part of the council's plans to deliver more flexible and responsive services in local communities. These community hubs would bring together a number of different services and activities and hopefully also provide spaces for groups to meet. There may be an opportunity for mental health services to be incorporated into this model. I will pass on this suggestion to my colleagues who are working on these plans.

DATE OF NEXT MEETING AND GUEST SPEAKER

The next meeting will be on Thursday 12th May where Claire Savage from Step Up will be attending to do her annual update on the vocational service in Dudley.

MENTAL HEALTH FORUM

This was at The Crossing at St Paul's, Darwell Street, Walsall by the main bus station on Thursday 7th April. The topic of discussion for the forum was Self-Harm. The meeting started at 11.10am introduced by Olivia Clymer, Non-Executive Director and welcomed the attendees. First she showed us a short video on short film created by Young Minds. The title of the film called No Harm Done is to reassure those affected by self-harm that things can and do improve – it can be hard work, and it might feel worse before it gets better, but coming out of the other side is so worth it.

Then Dr. Marie Payne (Clinical Psychologist) spoke on the perspective on self harm for nearly 40 minutes. There was a break for 10 minutes.

Then Naomi Ball who is an Expert By Experience member (An EBE as they are known) did a brilliant presentation by showing a video of herself and explaining her story on self-harm and how she is now recovering.

Dr.Safi Afghan who is a Consultant Psychiatrist in Walsall focused on suicide, reflecting on social, psychological and emotional distress of the population. On the Suicide Act 1961, 800,000 around the world die from suicide a year. He mentioned the types of methods used. Men are three times are likely to commit suicide then woman.

DEMENTIA PART FOUR (HEALTH & LIFESYTYLE)

Medical conditions such as diabetes, stroke and heart problems, as well as high blood pressure, high cholesterol and obesity in mid life are known to increase the risk of both Alzheimer's disease and vascular dementia.

Depression is a possible risk factor for dementia, getting it treated early is important. People who adopt a healthy lifestyle especially from mid-life onwards are less likely to develop Alzheimer's disease. This means taking regular exercise, keeping to a regular weight, not smoking, eating a health balanced diet and drinking in moderation. leading an active

lifestyle that combines regular physical, social and mental activities will help to lower risk.

Lynn Campani from Alzheimer's Society will be the next guest speaker.

HOW TO MAKE FISH CAKES

For this you will need 1lb of cooked fish, two eggs, 1lb of mashed potatoes, breadcrumbs, 1oz of butter or margarine, salt and pepper.

Remove skin and bones and chop fish coarsely. Heat the butter or margarine in a saucepan, add the fish, potatoes, yolk of 1 egg, salt and pepper. Stir over heat for a few minutes, then turn on to a plate and allow to cool. When cold, shape into round flat cakes, brush over with beaten egg, coated with breadcrumbs and fry in hot fat. The fish may be made into one large cake instead of several small ones, in which case grease a fish mould or flat tin and shape the mixture as much like a fish as possible. Brush over with the egg, cover with slightly browned breadcrumbs and bake for about 20 minutes in a fairly hot oven (190c. 375f, Gas 5). 3-7 helpings.

From the Mrs. Beeton's Cookery in colour.

WOODSIDE CRAFTS UPDATE

Well Spring is here, and we are busy making our boxes, planters, hedgehog lodges, so do come along to have a browse and have a cup of tea with us.

We have many fetes lined up too. Himley in June, Netherton Park on 9th July. Also we have been 'adopted' by the Coventry Building Society who is presenting us with a £1000 cheque to help us make a 'quiet room' at the shop.

The sponsored parachute jump has been moved to June (so good luck to Ben George!).

I would like to take this opportunity to thank all our members, volunteers and customers, we couldn't do it without you all.

By Chris George

HEALTHWATCH DUDLEY FUNCTIONS

Healthwatch Dudley is your health and social care champion. These are some of the different ways that we support local people.

We gather and share views and concerns about local health and social care services, such as doctors, dentists, care homes, hospitals and day care.

We share information about health and social care services through our helpline and Community Information Points across Dudley borough.

We make sure that the views and experiences of people who access services, are listened to and taken into account when important decisions are being made.

We raise awareness of public health, health improvements and health inequality.

We provide people with information about choices of what to do when things go wrong.

We involve people in decisions about health and social care, to make sure that services really are designed to meet local needs.

We have the powers.... We have a statutory place on Dudley's Health and Wellbeing Board and power to 'Enter and View' providers to identify issues and recommend improvements.

We provide Healthwatch England with the intelligence, insight and concerns about local providers and make recommendations to advise the Care Quality Commission to conduct special reviews or investigation.

We provide strong, evidence based feedback to organisations responsible for planning or providing local services.

We are fair and equal to all of our community.

Information from the Healthwatch Dudley Annual Report 2014/15 booklet.

STRATEGIES FOR COPING WITH STRESS

You can improve your general health and well-being, and thus your defences against illness, by understand what causes you stress and by learning how to avoid it or adapt to it.

A Balanced Lifestyle – There are two aspects to stress reduction lifestyle modification and relaxation. Modifying your lifestyle could mean changing your job reassessing your goals in life, or simply adopting a more open attitude to what you are doing. Gaining a sense of control over events lessens their stressful impact. A situation that is causing you unbearable stress can be made easier by asking for help and support from family and friends talking to someone helps you to see a problem more clearly. Getting regular breaks from a stressful lifestyle will help you to cope better and avoid having a situation reach a crisis point.

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 – Jane De Rooy (Enhanced Primary Care Mental Health Service) plus 33 service users and 2 students.

Wednesday 13th April – Jody Prichard (Community Health Improvement Team) plus 29 service users and 2 students.

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 27th May 2016. Please see me before Wednesday 25th May 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 2017 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).