

Positive Steps

Oct-Dec 2011-12

NEWSletter

Edition 1



Draft Mental Health Strategy for Bromley presented and FREE Central pull out poster

Recovery Journey:
one service user's story

Community Options
Supporting mental wellbeing



MERRY XMAS



and

HAPPY NEW YEAR

Have a wonderful holiday

Editorial team
&
Contributors

*Positive Steps
team*

COIN members

Ms L.M.

Steve L.

*The World Wide
Web*

*With thanks to also News
Shopper and BMHF*

*Contact details on the
back of this newsletter*

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Bromley Mental Health Forum (BMHF) presented Draft Mental Health Strategy

The London Borough of Bromley's Mental Health Commissioner, Claire Lynn, and Public Health Bromley PCT's Associate Director, Paula Morrison, did a joint presentation of the Draft Mental Health Strategy in front an audience. The event was organised by the BMHF and held on the 19th September, at Community House. Audience had the chance to put questions to the Commissioner and Associate Director. It was well attended with several organisations and service users represented on the day. **Positive Steps' team and COIN members also attended and asked questions on the day.**

Two priorities were highlighted by the BMHF:

1. the need for much better support for people with severe and enduring mental health problems who have been discharged from secondary services.
2. Employment—both in relation to obtaining work and for those in work who are experiencing mental health difficulties.

The Bromley's Draft Mental Health Strategy summary is available from Positive Steps on request. Please contact us via the details on the back of this newsletter. We hope you will give us your views on mental health service in the borough so we may feedback to those make decisions to help improve mental health services for the benefit of all.

Oxleas Work and Job fair

Recently Oxleas mental health trust held a work and job fair at the Education Development Centre in Bromley Common. The fair aimed to provide information and advice for people who have experience of mental health issues.

There were workshops to help people enhance their employment prospects, CV advice and tips, a campaign for flexible working opportunities and guest speakers Clive Barker, President of Bromley Chamber of Commerce, and Stephen Firn, Oxleas NHS Chief Executive.



Sue Mall and Dan Atkins pictured at the stall where people could help with the campaign for flexible employment opportunities. Courtesy of New Shopper.

The event was very successful and once again COIN members got stuck in with some volunteering to run a stall. Please see picture of one of the member in action!

Dress for Success was also a success—thank you to everyone who made contributions. Your support is always valuable.

The full report for the event can be found in the New Shopper website: [http://www.newsshopper.co.uk/news/bromley/9297211.Mental health trust holds job fair in Bromley Common/](http://www.newsshopper.co.uk/news/bromley/9297211.Mental_health_trust_holds_job_fair_in_Bromley_Common/).

Poem from the heart

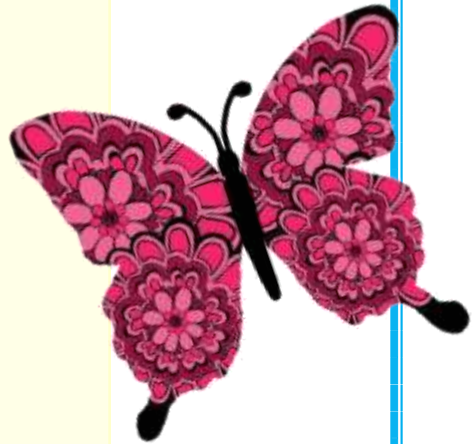
GET REAL

Ok so people now just need to GET REAL
To stop thinking so much and just feel
These times deep down feel a bit crappy
I have a vision for us all
Working together more, standing tall
I believe it's a route to rise up and be happy

Not to say that you are miserable
Cos I know many of us are on the ball
There are gr8 thoughts and work
Its all just too far apart
I want to link us all together
Lets make a difference
Really change for the better
Everyone must people its possible
Before it can start

So believe in your own talent
Believe together we can create balance
Believe than anything really is possible
Let us all co-operate
A GET REAL campaign operate
When peeps pull together
Results are incredible

To be continued



Art Therapy

From September 2009 until September 2011, I was part of an Art Therapy group at Yeoman House. The Art work you produce can be based on anything, for example it could be a place you like or how you are feeling. You can use different mediums, i.e. how you are feeling. The difference between doing Art at school and Art Therapy is that Art Therapy is definitely not about skill or how good you are at Art. To do this type of Therapy you do not need to be good at art.

The session is led by an Art Therapist. They can see meaning in the Art which can show what is happening for you at that moment in time. At the end of each session we discussed the work. The aim is not to criticise but to discuss anything we notice in each others work. Even the most obvious thing we **notice is fine.** During the group it's perfectly acceptable to discuss your illness but we also spoke about other topics as well.

I feel it was good for me to have somewhere to go once a week where I could work on art work and openly discuss my illness. I enjoyed it because I found working on the Art therapeutic and it was a calming environment. You need to be referred to Art Therapy by your Care Coordinator.



By anonymous



Positive Steps

Welcome to the Positive Steps Newsletter! We hope you enjoy the contents and find something you want to get involved in. Your contributions are always valuable.

Championing Meaningful and Effective Involvement

Positive Steps is a Community Options service commissioned by the London Borough of Bromley which supports, promotes and facilitates meaningful involvement of people with experience of mental ill-health, to help improve mental health services in Bromley.



We run Community Options Involvement Network (COIN) - all mental health service users are welcome: for more details, please contact us via the details given on the back of this booklet.

Words of wisdom



**“Our attitude towards others
determines their attitude
towards us”**

Earl Nightingale

**“The gem cannot be polished without friction,
nor man perfected without trials”**

Confucius



“There is no truth. There is only perception”

Gustave Flaubert



**“When it is dark enough,
you can see the stars.”**

Ralph Waldo Emerson

Community Options Involvement Network



- Supportive network
- Developments in Mental health
- Share your experiences
- Training opportunities available
- Improve your wellbeing

Meeting time	Meeting themes
Tues (3-5pm) 22 Nov 2011	Draft Mental Health Strategy & Commissioner Claire Lynn
Tues (3-5pm) 06 Dec 2011	Employment and DWP
Tues (3-5pm) 10 Jan 2012	GP stories
Tues (1-3pm) 07 Feb 2012	Stigma, attitudes, language and myths

All who are interested in mental health welcome

Please contact Positive Steps Team if you wish to attend or for more information: telephone 0208 313 9725 or email: positivesteps@community-options.org.uk.



POSTIVE STEPS' Recovery Workshops

Short *workshops* exploring *mental health* and *recovery*

Please enquire & book before attending—
workshop running depends on number signing up.

RECOVERY WORKSHOPS TITLE	DATE	TIME
Knowing our strengths and weaknesses and using this knowledge to our advantage.	12/01/12	1.30 – 4.00pm
How to set goals so we can achieve them	09/02/12	1.30 – 4.00pm
Living from a hope of success rather than in fear of failure	08/03/12	1.30 - 4.00pm
Respecting and relating well to people from varied background	12/04/12	1.30 – 4.00pm

FREE for people who are currently not in work

ONLY 12 SPACES!!

Please book your place with Positive Steps team :
tel 0208313725 or
email positivesteps@community-options.org.uk. Thank you.

All held @ Community Options, 2a Fielding Lane, Bromley BR2 9FL



Tough choices

- we want your views

With **over £30 million** to save in the next three years due to cuts in government funding, we are making **tough choices** about our Council and our borough. **Join us** at a **public meeting** so we can hear your views as we make these tough decisions.

Evening meetings

Thursday 17 November	7.30pm-9pm	Orpington Methodist Church, Sevenoaks
Wednesday 23 November	7.30pm-9pm	Civic Centre, Stockwell
Monday 28 November	7.30pm-9pm	Citygate Church, Rectory Road,

We will post the latest facts and figures about the **2012-13 budget** at www.bromley.gov.uk a week before the meeting.



For further information go to www.bromley.gov.uk/publicmeetings or call **020 8464 3333** and ask for **Public Meetings** All venues provide access for people with disabilities Tea and coffee available after the meetings • A hearing loop is available

Sign posting

Steps to Employment (WorkNet): Orpington Campus	Please contact Wendy Alder Wendy.Alder@bromley.ac.uk or
Horizon House: employment support club house	26 Langdon House, Bromley, Kent BR2 9JS, Contact Sarah Gelling on 0208 466 0021
Cotmandene Community Resource Centre: lots going including information and advice	64 Cotmandene Crescent, Orpington, Kent BR5 2RG, Tel 020 8402 0123, Fax 020 8309 1044, crc@bromley.gov.uk
Bromley Mind: Life skills courses and workshops at different times throughout the year.	email@bromleymind.org.uk , Tel: 01689 8112225 <i>Beckenham Mind Centre</i> , 5 Station Road, Orpington, BR6 0RZ, Tel: 020 8249 2986
Bromley Stepping Stones: various things going on	Stepping Stones, 38 Masons Hill, Bromley, BR2 9JG, Tel: 020 8466 2500
Mottingham Community & Learning Shop: Courses run throughout the year & 'drop-ins'; job club, housing association and much more! Basic skills in literacy numeracy and IT including word & excel. Courses start at different times during the year.	1-2 Cranley Parade, Beaconsfield Road, London SE9 4DZ, Tel: 020 88601150, Fax: 020 8860 1159, Email: MCLS@Bromley.gov.uk Open Tuesday-Friday
Bromley LINK: Mental Health Task Group - Task group focussing on care pathways and access to services, as well as the way people with mental health problems are dealt with by health and social care professionals.	http://www.bromleylink.org/Home/Howwevehelped/LINKgroups/Taskgroups/MentalHealthTaskGroup.aspx
Experts by Experience - the user/carer forum feeding into Bromley Council's 'Supporting independence in Bromley' programme.	Joanna Frizelle Administrator. Phone: 0844 3304578, 9a London Road, Bromley, BR1 1BY

Employment Services in Bromley

Positive Steps and COIN recently invited service users to give us their views on employment services for those who have mental health conditions. Many people joined in to tell us what they think of existing services—good and bad—and their ideas and suggestions for future services. The views were collected and collated and feedback to the Commissioner Claire Lynn who discussed openly about the future of mental health services in a time of financial constraints.

At a time when services are facing cuts and pressure to reduce services, it is important that we tell those who make decisions on mental health services what support is important to us. With the Bromley Mental Health Strategy currently being worked on, this is the time to influence future policies so we can see the services we want provided in the coming years. *What kind of support do you require to help you find a job?*

Positive Steps and COIN meet regularly to discuss the latest developments in mental health and seek ways to represent **service users' input**. It is easy to get involved—COIN meets monthly, for more information please contact us via the details on the back of this newsletter.

Art corner



Treasure found on the internet: courtesy of someone. Thanks! We are looking budding artist for contributors.

World Mental Health Day was on 10th October 2011



Did you celebrate?
Join us next year!



Recovery is not about waiting for the storm to pass, but learning to dance in the rain

Recovery Journey



a service user's story



By anonymous—thank you for sharing with us

In 2003 I was diagnosed with Obsessive Compulsive Disorder with an underlying Psychosis. Recently, in February 2009 I was re – diagnosed with Schizophrenia.

My Mum, who was with me at the appointment, and I weren't expecting this and it took some coming to terms with. It had been a rocky road in the months before that, and it was to be an even rockier road to come. I still continued at Horizon House but had to give up my voluntary job at Community House Reception which I had since late 2005 because it was too much for me to cope with my symptoms and holding down the job. The same went for a voluntary job I had started the previous July at Anchor House (Bromley Mind) as an Admin Assistant.

In May 2009 I made the decision with my professionals to go back onto Risperidone as it had worked so well before. We made this decision having weighed up the pros and cons of the medication considering it's physical side effects.....

To be continued

Community Options

Supporting mental wellbeing

Part of



Championing
Meaningful and
Effective Involvement

Positive Steps

Service User Involvement Project in Bromley

Positivesteps@community-options.org.uk

0208 313 9725

Community Options

2a Fielding Lane

Bromley

Kent BR2 9FL



We welcome contributors — personal recovery stories, experiences, art, activities and all things nice. Publish anonymously or otherwise. Please send us your stuff to Positive Steps team via the contact details given above. Many thanks in advance and we look forward to hearing from you.

