



Turning Point Short Breaks for Carers, YOD, Support Link & Housing Link Newsletter

www.hertsmh-turning-point.co.uk

NEWLETTER

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Support Link

Tel & Fax 01923
805596

Email
supportlinkNW@turning-point.co.uk

Housing Link

Tel & Fax 01923
805604

Email
housinglink@turning-point.co.uk

Short Breaks for Carers

Tel & Fax 01923
805605

Email
shortbreaks@turning-point.co.uk

YOD Service

Tel & Fax 01923
805597

Email
yod.service@turning-point.co.uk

TP Designs

Tel & Fax 01923
805604

Email
internetgiftshop@turning-point.co.uk

All services are based at:

The Centre for Well Being, 501 St Albans Rd, Watford, Herts., WD24 7RQ

The Art Group

Since starting again we have made Henry Moore inspired prints and designs...bags and paper prints...portraits and sketch books. We are planning to design glass works for firing in our new glass kiln and are now preparing Christmas decorations and cards.

In the New Year we intend to visit The Henry Moore Centre and The Neasden Temple

The Art Group runs every Tuesday from 1-3pm at the Watford Centre for Well-Being



This group is proving to be very popular and has been well attended. If you are interested in finding out more information about it please contact Elaine Kelly or Kathy Cole on 01923 805605

Carers Rights Day – December 4th 2009

To celebrate Carers Rights Day on Friday 4th December we have arranged an event for carers who are using the services.

We are inviting carers to come along for an open information morning with the **Money Advice Unit** from **11am -1pm**. The Money Advice Unit will provide information about benefits and pensions and be available to answer questions that you may have about financial issues

We will then be taking you out for **Xmas Lunch** at a local Restaurant for a 3 course meal from **1.30pm onwards**. If you would like to attend this there is a £4.95 contribution and we need to take your booking



Please talk to Bex or Bridget if you are interested in finding out more about this event
01923 805605



Turning Point Christmas Party

Come and join us on Thursday 17th December between 1 - 3pm at the Centre of Well-Being, 501 St Albans Rd, Watford

There will be lots of tasty food, a raffle and a quiz
Please talk to a member of the team for more information, but we would love to see anyone who uses the services here - including other professionals as well as carers and clients



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Volunteers

We are looking for volunteers to join the team to support us with delivering some of the groups and activities that we hold. In particular we need volunteers to help us with TP Designs, the Art Group and the Housing Link Tenancy Support Group. Please contact Clare or Carol on **01923 805596** if you would like to find out more about this and arrange to come and visit the services.

Housing Link Tenancy Support Group has moved to

Herts Mind Network, 139 Leighton Buzzard Rd, Hemel Hempstead
3.15-5pm every Tuesday



Please call Phil or Ann for more information on 01923 805604

This is your opportunity to access support from staff for any urgent housing/ benefit/ debt related issues that you may have. This may be particularly helpful if you are on the waiting list waiting to be allocated a worker. We are working in partnership with Dacorum Borough Council and a member of staff from this team is also present at the group to give specialist housing advice.

YOD Group

The Young Onset Dementia Service runs a fortnightly group where service users and staff can meet together and take part in an activity.

Dita and Ann support the people who come to the group to identify what they would like to do on each occasion. In the past they have got involved with artwork, potting plants, games and activities at The Centre for Well Being and social outings to local places of interest.

Please contact Dita on 01923 805597 for more information about the group, or if you have ideas about what activities we could do over the coming year

Computers for you to use

We have 2 computers here at the Centre for Well-Being that service users and carers can use.

Please let your project worker know if you would like to use them so we can arrange a time for you to do so. Both have access to the internet and a printer.

TP Designs

This service has now received funding to run the project for 1 day a week through the Short Breaks for Carers service. This is great news for the project and will provide carers with an additional break, if the person that they care for attends the project.

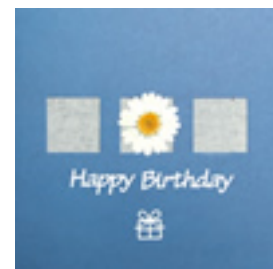
This innovative project is for people recovering from mental health difficulties. The aim is to increase individual's skills and independence in a safe environment and provide a stepping stone to voluntary work, employment and/or further education through the form of social enterprise.

The ethos of the project is one of recovery and supports service users to make ongoing changes in their lives by fostering a sense of purpose and an informal learning environment.

The project makes and sells arts and crafts made by service users through an eShop and market stalls in our local community. Service users run the market stall and we promote greater mental health awareness in the local community by being visible and providing information about local services and signposting to them from the stall. Service users are also involved in making sales, promoting the crafts that they make, interacting with members of the public and other traders at the market.

We can also support individuals to link in with other services who can support them to find voluntary work, educational courses and/ or employment.

Please contact Carol or Clare at the service to find out more information if you are interested in finding out more about this project. Please call 01923 805604





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Contributions to the Newsletter

This newsletter covers Short Breaks for Carers, YOD, Support Link, TP Designs and Housing Link. If you use any of these services and would like to contribute to the newsletter please talk to a member of staff at one of the services. We would love to be able to include poems, stories, short articles, pictures of artwork etc, or your views about the support that you receive from Turning Point.

We would also love to hear from you if you would like to come in to the premises and help us to produce the newsletter!! Please let your project worker know if you are interested in getting involved with this. We would like to see the newsletter grow over the coming year and include more of your views and articles.

Staff Team- Our current team is as follows:

Clare Buckmaster	Service Manager		
Carol McNeil	Team Leader		
Support Link		Housing Link	
Gemma Davies	Project Worker	Ann Norman	Project Worker
Kathy Cole	Project Worker	Philip Brett	Project Worker
Kat Heritage	Project Worker		
Levinia Franklin	Project Worker	Short Breaks for Carers & YOD	
Trevor Atkins	Project Worker	Elaine Kelly	Project Worker
Vacancy	Project Worker	Rebecca Plater	Project Worker
		Bridget Glenn	Project Worker
TP Designs		Bob Githuku	Project Worker
Tarma Connolly	Project Worker	Hayley John	Project Worker
		Tarma Connolly	Project Worker
YOD Service		Dave Maddison	Project Worker
Dita Lewis	Project Worker		
Ann Norman	Project Worker		

Service User Events

Trevor Atkins is now the Service User Champion for the services here. Trevor has now set up the service user events again and the last event took place at the Centre for Well-Being on 14th September. The event was well attended with 14 people coming to the building. Everyone had lunch and an opportunity to talk to each other and to see the new building. The group then talked about the forthcoming fundraising event which took place on October 16th. This was a sponsored walk around Tring Reservoir. They also made plans for future fundraising events.

The next service user event is on **Friday November 20th from 1.30pm onwards** at our base in Watford. This will involve a guest speaker and we will provide lunch and refreshments. Please let us know what you would like to see as content for future service user events so that we can organise relevant activities and guest speakers. If you would like any more information about the service user events, please talk to your project worker, or contact Trevor on **01923 805596**.

Fundraising – Sponsored Walk @ Tring Reservoir October 16th

We would like to say a big thank you to everyone who came on the sponsored walk. The day was a huge success, with 32 carers, service users and staff taking part in the event. The weather stayed dry for us and after the walk we all had soup and a roll to warm us up again.

The feedback from the people who attended the walk was fantastic, with many saying how nice it was to all meet up together and do something enjoyable. Many said that it was nice to get out into the countryside and walk and talk and take in the scenery. Some people also said that it had lifted their mood and that they think having gentle exercise and company had helped them.

So far we have collected £410 of sponsor money which is a great achievement...and money is still coming in! This money will be used to fund service user events and activities throughout the year.

If you have any ideas for future fundraising event then please talk to your project worker about this so that we can get your ideas and contributions. Alternatively you can call the service on **01923 805596**

TP Designs Market Stalls in Hemel Hempstead

Would you like to help run the market stall in Hemel Hempstead town centre, selling arts and crafts to members of the public? If you are interested in helping out and are looking for an activity to do during the day then please call 01923 805604 to find out more information



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Our website has been updated and contains information on all of the mental health services that Turning Point provides in Hertfordshire: Midpoint, Support Link, Housing Link, YOD Service, and Short Breaks for Carers. It also includes information about TP Designs as well as our eShop.

The site contains links to our leaflets, latest news, annual service reviews for Short Breaks for Carer's, YOD, Support Link and Housing Link, our newsletter and referral policies.

We hope to further develop the site over the coming year. Please take a look and give us your feedback about the website as we would like to add more to the site and make it relevant to the people who use it.

Referral Information

If you need Referral packs for any of the services here then please contact us and we can post these out to you. We also have service leaflets that we can send. The contact details for each of the services based at the Centre for Well Being are on the front page of this newsletter.

All of these forms and leaflets can also be downloaded from the website at:
www.hertsmh-turning-point.co.uk

The website also contains information about Turning Point Midpoint.

Please feel free to contact us for more information about the services if you are in doubt as to whether or not the service may be helpful.

Please contact Clare or Carol on **01923 805596** if you would like to find out more about the services.

Service user involvement in recruitment

If you are interested in getting involved with recruitment of staff to the services based here then we would love to hear from you. Your involvement is important to us and it helps to ensure that we get the right people for the right job.

Involvement in the recruitment process can take many different forms and we will provide support and training so that you are confident in the role that you take on. It can include things like:

- Helping us to devise interview questions
- Meeting and greeting applicants who are attending their interviews
- Having an informal discussion with candidates before their formal interview
- Completing training so that you can be part of the interview panel.

If you think that you may like to do this, or have other ideas as to how you could get involved, then please contact Clare Buckmaster or Carol McNeil on **01923 805596**

Service User Handbooks

We have updated the Service User Handbooks. This contains information about the staff team and each of the services that we provide as well as information about the groups and activities that are run from the Centre for Well-Being. These are given to people at the referral meeting stage, but if you would like a new copy then please just let your project worker know and this can be arranged.

If you have any suggestions about how this Handbook can be improved then please contact Clare Buckmaster or Carol McNeil on **01923 805596**

What can we do better?

The Housing Link Tenancy Support Group has been reviewing the policies and procedures within the services on a regular basis throughout the year. This means that we receive the views, suggestions and experiences of those who use the services and it enables us to improve the quality of support that we provide.

Where possible we have incorporated the changes that people have suggested at these meetings so that we can provide the information and support that people are requesting.

The policies that have been reviewed recently are the Lone Working policy, Recruitment and the Protection of Vulnerable Adults policy.

If you would like to take part in one of these review meetings then please talk to Clare or Carol on **01923 805596** and we can let you know when the next one will be taking place.