

Newsletter

Autumn
2015

OPT-in



Keep active **Take notice**
Give **Connect** **Learn something new**

Autumn is often the time for local and national events such as world mental health day which is always on October 10th. This year there will be a number of activities to raise awareness and reduce stigma. September 10th was world suicide prevention day which was recognised in Tameside by a moving vigil in Hyde with candles and a choir giving time to pause and reflect on those we have lost to suicide as well as those currently struggling with suicidal thoughts. Time for change will be running its #time to talk campaign over October, and Macmillan coffee mornings took place all over Tameside on 25th September. With so much going on raising the profile of mental health issues locally and nationally there is plenty to get involved in this autumn

People moving on: From the English group at Wilshaw house

Many people have experienced problems at school, and leave without being taught basic reading and writing skills. **The National Literacy Trust estimate that there 5.2 million adults in Britain (or 1 in 12 people) whose lack of literacy skills means that they struggle with everyday tasks. This can have a major impact on a persons mental health and wellbeing:** “When I couldn’t read at all I would try to hide it and I was frightened and anxious that someone would find out and judge me. People write you off when they know. That’s my experience” When people have very little or no reading skills we have our one to one peer support reading project 2 to read. Also if you need help with writing there is the English for Adults Group. This year 4 people who started off in this group and who have then been supported through mainstream classes at Learn@ St. Anne’s went on to achieve passes in entry level Functional English Skills.

Darren passed entry level 2, Mark, Colin and Chris passed entry level 3. Chris has also become a reading coach on the 2 to Read Scheme.

“What really helped was having the ongoing support of Wendy even when I was at ST. Anne’s and struggling. That little bit of encouragement made all the difference.”

Michael follows his dream of becoming an artist

Michael is the first of our students from the opt-in 3 steps to art project to go on to degree level. After a lot of support through each stage Michael now feels confident enough to attempt his BA honours in Illustration at Stockport.

“Karen and the rest of the Opt-in Team have been instrumental in getting me where I am today. I know that without their support and badgering I wouldn’t have done anything. I would have just carried on drifting along aimlessly”



Pictured is Michael's display as part of his BTEC exhibition at Tameside College. Work he would have struggled to complete if it weren't for the commitment and persistent support of Karen.

WORLD MENTAL HEALTH DAY 2015

There will be events throughout the week including health walks and an art exhibition at the Anthony Seddon Centre. World mental health day is on Saturday 10th October and includes events at the Topaz Café by Mind

Saturday 10th October - The Anthony Seddon Centre & Shop

All Day - Spot the knitted animals & birds in the area outside The Anthony Seddon Fund Shop. How many can you see?

All Day - Time to Change mental health champions will be outside The Anthony Seddon Fund Centre to answer your questions and to host a pledge wall. What will you pledge to do to challenge the stigma around mental illness? 10 am to 2:30 pm (special event) Mental Health Quiz – find the answers to the questions for a prize! Question sheets available from The Anthony Seddon Fund Shop, 1 Market St, A-U-L, OL6 6BP on Saturday. Take your answers to TAS Centre where each completed form will receive a prize – under 16s only.

12:00 pm to 2 pm (special event) Captain Jack Sparrow – learn about the real pirates from Captain Jack. Interactive learning session for kids of all ages! Free!

12:00 pm to 2 pm (special event) Make your own Marzipan Fruits - interactive demonstration for all ages. Free!

1pm - The president of the new Tameside Rotary Club greets the Mayor of Tameside and welcomes him to the new TAS Centre. He announces the launch of "Tameside Community Mental Health Hero Awards", funded by The Anthony Seddon Fund.

The Green group are hosting a nature and art walk as part of world mental health day activities. If you've never been, it's a great way to get some gentle exercise, meet people and get to see some local wildlife.

Rupert is a fairly new member of the group who was a little worried about coming along at first - **"I absolutely adore the walking group. They are so welcoming and some of the nicest people I've ever met."**

Opt-in AGM

This year's AGM included a report on finances which showed that most groups had enough money to manage comfortably.

Group		Group		Group	
Woman to woman		Photography		Social groups	
English		Drama		Art group	
Depression support		Craft recycling		Computers	

The chairs report included facts about Opt-in and some of the things that have been happening over the year.

17 groups and projects that people can get involved in. There are an average of 150 people seen every month - 100 seen every week. There are around 620 contacts (people in different sessions) every month this adds up to around 7000 over a year.

We now have card making on a Thursday as part of St Mark's social group, and the women's group meet up for a reading session at Ashton library.

The craft recycling group has moved from Wilshaw house to St Georges social and St Georges now has a monthly hot meal produced by people connected with the church.

The Monday Art and craft group has moved all the way to the building next door at the Dukinfield new charter hub, and Depression support outgrew the room at Wilshaw and has moved to Age UK in Ashton on Wednesday afternoons.

2 to read scheme - a number of people have completed this now with more who have joined since the start.

There was a Level 1 Ceramics course at Tameside College which everyone who attended has completed successfully.

First steps to fitness is a new group for people to improve their mobility and fitness by starting with small walks in local parks.

Brian has organised 2 trips out that have been popular and successful.

Confidence building and understanding anxiety courses were run by Phil based on what people said they wanted from short term courses.

There were a couple of meetings arranged to look at setting up a wellness and recovery college. World mental health day was celebrated with an event at St Marks with a range of stalls.

The newly elected committee are listed on the back page of the newsletter.

First steps to fitness!

A new group has started aimed at helping people who are struggling with their weight and the impact that this is having on their mobility.

Using local parks as places to walk round, the aim is to slowly build stamina and improve mobility in a safe and encouraging environment.

Thursday mornings at 10.00 places to be confirmed:

Talk to Andy or ring 0161 342 4383

Health Watch dates.

Health Watch visit St Marks social once a month to talk to people about their experience of health care services in Tameside, but have changed their day from the 3rd Thursday in the month to the 4th, which means she would be coming on 24th September, 22nd October, 26th November.

Wellbeing Recovery Learning College

Over the past couple of months work started to gather together a partnership of different organisations to look at a wide range of learning groups and sessions. We want as much involvement of our members as possible in what goes on in the college so we will be asking people to get involved in looking at what courses you might want, how they should be run and where possible help running and designing them.

We will want to know how you want to get involved and what support or training you will need.

We will be going round asking people about what things have helped their recovery and wellbeing as part of finding out what would be most useful if you want to get involved further then contact Phil at the Opt-in office.

time to change

let's end mental health discrimination We all need support from time to time. But when it comes to talking about mental health, many people don't know where to start.

This October Time to change will be running a campaign aimed at giving people simple tips to support someone they know. They want our help to show that you don't have to be an expert to talk about mental health, and there are small things you do that can make a big difference.

What do you say to someone who is depressed?

Linking in with this campaign, the **Depression support group** have put together a list of things to say - and not to say – when talking to someone with depression.

Don't Say	Do Say
Have a holiday	I'm here to listen
Get over it	Take small steps
Pull yourself together	Don't rush into things – take your time
It's only mental – not physical	Seek help
You look ok	Do you want a hug? (if appropriate)
Go and have a drink and forget it	I'm here for you
There's always someone worse than you	Can I get you anything?
You want to have my problems	I love you (if appropriate)
Get a job – might make you feel better	Do you want to talk about it?
Stop feeling sorry for yourself	You are important to me
Put a smile on your face	Nothing. Sometimes just being there is enough
It's your own fault	That must be difficult for you
Depressed? Join the club	How can I help?

OPT-IN

Name of Group	Information	Where	Cost	When
Women to Women	Drop in and support network for women	Wilshaw House Wilshaw Lane Ashton-u-Lyne	£1.00 Unlimited drinks	Monday 10.00 – 12.00
English for Adults	For Adults who want to brush up on their English Please ring for further details	Anthony Seddon Centre 140 Stamford St. Ashton	£0.50 Including drinks	Monday 1.00-2.30
Art and Craft Group	General art group All welcome – but please ring first to check we have spaces	New Charter Hub Wellington Parade Dukinfield	£2.00 Unlimited drinks	Monday 12.30 – 3.30
St Georges Social Group	All welcome – just drop in	St Georges Church Hyde	£1.50 Unlimited drinks	Tuesday 12.00 – 4.00
2 to Read	An adult peer mentoring reading programme Please contact Wendy from OPT-in for further details	Various locations within Tameside	No cost	Various days and times
Computer club	Basic Computer Skills Please ring for details	Wilshaw House Wilshaw Lane Ashton-u-Lyne	50p Unlimited drinks	Tuesday 1.00 – 3.00
Craft Recycling Group	All welcome – but please ring first to check we have spaces	St Georges Church Hyde	50p Unlimited drinks	Tuesday 1.00 – 3.30
The Green Group	is a walking & environmental group All welcome – but please ring for further information	Meet up at various locations Please ring	No cost	Wednesday 9.30 – 3.00
Depression Support	Self-help group for people who have experienced depression	Age uk Katherine street Ashton	£0.50 Including drinks	Wednesday 2.00-4.00
First steps to fitness	Gentle exercise walking in local parks to improve fitness and mobility.	Meet up at various locations Please ring	No cost	Thursday 10.00-11.30
Dukinfield Social Group	All welcome Just drop in	St Marks Church Church Square Dukinfield	£1.00 Unlimited drinks	Thursday 12.30 – 4.00
Card making	Everyone is welcome Just drop in	St Marks Church Church Street Dukinfield	1.00p For tea / biscuits	Thursday 1.00 – 2:30
Digital Camera Group	All welcome Please ring for details	St Marks Church Church Square Dukinfield	£1.00	Thursday 10.30 -12.30
Guide Bridge Theatre Group	All welcome Please ring for further information	Guide Bridge Theatre Audenshaw Rd Audenshaw	50p Unlimited drinks	Thursday 12.30 – 2.30
Music Group	All welcome Just drop in	The Station Hotel 2 Warrington St Ashton-u-Lyne	No cost	Thursday 7.00pm -9.00
Denton Social Group	All welcome Just drop in	Denton Methodist Church Hyde Road Denton	£1.50 Unlimited drinks	Friday 11.30 - 3.30
Opt-in Art skills Group	Art group to develop skills in drawing and painting techniques not for absolute beginners	Denton Methodist Church Hyde Road Denton	No cost	Friday 12.00- 3.00

Info on the go:

Thanks to Gary for his work on the Vox Tameside Mobi information web site and mobile phone app. All of the information about Opt-in groups and more can be found there.

<http://www.vox-tameside.mobi/optinproject.html>

Don't Forget!

Opt-in has its own Facebook page. Still early days for this, it turns out that people couldn't find it as "Opt-in" so we changed it. Now, if you search for "Tameside Opt-in" you can see what we are

up to on Facebook. You can even like us if you like!



Contact the team at:

Wilshaw House

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Ashton

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mentalhealthinfo@tameside.gov.uk

0161 342 4383

Volunteers

Paul Heaton
Johnny Barlow
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Keith Waites
Richard Best

OPT-in Staff team

Phil Greaves

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Andy Potts

Janet Northend

Executive Officers:

Martyn Heelam

Ellen Nichols

Dorothy Ward

Brian Jackson

Colin Sale

Volunteers

Sandy Parkinson

Brenda Hibbert

Diane Higson

Karl Anderson

Betty Wade

Ellen Nichols

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