

Newsletter

Summer
2015

OPT-in

Keep active Take notice

Give

Connect

Learn something new

Hopefully we will be having a good summer this year. For some that might mean wall to wall sunshine and hot weather, but for others it might mean getting out and about, meeting new people or doing things they've never done before.

Walking can be great gentle exercise and when the weather is fine it can be great for taking notice of what's all around you. You can take in the scenery and wildlife in parks and countryside or some of the grand local architecture in the towns. There is always something to see and sometimes people watching in a café can also be interesting, so get out and about while the weather is good and the daylight is long. The green group is a great way getting around and for those not up to a long walk look out for **First steps to fitness**, details inside.

healthwatch

Tameside

came to the Thursday social group on 21st May to meet people and give them the opportunity to talk about health and care issues that were affecting them.

One of the hot topics brought up that day was about difficulties getting to see their GP. A health watch volunteer, Mary, will be attending on a regular basis on the 3rd Thursday of every month from 1-3pm? The dates for those would be:

18th June

16th July

20th August

17th September

15th October

19th November

17th December

Sue from Healthwatch said” I think it might be good for giving your members a voice on health and care services.” So get your voice heard and talk to them about your experiences of health and social care in Tameside.

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.



There are plans afoot for another great multi media drama production with acting, film making and music.

Guide Bridge Theatre Group needs you to get involved. If you used to come along a while back and fancy getting involved in the production, or have fancied it but never plucked up the nerve, then now is the time to get yourself along and join in the fun. The production is going to be about Johnny, his life and times, and his volunteering for drama projects.



AND THE WINNER IS.....

Wellbeing hamper raffle in aid of The Anthony Seddon fund raises £159!

The hamper which contains healthy foods, pampering products, gym membership and much much more was won by Alison who was thrilled to have the prize with all the things that can help her feel better, the Anthony Seddon fund were delighted with the donation, and all the people that they help will have gained as well. Winners all round!

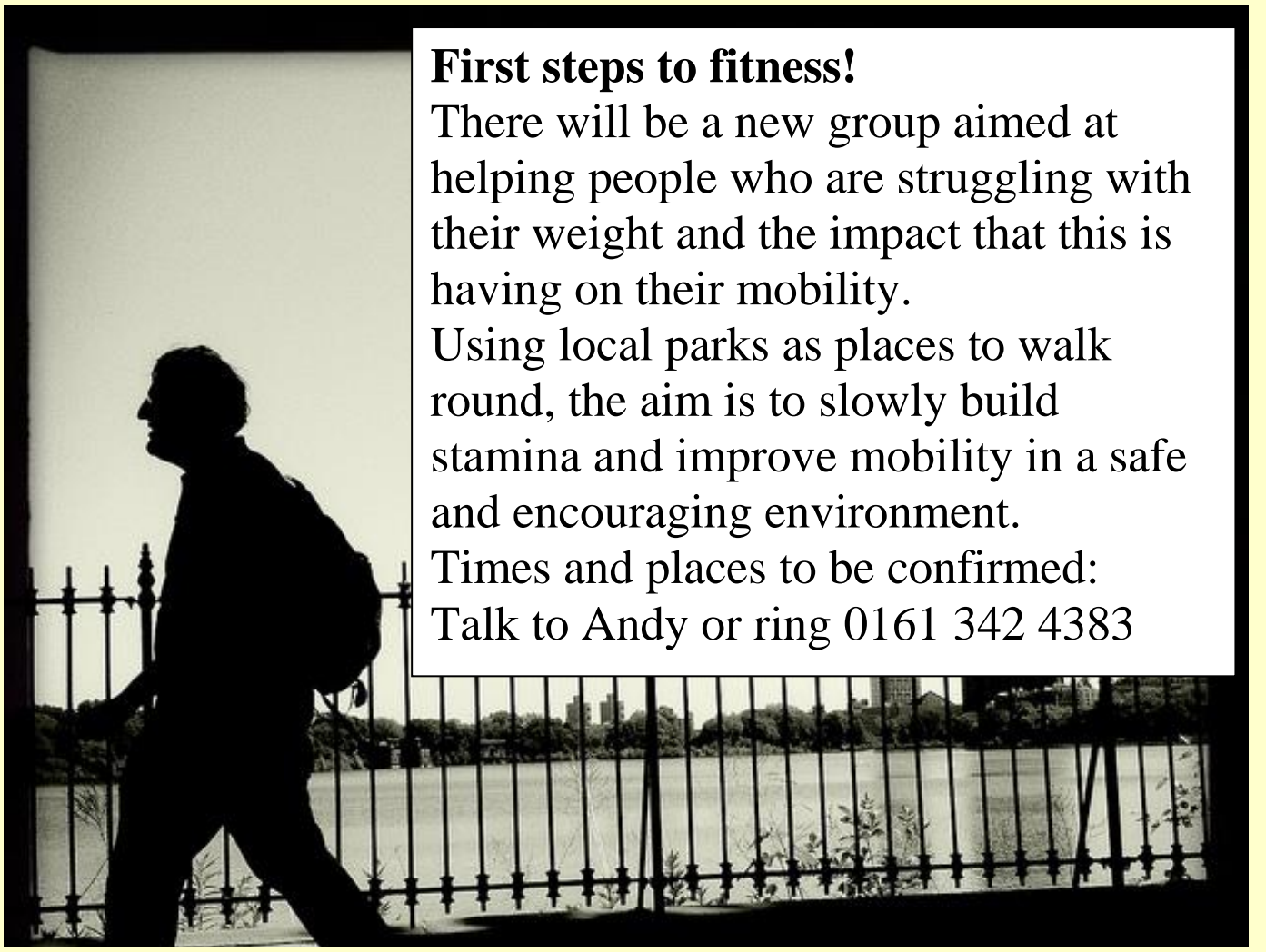
Technology and mental health support.

In this article by long-time supporter of Opt-in, Gary, he talks about some of the on line resources that have helped him and that he thinks might help others.

Here in Tameside there is the www.vox-tameside.mobi website. This has listed local area volunteer and support groups which provide a range of help from Mental Health Groups to Opt in Project activities. Then for news reports to do with mental health, are 6 channels of RSS automatic news supplies from various mental health concerns and documentaries from mental health history going back around 200 + years ago. Plus if life gets much more difficult there are LINKS to Tameside areas food banks or Tameside & Greater Manchester homeless support concerns.

If you've a home computer with broadband you can take part in online learning with www.alison.com for free. Alison has vast numbers of courses to join and take part in. It's a great help if you want to learn how to boost your capabilities - be this a possible job prospect or hobby. If your computer could do with some help if, say, you've got viruses or its operating slowly, check these free support computer sites - www.surftopctech.com and www.sites.google.com/site/ddtechpt These websites also provide much more support beside viruses and computers operating slowly.

If your life with a connection to psychiatry has possibly got worse and you are detained or find that your health has become worse then you could give your story to Psychiatric Patient Stories website. Visual & Audio commentary can be made from a mobile phone or computer. Also you can use this website if you have achieved some progress with your life and want to let others know how you did this. Let others know what helped your issues and if you made any greater life chances. Please also forward your story to (www.psychiatric-patient-stories.org.uk).



First steps to fitness!

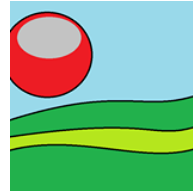
There will be a new group aimed at helping people who are struggling with their weight and the impact that this is having on their mobility.

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

Times and places to be confirmed:
Talk to Andy or ring 0161 342 4383

Community groups across Tameside are being offered free training to help them better understand welfare reform changes. The aim is to build confidence within communities around recent changes to the benefits system. The training will help community groups become more knowledgeable, to enable them to help the people they work with to deal with the changes to benefits that are having an impact on our communities.

If you are interested in getting involved contact Andy or Phil, or leave a message at the office at Wilshaw house.



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!



TWO GREAT NEW SESSIONS RUN BY THE ANTHONY SEDDON FUND

Knit 'n' natter:

Mondays (except Bank Holidays)
10:30 am to 12:30 pm

Knitting & crocheting have many benefits for our mental health, as well as providing a great opportunity to meet new friends. Bring along your current project or knit for charity. Don't worry if you can't knit, there will be someone here to help you. Needles, wool & patterns can all be provided

Scrapbooking

Thurs 2/7, 9/7, 16/7, 23/7
11 am to 2 pm

Weekly sessions. Come to one session or all 4 to learn the basics of scrapbooking. It has a host of therapeutic benefits including memory support, increasing self-esteem and promoting self-healing and self-expression.

All materials included. Please bring at least one photo (preferably not an original).

Refreshments provided.

Cost: £2.50 per session

Come along to The Community Room above the shop:-

The Anthony Seddon Fund

1 Market Street

Ashton-under-Lyne

OL6 6BP

Tel: 0161 258 9181

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	Wilshaw House Wilshaw Lane Ashton-u-Lyne	£0.50 Including drinks	Monday 11.00 - 12.30
Depression Support	Self-help group for people who have experienced depression	Wilshaw House Wilshaw Lane Ashton-u-Lyne	£0.50 Including drinks	Monday 1.30 – 3.00
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
Craft Ceramics Course	A 12 week course – make your own ceramic piece and gain a qualification	Tameside College Beaufort Road Ashton-under-Lyne	No cost	2 courses per year. Ring to confirm.
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
Tameside College Art Group	Art group leading to BTEC course Please ring for further information	Tameside College Beaufort Road Ashton-u-Lyne	No cost	Friday 9.30 – 4.00

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>



Like our new Facebook page? Check out the page for info about our groups, what's going on locally and links to sites that may be useful. People can't post yet, so for now let us know what you would like to see on the page.

Search for Tameside Opt-in on Facebook



Contact the team at:

Wilshaw House

Wilshaw Lane

Ashton

OL7 9QG

mentalhealthinfo@tameside.gov.uk

0161 342 4383

Volunteers

Paul Heaton
Johnny Barlow
Ray Knowles
Anne K
Keith Waites
Richard Best

OPT-in Staff team

Phil Greaves
Wendy Gough.
Karen McPartland
Andy Potts
Janet Northend
Executive Officers:
Martyn Heelam
James Flynn
Dorothy Ward
Anne K
Brian Jackson
Rachael McLellan
Colin Sale

Volunteers

Sandy Parkinson
Brenda Hibbert
Diane Higson
Carl Anderson
Betty Wade