

Opt-in will be closed 25th
December until 5th January

OPT-in

Newsletter

**Winter
2014**



Have a Happy Christmas and a relatively stress free New Year to all our members and supporters.

This time of year can be difficult for a lot of people because of shorter darker days, cold and difficult weather, and sometimes because of difficult or painful memories associated with Christmas or the New Year.

It is important that we all look after ourselves if this time of year is difficult by keeping in touch with people we care about and being as active as we can. It might mean making an extra effort to get out seeing people or going to one of the groups, even though the duvet seems more inviting. Whether you love this time of year or hate it, try to think about the 5 ways to wellbeing as a way of getting more out of life:

Give

Connect

Take notice

Keep active

Learn something new

World Mental Health Day

This year there were two events October 9th and 10th. One on Thursday at the Opt in Social. The second event was on the Friday at Ashton Town Hall. There were stalls offering information and advice on all aspects of mental and physical wellbeing as well as entertainment and fun!



NEW TO OPT-IN :

In the New Year there will be a card making group set up in the Thursday Dukinfield social. We hope to get a range of materials that people can use to make up all sorts of greeting cards and bring out your creative flair.

New Charter are setting up a cook and eat group which will help people to prepare and cook a range of meals on a budget. This will help people to ensure that they have some of the skills needed to make cheap but nutritious, tasty meals and help to stay within a limited budget. This has been opened up to Opt-in members following our links with New Charter and the move of the Monday art group to the Wellington Parade Hub.

Starts 20th January: New Charter hub Wellington Parade Dukinfield

2 to Read achievement presentation

Pictured below are Rachel and Darren who are the first of the 2 to read learners who have completed the book



With 1 in 12 people having little or no reading skills in the UK there is a massive need for projects such as this. The event was not only to highlight those people who had completed the course, but to recognise the hard work and commitment of the learners and coaches. It was also to say a big thank you to the Anthony Seddon Fund who support the project, and gave the money needed to buy the books.

If you feel the need for extra support over Christmas here are the numbers of some of the national organisations open over the holidays.

Age U.K.	0800 169 6565	Free National Helpline Lines open 365 days a year from 8.00am – 7.00pm
Samaritans	08457 90 90 90	Lines open 24 hours a day 7 days a week
Sane line	0845 767 8000	Lines open 6pm-11pm 7 days a week

Urgent dental care

Tameside and
Glossop

0161476
9649

Mon – Fri
8am -
6pm

Out of hours

0161 337
2246

Mon – Fri - 6pm –
10pm,
Weekends and bank
holidays – 10am –

Getting people involved in a wellbeing and recovery learning college.

At Opt –in we are able to offer a timetable of groups which acts as a sort of menu that people can choose from. Where possible, members of the groups get involved in, and in some cases run, the groups we offer.

We know that many other services offer groups, courses and sessions in a similar way. People benefit from going to different services offering different things, as it gives them greater choice than relying on one organisation.

What we are looking at is getting together with some of these services across Tameside and creating a bigger timetable of groups and courses for people to choose from. All of these sessions will aim to improve mental and emotional wellbeing and recovery.

This would work as a sort of college prospectus where people enrol as students or learners on courses over three terms. Courses could cover such topics as:

1. Rebuilding your life

e.g. Introduction to recovery Work, employment, volunteering, education and lifelong learning, Personal health and social care budgets

2. Family, Friends and other supporters

e.g. Health and wellbeing for carers and other supporters

Supporting someone's recovery, Telling your caring story

3. Understanding mental health issues and treatments

e.g. getting the most from your ... ward round / medication / practitioner

Living well with ... dementia, psychosis, depression etc.

4. Developing knowledge and practical skills

e.g. overcoming stigma, developing assertiveness and confidence

Introduction to mental health law and knowing your rights

5. Living well and enjoying life

e.g. Mindfulness and spirituality, Creative activity, gardening, woodworking etc.

Managing ... money, housing tenancies, fire, safety etc.

Taking good care of yourself ... self-management, diet, exercise etc.

6. Getting involved

e.g. Peer support and peer worker training Telling your story, Participating in the Recovery Learning Community,

Other organisations would get involved for example - New Charter could run a group about maintaining your tenancy, welfare rights about knowing your benefits or Age UK could do a session on understanding dementia. All where possible involving people who have some experience of mental health issues in designing or running the courses.

It is important when setting up a service like this that people who use the service are involved in what is provided, and how it is run.

To make sure that this happens it is important that people from Opt-in get involved. It is also important that people who use other services that will be taking part are involved, and all the groups and services take note of what is being said.

This is just the starting point with this Wellbeing and Recovery Learning College so it is important that you, or someone who represents you, is involved at this point before it is even set up. It will also need people to be involved in looking at how the courses, groups and sessions are planned and run and what people who took part in them thought of them.

In the New Year we will set up a meeting or series of meetings to enable you to find out more and talk about how you would like this service to be run.



Nicky – Awarded Learn @ St Annes’ learner of the year 2014.

“Nicky first attended the classes at the Opt-in group and progressed to the courses at St Ann’s. Nicky had never read a book in her life, so we worked together and built up to her reading her first ever book. Her confidence grew and she completed the 6 book challenge, something she thought she never would be able to do.”

“she is an inspiration, as she shows on a daily basis that barriers are there to be overcome and not to prevent us moving forward. “



Digital doings

With the computer group at Wilshaw House people are being shown that computers can be used for more than just shopping, watching dancing cats and keeping in touch. There is a wide range of useful information about benefits, services and local government that can be of help. At the group people have looked at the Councils Budget Simulator to see how decisions about finance need to be made as well as joining in with the “Big Decision” consultations.

Following a visit to the Depression Support Group by Healthy Minds one of the group used the computer to use their on-line self-referral. The computer group also helped one member fill in an application for a job at a well know pie and pasty producer.

Denton WIFI –

There is now free WIFI at the Denton social group on Fridays so people can use their smartphones, tablets or Laptops to browse the internet at the group. It also means that once a month staff will bring along a couple of laptops for people who may not otherwise have the chance, to use.

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	A new adult peer mentoring reading programme Please contact Wendy from OPT-in for further details	Various locations within Tameside	No cost	Various days and times
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
Open Faith Group	Everyone is welcome	St Marks Church Church Street Dukinfield	50p For tea / biscuits	Thursday 11.00 – 12:00
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.

<https://www.facebook.com/pages/Opt-in/325431360956843>

If you have anything that you would like to contribute to the newsletter



Contact the team at:

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 **Tameside**
Metropolitan Borough
Great lives, excellent services

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