



Enfield Mental Health User Group

Registered Charity No. 1096105
Company Limited by Guarantee No. 4423286

EMU NEWSLETTER AUGUST 2016

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Contributions from service users are welcome

If you no longer wish to receive this newsletter, please contact us and your details will be removed from our mailing list—

tel:020 366 6560 email:helen.watson@emugroup.org.uk

Hello All

I hope you are enjoying your summer.

We have been really busy and have decided to make a few changes to make things easier to run.

We will be stopping the drop-ins over August and re-opening in September. All the drop-ins and art groups will now be on a Thursday at the Lancaster Centre.

The Elders Group will run from 1pm-4pm. The general drop in will be from 2pm-3.30pm. Art group will be in the general drop-in every other week.

We are running more social activities as you all suggested and there are now groups going swimming, the cinema and for walks in local places with nice cafes. If you want to be involved then please contact us for more details.

We are looking for more committee members, service users who want training to sit on committees or take part in interviews and volunteers to take part in the Gardening project. Please get in touch with Helen if you want to get more involved.

We will be holding another big conference on the 10th October 2016 at Dugdale, with speakers and a lunch. There are limited places so make sure you book early – more details in the next newsletter.

The Fundraising group will be meeting on the 4th Wednesday of the month from September at Lancaster Centre – 6pm start.

Lastly there will be training for Advocacy and a Well-Being Group for September – book your places asap!

Sara
CEO



EMU VOLUNTEER TRAINING

Tuesday 4th & 11th October at Park Avenue Resource Centre, 9.45am—3pm.

Find out more about us before deciding if you want to volunteer with us.

Book a place with Helen on 020 8366 6560 or helen.watson@emugroup.org.uk

Peer Mentor Training will follow on 18th & 25th October— Mentors must attend the volunteer training before the Mentor training

Project Updates

Stepping out Update

After our Stepping Out Launch on 30th April 2016 we are running our new project with the Community Rehab team.

This is a 12 month pilot project to encourage people in supported housing to get out and about and make new links in the community prior to moving on to Independent living.

Using Peer mentors to encourage people to take part in new activities and make new friends.

As a quick update we have the following activities available and these are open to everyone in EMU so please contact the office if you want to get involved in some new things.

Football – The football group entered their first tournament and came 3rd. They are really chuffed and they are looking for new members.

Swimming group – they will be meeting every Friday at Southbury swimming pool. It is open to all and supported by the Peer mentors.

Gardening – we have 10 acres in Edmonton that we are running as a food growing social enterprise with London Grown an offshoot of OrganicLea. We have funding for AQA training sessions and are looking forward to developing our own allotment.

Cinema Group – this will meet twice a month. Check the web page for details but the next evening will be the 25th August 2016.

Walk – we will be running a relaxed walk – this has been suggested by the Stepping out candidates and the details will be available on the website or from the office.

Trips – the summer trip was great fun– see the update. Trips seem popular so we will be arranging another one in the Autumn – let us know if you have any suggestions.



Service User Contributions

Longest Running OCD Support Group

I set up my OCD Support Group at The Priory , North London, 23 years ago. It is now officially the longest running one in the UK.

The group runs on the first Sunday in each and every month except, of course, if this falls on Christmas Eve, Christmas Day, Boxing Day, New Year's Eve and New Year's Day. We meet in The Nash Room which is behind the Reception Desk on the left as you enter The Priory. Our hours are 7-9pm. My group is free and I also provide free refreshments.

The group is very informal in that we sit in very comfy armchairs in a circle and there is never any pressure put upon any member to contribute to the conversation. We are each able to share as little, or as much, as we feel comfortable with. It goes without saying that the most important part of the Ground Rules is that Confidentiality is of paramount importance at all times. This extends outside the group.

I have a Book Table where you can look through all the recommended and up-to-date literature, and also view my Scrapbook, filled with a wide range of OCD articles, taken over the years both from Newspapers and Magazines. We talk about OCD Action, the largest OCD Charity of the two in the UK and also signpost you to all the relevant Hospitals that focus on OCD. We also cover medication and the various evidence-based therapies, which are: CBT - Cognitive Behavioural Therapy , ERP - Exposure, Response, Prevention MCBT—(Mindfulness Cognitive Behavioural Therapy) is also being practiced now.

I think you will find that once you have taken that initial, often painful, step towards coming to a Support Group things will slowly start to become much clearer for you and you will be able to make more knowledgeable choices in your own care.

And finally, you are more than welcome to bring any family members/ friends with you for support. I will only allow the people you bring along to participate with your blessing. Hopefully this will provide you with a glimpse into the OCD Support Group and how it functions at The Priory - North London, and I really look forward to seeing you here.

With warmest wishes
Alison Islin
Founder and Facilitator
OCD Support Group
The Priory - North London

The Penny Millionaire

As a wee small boy looking down at the ground
I picked up an object and my first penny was found

I saved up all my pennies and few were rarely spent
Yet I carried on looking down wherever I went

I didn't get a loan; not a penny did I owe
I kept on finding pennies and watched my balance grow!

No need to work for Tesco, no longer stack their shelves
By 'looking after my pennies the pounds took care of themselves'

Soon I'd saved up enough; enough to follow the dream
So I invested all my pennies and bought a slot machine

I hired it out to pubs and clubs; it was just like 'Pennies from Heaven'
I bought another and then another until finally I had eleven!

"Why don't you open a Penny Arcade?" someone said to me
"If only I had a penny each time that was said, think how rich I'd be!"

It's said that "mighty oaks from little acorns grow"
Why people don't pick up their pennies, is something I'll never know

Now I've got so many arcades, they're almost everywhere
I'll be written into the history books as the first Penny Millionaire!

Stephen Jennings c 2016



Gardening Project

At

Queensland Avenue

N78 1AU



Call 020 8366 6560

For a place

Learn about horticulture

Grow your own food

Meet friends

Get some exercise

And fresh air



General Info

OCD Support Group, which is now the UK's longest running one, in its 23rd Year.

I run it at:- The Priory – North London, The Bourne, Southgate, N14 6RA

7-9.pm on the first Sunday in every month.

Contact Alison Islin on: 07958 748200



Train to be a Volunteer -Free Accredited Training

- ⇒ Learn new skills
- ⇒ Gain an accredited qualification
- ⇒ Develop your self confidence
- ⇒ Meet new people

Monday 3rd October, Tuesday 4th October & Thursday 6th October 2016—9.45am-2.45pm

Community House, 311 Fore Street, Edmonton N9 0PZ

You must attend all three sessions, on completion of the course we can support you to find voluntary work

For an application pack or more information please contact the One-to-One office on 020 8373 6241 or Email: nusrath@one-to-one-enfield.co.uk

One-to-One(Enfield) Charity No.1061507—Company Limited by Guarantee No.3324923

	Monday From September	Tuesday	Wednesday	Thursday
Week 1	Complementary Therapies 1 - 4pm (Appointment only)	Complementary Therapies 10-12 (Appt only) Counselling (Appt only)	Football at Armfield Road Hall 4-5pm Counselling (Appt only) Depression Support Group 6-8pm	Over 65 Group 1-4pm General Drop-in 2-3.30
Week 2	Complementary Therapies 1 – 4pm (Appt only)	Complementary Therapies 10 -12 (Appt only) Counselling (Appt only)	Football at Armfield Road Hall 4-5pm Counselling (Appt only) (Committee Meeting)	Over 65 Group 1-4pm General Drop-in 2-3.30 Including Art Group
Week 3	Complementary Therapies 1 - 4pm (Appt only)	Complementary Therapies 10–12 (Appt only) Counselling (Appt only)	Football at Armfield Road Hall 4-5pm Counselling (Appt only) Depression Support Group 6-8pm	Over 65 Group 1-4pm General Drop-in 2-3.30
Week 4	Complementary Therapies 1 -4pm (Apt only)	Complementary Therapies 10-12 (Appt only) Counselling (Appt only) LGBT - One to One Support 7-8.00pm	Football at Armfield Road Hall 4-5pm Counselling (Appt only) Fundraising Group 6-8pm	Over 65 Group 1-4pm General Drop-in 2-3.30 & Art Group