



Voices 4 Wellbeing
Rochdale Borough Local Involvement Network
Tel: 0161 627 0163
www.voices4wellbeing.co.uk

LINKNews

Your bulletin from Rochdale Borough LINK

Welcome to the latest LINK News, the regular bulletin that keeps you informed about the work that Voices 4 Wellbeing has done, and future work that you can be involved in to help improve health & social care services in Rochdale. If you are interested in getting involved, contact us using the details on the back page.

V4W EVENTS

In 2011 Voices 4 Wellbeing (V4W) has produced and also worked in partnership with various organisations to help produce a number of 'Have Your Say' events.

V4W wanted to involve the general public and the users of services with the commissioners and providers of those services in an interactive way. At the events, presentations were given by service providers and the audience was given the opportunity to ask questions. 'Ask the Audience' equipment was used to gather information from the audience who physically voted using pushbutton handsets.

V4W invited a couple of people who had a 'lived experience' of the event subject to give a personal account of what it had felt like to be in that situation. The personal accounts were very well received and many people were affected by them. In order to



further involve and interact with the audience, V4W organised for plays and poems to be produced and acted out at a couple of the events.

Altogether the events proved to be informative, interactive, information gathering and emotive.

V4W 3rd Birthday Celebration



On 24th October V4W held their 3rd Year Celebration at the Back 'O' th Moss Community Centre. The idea of having the event in Heywood came from the realisation that it was not an easy place to get into, in terms of venues for the Interactive Roadshow Survey (IRS), which V4W use to interact with the general public.

Shabnam Sardar (Public Health Manager – Wellbeing) gave a presentation on 'Five Ways to Wellbeing'. Ursula Hussain (Oldham

Link Manager) gave a 'HealthWatch' presentation followed by a HealthWatch workshop with three different groups discussing three different issues.

After Saeed Anwar's (V4W Manager) gave an overview of V4W, Jennifer Fletcher (V4W governor), gave an account of her role and duties that she had carried out over the year. Jacqueline Bestley (V4W's Outreach & Engagement officer) talked about her work with volunteers, and how they have developed knowledge and confidence helping with the IRS helping to become informed and confident enough in order to help with the IRS.

Khalid Bashir from BME Health Matters and Janice Hollis Project Implementation Officer, Young People's Lead/DIP Lead, Drug and Alcohol Action Team talked about their experience of working in partnership with V4W. Both Khalid and Janice expressed their appreciation of V4W's help and expertise, including from Janice a recommendation for other organisations to do the same.

Robin Parker from Just Poets produced and narrated an interesting and amusing poem celebrating the Borough of Rochdale called 'Water Under the Bridge'.

BME Drug and Alcohol Event

On 7th December V4W worked in partnership with BME Health Matters to hold a 'Drug and Alcohol Misuse' event within the BME community. The event was held at the Castlemere Community Centre and more than one hundred people attended.

'Just Vote' equipment and an open question and answer session were used to gather information. As the event was in the evening a comfort break/evening prayers was inserted appropriately. Anwar Shad from Road Safety gave a presentation on 'Drinking and Driving and Road Safety'. The presentation was factual and some statistics and photographs were quite shocking in their reality.

Wassiem Rafique from the Drug and Alcohol Action Team (DAAT) talked about the services that they provided and about where to find them. Gary Byrne from the Sahara/CRI Project also talked about the services they provided and about how and where to access them.



Tricia Hornby (Chief Executive of Rochdale and District Mind) narrated a true story about a lady from the Asian community who was an alcoholic who received help from the services.

Councillor Sultan Ali finished the session off with an encouragement to the community to acknowledge if they had problems, not to deny them, but to access the services presented to them at the event.

Caterers

V4W has deliberately tried to use local caterers for their 'Have your Say' events and have been very pleased with the food supplied by:- Mannsalwa in Rochdale – Hopes Catering in Middleton – Castlemere Community Centre Kitchen staff and the Tasty Tucker in Heywood



HealthWatch Update

Latest update of HealthWatch from Central Government is that the development of Local HealthWatch has been put back from October 2012 to April 2013 and HealthWatch England to be established by October 2012.

Interactive Road Show Survey

In October and November 2011, V4W's team took the IRS out to seven different venues. Two of the venues held Health events and the survey on the IRS was regarding Drug and Alcohol Misuse, one took place at Hopwood College and the other at Demesne, Langley. This work concluded V4W's IRS work on Drug and Alcohol Misuse with a total of 518 people actually voting on the issue. What is overwhelming is that 333 people voted to put their money, into 'More involvement in schools from drug and alcohol services.' Also, 286 people voted that, 'More leaflet information distribution' was where the least amount of money would be spent.

Of the other five venues, one was at the Littleborough Library. An Lesbian Gay Bisexual & Transgender (LGBT) annual event, a Mental Health Celebration event, a Dementia event and the Black History event were all held in Rochdale. The IRS survey for these events was on Mental Health which will be ongoing until the middle of April. 124 people have actually voted on the IRS so far and 82 of



them would put their money, into 'More training for Doctors, to ensure early diagnosis of Mental Health conditions.' The least amount so far with 25 votes went to 'A central place to get or find out how to get information regarding Mental Health.'

Working with volunteers in partnership with CVSR

The Community Voluntary Service Rochdale, or CVSR for short, has been really helpful with V4W's search for volunteers. They have provided helpful training courses and useful hints and tips!

We were very fortunate that our first volunteer for the Interactive Road Show Survey (IRS) was Annemari. Rather unfortunately for Annemari the first venue that she helped out at was at the Rochdale Infirmary where the public and staff came flocking towards us in large groups. It could have been overwhelming, however, she rose to the challenge and mucked in with the rest of us. Annemari completed her fifty, then one hundred hours volunteering and now works for V4W as a full time employee.



Our volunteer Asia

Two of V4W's volunteers for the IRS were referred from Community Voluntary Service Rochdale and one came from the general public whilst the team were out doing engagement work. All three volunteers were female. Asia spoke four languages which was very helpful especially when we were working in the Asian communities. Asia completed her volunteer work for fifty hours but unfortunately for V4W she then moved house to live in London.

Hayley was a qualified social worker and a very enthusiastic volunteer but after a few weeks she was unable to continue.

Although V4W has recently acquired a new volunteer through CVSR, they are still on the lookout for more! If you are interested in helping out on the IRS and enjoy interacting with the general public then please contact V4W at: jacqueline@voices4wellbeing.co.uk

Team Update

We would like to welcome our new member of staff Kate Clowes. Kate joined us here at Salmon Fields in January 2012. Kate works as an administrator for 25 hours per week over 5 days. Oldham LINK and V4W are sharing their resources and Kate and Annemari will share their tasks in the office.



We welcome her as our newest member of our team.

The Lighthouse Project



It has been eighteen months since the Lighthouse Project opened their doors to the public and in that time they have gone from strength to strength. They are now averaging about eighty visitors a day, who come to the centre for many reasons.

The project has built upon existing activities such as basic computer courses, card making, money management and Word and Excel. In February 2011 they started their Work Club and have seen over 150 people helped with C.V. writing, interview techniques, online job searching and I.T skills. This has now grown into a four week course which aims to improve people's confidence, motivation and skills. They also offer "Who Let the Dads Out", a dad and toddler group; "Knit and Natter", "Cook and Taste" and "Live Your Best Life" to name a few. There is a coffee bar and quiet seating areas for those who may want to relax or have a chat. Plus they have a range of meeting and training rooms available to hire.

Opening times are from Monday to Friday from 10.00am to 4.00pm and everyone is welcome!

Demesne

Demesne provides a wide-variety of activities for all ages run by the centre staff and an army of volunteers as well as providing an accessible venue for other community groups and agencies to hire and deliver their own activities, meetings, and courses. As well as providing activities in the centre for local residents, Demesne reaches out to the wider community of Middleton. The centre provides a packed-timetable of events throughout the week catering for all ages and needs. From the bi-weekly pensioner's luncheon group and mature movers exercise class to the after school club and sewing class, there really is something for everyone.

All activities at the centre have been specially put together for the local community, by the local community.

Address: Asby Close, Middleton, M24 4JF
Tel: 0161 653 2902



Future Events

Personalisation and Mental Health

Following on from previous 'Have Your Say' events and workshops, on Personalisation and on Dementia, V4W propose to hold a Personalisation and Mental Health 'Have Your Say' event in mid April 2012, details to follow.

Organ Donation

V4W have been working in partnership with BME Health Matters and Pennine Acute Foundation Trust to develop a campaign to encourage Organ Donation from the Muslim Community in Rochdale. Two meetings have already taken place with Local community members and Imams to see how this agenda can be moved forward.

In 2012 V4W will hold a 'Have Your Say' event on Organ Donation, details to follow.

How YOU Can get Involved

You can give up as much or as little of your time as you wish, at times that suit you.



There are several ways you can get involved, which include:

- **Taking part in a survey which can be anonymous if you wish.**
- **Receive Voices 4 Wellbeing Newsletter.**
- **Taking part in workshops/focus groups which deal with identified issues, for example: Dementia or Drug and Alcohol Misuse.**
- **Taking part in our events.**
- **Becoming a Governor.**
- **Volunteering to help with the Interactive Roadshow Survey.**

If you wish get involved in any of these ways (or wish to discuss alternative ways you can get involved) please contact the support team on details provided below.

Contact Details



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