



User Employment Programme Newsletter

May 2007

This newsletter has been produced for people interested in obtaining paid work, unpaid work i.e. work experience, or volunteering opportunities with the Cambridgeshire & Peterborough Mental Health Partnership NHS Trust. And for those who have expressed an interest in the User Employment Programme.

Opportunities.

Vacancies for the Cambridgeshire & Peterborough Mental Health Partnership NHS Trust are advertised on the web site www.jobs.cambs.nhs.uk/. To apply please go to www.jobs.cambs.nhs.uk/
Or Telephone: 0800 0181 990.

Volunteers needed!

Social Group Facilitator.

Help is required working with mental health service users in Cambridge. The role of Social Group Facilitator requires someone to attend and help facilitate evening social event calendar groups by befriending group members and encouraging their participation in the group. This role is currently unpaid but offers the opportunity to gain work-experience, and a reference for those hoping to gain work in this field. For more information and a chance to talk about the role informally contact Sue Waterhouse or Catherine Perkins Telephone: 01223 533300 or Email at Catherine.Perkins@cambsmh.nhs.uk or Sue.Waterhouse@cambsmh.nhs.uk

Could you volunteer for Cam-mind?

At the moment Cam-mind are specifically looking for the following:

- Volunteers for their Sawston Group
- A Treasurer
- Befrienders
- Fundraisers (from tin shaking to the organisation of fundraising events)
- Volunteers for their new music studio workshop which starts on 19 April
- Volunteers for their new cooking group which is due to start on 9 May
- Volunteers for Sunday lunch club (twice a month)

For further information contact: Imogen (Ridler), Volunteer & Befriending Scheme Co-ordinator at Cam-mind. Tel: 01223 311320.

B.I.T.E. Sessions

The Cambridge MH Resource Centre will be hosting a series of 7 information workshops for people interested in exploring and or accessing training, education, volunteering or work opportunities.

Date	Topic
6 th June 2007	<i>IntroductorySession</i>
13 th June 2007	<i>Making a change</i>
20 th June 2007	<i>Managing finances</i>
27 th June 2007	<i>Education & training</i>
4 th July 2007	<i>Access to Websites</i>
11 th July 2007	<i>Choices & opportunities</i>
18 th July 2007	<i>Action planning</i>

User Employment Programme Developments.

I will be taking some leave in the near future so I am including direct contact details for the vacancies I know of. If you have access to email you can still email me. If I am out of the office my emails will be forwarded to me at home. You can also contact me via the www.mentalhealthandwork.co.uk web site.

I will not be able to accept any new referrals for the User Employment Programme until further notice.

The Peterborough User Employment Programme can be contacted via Jan Lewis Tel: 01733 882233 ext 2250 for further information.

UEP Video. I now have the UEP video in DVD and CD-Rom formats for anyone who wishes to view it. The video is also available on the following web site.

<http://www.mentalhealthandwork.co.uk/UEPvideo.htm>

Access to benefits advice

When considering returning to work it very important to seek expert benefits advice. The User Employment Programme can provide you with an overview of schemes such as 'Permitted Work' but we would encourage you to seek expert advice relating to the work you intend to pursue. You can get expert help by talking to staff at Jobcentre Plus Tel 01223 545325 or an independent advice agency such as the Cambridge Independent Advice Centre 01223 712222.

Oakdale

Existing employees of Cambridgeshire & Peterborough Mental Health Partnership NHS Trust and Anglia Support Partnership can access a free confidential helpline through Oakdale. The service is independent and confidential. Call Freephone 0800 027 7844.

Web sites.

For details of local agencies who work or have an interest in the area of mental health employment / volunteering / education please visit www.mentalhealthandwork.co.uk. If you are a local agency and would like your page updated (or if you have not got your own page yet) please use the 'Contact Us' button on the site to email your updates or to request a page.

UEP newsletters can be downloaded from the <http://www.workingtogetherforrecovery.co.uk/> web site from the What's New section or by clicking on the name of the newsletter you want to download on the following page <http://www.mentalhealthandwork.co.uk/UEP.htm>

For details of what's happening in the field of Mental Health and Recovery please visit the web site <http://www.workingtogetherforrecovery.co.uk>. 'Working Together' was developed in Cambridge around ten years ago as an informal network made up of a wide and growing range of people who care about mental health issues. It exists to provide a friendly forum for sharing innovative practice, promoting user involvement and supporting individuals who are trying to make a difference, wherever they are and whatever their background. Working Together aims to breaks down barriers and accept differences. If you choose to get involved with Working Together we can offer you a positive experience amongst like-minded people. The list of organisations involved is extensive and includes the statutory and voluntary sectors (including those that are service user-led), current and ex- service users, workers in local services and carers.

If you no longer wish to receive this newsletter please contact me Ken Kettle on 07775 532 243 or at Cambridge MH Resource Centre 47-51 Norfolk Street Cambridge CB1 2DL.

Email: ken.kettle@cambsmh.nhs.uk