



User Employment Programme Newsletter

March 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/ in addition to advertisements in the Cambridge Evening News. To apply please go to www.jobs.cambs.nhs.uk/
Or Telephone: 0800 0181 990.

The Cambridge MH Resource Centre is also looking for volunteers to work in the Café. They require volunteers to work in the café for one to three sessions per week (a session can be between two and three hours). Volunteers are required to serve drinks and snacks / help with the cash register. Contact Fabien Tel: 01223 359561 or Email: fabien.lepabic@cambsmh.nhs.uk to find out more.

Volunteers needed!

Could you volunteer for Lifecraft?

Lifecraft is a self-help, user-led mental health charity based at The Bath House on Mill Road in Cambridge. Over the years they have grown and developed into a unique and innovative service for the residents of Cambridge and surrounding areas, providing weekly group activities, a social club, free counselling, information, support, opportunities for work and an out-of-hours helpline, Lifeline. Through their campaigns work they have also worked hard to raise awareness and understanding about mental health issues within the local community.

In February this year, however, they suffered a terrible blow as the loss of major grant funding meant that they had to close their weekend service and reduce the staff working hours, and on May the 4th they have to close Lifeline. Although they continue to remain open from 12noon to 7pm Monday to Friday they urgently need help from volunteers in the following ways:

- To help run the information office
- To help with fundraising administration
- To run fundraising events
- To help with the running of events
- To carry out street collections
- To co-ordinate street collections

If you think that you might be able to volunteer please ring them on:

(01223) 566957 between 12 noon and 6pm, Monday to Friday or email them at: appeal@lifecraft.org.uk
or join them at one of their volunteer meetings.

The date of the next volunteer meeting is: **Friday 30th March 2007 at 7pm**

All meetings are held at Lifecraft, The Bath House, Gwydir Street, Cambridge, CB1 2LW and should last about an hour.

The **Power to Work Project** is having an **Open Day** on Thursday 29th March 2007, 10.30 a.m. – 1.30 pm. The Open Day includes refreshments and networking opportunities. Power to Work help people on incapacity benefits back into work.. You can find them at: Careers Development Group, Power to Work Project, 52 Burleigh Street, Cambridge CB1 1 DJ Tel: 01223 304765 Email: deborah.roberts@cdguk.org

User Employment Programme Developments.

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.

New enquiries for the User Employment Programme can be made to me – Ken Kettle at the address at the bottom of this newsletter or by ringing 07775 532 243.

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 above web site 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. Tel 01223 359561. Email: ken.kettle@cambsmh.nhs.uk