

Community

January 2017

newsletter for the community and voluntary sector in Redbridge

Play Raises Dementia Awareness in Asian Communities

On 10 November, over four hundred local people from Asian communities came together to watch a play about dementia and learn more about the condition. The event was brought together by Sabina Jaulim of RedbridgeCVS, who describes here the nerve-wracking job of organising it all.

I work as a Community Development Worker for Psychological Health for RedbridgeCVS. My role is to promote awareness in BAME communities in Redbridge about different mental health and wellbeing issues, such as dementia, depression, anxiety, psychosis and mental health crisis. The project is commissioned by Redbridge CCG, and as part of my work I visit different community and faith groups around Redbridge to deliver information sessions on these topics.



The audience gathers



The cast of the play



The panel respond to questions

I try hard to find ways to engage and inform people, with the aim of reducing the stigma that can surround mental illness and encouraging people to access relevant NHS services, as well as giving people advice on staying healthy and looking out for each other. I use films, PowerPoint slides, leaflets and themed discussions to deliver awareness and information sessions in community settings (including some sessions in languages other than English).

This year I decided to bring some of the South Asian communities that I work with together so that they could learn more about dementia, and share each other's experiences. I collaborated with the Ekta Project, an Asian community project for older people based in Newham, who had been recognised in the International Dementia Awards in 2015, and who have developed a play about the impact of dementia on an Asian family. Together we organised a performance of "Dementia's Journey", a play about "one family's struggle to overcome the stigma, shame and misunderstanding surrounding dementia."

The event took place at the popular Cineworld Cinema, situated in the heart of Ilford, which was convenient for most people. With a capacity of 450 seats, spacious and well known for showcasing Bollywood movies, the familiar venue ensured that the audience felt at home.

It took three months to organize the play, with various tasks delegated to my volunteering team and shared with Ekta project co-ordinator Mrs Ramesh Varma. We arranged matters from the tiniest details regarding seating, the expert panel and details of the rehearsals for the actors.

Two weeks before the performance, the Ekta team informed me that their sound system would not work for such a big audience, so I would have to hire a professional one. I started to search frantically for the best quality and quote in town, but most of them would not meet our requirements. A week before the event, the sound system was still an issue. I was trying to get the problem sorted, and every day I was going home exhausted. At last, two days before the play, we received a good offer from a reputable company and decided to go ahead with them.

It was agreed that the sound system engineer would be at Cineworld at 8am. Although I was still apprehensive and continued to fear that something might go wrong on that day, I couldn't let myself to be overcome by anxiety.

At 7:15 am on 10 November I was already in front of Cineworld. The adrenaline was flowing already as I waited for the sound system team to arrive – but to my pleasant surprise they were already inside setting up.

At half past nine guests started to arrive. They were welcomed at the main door, asked to register themselves and guided into Screen 1. Volunteers were there to help them get seated. After the actors, Ekta team, panellists and the Mayor of Redbridge arrived, everybody settled down to watch the play which started around 10.25am.

By turns funny and emotional, the play told the story of a family struggling to come to terms with the onset of dementia in one of its members – and many in the audience said they recognised the scenarios from their own lives. After the play, the audience put questions to panellists from Barking & Dagenham CCG and the Alzheimer's Society. The questions, and openness with which audience members shared their own stories, showed how useful the play had been in expanding people's understanding of dementia.

The actors, the Mayor, the panellists and the Ekta team were then photographed. The guests started to leave, and by 12:30pm Screen 1 was once more silent, except for the sound of the sound-system being dismantled.

The event was a great success, attended by 432 people from around 35 different voluntary organisations.

According to the evaluation forms and feedback given to us on the day, everyone had a great time, enjoying the play, interacting with others and most of all increasing their understanding of dementia, helping them make more informed decisions.

As for me, I was knackered, but I was also pleased and relieved that everything had gone well. I think I can sum up the whole thing in these words: **"What matters is... knowledge and commitment... it is a learning process"**

Eco Day helps groups go green

The Vine Church is holding an Eco Action Day on Saturday 4 February.

They say "The aim of the event is to share how we can care for the earth and save money by making our community buildings and homes more energy efficient. The event is being organised by Vine URC, in cooperation with Ilford Transition Town, Vine User groups, the Volunteer Centre, and Redbridge Faith Forum."

The morning session will cover practical tasks to make a building more energy efficient. The afternoon will cover eco topics for the home. People are welcome to come to the whole event or to drop in for a session.

The day takes place at Vine Church Halls, Holstock Road, Ilford, IG1 1LG, from 9.30am to 4pm. If you would like to come to all or part of the day contact Peter Musgrave on 07943 986988 or email petermusgrave1950@gmail.com.



Vine Church

Photocopying

We provide black-and-white and colour copying onto A3 or A4 paper, from your original or a computer file, at our office in central Ilford. Most of the paper we use is recycled, and prices are very affordable, starting at 3p for single-sided A4. **Just pop in, or ring in advance for large quantities.**

New green factsheets from RedbridgeCVS

We're also helping groups become more environmentally friendly.

We've recently undertaken an eco audit, and we're sharing six fact sheets with our members about how to be greener.

The documents are available to download from the new page, **Eco tips for community groups**, in the members' area of our website. Log in to the site, then choose the menu headed **For Members**.

If your group isn't a member yet, it's free to join. For more details, go to www.redbridgecvs.net/members or ring Colin on 020 8514 9616.



RedbridgeCVS Training Courses

Measuring Outcomes, Demonstrating Impact

Thurs 9 Feb

Most voluntary organisations are used to monitoring – collecting information about how many people they work with and how. But funders are increasingly interested in going one step further – in getting groups to demonstrate that their work makes a difference. On this course you learn how you can do that.

Managing Volunteers in Your Organisation

Thurs 16 Feb

Most Redbridge community groups depend on volunteers. This course helps make sure you and the volunteers get the best out of the relationship. It covers thinking through what you want volunteers to do; how volunteers can undertake roles safely; knowing what policies you need; and recruiting and supporting your volunteers. You'll use a simple action plan to identify areas where your organisation can improve.

Safeguarding Children and Young People, level 1

Thurs 23 Feb

Everyone in an organisation is responsible for the welfare of children and young people. This course explains definitions of child abuse, signs of abuse and neglect, and what people should do if they have concerns.

"Well delivered, well-paced. Trainer passionate and got across message well."

Fit for Fun instructor

Spring into action

Half-price training

Book on a course from January to April 2017, and a second person from your organisation can come on the course for half the fee.



The offer applies to people who haven't been on our training since September 2016.

Can be combined with other discounts.

If the first person cancels, the second must pay full price.

Book now at www.redbridgecvs.net/training

Inspection of ambulance services coming soon

The Care Quality Commission will be inspecting services provided by London Ambulance Service NHS Trust in February.

The CQC is the independent regulator of all health and social care services in England. They would be interested to hear if organisations have received any feedback about this Trust from the people or organisations they work with.

To provide feedback, or if you have any questions, please contact Samuel Wallace, Care Quality Commission (CQC), samuel.wallace@cqc.org.uk, 07747 455 180



Anxiety workshops offer help

Anxiety Care UK is launching a series of workshops in February on the theme “Understanding & Managing Anxiety”.

This workshop is aimed at anyone experiencing stress or anxiety (including, but not limited to, OCD, panic attacks, and phobias) their friends and relatives. This may also be of interest to health professionals, students, counsellors, or anyone with an interest in understanding and overcoming anxiety.

The workshops take place at the Living Well Resource Centre, 372 Chadwell Heath Lane, Chadwell Heath, RM6 4YG. They start on Tuesday 7th Feb 2017 and continue for eight at 7pm - 8.30pm.

The workshops cost £3 per week or £20 (paid in advance) for 8 weeks. To book your place, send your contact details by post to the above address, or by email to admin@anxietycare.org.uk

Stopping domestic abuse

RedbridgeCVS is launching a project to raise awareness of domestic abuse and let people know how they can get help.

Domestic abuse can be physical – but it can also be emotional, psychological, sexual, financial or a combination of these.

The aim of the project is for our trained Health and Wellbeing Buddies to raise awareness of the “different faces” of domestic abuse by delivering free sessions to a range of groups from all sections of the community. They will also signpost people to the services available in the borough.

For more information, contact Terry James at terry@redbridgecvs.net or on 020 8514 9617 (Terry works Thursday and Friday).



Events Calendar

Time to Talk about Mental Health

11am-2pm, Thurs 2 February
Room 16, Redbridge Institute, Gaysham
Avenue, Gants Hill, Ilford IG2 6TD

Redbridge Concern, Forest Farm Peace Garden and Redbridge Institute will be joining forces to celebrate Time To Talk Day.

Emergency Public Meeting: Immigration, Islamophobia in the Trump Era

6.30-8pm, Thurs 2 February
Cardinal Heenan Centre, 326 High Road,
Ilford IG1 1QP

Hear from people affected by the travel ban, plan activity, show support. Please RSVP to info@ramfel.org.uk



Eco Action Day

9.30am-4pm, Sat 4 February
Vine Church
Riches Road, Ilford IG1 1JH

Event aims to share how to care for the earth and save money by making community buildings and homes more

Need full details?

Full information about all these events is available on our website at

www.redbridgecvs.net/events

New events by and for the local voluntary sector are added to the site each week, and sent out in eNews, our weekly newsletter.

energy efficient. If you would like to come to all or part of the day contact Peter Musgrave on 07943 986988 or email petermusgrave1950@gmail.com

LGBT+ Drop-in Session

12-2pm, Sat 4 February
Cafe, Redbridge Central Library
Clements Rd, Ilford IG1 1EA

Refreshments available, organised by Redbridge Rainbow Community

Autism Ambassadors Presentation – Make Your Service More Accessible

9:30-10:30am, Wednesday 15 February
Cherry Tree Café, 25 Woodbine Place,
Wanstead, E11 2RH

Limited spaces available. Book now at <https://aafeb17red.eventbrite.co.uk>

Valentine's Fundraiser for MS Society

6pm till late, Sat 18 February
Marjorie Collins Centre, 237 Grove Rd,
Romford RM6 4XF

Music, raffle, fish and chips with bubbly. Couples and singles welcome. For tickets ring 020 8983 8148.

Tell Us about Your Events!

Every week we send out information about forthcoming events in eNews, which reaches over 500 people. And we Tweet about events and other news to our 870 followers. All of which means local groups get free publicity! **Send information and photos to colin@redbridgecvs.net**

Funding Diary

Funds to help older people get active

Sport England has announced the launch of its new £10 million Active Ageing Fund, which will award grants of between £50,000 and £500,000 for projects designed to help inactive older people (over 55) become active.

Closing date: Monday 13 February

Making heritage relevant to young people

The Heritage Lottery Fund “Kick the Dust” project aims to make heritage relevant to the lives of young people, aged 11-25, now and in to the future. The programme is open to applications from consortiums of three or more organisations, including heritage and youth organisations. Grants of between £500,000 and £1 million are available.

Closing date: Monday 20 February

Funds for family-based projects

The Kelly Family Charitable Trust is open to applications from registered charities for projects that support and encourage the family to work as a cohesive unit in tackling problems that face one or more of its members. Grants are usually between £1,000 and £5,000.

Closing date: Wednesday 1 March

Human rights work

The AB Charitable Trust is seeking applications from charities working to support refugees and asylum seekers; prisoners and penal reform; and human rights. Grants are usually between £10,000 and £20,000.

Closing date: Friday 3 March

Youth social action

Step Up to Serve, the Lottery and DCMS support young people taking practical action in the service of others to create positive social change that benefits the wider community as well as the young person themselves. Young people are defined as those aged 10 to 20, and up to 25 for disabled young people. Funding available for activities including campaigning, fundraising and volunteering.

Closing date: Monday 6 March

Redbridge Community Project and Small Grants Fund

Support from Redbridge Council for voluntary organisations to deliver services through community initiatives. Applications must align with Council priorities. Community Project Fund awards of £5,000 to £25,000 are available to address the recommendations of the Fairness Commission. Small grants of less than £5,000 are also available.

Closing date: Monday 6 March

Tackling fuel poverty

Grants of up to £50,000 for charities providing advice on energy efficiency, taking practical measures for energy efficiency or providing benefits advice. Applications for work with children and family especially welcome.

Closing date: Wednesday 8 March

Using sport to empower women and girls

Organisations working in partnership can apply for grants of between £30,000 and £250,000, over a period of between 12 and 36 months. The partnership must include a track record of working with women and girls, and using sport as a tool for change.

Closing date: Thursday 16 March

More information

Full information about all of these opportunities is available in the Members' area of our website. Log in and go to the menu headed For Members. If your organisation isn't a member yet, it's free to join. For more information go to www.redbridgecvs.net/members

RedbridgeCVS exists to support voluntary and community groups in the London Borough of Redbridge.

RedbridgeCVS is a charity which exists to support other local voluntary groups. Our services include:

- **information** about local groups, events, jobs and funding, delivered through our website, our weekly email newsletter and our bimonthly publication Community
- support with **fundraising** – our Community Fundraiser has helped local groups raise almost a million pounds.
- **training** on the topics that are really important for small groups, in small, friendly groups, with discounts the more you book
- help from Volunteer Centre Redbridge with **finding volunteers** for your group, and helping your group to work with them effectively
- **representing** voluntary groups in meetings with bodies like Redbridge Council and the NHS
- **meetings** where you can get to know other local groups and share best practice
- **advice** about the policies and procedures you need, and how to plan your work
- affordable and good-quality **room hire** and **photocopying**
- projects to help local communities improve their **health and fitness**

Join RedbridgeCVS

Membership is free: we invite all community groups to join if they are based in Redbridge or work with Redbridge people. Some of our services are only available to members, and members get a discount on fees, such as those for training or room hire.

More about RedbridgeCVS

See our website at

www.redbridgecv.net

or ring us on

020 8553 1004