

Dear all,

This is part 1 of 2 PPG Bulletins that I am sending out this morning due to the wealth of information being sent in to share. Please find information below on:-

- **Learning Disabilities 'Big Event' 13th February 2017**
- **Choices For Life Fair at Yeovil College for 14-25 year olds – Friday 24th March 2017**
- **Peer Support Facilitated Workshops (Funded by Somerset County Council)**
- **AGE UK: Stay strong, stay steady - a class to help with muscle strengthening and balance and can help prevent falls, helping you stay independent**
- **Mendip YMCA Sleep Easy Event - 3rd March 2017**
- **SPARK Affordable Training**
- **Community Asset Fund**
- **National Citizen Service - Leaders & Workers Temporary Posts Available July-August 2017**

Useful website links:

- www.carersvoicesomerset.co.uk
- <https://www.nhscitizen.org.uk/>
- <http://www.cqc.org.uk/content/get-our-newsletter>
- www.cqc.org.uk
- www.somersetparentcarerforum.org.uk
- <http://healthwatchesomerset.co.uk/>

Please share this with colleagues who may be interested in being added to the circulation list to receive the bulletin regularly. Please contact me on susan.lilley@somersetccg.nhs.uk if you have any information you would like added to future PPG bulletins.

Kind regards

Sue Lilley

Interim Patient, Public Experience and Engagement Coordinator

Somerset Clinical Commissioning Group | *Working together to Improve health and wellbeing*

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Website: www.somersetccg.nhs.uk

Subject: Learning Disabilities 'Big Event' 13th February 2017

The Learning Disability Partnership Board (LDPB) is again holding its 'Big Day' in the Luttrell Room at Somerset County Council, County Hall, Taunton, TA1 4DY on Monday 13 February 2017 from 10am – 3pm. Partnership Board members have an interest in improving services for people with learning disabilities and work with / give advice to councils, health, service providers and other groups to make things better for people with learning disabilities. At the Big Day we will have some really interesting speakers including people who use direct payments to organise their own care, people who have bought their own home with help from a government scheme called HOLD and speakers from the Police about how to keep safe. There will also be a number of stalls for people to find out more about staying healthy, keeping safe and living well and an opportunity to 'try out' some assistive technology which can help with everyday tasks.

Due to the limited capacity of the venue, places will be prioritised for people with learning disabilities and their families, lunch will be provided along with a parking space for blue badge holders. If you would like to reserve a place at the event, please contact Julian Bellew JBellew@somerset.gov.uk or telephone 01823 359074.

Subject: Choices For Life Fair at Yeovil College for 14-25 year olds – Friday 24th March 2017

This event at Yeovil College on Friday 24th March is aimed at young people aged between 14-25 with additional support needs looking for some advice about the future.

There will be information available on the following topics:

- How can I live more independently?
- How can I choose my next school or college?
- How can I find things to do in my spare time?
- How can I find a job and keep a job?
- How can I stay safe and healthy?

To find out more about the event and to book a place go to:

<https://www.facebook.com/sendparticipationteam/>

Please share this amongst your networks and with young people. If you would like to find out about having a stall on the day then please contact Claire Merchant-Jones CMerchantJones@somerset.gov.uk

SEND Reforms Team

Address: B2 South, County Hall, Taunton, TA1 4DY

SEND Reforms Support Team - SENDReforms@somerset.gov.uk

[Somerset Choices](#) [SEND Final Newsletter](#) [SEND iPost Page](#)

Subject: Peer Support Facilitated Workshops (Funded by Somerset County Council)

Peer support is a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful.

Peer Support Groups in a mental health context can be wonderful environments for support and Recovery for people who have suffered or continue to suffer from mental illness

The overall aim of the workshop is to:

- introduce people to the benefits of peer support and mutually respectful relationships
- support people with staying well and working towards recovery
- encourage people to take part in community activities

Course objectives include

- People know and understand the benefits of peer support
- People know how to establish and maintain mutually supportive relationships
- People know how to set up, run and sustain groups for mutual support; friendship and recovery
- People feel more positive and confident about managing their mental health when they feel well
- People feel that the course has supported them towards their recovery
- People are signposted to other relevant groups and supported to access them eg MIND; Balsam Centre; Heads Up; Seeds of Hope ; clubs; activities; volunteer support in the community; other resources including on-line

Eligibility and criteria for participation in workshop – people with mental health issues who would respond to and benefit from peer support.

Referrals need to be risk assessed and be able to participate in a group setting with others. Also information about any disabilities that could affect participation is required.

Course dates and venues

Day/ Dates	Times	Venue
Mon 9 th Jan Mon 16 th Jan Mon 23 rd Jan Mon 30 th Jan	10.30 to 1pm for first session, 10.30-12.30 for remaining sessions.	YEOVIL The Gateway . Addlewell Lane, BA20 1QN
Tues 10 th Jan Tues 17 th Jan Tues 24 th Jan Tues 31 st Jan	10.30 to 1pm for first session, 10.30-12.30 for remaining sessions.	WILLITON Children's Centre Killick Way TA4 4QA.
Fri 13 th Jan Fri 20 th Jan Fri 27 th Jan Fri 3 rd Feb	10.30 to 1pm for first session, 10.30-12.30 for remaining sessions.	BURNHAM ON SEA SS&L Princess Street TA8 1EH
Wed 15 th Feb Wed 22 nd Feb Wed 1 st Mar Wed 8 th Mar	10.30 to 1pm for first session, 10.30-12.30 for remaining sessions..30	SHEPTON MALLET Shepton Mallet Community Hospital Old Wells Road BA4 4PG
Thurs 2 nd Mar Thurs 9 th Mar Thurs 16 th Mar Thurs 23 rd Mar	10.30 to 1pm for first session, 10.30-12.30 for remaining sessions.	TAUNTON St James Church Hall St James Street TA1 1JS
Fri 17 th March Fri 24 th March Fri 31 st March Fri 7 th April	10.30 to 1pm for first session, 10.30-12.30 for remaining sessions.	BRIDGWATER Victoria Park Community Centre Victoria Park Drive TA6 7AS

To refer a participant and book a place please contact:

Chard WATCH CIC office See contact details on top of page	OR	Workshop Lead Facilitator beckymarsh.watchproject@gmail.com
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Subject: AGE UK: Stay strong, stay steady - a class to help with muscle strengthening and balance and can help prevent falls, helping you stay independent

Please find attached an updated referral form for the Stay Strong Stay Steady classes, as all forms after sign off should now be sent to Age UK Somerset who are co-ordinating this service. All queries should be directed to us here at the contact

below. Thanks so much for your continued support, and we look forward to receiving many more referrals in the future.

Dianne Ramsay

Ageing Well Manager

Age UK Somerset

Ash House

Cook Way, Bindon Road

Taunton

Somerset TA2 6BJ 01823 345626

**Subject: Mendip YMCA Sleep Easy Event - 3rd
March 2017 at 8pm
Frome Youth and Community Centre, Vallis
Road, Frome**

Mendip YMCA are celebrating our 125th anniversary in 2017 and to help mark this event, are calling on Mendip residents to come together for one night in support of the national YMCA Sleep Easy Week (3rd-10th March 2017). The week will see donors sleep out for one night all over England to help raise awareness of the hundreds of young people who sleep rough every year. Mendip's event will take place at Frome Youth & Community Centre from 8pm until 6am on Friday, 3rd March 2017. Registration costs £10 and participants are being asked to raise at least £100 in sponsorship in order to take part. Sleep Easy is a fun and safe event and although is not a genuine experience of sleeping rough, by taking part you will be helping to raise funds for local young people in need. To book your place at Sleep Easy 2017 please contact Karen Collins on 01749 679553 or kcollins@mendipymca.org.uk or [download your registration forms and fundraising pack here](#).

Subject: SPARK Affordable Training

Training on a whole range of topics. For full information see <http://sparksomerset.org.uk/training>

Subject: Community Asset Fund

Apply for funding from Sport England for the park you run through or the village hall you visit for a fitness class, or maybe the pitch you play on. A welcoming, accessible space has the potential to attract a range of people to get active. And that's a key part of our strategy. You might call it the backbone of what we do. If the places aren't up to scratch, no amount of persuasion will stop people losing interest. That's because the quality of the facility is often a big factor in how people feel about sport and fitness. And it plays a huge role in how likely they are to come back and repeat the activity.

<https://www.sportengland.org/news-and-features/news/2017/january/30/community-asset-fund-now-open/>

Subject: National Citizen Service Leaders & Workers Temporary Posts Available July-August 2017

Do you want a job with passion and purpose?

Do you believe that 15–17 year olds can develop themselves and positively contribute to their community? Are you committed to inspiring and supporting them on this journey? SRYP is recruiting NCS staff to deliver our National Citizen Service programmes during the summer season. SRYP is part of NCS South West, led by Reed in Partnership. National Citizen Service (NCS) aims to support participants' personal and social development and help them develop the confidence, skills and attitudes they need to take on active roles in their communities and develop themselves for their own future.

The NCS programme includes 4 weeks delivering the NCS programme (two of which are residential based Monday-Friday).

Programmes start **26th June, 3rd July, 10th July, 17th July or 31st July**

NCS Wave Leader

Total Pay: £1,750

You will be responsible for leading a wave of up to 105 young people (seven teams) to successfully complete the NCS programme, managing Team Leaders and Team Workers, and ensuring the programme curriculum is fully implemented.

NCS Team Leader

Total Pay: £1,350

You will be responsible for leading and supporting a team of 15 young people to successfully complete the programme which comprises a team building residential, a community awareness phase, social action planning and delivery and fundraising.

NCS Team Worker

Total Pay: £1,065

You will be supporting the NCS Leader, working with a team of 15 young people to successfully complete the programme (as above).

Candidates are expected to complete a minimum of 2 days training (dates tbc) prior to programme, and support with keep warm activities and a half day Graduation Event after the programme.

Successful candidates will have a minimum of 1 years' experience in youth work, teaching, instructing or coaching. It is a requirement that all staff are aged 18 or over prior to the start of the programme. All posts are subject to enhanced DBS clearance.

For further information and an application pack please contact:

Steve Baker - Unit 2 Suprema Estate, Edington, Bridgwater, Somerset TA7 9LF

Telephone: 01278 722100

or email stephenbaker@sryp.org.uk

www.sryp.org.uk

LAST DATE FOR APPLICATIONS: Tuesday 2nd May 2017

INTERVIEW DATES PLANNED THROUGHOUT SPRING 2017

Registered Charity 1070693