

ReachingOut

Improving day opportunities for people with mental health problems

Issue number 3
August 2008



Welcome to the third edition of 'Reaching Out' – a newsletter designed for people who use Community Network services and their carers.

'Reaching Out' aims to provide information about changes and opportunities within the London Borough of Barnet, which may affect you. The newsletter could, however, do so much more. This is where you come in!

Have you ever wanted to ask a question about Direct Payments but were too shy to ask? Send in an anonymous question and we'll try and answer it in our next edition.

Do you know of a local project that would benefit other people in the Network? Why not send us information about it and we'll endeavour to include it in our next edition.

Have you ever wanted to edit a newsletter? Here's your chance.

The Community Network is keen to hear from anyone who would like to help shape our newsletter. Please contact your Keyworker if you are interested, or come along to one of the Active Network meetings (see page 2).

In the meantime, we hope you find this edition useful.

In this issue

- Help shape the Community Network **2**
- Active Network **2**
- Your Space **3-4**

Help shape the Community Network...

Please help us **shape the future of day opportunities for adults with mental health problems** by taking part in the consultation.

We are consulting on our services and want to know what you think about our ideas.

To find out more and to have your say, please contact the Community Network, Adult Social Services on:

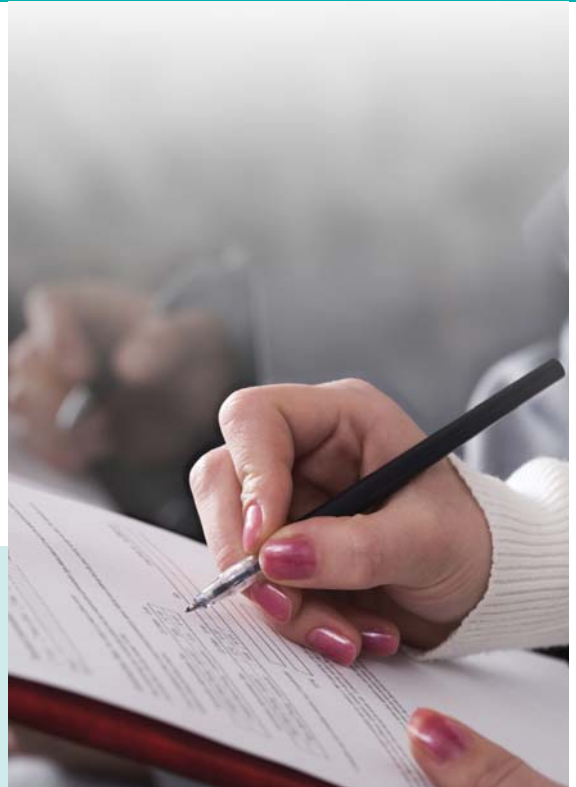
☎ 020 8359 3230

Email: **natasha.rogers@barnet.gov.uk**

Fax: **020 8343 8902**

Textphone: **020 8359 6011**

If you prefer you can complete the consultation questionnaire on the Barnet Council website at www.barnet.gov.uk/consultations
The consultation runs until 24 October 2008.



Active Network

The Active Network is open to people who use services provided by the Community Network or have in the past, and their carers. It provides a space to become more informed about the development of the network and to make an impact on the future shaping of the service.

You should have a copy of minutes from the last few Active Network meetings included in this newsletter. The Active Network is still growing and is always open to new members so please come along.

For more information on Active Network meetings:

Venue: United Reform Church,
Wood Street, High Barnet

Dates: Tuesday 12 August and
Tuesday 9 September

Time: 3-4pm

Venue: Community Network,
154 Station Road, Hendon

Dates: Friday 29 August and
Friday 26 September

Time: 3-4pm

Cover photo – Barnet Multicultural Community Centre

Lucy Njoki and Lawrence Fanning from the Community Network attended the 'Multicultural Day' run by Barnet Multicultural Community Centre on 29 May 2008.

Lucy said that this had been "a fantastic opportunity to meet and greet people and to learn about the many things that are available for people in Barnet and beyond."

For more information about Barnet Multicultural Community Centre call 020 8202 3794.

This section is designed specifically as a space for you to send in adverts, questions, poems or anything else you feel is appropriate for the newsletter.

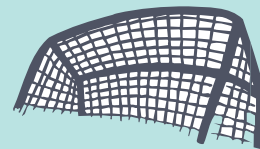
When we were young (A poem by DM)

When we were young and never knew what love was,
The sun shone over the beech like a great yellow apple
We ran from the sea as to a banquet when
Someone shouted icecream;
Now we are older, do we know what love is?
You lie in my arms like someone in
another country
I chase you through the sheets of my dreams
Outside, someone shouts and we look up
as from a sandcastle
Then we lie in the ebb of desire, and
watch the sea
Break in on our brittle houses, paper house
In the west, the sun sets cinematically -
It was all a dream.
Those golden, flowing days, no more
substantial
Than a silk scarf melting in the sun, no more eternal
than an icecream cone dissolving in your hand;
They trail back through your memory like
flickering shadows
And repeat themselves in your sleep,
mere dreams
Those things which have passed are
no longer part of us
So let us joy in the sun of us while we can:
Let us live and grow now, here, under the
bending tree of our love
And bury old dreams at its root.
We have new ones to hatch.

Now, it is morning: you lie in my arms
Safe as a child, while Dawn
Creeps like a silk scarf melting over the window
Sparrows and chaffinches clear their throats
Bells ring, a milkman clinks a pint, the day wakes,
it's Spring
A tree shakes, white flowers cover the street
as for a wedding.

Interested in sports?

A member of the Community Network would like to hear from anyone who would be interested in joining a sports group. Perhaps to play sports during the summer and play board games or explore indoor activities during the winter. If anyone is interested, then please call the Community Network on 020 8359 3230 and we will pass your details on.



Having trouble getting around?

If you have a disability or mobility impairment which prevents you from attending any events at the Community Network, please call us on **020 8359 3230**.

We will do all we can to help you access appropriate transport.

Still want to know about Direct Payments?



Our Team Leader, Linda Thompson-Brown, is available to give talks and answer questions on Direct Payments. If you would like to hear from her, please contact the Community Network. We are particularly keen to hear from any groups who would like Linda to come and visit them.

Recent Direct Payment workshops were well attended and a lot of interest has been shown. Thanks to everyone who attended.

Some clients within the Community Network have already made successful applications for Direct Payments. People have applied for a variety of things including a computer, swimming lessons and art classes.

If you would like to contribute to the 'Reaching Out' newsletter please write to:

Your Space, c/o
Community Network
POST ROOM
Adult Social Services
North London
Business Park
Oakleigh Road South
London N11 1NP

We want to hear from you!



If you have any comments or suggestions about the changes to day opportunities, please contact:

Helen Price

(Community Network - Acting Manager)

☎ 020 8359 3230

Email: helen.price@barnet.gov.uk

or write to her at:

Community Network

27 Castle Road, North Finchley, London N12 9EE