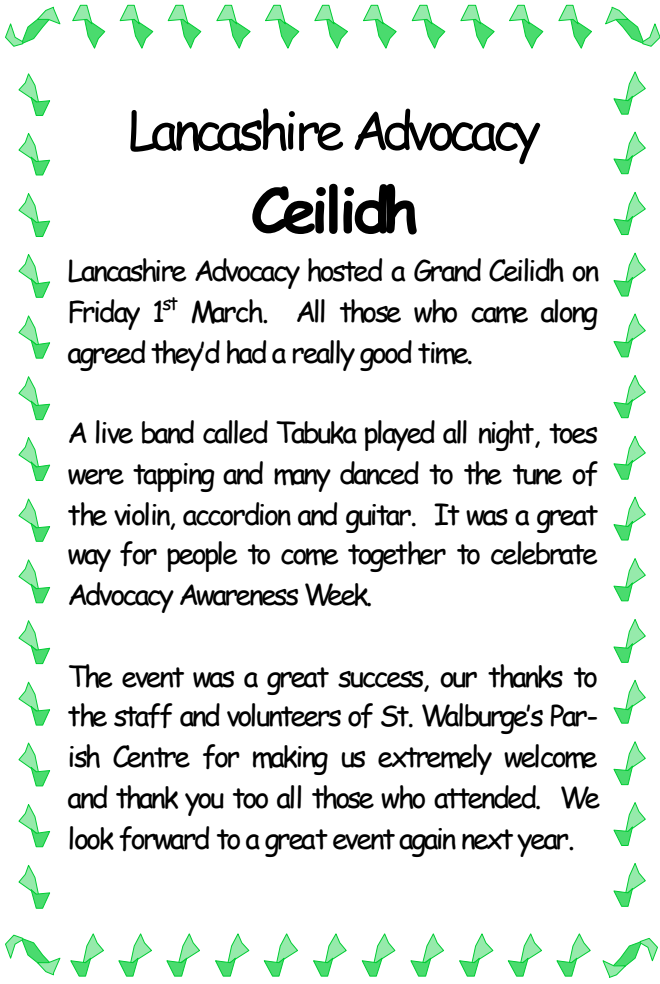




**Lancashire Advocacy**  
*Strength Through Partnership*

# **Voicemail**

**The Newsletter of Lancashire Advocacy**  
**Volume 1, Issue 2** **Spring 2002**



## **Lancashire Advocacy Ceilidh**

Lancashire Advocacy hosted a Grand Ceilidh on Friday 1<sup>st</sup> March. All those who came along agreed they'd had a really good time.

A live band called Tabuka played all night, toes were tapping and many danced to the tune of the violin, accordion and guitar. It was a great way for people to come together to celebrate Advocacy Awareness Week.

The event was a great success, our thanks to the staff and volunteers of St. Walburge's Parish Centre for making us extremely welcome and thank you too all those who attended. We look forward to a great event again next year.

*Inside this issue*

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**Service User  
Involvement  
Conference**



# LANCASHIRE ADVOCACY

## SUPERVISION WORKSHOP

Tuesday 30 April 2002

10.30 - 15.00hrs. (Lunch provided)

A Chance for **you** to.....


- ✓ Increase your understanding of Supervision.
- ✓ Discover the options and models available.
- ✓ Explore the issues around offering and receiving supervision.

No previous experience of supervision is necessary.

**The workshop will be facilitated by Rob Hughes  
who is a freelance trainer & supervisor.**

The workshop will be based on the work of Peter Hawkins and Robin Shohet whose book SUPERVISION IN THE HELPING PROFESSIONS will be available from 30 April onwards on loan from the Lancashire Advocacy Offices.

**BOOK A FREE PLACE ON**

 **01772 705355**

## GEM (giving experience meaning)

Just a short column to let you know what we are up to at GEM.

We have been really busy of late at GEM and have given presentations to student social workers and final year psychiatric nurse students. All our presentations have gone down well, and judging by the feed-back forms we have asked people to fill in at the end of our talk we have been appreciated and listened to. We have lots more dates in our diaries including our on going partnership with the Mental Health Helpline.

WE are always looking for more people to join GEM and become Direct Experience Trainers. Everything you say and do in your presentation will be treated as confidential, and with each talk you give you will gain confidence and will gain a feeling of self-worth.

On the subject of new volunteers may we take this opportunity to welcome our newest volunteers Kevin and Anna. We hope your time with GEM will be fruitful and happy.

As we said before this is only a short column, but we have been promised more space in the next issue (2 pages we believe!!!!).

If you are interested in becoming a volunteer, or if you wish to book GEM to do a presentation then please do not hesitate to contact us on 01772 705355 and ask for Mike or Lisa.

We look forward to hearing from you and also you reading our next column.

*Claire*



# **PUBLICATIONS**

## ***Mental Health Directory***

An updated edition of a mental health directory has been published by the Department of Health. The free booklet is designed to help people with mental health problems find out about the kinds of treatment available, the range of mental health organisations and the services they offer.

Contact: 'A directory for mental health' can be obtained from:

☒ Department of Health Publications  
PO Box 777, LONDON, SE1 6XH.

It is also available on the DoH's website at:

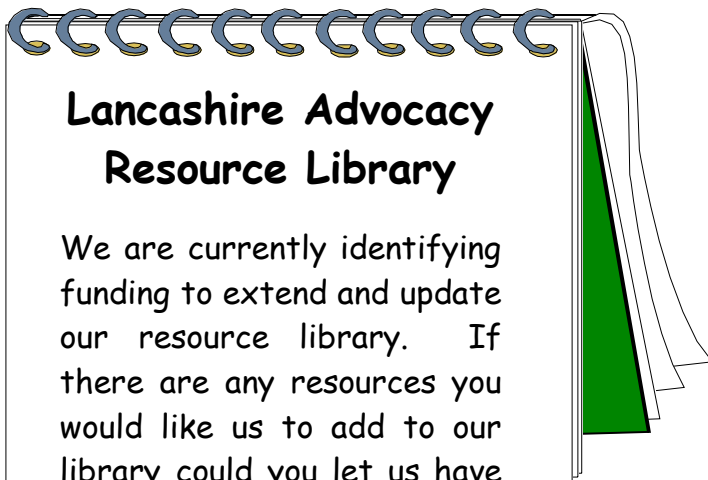
[www.doh.gov.uk/mentalhealthcontact](http://www.doh.gov.uk/mentalhealthcontact)

[www.ukselfhelp.info](http://www.ukselfhelp.info)

Our aim is to provide the most up to date and comprehensive (free) listing of UK National Self Help Groups (currently 760+ groups with 580 + hyperlinks).

### **Lancashire Advocacy Resource Library**

We are currently identifying funding to extend and update our resource library. If there are any resources you would like us to add to our library could you let us have details.



## Information and Awareness Day Preston Advocacy and Catholic Caring Project

Sylvia Alty who advocates for individuals in Preston with severe learning difficulties and Julie Newton from Preston Advocacy (generic short-term) have been working on and off together for the past five years.

It was noticed that student nurses/social workers were often requesting to meet with both workers to find out more about the advocacy services - usually when they had an exam question to complete on advocacy!

The workers were happy to provide this information, but decided it may be useful to hold an Advocacy Information and Awareness Day aimed particularly at students, health staff, social workers, carers, service users and any individual interested in finding out more about the advocacy services in Preston.

The information and Awareness Day was held on Tuesday 12<sup>th</sup> March 2002 at the Deepdale Resource Centre in Preston and a big 'Thank You' for the warm welcome and support we received during the day from the Centre. Leaflets and information were available to take away, posters for offices were given out, tea, coffee and biscuits were on going.

Julie and Sylvia answered questions and explained their roles to those who came along. We did not have as many people attend as we had hoped, but for the individuals who took the time to call in, we hope they found the information useful and judging by the questions asked they felt comfortable to ask and find out more.

Service users spoke to Sylvia and Julie about how they viewed their advocates, the comments below say it all:-

- ★ "My advocate is a nice person - a friend who helps me decide on things"
- ★ "My advocate helped me by supporting me to speak up for myself. She helped me to tell my mum and staff that I wanted to get out"
- ★ "I can ask my advocate to explain what things mean and then I can make up my own mind"

On the whole the day was a success and we both look forward to holding a similar day later in the year.

Thank you to all those who supported us.

My name is Sharon Duxbury and I have been asked to write a short piece for this newsletter and introduce myself as the new 'part-time' self advocacy support worker, based at the Lancashire Advocacy Offices, Brockholes Brow, Preston.

I have taken over the post from Mike Newall who has been carrying out the role for the past few years. I hope the people that he has been working closely with are not too disappointed with his departure, as I aim to follow closely in his footsteps and carry out my duties to the best of my abilities.

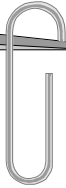
I come from a background in Mental Health, one of my areas of work has been working for GEM (Giving Experience Meaning) in a voluntary capacity for the last three and a half years. The work is carried out by past/present service users, giving presentations to staff, organisations, university students, hospitals and empowering users and carers. I therefore have very strong feelings of promoting disability awareness and issues involving people who have suffered discrimination, prejudice and stigma in their life. I believe in promoting independence and that everybody has their own rights, choice and freedom of speech. Every person has their own views and opinions, people are equal and should always be treated with respect and dignity, regardless of any disability they might have.

Being new into this post I am hoping to bring together new ideas, challenges and work on positive steps for the future with the advocacy groups. I will be involved in the support of the LSAP group SAGS (Self Advocacy Supporters Group) and will be making numerous visits to the different day centres in the area. I believe that to get to know members better would be an advantage and to meet up with them in their own environment and surroundings and be shown what people get involved in outside the constraints of meetings.

Hoping our advocacy work, together can gather momentum and go from strength to strength. I am looking forward to fulfilling my role and hope that I can support group members in a friendly, trustworthy and approachable role.

Thanks

*Sharon*



HAVE YOUR SAY ON  
THE WAY FORWARD  
HOW WILL

**Service User Involvement**  
**SHAPE**

**The New Mental Health Trust**  
(Lancashire Care NHS Trust)

Come along to  
The Harris Conference Centre  
Garstang Road, PRESTON  
on

3rd May 2002  
10.00 a.m. - 4.00 p.m. (Lunch included)

Alongside the workshops there will be relaxation rooms  
and activity taster sessions throughout the day.

**TO BOOK A PLACE PLEASE CALL  
LANCASHIRE ADVOCACY ON**

 **01772 705355**

# LCVYS

Charity Fair

Saturday 13<sup>th</sup> April 2002

10.00 a.m. - 5.00 p.m.

at

Preston College

Lancashire Advocacy will be an exhibitor at the above event. Any Advocacy projects who would like us to display material other than their standard leaflets should forward items to us by Thursday 11<sup>th</sup> April.

For further details about the actual event log on to [www.charityfair.org.uk](http://www.charityfair.org.uk) or call ☎ 01772 788337

## HOW TO CONTACT US:

☒ Lancashire Advocacy, Mary Cross Trust,  
Brockholes Brow, Preston, PR2 5AL.

☎ 01772 705355 \* ☎ 01772 705335

✉ Email: [info@lancashireadvocacy.com](mailto:info@lancashireadvocacy.com)

Website: [www.lancashireadvocacy.com](http://www.lancashireadvocacy.com)

Registered Charity Number: 1040349

## FUTURE ISSUES OF

### VOICEMAIL:

- ➔ We plan to include information about books, resources, websites, training, meetings and events.
- ➔ If you would like your organisation to be featured, or would like to include details of any events, please contact us before 1<sup>st</sup> June 2002
- ➔ We also welcome feedback about our new look newsletter.