

Welcome to the 6th edition of our Newsletter.

Over the summer months four of our Young Partners took part in a filming project for Supportive Parents to help promote their young peoples' 16-25 services. Congratulations to Sam Potter, Charlotte Ansell, Caitlin Gardiner and Tiernan Kelly who all received Certificates and a gift for the work they did. Sam received a second Certificate



for his animation and drawings. Well done to all of you great team work. This will be available very soon on Supportive Parents website <http://www.supportiveparents.org.uk>

September was a very busy month. We had a Universal Credit's presentation delivered by Nicky Sutton who gave an overview on why Universal Credits were introduced. Nicky explained there are six different universal credits benefits and also covered how to make a claim, the support available, what happens once a claim is made and what is expected of the claimant.

At our September Young Partners meeting we were able to help Charlotte celebrate 21st birthday with a presents and cake.



We were very excited to receive some fantastic news from Tesco's Bags for Help Scheme we have been awarded £1000 from the Scheme. A big thank you to Lauren Smith who applied for this funding on our behalf. This money will be used to provide a number of workshops directly for our young partners and other young people living within North Somerset. We will have more information on these workshops in our next newsletter.

In October Debbie Meintjes delivered an excellent Sensory Processing Talk to over 60 people. she explained what Sensory Processing is, which body systems are involved and looked at how Sensory Processing difficulties may present in the children at home and in school or nursery. Debbie focused on practical activity ideas which gave the audiences some very helpful ideas to use with children.

I attended Healthwatch North Somerset AGM it was great to have the opportunity to hear about the work they do and their plans for the future. We will continue to support this work at our events.

Racheal and I attended the North Somerset Parent Carer Working Together's AGM we are very impressed with the work they have achieved in such a short space of time. We are also really excited to be working with North

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Welcome Note From Liz Kelly

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On going Travel saga from Tiernan

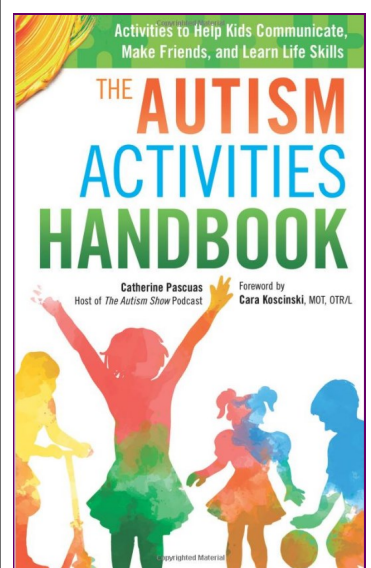
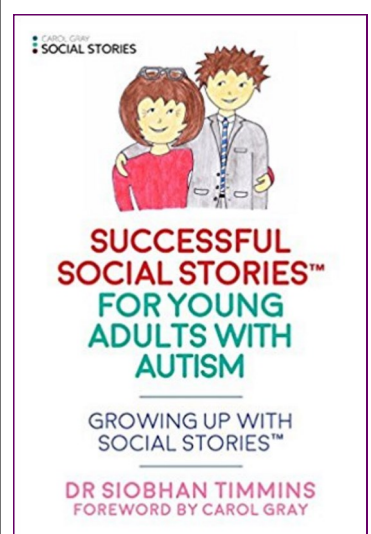
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Living with a physical illness & well being corner By Charlotte

Sam Potters Comic strip

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What's on



Somerset Parent Carers Working Together, Supportive Parents and Weston Area Health Trust on the Social Communication and Autism Fayre on the 21st of November for more information on this events please see page 4. It's hard to believe we will be celebrating our 2nd birthday on Friday the 14th of December at Weston Football club. More information coming soon!

Hey everyone, it's Tiernan. You may remember a while back I spoke about some issues around some of the voluntary work I do alongside Bridging the Gap Together, more specifically to do with how I got there than necessarily the issues of doing the work. Since then, I've been up to London a few times for similar work, with one of my last trips having an... interesting story to come from it.

It's early on a Monday morning, we're planning on getting on the train to London Paddington and as usual, we have seat reservations, on that day they happened be 79 and 80 in coach D. However, the sign at the train station mentioned that coach F would *be* replacing coach D, which I didn't understand until the train actually arrived and it was made apparent just what that meant there was NO coach D on this train. We boarded the train and started to look for our seats, however, we discovered after a few minutes of confusion that there *wasn't* seats numbered 79 and 80. There was everything up to 78 and from 81 to 96, but there wasn't a 79 and 80. Feeling bewildered, we asked a member of staff when one came down to check the tickets where 79 and 80 was, only for us to be told that they basically didn't exist, nor did 21 and 22 in another coach. Something we had to except without any other explanation.

While rest of the train journey went without incident, there were still issues getting to where I needed to go. We had to get a taxi to the venue, the taxi driver rang us up to tell us where he was and where to wait for him, only for him to turn up the opposite side of the road from where he told us to wait, which okay, fair enough I guess. The issue however comes in that he didn't set his sat nav up to take us to where we needed to be, which seems a bit silly to me personally but then I'm also not a London cabbie so I suppose ignorance is bliss in that regard. What wasn't bliss was how despite having a sat nav, he managed to get LOST and ended up going round in circles. I really wish I was joking on that, but it was not the end of the fun journey. We ended up in an area where we couldn't go further because of roadworks and then when we finally got to our destination, the sat nav proclaimed that it was on our right when it was, in fact, on our *left*. This meant we nearly got run over trying to get across a very busy road.

The meeting itself went well, however as it ended up running over by ten minutes, we ended up missing our train back by a mere five minutes. Although, our tickets did state that they were valid for any trains that were going to our destination. When we discussed this with the information desk however, they said this was not the case and instead suggested we upgrade our tickets to be able to catch an earlier train. You'd be forgiven for thinking this was a simple process as we did, because when we went to the booking office, we were told we in fact could NOT do that and were instead advised that we could instead pay £65 to catch a train to Didcot Parkway (which is closer to London than even Reading, let alone Bristol), wait about half an hour for the next train to Weston and board that, which is something I'm still struggling to understand the logic behind even now (bearing in mind that as of the time of writing, it's about a month and a half ago). We eventually bought new tickets so we didn't have to wait hours in Paddington, however because of the train we boarded with our new tickets, we had to get off at Bristol to board the *same train* because it was to split there. Because *of course* it was.

So there you have it folks, part two of some of the things I have to deal with as part of my voluntary work. I'd like to say that I hope that this is the last time I write an article about this, although as I'm going back up to London later this month by the time the newsletter comes out, I think we both know that this probably isn't going to be the last I write of this.

Living with mental health issues and a physical illness

Dealing with bad mental health, day in and day out, is hard enough as it is. But what happens when you have a physical illness on top of that?! This can complicate things even more and blur the lines when you are trying to get help.

So....Let's look at the statistics:

According to the department of health, more than 15 million people, in the UK, live with one or more long term physical conditions. That's 30% of the population. And more than 4 million of those people suffer with mental health issues. People with 2 or more long term conditions are 7 times more likely to suffer from depression than those without a long term condition.

So....What can we do about it?

Lifestyle help and factors to reduce risk:

Physical health: Helps boost your Adrenaline and Endorphins in the brain. This is the feel good feeling.

Diet: Good nutrition can influence the way we feel.

For example; one of the best ways to improve your mental health is through your gut:

fatty fish; such as salmon, herring, sardines and mackerel.

Whole grains; such as whole wheat products, oats, wild rice, beans and soya.

Lean protein; such as fish, turkey, chicken, eggs and beans.

Leafy greens; such as broccoli and spinach.

Yogurts with active cultures.

All of these can contribute to your well-being.

Smoking can be a big issue when it comes to both mental and physical health. Nicotine in cigarettes interferes with the chemicals in our brains. Dopamine is a chemical which influences positive feelings, and is often found to be lower in people who have depression.

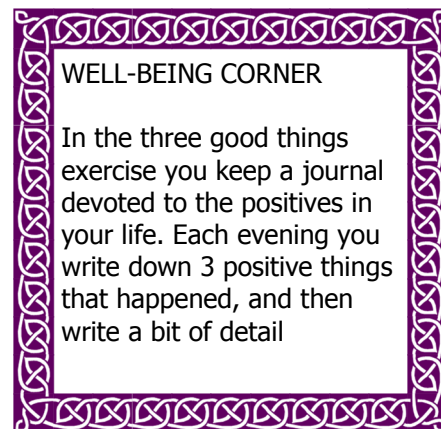
Nicotine temporarily increases the level of dopamine, but it also shuts up the brains natural mechanism for making the chemical. In the long term it can make people feel as if they need more and more nicotine to get the same sensation.

Because I suffer from both physical illness and mental health problems, I know only too well how hard it is to stay positive. However, I feel it is important to try and make changes, no matter how little they are. So, if I physically feel unwell I try to do a little bit of exercise. EG. Walking to a post box to post a letter.

When it comes to your meals, making little changes to your diet can be beneficial. EG, adding a portion of one of the following to a meal:

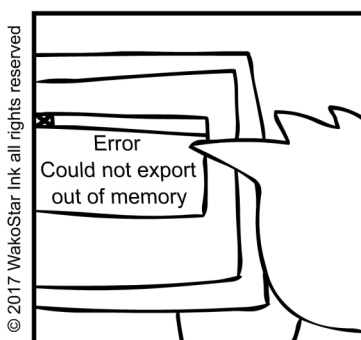
Broccoli, chicken, salmon, beans

Remember to take one day at a time, and celebrate your daily achievements, no matter how small!
LIFE IS GOOD!!!



Charlotte

#06 Can't Export



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Together We Are Stronger LGBT + AWARENESS DAY

FRIDAY 30th NOVEMBER 2018
10.30am to 4pm

Together
we are
stronger

Friends Meeting House
6 High Street
Weston-super-Mare
BS23 1JF



CONGRESBURY CHRISTMAS FAIR

SAVE THE DATE

5 DECEMBER, 2018 6-8.30PM
IN AID OF

scouts be prepared • • • WE DISCOVER, WE GROW Girlguiding Weston Hospicecare

If you're interested in booking a pitch at the Fair, email Paul Jarvis at: southviewers@aol.com

Bi THE WAY

Every 4th
Friday of the Month

ALL WELCOME

PROUD BAR
WESTON-SUPER-MARE

20 BOULEVARD WESTON-SUPER-MARE BS23 1NA

SUPPORTED BY
together we are stronger
www.nsigbforum.com

OPENING TIMES

BAR WESTON-SUPER-MARE

PROUD WESTON-SUPER-MARE

Wednesday
5 PM - 12 PM

Thursday
5 PM - 12 PM

Friday
5 PM - 12 PM

Saturday
MIDDAY - 12 PM

Sunday
MIDDAY - 12 PM

Warriors of Wellbeing tackle mental health stigma

Last year North Somerset Council and Avon and Wiltshire Mental Health Partnership joined forces under the banner of the Warriors of Wellbeing (WoW). WoW aims to tackle the stigma associated with mental health, by organising events and promoting activities that improve wellbeing. Over the last year we have run three events across North Somerset and raised over £3,000 for local mental health charities.

For World Mental Health Day this year we are returning to Clevedon and would like to invite you all to 'Dawn till Dusk'. Details to be confirmed nearer to the time but we hope to arrange a series of events in Clevedon throughout the day including an early morning dip in Marine Lake, a mindfulness sessions on Clevedon Pier, a lantern parade along the seafront and a talk about the history of mental health services in North Somerset.



Details will be confirmed over the next few weeks, to keep up to date, please follow us on Facebook (www.facebook.com/warriorsofwellbeing)



Social Communication & Autism Fayre

For Parents, Carers, Teachers & TA's

Come and join us for Presentations, Cake, Coffee and a chance to meet professionals and other parents at our

Social Communication and Autism Fayre on Wednesday 21st November from 10am to 2pm

Feel free to come to the whole event or just drop in any time. See overleaf for presentation timings and a list of organisations with people available to chat on the day.

**Hans Price Conference Centre,
Weston College, Knightstone Campus,
Lower Church Road, Weston-super-Mare, BS23 2AL**

This is a joint event organised by:



Presentations during the day

- 10am Welcome.
- 10.05 - Deborah El-Sayed - CCG Director of Transformation on their commitment to CAMHS/ASD improvements
- 10.10 - North Somerset Parent Carers Working Together
- 10.15 - Anthony Webster - SEND Manager North Somerset Council
- 10.30 - Tracy Jones - "Emotionally Speaking" Advanced Practitioner Speech and Language Therapist
- 11.00 - Kiwa Hara - BASS
- 11.30 - Bridging The Gap Together!
- 11.35 - Jayne Archer – Kooth
- 12.30 - Supportive Parents
- 12.40 - Danielle Day - The successful model for supporting learners with Autism at Weston College
- 13.10 - Kaytee Williams - Youth Offending Service

Presentations & timings are subject to change – please check social media nearer the time...

Come and talk to these organisations on the day:

Weston Area Health Trust
-Community Paediatrics and CAMHS
-Sensory Display Occupational Therapy
-Speech and Language Therapy

CCG Parent Carer engagement - Healthy Weston
North Somerset Council - Vulnerable Learners Service
NSPCWT (North Somerset Parent Carers Working Together)
Bridging the Gap Together!
Weston College Showcasing Autism Support & Weston Bay
YOS (Youth Offending Service) – SAS (Substance Advice Service) & YISP (Youth Inclusion Support Project)
WECIL (West of England Centre for Inclusive living)

Supportive Parents	BASS
Healthwatch	Kooth - Xenzone
Curley Hair Project	Warriors of Wellbeing
NSLGBT + Forum	Second Steps

Community Services

The Clinical Commissioning Group scheduled four workshops to discuss the service specification for Community Services. The final one is happening on 15th November. The focus will be on locality hubs – buildings where a range of community services could be offered

BNSSG say We will start each session with an overview of the process we are using and the overall vision. We will then do group work to hear more about the specific workshop topic

This is your chance to have your say on the way services could work, so please bring your knowledge and experience and share this with us.

Locality Hubs Workshop

Thursday 15th November 2018

9.30am – 12.30pm

Vassall Centre, Gill Avenue, Bristol, BS16 2QQ

Please also be aware that anyone can feed back their views on the BNSSG CCG website:

[get-involved- help-shape-community-services](http://get-involved-help-shape-community-services)



Family funday
10 – 12:30pm

Saturday 17TH November 2018

Watershed Cinema

1 Canon's Rd, Bristol BS1 5TX

A Fun cinema trip for the whole family!

Come and watch Finding Dory with us, popcorn will be provided.



A FREE event for Bristol families of children with disabilities/additional needs

To book your place please contact NAS OOSC

Email: oosc@nas.org.uk

Text or call: 07767 166 324

[Type here]



#SuperGlow18

Weston-Super-Glow

17th November Weston sea front

14.00 - 19.00



Christmas Market Weston Cricket Club

Nov 14th 18.30 - 21.30



OCCASIONS
CARDS, GIFTS, SWEETS & CRAFTS



New Stall In Weston Indoor Market

We Sell Cards For All Occasions

Sweets Pick N Mix

Including Build Your Own

Jars, Cones And Sweet Party

Table Decorations

Gifts For Loved Ones

And Many Hand Crafted Beautiful

Gifts



SWEET GIFTS!
FILL UP A GLASS JAR
WITH ANY OF OUR SWEETS
JAR WITH STRAW AS
LARGE AS 15"



WESTON INDOOR MARKET 116 HIGH ST W-S-M BS231HP



Elf hunt

Dec 2nd 2018 Ashcombe Park



Join us for

Christmas

in Weston-super-Mare

Live Music From 5pm

Official Lights
Switch On 6pm



Marvin Moueneke

Thurs
29th Nov
5pm to 7.30pm
at the Italian
Gardens

**5 GOLD RINGS
COMPETITION**
SEE THE WESTON MERCURY
FOR MORE INFORMATION

**LATE NIGHT
SHOPPING**
EVERY THURSDAY UNTIL 9PM
NOVEMBER 29TH,
DECEMBER 6TH, 13TH & 20TH

