



Spring is here ...

so I'm led to believe (our last couple of More Hackney editorial meetings have taken place in hail, rain and snow). Our thoughts should be turning to the fresh shoots of recovery and the lengthening days. We have opportunities not just to spring clean the places that we live in and make fresh starts but also to start sorting out some of the issues that affect our mental health, too. Whether that's taking up running or sorting out issues around services we use, it's never too late to make a change. One of the changes you could make is getting involved with More Hackney and joining the team if you've got a couple of hours free a week. See the details inside for how you can get involved in making More Hackney happen. Happy reading and fingers crossed we see some sunshine eventually.

Mark Brown, editor

Someone on your side

Catriona Nicholson examines how advocacy can help you to get the help you need



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A new campaign - Advocacy for all Hackney - which launched earlier this year, aims to get Hackney residents to sign up to free advocacy services. Advocates work with residents on a one-to-one basis to help them access a range of services, and to make sure their voice is heard. The service is independent, free and provided by several organisations in Hackney, tailored to certain groups. You can be referred to the service or you can self-refer, using the contact details below.

Everyone can struggle to access the services they need sometimes, but it can be especially difficult when you have problems such as a physical or mental illness, disability, or problems with language and communication. These challenges can make it particularly difficult to access

services, and to be able to make sure your voice is heard and taken seriously. Advocacy can give you a helping hand to make this easier.

Advocates represent your interests, and take your side to help you in any problems you may be having with rights and services. Advocacy can help you access health and social care services, get support with an employment, education, housing or leisure issue, or help to support you to resolve a dispute with a service provider. Advocacy can also give you information about how to access services in Hackney, how to exercise your rights, and about complaints procedures and getting legal support.

The advocacy services the campaign supports are aimed at adults living in the community in Hackney, rather >

than people living in hospital or sheltered accommodation, who may have their own advocacy service.

The advocate may be a professional or a specially trained volunteer. They can't offer you emotional support, but they can make sure you are listened to. They are not advisors, so they can't tell you what to do, but they do have access to specialist knowledge and can talk your options through with you to help you make a decision. Advocates are independent, so they are not part of the council or government.

There are several organisations providing advocacy for the community in Hackney. The main organisation is Mind, which provides a range of services for people with mental illness. However the campaign provides a single phone number or online referral, which can then refer you on to the most appropriate organisation for your needs. Since April 2009 if you are, or have recently been, in hospital for your mental health, or are currently under a Community Treatment Order you have a right to an Independent Mental Health Advocate to help you understand your rights and treatment. Contact Hackney Centre for Mental Health (Homerton Hospital East Wing) on 020 8510 8079 or jessica.millwood@cityandhackney.org.uk for details.

If you think community advocacy could help you, please contact the 'Advocacy for all Hackney' campaign on 020 852 52327 or refer yourself online at advocacyforallhackney.org.uk

A spring in your step

In London marathon month, Jo Martin looks at getting fit and active outdoors

Each spring, inspired by the London Marathon, Hackney's parks and pavements start to fill up with experienced and novice runners. Jogging and running combine two things that are beneficial for physical and mental health: being outdoors and being active. No special equipment is required and there are friendly running groups throughout Hackney you can join for free or for just £2 per session. Read on to find out how you can get started, even if you're a couch potato who can only jog for 60 seconds. And perhaps you'll be doing your first 5km (3 mile) run in just 6 weeks time!

Getting started

When beginning to exercise, it's important to take it slowly and build up gradually.

Patience and consistency are key. All you'll need is a pair of running shoes and, if you're a woman, a good sports bra. Useful extras are clothing made from sports fabric (rather than cotton); a cap or visor to keep the sun out of your eyes; and a zipped pocket for your keys. You'll find lots of helpful free content on running websites like Runners World (www.runnersworld.co.uk).

Free & low cost running groups

The easiest way to get started is to go along to one of the many running groups in Hackney. Running in company is a great way to get the motivation you may need to get into a regular routine, as well as encouragement, guidance and support. It's also

Want to learn how to edit?

Are you someone with experience of mental health difficulties? Are you interested in writing articles? Have you ever wondered how you edit articles for publication? Would you like some practice and some tips?

Come and join us for a class on how to do editing for magazines, newspapers and websites. It'll take place on **Wednesday 17th April at 2pm - 3pm at The Centre for Better Health**, 1a Darnley Road, London, E9 6QH

The session will be led by Mark Brown, editor of this newsletter and *One in Four* magazine, the national lifestyle magazine for people with mental health difficulties. It'll also give you a chance to meet the rest of the More Hackney team too!

To sign up to attend the session call 020 8521 7956 and speak to David or Mark, or email us at hello@socialspider.com



Brand new service

Jo Martin looks at Hackney's new self-referral route for NHS talking therapies

Talking therapy is more than just talk: it's about overcoming problems and achieving your potential. And, this year, Hackney's NHS primary care psychology service has opened its doors so people can refer themselves instead of having to go through their GP. It's a free, confidential service provided by the NHS and can help with a variety of different psychological difficulties. These include depression, excessive worry or panic attacks, frustration about not living up to your own expectations, low confidence, coping with medical conditions, motivation, obsessions and compulsions, relationships, sleep, stress or work problems. A range of different therapies is offered. These include cognitive behaviour therapy (CBT), guided self-help, interpersonal therapy for depression (IPT), couples therapy, mindfulness-based interventions (group courses) and workshops to help with problems such as stress and sleep. To access the service, you can telephone direct on 020 7683 4278 or complete the self-referral form on the website. You can also discuss a referral with your GP.

For more information about the new self-referral service, see the new website cityandhackneytalkingtherapy.nhs.uk

more fun!

As part of the Olympic legacy, Run England (www.runengland.org) trained lots of new community running leaders, so many free and low cost running groups have sprung up across Hackney. You can find these in two ways. First, go to the Run England website and use the "find a running group" tab. There are currently 10 registered Run England groups. Second, details of running groups can be found on the council's website (www.hackney.gov.uk/sports-running.htm). Contact the group leader beforehand to check the details are up to date.

Groups are usually made up of between five and sixteen people. Everyone is welcome, from slow joggers to fast runners and routes are accessible to people of all abilities. You'll be taken through a structured session at a pace you can manage, so you can gradually build up your fitness, as well as increasing

how long and how far you can run.

Even if you've never run before, you could be running your first 5km run in 6 weeks. Why not give it a go? And maybe next year it will be you running in the London marathon, raising money for your favourite mental health charity.

For more tips, links & training plans (including how to get from jogging for one minute to running 5k in 6-8 weeks) see the More Hackney website: morehackney.wordpress.com

Help make More Hackney happen

Would you like to help make this newsletter? Do you live in Hackney and experience mental health difficulties? Can you help with writing, research, planning, distribution and spare a couple of hours a week?

See contact details on the back page

Listings - April 2013

Core Arts Exhibition CREATIVE JOURNEYS:

Responses To Mental Health in Hackney, Present and Past exhibition that runs through until 25 May at Hackney Museum, Technology and Learning Centre, 1 Reading Lane, London E8 1GQ. There are a number of workshops and talks related to the exhibition taking place at the museum including:

Thursday 11 April, 6-7.30pm - The Artists Talk: Tour of Exhibition

Tuesday 16 April, 2pm-4pm - Creative maps - Draw and print locations past and present, and journeys that hold personal meaning for you, on top of current and historic maps of Hackney with inspiration from artists.

Thursday 18 April, 6-7.30pm - Round Table Discussion on Arts and Well Being With Health Service Commissioners, Health Practitioners and Service Users

Thursday 23 April, 2pm-4pm - Creating paper cranes - Let go of your past experiences through scribing each onto paper, then folding each into an origami crane which you can attach to a mobile. Later, after the exhibition, these can be floated down the river in a procession, to dissolve.

Contact either Hackney Museum at

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Hmuseum@hackney.gov.uk or Core Arts on 020 8533 3500 or at mail@corearts.co.uk for further details

Would you like to spend your lunch time relaxing?

Drop-in to the London Buddhist Centre for a lunchtime meditation, 1-2pm Monday to Saturday. It is open to everyone from complete beginners to meditation-masters, and free - though donations are welcome!

The London Buddhist Centre, 51 Roman Road, Bethnal Green, E2 0HU - 0845 458 4716 - info@lbc.org.uk

If you like to get creative with arts and crafts,

drop-in free to The Create Place on Mondays at 10-12. During the session you can use a wide range of arts materials - including sewing machines - to make your next masterpiece! The Create Place, 29 Old Ford Road, Bethnal Green, E2 9PJ - 020 3022 5612 - thecreateplace@stmargaretsho use.org.uk

Send us your listings

If you have ideas for mental health and wellbeing events, activities or opportunities in Hackney that could be included in More Hackney email them to hello@socialspider.com

Deadline for May 2013 issue: April 17th 2013.

Would you like to help making this newsletter happen?

More Hackney is produced by a small team of people and we'd like to have more! We need people to write articles, people to help work out how we're going to get the newsletter to people who want it, people who would like to research what Hackney has to offer and even people who'll be able to lay it out (fit all of the words on the printed page). We meet every Wednesday at 2pm-4pm at The Centre for Better Health, 1A Darnley Road, Hackney, E9 6QH. If you have or do experience mental health difficulties and fancy being involved in something to help people who've been - or are going through - similar, we'd love to meet you. Email us at hello@socialspider or call 020 8521 7956 for more information.



the centre for better health
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