

Get Active Get Involved Feedback Action Plan



Information Resource Group
Monitor process, take on collective Criticism.

1. How do we become the go to information experts in Tower Hamlets:

- Easy & appealing to use for non-technology users
- Relevant information to Mental Health, Recovery & Wellbeing
- Promote the directory via internal & external organizations

2. How will the group connect to the community:

- Advertise resources
- Helping individuals with face to face meetings
- Collect and take members to centers

3. What resources does the group need to get there:

- Need computers & somewhere to use them

4. What would the next steps look like:
 We need to be active, to achieve

- Have websites to be filled with links to

Date and times of hub sessions & logistics?
 Mondays at 2pm 9 agreed to be 5 weeks from 4th = 28th October

Connecting with MIND confidence group
Navigators have the correct knowledge.& give the right information

1. How do we become the go to service in Tower Hamlets:

- Promote the service to other agencies & have a presence in the community; target Hospitals/GPs, libraries and other local communities.
- Advertise on social media

2. How will the group connect to the community:

- Being active in the community means having a place
- Contact list that has a representative from each group/organisation/service that the group members can connect with.

3. What resources does the group need to get there:

- The right person to contact when the group members need support
- Share relevant information & keep everyone updated via email

4. What would the next steps look like:

- Giving/Sharing information about the group; What is the time/venue/date of the next meeting

Date and times of hub sessions & logistics:
 Avoid Friday mornings, discuss specific timings with members.

Active groups
Fun, inclusive, learn practical life skills. Utilise members with different skills.

1. How do we become the go to hub for groups & activities

- Advertise in health centers & local community services
- Have feedback sessions/hub once a month to discuss groups
- Use social media, email, text or letter to communicate

2. How will the group connect to the community:

- Council
- Social Media
- GP's

3. What resources does the group need to get there:

- Put information out there for all to access through emails, website, all social media platforms

4. What would the next steps look like:

- Visit other groups & Taster sessions for all groups
- More variety of activities, social groups

Date and times of hub sessions & logistics?
 TBC

Activate yourself café
Lay a positive foundation laying, have a positive approach, removing any stigma-associated words
Various activities & a quiet space.

1. How do we become a vibrant café that is accessible to people living with Mental Health:

- Safe, accessible location for all abilities
- Have late evenings/weekends, out of hours, scope for more hours on a volunteer basis
- Promote through word of mouth and a good service—positive experiences

2. How will the group connect to the community:

- To be discussed further

3. What resources does the group need to get there:

- Have wheelchair access to the location
- Have a range of white goods, dishwasher, fridge etc.

4. What would the next steps look like:

- Have a learning session, where attendees can learn to make a variety of foods
- Promote the café through social media, websites etc.
- Remove any words associations to stigma

Date and times of hub sessions & logistics?
 Tuesday 5th November

Money mentoring
Understanding and encouraging, being non-judgmental, reflective, empathetic, accessible. Promote understanding.

1. What do we need to do to increase the financial wellbeing of local residents:

- Have friendly, approachable and competent advisors
- Have a drop-in service
- Workshops on benefits changes/updates to help keep people informed and aware of their entitlement and rights to benefits.

2. How will the group connect to the community:

- Have the advisor based in local community centers so clients//service users can go to them
- Online, actively advertise at other venues and events

3. What resources does the group need to get there:

- Knowledgeable & trained staff to keep up with the changes

4. What would the next steps look like:

- Need trained people i.e. those with lived experience, people working
- Support people with benefits who are

Date and times of hub sessions & logistics?
 Once/ Twice a month meeting. No set date.