

SEFTON GROVE DAY CENTRE

Promoting Inclusion through Life Skills

It's a happy time for the Staff at Sefton Grove Centre. Not only is Sefton Grove Day Centre celebrating its 30th Anniversary this year but in 2005, they received Social Capital funding to deliver a new project focusing on life skills. Rosina Ndukwe, Communication and Events Officer for MEH visited the centre to find out more about this new project.

Sefton Grove Day Centre is a charitable organisation which caters for adults with mental health problems within the South Liverpool area. Currently the Centre has 50 members who use its facilities on a regular basis. These include recreational facilities such as Snooker and Darts club, karaoke, craft and design studio and an arts studio. All of the paintings and photography featured on the walls of the centre have been made by its members and many of the glass paintings created have been put on display at the South Bohemia Art Gallery.

The centre also provides educational support by holding a basic introduction to computers course once a week on site. There is also a hairdressing studio on site allowing members to learn the trade. All these activities are set up to encourage active participation and rebuild communication skills.

The Staff at Sefton Grove want to continue providing education, guidance and support and are extremely passionate about their new Project 'Skills For Life' funded by Social Capital which will be delivered on site.

'Skills for Life' will be a series of workshops covering issues around maintaining a balanced diet, healthy eating, shopping on a budget, basic cooking skills, food hygiene and food preparation.

Michael Davies, Volunteer Fundraiser for Sefton Grove says, "The majority of Sefton Grove's members rely on the Centre for their main meal as they have limited cooking ability. During periods when the centre is closed such as weekends and bank holidays, many members fail to eat properly. This new project would provide members with the skills necessary to plan, prepare and cook a balanced meal."

The old building the centre inhabits on Lark Lane, South Liverpool used to be a Police Station but has been home to the Centre since 1985. Due to the age of the building many problems affect the structure and interior. The kitchen situated on the ground floor was badly affected. The existing kitchen was in a very poor state with inadequate cooking facilities. This was a major problem for the Staff because the kitchen is central to the new project.



The kitchen, before...

The Social Capital funding covered the cost of renovation work required to make the kitchen more practical for workshops. This included new appliances and catering equipment and also protective clothing such as aprons, hair nets, footwear and safety equipment. Although work has not been completed, the kitchen has now been transformed into a usable kitchen with a safe and accessible working area.



...and after refurbishment work has started.

Sefton Grove is very thankful for the support they have received. Children from the Youth Justice Team have helped the Staff with the kitchen refurbishment, Liverpool Halls of Residence have donated crockery to the centre and Environmental Health

has provided Literature on food hygiene and safety.

Importantly, members participating in the project will be required to work in groups as part of a team and activities such as shopping trips to supermarkets will engage many of the members into going outside and visiting new places. Michael Davies believes the course has great social inclusion and health benefits.

"Our members will discover how eating a healthy diet will have a significant effect on their well-being. By enabling them with the ability to prepare and cook their 'own' meals, 'Skills for Life' has a strong emphasis on encouragement and enabling our members to lead more active and 'independent lives' within their communities."

The Staff are very positive about 'Skills for Life' and once established, they hope to expand the project to other areas of the home.

If you would like more information on Sefton Grove Day Centre telephone 0151 728 9292 or email mikedavies@merseymail.com.

Knowsley *cont. from page 1*

the remanufacture of cycles made up of previously discarded parts.

A number of cycles will be provided to both individuals and initiatives linked to a healthy actions programme. This innovative approach to recycling and re-use has seen MKLO awarded a trophy and £500.00 at the Knowsley Environmental Challenge Award 2005. MKLO are also short listed for the Merseyside Environmental Challenge awards in February 2006.

Knowsley Enterprise Academy has also recruited three mentors/business advisers to support the group with the expectation of it evolving into a permanent social enterprise.

For further information on Knowsley Enterprise Academy, please visit www.knowsleyacademy.org, email info@knowsleyacademy.org or telephone 0151 545 1125.



Merseyside
Expanding Horizons

Network News

March 2006

Knowsley Enterprise Academy

Knowsley Enterprise Academy (KEA) is a charitable trust that has been established to address the high levels of economic inactivity in under 25 year olds in the borough of Knowsley.

KEA has been involved in a number of exciting innovative projects around the theme of Enterprise. The core objective is to utilise the enterprise agenda. The projects Knowsley Enterprise Academy are involved in also tackle problems of low self esteem, poor educational attainment and social exclusion within the borough.

The 1.2million pound Academy is the first purpose built Youth Enterprise Academy in the UK. Sited at the award winning North Mersey Business Centre, which itself is the main sponsor of Knowsley Enterprise Academy, the Academy benefits from the close knit business environment consisting of 110 enterprises, ranging from micro to mini corporates.

Our work has been supported by Merseyside Expanding Horizons plus other Organisations. One example of how our work is tackling a range of



Children from MKLO project awarded trophy and £500 at the Knowsley Environmental Challenge Award, 2005.

issues including anti social behaviour, social exclusion and the lack of motivation within young people can be found with the MKLO project. MKLO comprises of ten young people, boys and girls, who were referred to the Academy by the Neighbourhood Wardens who felt the young people could have their energies channelled

into highly positive recycling activities through working with the Academy.

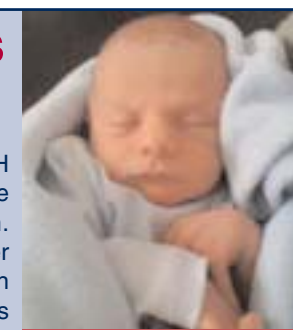
Since their referral, over twelve months ago, the group has met consistently on a weekly basis in order to develop their entrepreneurial skills. Knowsley Enterprise Academy has also provided an incubator unit which is now used for

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MEH Welcomes Baby Louis

The Committee and staff of MEH would like to congratulate Joanne Williams on becoming a Mum. Joanne, our Senior Finance Officer gave birth to a beautiful baby boy on 21st February 2006. His name is Louis Vincent; he weighed 7lb 4oz.

Congratulations Joanne!!!



Baby Louis Vincent Williams

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Free business review to help you improve your bottom line



So you think your business has the potential to make savings, sell more, streamline processes and boost profitability, but where do you start?

Business Link for Greater Merseyside is a free, government funded business information and advice service. We have a range of services to support small and medium sized businesses in Greater Merseyside.

We believe that the best start is a Business Performance Diagnostic, which is a free, independent, impartial review to help you step back and take a strategic look at your business. It's not about telling you how to run your business; it's about providing you with the information you need to make the right decisions

One company that has undertaken the business review is Speke-based Create Liverpool. Create recycles and refurbishes electrical white goods which have historically gone to landfill and sells on the refurbished products to low income households in Merseyside.

Chief Executive Greg Walker said: "We found the process to be extremely useful, not least because it showed us how with a few changes to the way we ran our business we could significantly improve our profitability. In that way we

can achieve faster and higher growth than we had previously thought possible. Just implementing one of the 10 recommendations has justified the cost of the project. It has been a worthwhile experience and we heartily recommend it to anyone who is running a business. It proves to us that no matter how good you think you are, there are always newer and better ways of doing things."

Greg Walker added: "By recycling these otherwise discarded products, there is a large impact on the environment. The paid work and training we provide for previously long-term unemployed adults is done on 12 months contracts, during which time we aim to help make them "employable" and move them on to work elsewhere by the end of their contracts".

"The refurbished products we sell help many low-income households to obtain reliable white goods that the rest of us may take for granted."

The eligibility criteria for a diagnostic is simple: it's aimed at any Small or Medium Sized Enterprise based in England that aspires to develop and grow. The most important factor is attitude – the more you put into a diagnostic, the more you get out. The

data gathering and planning can take some time so you need to be sure that you will see it through. That means we're looking to help businesses with a serious commitment to improvement – businesses with a vision of where they want to go and the drive to get there.

Business Link advisers are there to help you, not to take over. They act as a sounding board and a facilitator, helping you to find solutions that meet your needs. We're sure you'll find your adviser helpful– in a recent survey, our customers gave us a 90% satisfaction rating. As for confidentiality, don't worry: everything you tell us is completely confidential. The information used to benchmark your business is kept in strict compliance with the Data Protection Act.

Business Link's Rachael Owen said: "A diagnostic is a must for all businesses, the most successful businesses are ones that continue to ask questions, seek outside opinions and don't assume they have all the answers"

For more information on how your business can undertake a Business Performance Diagnostic please contact Business Link on 0845 330 0151 or visit www.bl4gm.co.uk

Inclusive Access (UK) Ltd

Do you need someone to carry out access audits or delivery disability awareness training?

Inclusive Access (UK) Ltd is a company that:

- Carries out Access Audits
- Assists with Access Statements
- Trains general staff and customer facing staff in disability awareness.

Our access auditor is NRAC accredited and has considerable experience in auditing and appraising sites and buildings of all types and sizes.

Some of the clients that our auditor

has worked for in the past months are:

- Arena Housing
- HBG Construction Northwest Limited
- John Lewis Partnership
- Leach Rhodes Walker
- Liverpool Housing Trust
- Liverpool John Lennon Airport
- Norse Merchant Ferries
- Riverside Housing Association
- Robert Moore Nicholas Jones Solicitors
- SRJ Industries
- St Catherine's Hospital
- Teesside Airport
- Modus Properties
- Doncaster Robin Hood Airport
- The Mersey Partnership

- Tranmere Rovers Football Club
- Wirral CLS
- Wirral Metropolitan Borough Council

Inclusive Access (UK) Ltd also offer management level training on

- Disability Discrimination Act
- Employment
- Legal duties.

If you wish to commission Inclusive Access to carry out any work on your behalf please contact the office on 0151 653 7111 or email access@inclusiveaccess.co.uk for further information or to make an appointment to discuss your needs.

Building Bridges and Breaking Barriers

Sub Regional VCS Forum Development

The current ChangeUp programme on Merseyside includes a key project to explore the potential for a greater Merseyside VCS Forum which will allow key VCS organisations to develop VCS responses around strategic sub regional issues. The work on establishing the Forum is expected to continue over the coming year, by which time a sustainable Forum, website and initial involvements / activities should be in place.

The development began in November 2005 with first, the drafting of and consultation on the potential Terms of Reference for such a body. A small group of key pan Merseyside VCS organisations were involved in a group chaired by MEH. The resultant draft was then the subject of a well received pan Merseyside consultation event which took place in December. At the time

of writing, a small working group, which arose out of the December event, is continuing to flesh out the draft - in particular to define further the structure, cost, potential for funding support and Forum initial activities. A near final draft will then be circulated and widely consulted on before the Terms of Reference are finally agreed.

An important feature of this development is that it is not intended that the VCS Forum will duplicate any existing function – rather that it will engage with existing structures and networks to represent the Merseyside VCS at sub regional level and beyond.

To date, responses to the VCS Forum proposal have been warmly welcomed by all involved, as a valuable vehicle for VCS engagement with key issues relevant

to the VCS, public / government agencies and other strategic developments.

The embryonic Forum will be launched at a ChangeUp Showcase event to be held for frontline VCS organisations at Aintree Racecourse on 24th May 06. (For further details of this Showcase, please contact Martin at ChangeUp Merseyside on 0151 920 0726 9ext. 305 or email info@changeupmerseyside.org.uk). Further details and information on the ChangeUp Showcase event can be found at www.changeupmerseyside.org.uk.

MEH Network News will have regular updates on this initiative – if you are not already on the consultation list, and would like to be, please send your details marked 'VCS Forum consultation' to juliedoyle@expandinghorizons.co.uk

FREE TRAINING!

Merseyside Society for Deaf People (MSDP) would like to offer free training for all Voluntary / Community Groups to promote positive changes and positive action within your organisation.

Experienced, qualified D/deaf Trainers who have a personal experience of the issues surrounding D/deaf people will deliver the training courses.

Aim: To improve access and break down the barriers to communication within your organisation.

The Training:

- 1 Day Deaf Equality Action Training
- 1 Day Introduction to British Sign Language
- Access Audits

Benefits to the individual:

- You will be given a basic insight into D/deaf issues
- You will be given advice on how to deal with D/deaf people
- You will gain confidence to deal with D/deaf people effectively in a positive way
- You will meet D/deaf people and learn from their personal experience

Benefits to your organisation:

- To identify barriers in areas where services and information may not be accessible to D/deaf people
- To know how to provide solutions to any barriers
- To deliver a quality and accessible service and raise the profile of your organisation
- Increase the number of D/deaf service users

For more information contact: Paula Mallon / Paula Conway, 0151 259 5741 (tel/text/fax), or email: paulamallon@msdp.org.uk

www.msdp.org.uk