



access

The Equal Brighton and Hove Newsletter
Issue 10, Friday 21st April 2006

.....update.....

Equal Brighton and Hove: Core Team update

The Core Team has two new additions since the last newsletter: following the departure of Barnaby Waights, please join us in welcoming Sue Grundy and Jeannie Weinbach, our new Claims Administrators. They've been thrown in at the deep end this week, familiarising themselves with each project and processing claims. Many thanks to everyone who submitted their claim on time. As always, the team are available should you need any guidance with financial matters.

Linden Farrer and Jo Blake have completed their visits with all of the APs, and have contacted APs for confirmation that Project Plans are correct. Over the next couple of weeks, Linden and Jo will start work on some of the Empowerment/Soft Outcomes related information that was gathered at their meetings, in order to create a working plan for Equal Brighton and Hove.

As announced in the Issue 9 of Access, Kellee Rich has organised Publicity and Communications Workshops, for the week commencing 8th May 2006. Each afternoon, several APs will attend a workshop to discuss their current publicity and communications outputs, and discuss ways in which they can work in partnership with other projects, as well as the Core Team, in increasing public awareness of their Equal activities. Kellee has been contacting AP leads to attend the workshop this week and there are still places available. If you would like to attend one of the workshops, please contact Kellee on 01273 291964 or email kellee.rich@brighton-hove.gov.uk to discuss attendance.

.....events.....

Social Mentoring Workshop: Coaching and Befriending
26 April 2006, 2pm - 5pm
Room 304 Mayfield House, Falmer Campus, University of Brighton

The Brighton and Hove Social Mentoring Network is holding a workshop on 26th April at the University of Brighton to discuss the experience of mentoring. Speakers from Brighton and Hove City Council will be speaking on mentoring experiences of job placements, and mentoring issues arising at Castelham Hove Equal projects. Also up for discussion will be problems faced by mentees when entering the workplace, issues surrounding sustaining employment and mechanisms for overcoming these issues. The session has been organised by Dr. Karamjit S Gill, Professor Emeritus at University of Brighton. Please visit www.equalbrightonandhove.org/kgillevent for more details.

..... **news**.....
from www.mentalhealth.org.uk

Self-medication with alcohol is widespread, says new mental health report

To tie in with Mental Health Action Week (16-22 April 2006), The Mental Health Foundation has released **Cheers?** - a new research report outlining the relationship between alcohol and mental health. The report shows evidence that many adults in the UK are using alcohol to deal with feelings of stress, anxiety and depression, and excessive drinking increases vulnerability to a range of mental health problems.

Other evidence in the report also shows that people who drink high volumes of alcohol are vulnerable to mental ill health. Over the last 50 years, alcohol consumption has doubled in the UK, mirroring an increase in the number of people experiencing mental ill health.

Regular drinking changes the chemistry of the brain and depletes the neurotransmitters the brain needs to prevent anxiety and depression naturally. According to the World Health Organisation, enough evidence exists to show alcohol can contribute to depression.

According to the Mental Health Foundation, physical health concerns related to increasing alcohol consumption are being reflected in Government policy developments, yet very little attention has been given to the links between alcohol and mental health, with little debate about why people drink alcohol.

The Mental Health Foundation believes that the public has a right to information about the hazardous effects that alcohol misuse can have on their mental as well as physical health. The report makes a number of Government policy recommendations.

To read the full report, [click here](#).

..... **over to you**.....

Brighton & Hove Drug and Alcohol Action Team (DAAT)

Brighton and Hove DAAT is an Equal project that works with people with a history of substance and/or alcohol misuse, aiming to encourage clients' rehabilitation by offering support with housing issues, and equipping them with the right skills to find employment.

On engagement with the project, clients first of all meet with a Volunteer Coordinator to assess their needs, and create a suitable pathway for their time within the project.

The project offers a variety of innovative schemes to its clients, including a peer mentoring project.

For further information about this project, please call John Patience on 01273 292949 or email john.patience@brighton-hove.gov.uk.

..... **diary**.....
26th April: Social Mentoring Workshop, University of Brighton (please see page 1 for details)
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Please send any comments or suggestions to kellee.rich@brighton-hove.gov.uk