

NEWSLETTER

June 2023

The Jen Group

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University

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Welcome!

It's been a while!

We've been super busy lately with multiple projects but wanted to take time to say hello and let you know about some new activities we're working on, including the exciting Life Skills for University weekend programme, and the online Alcohol Support Group.

While we stay busy, we are also big fans of looking after ourselves, so although times are tough for many of us, we encourage you to do the same.

Joy

Joy Goddard

Senior Partners

Nell

Nell Blane



LIFE SKILLS FOR UNIVERSITY

Two weekends of practical preparation for university life

15TH, 16TH, 22ND AND 23RD JULY 2023

Set in the heart of Kensington London, The wonderful Nourish Hub provides the base for two weekends of preparation for the practical side of university life .

Future students will meet and collaborate with others to explore money and time management, food preparation and nourishment, mental health, alcohol and drugs, relationships and keeping motivated. Places are limited to 16 so that each young person gets a very individual and personalised experience. Book [here](#)

For more information email admin@thejengroup.com or call Joy on 07958 997561



Timetable

15th July

Introduction and Orientation
Youth Mental Health aware course

16th July

Cooking, budgeting and eating
Exploring your concerns
Alcohol and drugs

22nd July

Time and money management
Relationships

23rd July

Cooking, budgeting and eating
Exploring your concerns
Keeping Motivated

Alcohol Support Group

For those who drink more than they would like

This confidential online group, starting on 19th June 2023, will provide a safe, supportive and respectful space where you can give and receive support around your drinking. There will be no shaming, blaming or judging. You won't be made to do anything you don't want to.

Alcohol Support Group



The group will be limited to a maximum of 12 people, and will be confidential (except where there is a child protection concern or a risk to someone's life).

Each meeting will include a check in and check out, an opportunity to assess your own individual drinking levels, and a space to explore different aspects of the challenge of cutting down or stopping, and strategies to do so.

You don't have to commit to becoming drink-free to attend this group, but we do ask that you are sober when you attend.

Find out more at the free introductory session on 12th June 6-7pm. Book [here](#).

Book onto the group [here](#).

For more information email admin@thejengroup.com or call Nell on 07507678579

- Do you drink more than you would like to?
- Would you like to cut down or stop?
- Are you looking for strategies and support?



Inspiring thank you

Very thoughtful and kind. Excellent facilitators.

Insightful, compassionate, knowledgeable and grateful and emotional but thank you so much

A very sensitive peer group with a lot of shared experience. Trainers were very thoughtful and gave sound practical learning which I can share with my team.
Excellent

It's been really insightful and a lovely group to work together this afternoon. You're all phenomenal women in the words of Maya Angelou. Thank you

FREE SUICIDE PREVENTION TRAINING

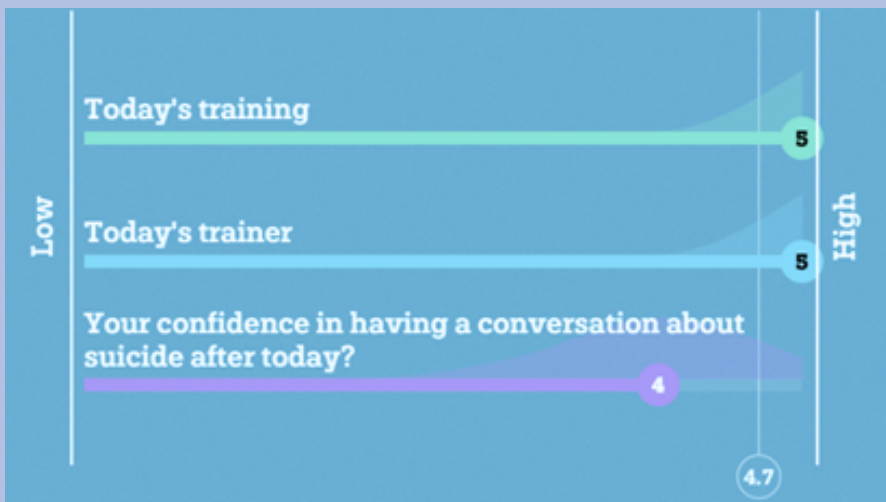
LAMBETH COUNCIL FUNDED TRAINING

Lambeth Council Public Health Department continue to fund monthly suicide prevention training sessions which are free to anyone who lives, works or volunteers in the borough.

Previous participants have loved the courses, which have been designed especially for the borough.

'Very thorough and helpful training about how to approach the topic of suicide with clients! Very glad to have attended and hear from different professionals about their experiences. Thank you.'

Click [here](#) for more information and booking.



Dates

Tue, Jun 27 2023, 1-4.30
Brixton Library • London

Wed, Sep 6 2023 1-4.30 Online

Thu, Sep 28 2023 1-4.30 Online

Fri, Oct 20 2023 9.30-1 online

Tue, Nov 7 2023 9.30-1 Online

Thu, Feb 1 2024 1-4.30 Online

Maternity Equity Conversations

A safe and supportive space to explore equity and inequity in maternity and neonatal services

Funded by Buckinghamshire, Oxfordshire and Berkshire West (BOB) Local Maternity and Neonatal Service (LMNS) this was the most amazing experience for The Jen Group to be part of.



There is justifiable nationwide concern about the relatively poor outcomes in maternity and neonatal care for women and babies from Black, Asian and Mixed ethnic groups and those living in the most deprived areas as identified in the MBRRACE-UK reports over several years. There is also increasing concern about poor experiences for Black, Asian and Minority Ethnic staff working in the NHS .

This project addressed this by employing people with lived experience of racial and socioeconomic inequity to coproduce training for maternity and neonatal staff, with brilliant results.

Read the report [here](#)

We'd love to get involved in more of this work, so do contact us if you'd like to talk about how the approach could be adapted for your setting. We'd like to see this across NHS departments, emergency services, local authorities and the private and third sectors.

- 'Fantastic day. An important and sometimes heavy subject held in a safe space with warmth & kindness. Perfect environment for good learning!'
- 'I think the nature of the sessions being conversational and not the traditional teaching sessions that NHS staff are used to in their mandatory updating, is brilliant and refreshing. Giving people the permission to be in a complex space that is challenging and opening the door to be more comfortable with the uncomfortable in a safe and non-judgemental space works well with this subject matter.'
- 'Been a wonderfully positive and insightful day. Has given me space to challenge my own thoughts and actions, and enabled me to have confidence to go on to challenge others.'

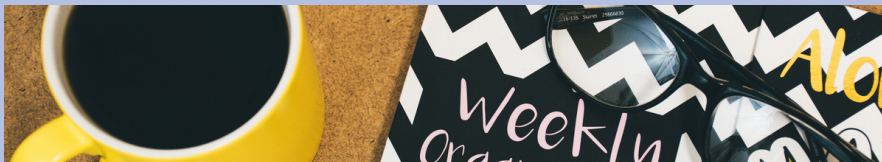


OTHER NEWS

ACTIVITY

We haven't done a newsletter for a while, and we've been pretty busy. Here's a small sample of what we've been up to:

- Bespoke mental health and safeguarding training for St. Laurence's Larder
- Adapted Suicide First Aid training for a Domestic Violence charity
- Adapted Suicide First Aid training for prisoners
- Bespoke Arts Activities planning training session for Michael Flanders day centre team
- Presenting to this years cohort of Imperial College London's Agents of Change Programme
- Continuing study for the Level 4 IQA Assessors qualification
- Interviewing editors and researchers for the BOB LMNS Evaluation programme
- Attending courses, forums and events including:
 - Brent Mental Health Matters
 - Professional discussion on religion and suicide
 - SW London ICB Suicide Prevention Conference
 - MHFAider qualification
 - Jordan Legacy event



Upcoming

**Further adapted
Suicide First Aid for
Domestic Violence
charity**

**Challenging
Conversations
training for St
Laurence's Larder**

**In-depth qualitative
evaluation of
Maternity Equity
Conversations
programme**

**Bespoke individual
and team mental
wellbeing training
for SUFRA NW
London**

**Life Skills for
University**

**Alcohol Support
Group**