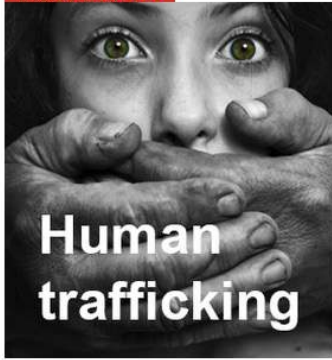




CURRENT CONCERNS



OUR COMMUNITY



URBRUM VOICE



Your City Your Voice
**ENGAGING COMMUNITIES
THROUGH INNOVATIVE
TRACKS**

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The New URBRUM Website

Engaging Communities Through Innovative Technology

Our ground-breaking social media project URBRUM has been highly successful over the last four years, engaging with young people of Birmingham on topics important to them when it comes to health and well-being. But, as the population continues to diversify across Birmingham and newly arrived communities are being welcomed to our city, the challenges to effective engagement have become greater and the range of health and social care issues have become more wide-ranging. We have therefore taken a pro-active approach to gaining a stronger grass-roots understanding of our communities and reflect these issues through URBRUM at a wider level. With our team engaging a greater diverse range of communities through innovative technologies, it makes sense that URBRUM, as an accessible platform, needs to evolve too.

The new URBRUM website now has several interfaces offering a variety of communication methods and highlights a range of different approaches to capturing views of citizens across Birmingham and wider. The URBRUM VOICE and URBRUM PLAY utilise social media platforms to make it empower communities to interact with URBRUM via internet radio and live videos highlighting health and social care concerns that directly effects communities. The Community section gives an overview of our grass roots organisations that are doing excellent work in tackling many of these health and social care issues within communities and highlights good practice. The URBRUM team will be out and about across the city setting up focus groups capturing real issues and concerns effecting our communities. Visit URBRUM.ORG for more information.



Benefit Street's Dee Kelly "Ask Dee..."

Common Unity were invited to contribute to the development of Big Centre TV's documentary series called "Ask Dee..." The episode was broadcast at the end of September covering the challenge of men, mental health and suicide. Dee was so inspired by our work that she wants to attend one of our ASIST courses in the near future. To watch the best bits from this episode, please click the image on the left.



S-O-S.ORG.UK



Suicide Prevention Update

Suicide kills over 6000 people across the UK each year with over three quarters of suicides being by men – it is often called *“The Silent Killer”* because we know that many lives could be saved if people were able to ask for help, and unfortunately, many people, especially men, don't feel able to talk.

Having won the tender in Sandwell, Common Unity alongside Forward For Life are going from strength to strength in supporting Sandwell to be suicide safer by giving delegates the skills to support people to open up and ask for help. The training in both safeTALK and Applied Suicide Intervention Skills Training (ASIST), being delivered in a range of venues, have proved to be highly successful with average scores given for both courses by delegates being over 9 out of 10.

As one delegate told us:

“This has been one of the best training sessions I have attended. My thoughts have changed and I feel I am able to support an individual a risk. The trainers were excellent, interactive and kept the group engaged.”

If you work or live in Sandwell and want more information about receiving training in suicide prevention then simply email csc_learndev@sandwell.gov.uk



CERTIFIED MASTER TRAINER



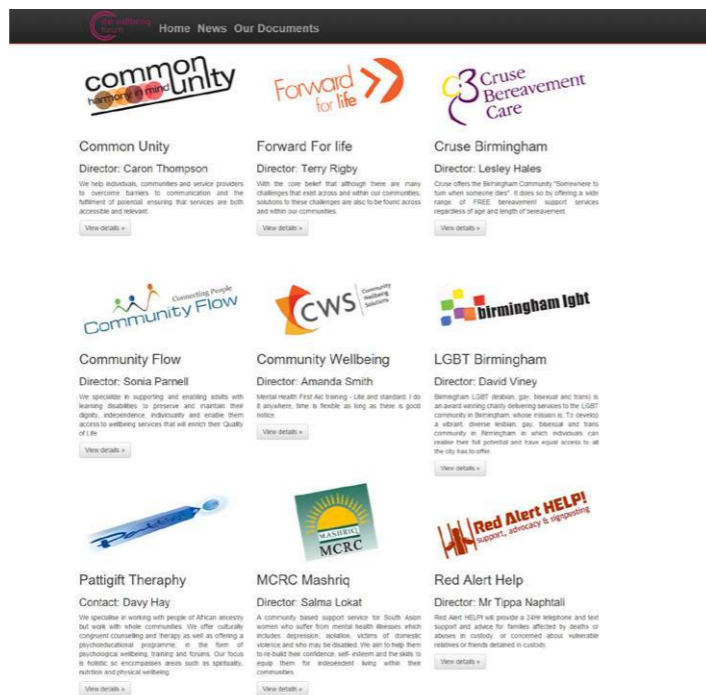
Message from our Director

Welcome to the third edition of the Vanguard Community News. We continue to see the business go from strength to strength and are realising increased opportunities to roll out our engagement work in communities across

the West Midlands. The new URBRUM website is now focussing on engaging with community groups on an even greater diverse range of topics.

The last three months has seen further development of The Wellbeing Forum website, a large increase in the number of citizens being trained in ASIST and safeTALK as part of Suicide Prevention week and beyond and the ongoing roll out of our ever popular Pamper Zone in supporting the Birmingham and Solihull Mental Health Foundation Trusts' community engagement events. Common Unity continues to look to a brighter future developing innovative community facing solutions into the New Year.

Caron Thompson : Director - Common Unity

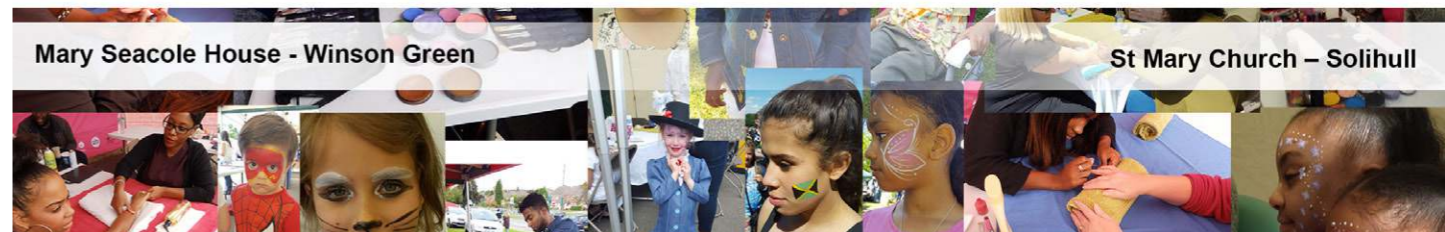


The Well Being Forum

Up and running now for over three months, the next step for the Well Being Forum has been the development of our own web-site. The forum decided that this was the best way forward to ensure that both communities and decision makers across the Health and Social Care sector are fully engaged with the work of this group. The forum is leading the way on being transparent and open to Birmingham citizens.



Birmingham and Solihull Mental Health NHS Foundation Trust.



Pamper Zone

Common Unity joined forces with Birmingham and Solihull Mental Health Foundation Trust over the summer to support their community engagement events. The Pamper Zone was out and about in various locations offering a range of therapy treatments and haircuts to the local people of Birmingham. These events were successful in highlighting the continuous work of the Trust and also raised awareness of the Time to Change destigmatising mental health campaigns. Beresford Dawkins, the Community Engagement Manager from the Trust did a brilliant job of bringing communities and partners together to promote and celebrate the mental health outreach work.



Celebrating Our Sixth Year

Common Unity was established in 2009 and we are very pleased to have celebrated our 6th birthday this year. We have established some excellent partnerships and associates and have been successful in securing a number of contracts with the NHS, Third Sector and Local Authorities across the West Midlands and further afield. We would like to thank the organisations that has supported us throughout this time and we look forward to working with you in the future.



Common Unity



We are a not-for-profit organisation with a clear organisational mandate for active social investment going above expectation to ensure we are a recognised “can do” organisation. Our business has social objectives meaning we reinvest for the benefit of the communities we engage with including free/minimum cost training, project development and wider programme support. Common Unity provides services with social aims and ensures social ownership through both formal and informal participation with a range of stakeholders including users, community groups and employees. Through being a small social enterprise and through the use of highly skilled associate links, we are able to keep our overall management, internal staffing and administrative costs to a fair minimum whilst also ensuring the highest quality of delivery across communities.