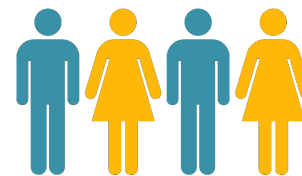




Newsletter

Improving services for learners
with mental health difficulties

Issue 9 Autumn 2008



niace
promoting adult learning

Learning & Skills Council Mental Health Strategy Refresh Improving services to people with mental health difficulties

Those of you familiar to the work of the Partnership Programme and readers of past issues of our One in Four newsletters will probably be aware the LSC are in the process of 'refreshing' the mental health strategy "Improving services to people with mental health difficulties". Published in 2006 the strategy, which indicated a clear commitment to this group of learners, was built around four aims

- To build capacity of the further education system
- To boost demand for learning
- To ensure quality of the learning experience
- To raise achievement levels among learners with mental health difficulties

However the world moves on and since then the LSC have published "Learning for Living and Work" in the context of a broader LSC agenda to improve the life chances and employment prospects of all learners with learning difficulties and/or disabilities. The mental health 'refresh' strategy will reflect this changing policy context, strengthen the LSC commitment to this group of learners and lay the foundations on which the LSC will work with Local Authorities and other organisations as the LSC go through the Machinery of Government changes.

A bulletin will be sent to all network members with details of how to download the consultation document at the end of September. It will be a hot topic at network meetings.

Kathryn James - Project Lead

Newsletter Content

Meet the team	2
Fund-IT	3
Family Learning	4
Mental Health Day	4
GPS	5
Lentil Health	5
Direct Payments	6
Train To Gain	8
Adult Learners' Week	8
QIA Report	9
E-Guides	9
Network meetings	10
Training events	11
Resources	12
Quick Reads	12

Key Dates for your diary

September 29th 2008	Launch of strategy 'refresh' consultation document. To respond go to responsemalhealthstrategyconsultation@lsc.gov.uk
December 19th 2008	Consultation period ends
February 27th 2009	Refreshed LSC strategy will be launched at the Annual Mental Health and Adult Learning and Skills conference

in partnership with



Leading learning and skills

Care Services Improvement Partnership **CSIP**

National Institute for
Mental Health in England

Meet the NIACE mental health team

NIACE, LSC and NIMHE have been working in partnership since 2006 to improve services for adults with mental health difficulties.

A national Task Group, chaired by David Barker, MBE oversees the work of the whole programme and reports to the LSC Equality and Diversity Committee.

This programme promotes access to and success in learning and skills for people with mental health difficulties.



The NIACE Mental Health Team

Kathryn James leads the programme and is supported by 9 regional programme officers based in each of the nine English regions.

Key themes underpin the programme, promoting good teaching and learning for people with mental health difficulties, supporting employability and challenging stigma and low expectations. The programme involves learners with mental health difficulties in network events and throughout the programme and actively supports the development of healthy learning environments.

The regional networks are a key means through which the aims of the project are being achieved nationally. Regional meetings are held four times a year and provide opportunities to learn, share and disseminate good practice, influence national policy, develop resources and undertake research. They also provide excellent opportunities for communication between service users and education and training providers.

Meeting dates can be found on page 10 of this newsletter.

Membership is free and open to everyone interested in adult learning opportunities for people experiencing mental health difficulties and include :

Mental health and employment services
Health and social care providers
People working in adult education
Service users/learners

Voluntary and community groups
Learning and Skills representatives
Regional CSIP development staff

If you would like to join the network please contact susan.rees@niace.org.uk
A joining form can be downloaded at: <http://www.niace.org.uk/mentalhealth/>

In House Events & Training

The NIACE team welcomes contact to discuss how we might meet your organisation's requirements. In addition to our range of open training courses detailed on page 11 many of our courses can be adapted for delivery in-house. To discuss how we can help you and your organisation, please contact the team on: courses@niace.org.uk or telephone 0116 285 9661.

Fund-IT NIACE mental health team launch blended learning course

A new blended learning course developed and piloted through the NIACE/NIMHE/LSC partnership programme launches this month. Victoria Sturdy, Regional Project Officer for the London region and lead officer on the development of the Fund-IT training spoke to One in Four about the project.

“We are very excited by this new blended learning course. NIACE has been successfully running online courses since 2006 and we are very pleased to add Fund-IT to its online training portfolio.”

As a training method Fund-IT has been developed to facilitate personalised and in depth learning that is contextualised to individual role specifications as well as identifying benchmarks for good practice across different sectors.

‘I have learned new skills and gained confidence exploring technology, as well as the subject area’

Fund-IT has been designed to support continuous professional development and reflective practice for anyone working to deliver on the Mental Health and Employment and Learning and Skills agenda including; training providers and brokers in the Further Education system, health sector professionals, employment service providers and offender learning management providers.

Online learning is gaining in popularity in sectors such as Higher Education and is seen by some as the future of learning. Blended learning combines face to face and online training and is particularly responsive to the needs of a modern workforce.

‘Given the limitations of time at work, this is one of the few ways for me to learn and develop skills’

Fund-IT offers a recovery-focused and solution oriented journey into how learning can be funded for people who have mental health difficulties.

Fund-IT is fully supported by experienced facilitators and employs a variety of resources to support learning including, real life case studies, research findings and policy documents. Facilitators guide participants through the learning materials and also provide personalised tutorial support and guidance.

‘I thought the case studies were interesting and gave me an insight into other areas of funding that I wasn’t aware of before the training’

We asked Victoria what other benefits Fund-IT had to offer?

“Fund-IT creates opportunities for group work and networking with participants from different sectors across the country. It gives them an opportunity to discuss and reflect on experiences of success and difficulties in securing funding for learning for this group of learners. It links participants in to their regional mental health employment and learning and skills agenda allowing greater opportunities to raise the profile of their work and organisation in their region as well as a better understanding of possible routes to funding appropriate provision for people who have mental health difficulties”.

‘Thanks for the fantastic training about funding last month. I learned such a lot, and also found out about how much I don’t know!’

NIACE Fund-IT course commences Saturday 11th October 2008 - One day face to face training in Cambridge continuing on line until 19th December 2008.

For information about Fund-IT contact Victoria Sturdy victoria.sturdy@niace.org.uk or Catina Barrett catina.barrett@niace.org.uk

'Making the Connection' mental health and family learning resource pack

Practitioners from both family learning and mental health services have worked together to contribute to the development of this **FREE** resource pack which gives information and ideas for collaborative working.

NIACE has been working with practitioners, service users and organisations in the North West, West Midlands and South West to explore the ways in which family learning and mental health can work together to enhance positive learning opportunities and promote mental well-being.

There is often a gap between the provision for adults and for children experiencing mental health difficulties, which means family issues are often neglected. The term 'mental health' often conjures up stereotypes and prejudices. But mental health concerns us all, it is about how we think and feel about ourselves and other people and how we interpret events. Our mental health is influenced by a range of factors including experiences, beliefs and expectations.

Pack contents:

- 18 information cards
- Ideas for joint working
- Learner case studies
- background information
- useful contacts
- two family learning activities

This pack is for both mental health and family learning practitioners and organisations to raise awareness of the issues and provide guidelines for good practice.

To find out more about family learning and further information about the 'Making the Connection' resource pack email: clare.meade@niace.org.uk

'Making the Connection' packs will be launched at these FREE 'Think Family' events:

Leeds 14th October 2008 Leicester 15th October 2008 London 10th November 2008

E-mail gurjit.kaur@niace.org.uk for event booking details.

World Mental Health Day - Friday 10th October 2008

This year's theme will address the continuing need to '**make mental health issues a global priority**'. The aim of this year's campaign is to generate a sense of urgency and to fuel advocacy efforts both locally and globally so that change can take place.

Professor Shridhar Sharma of the WFMH says,

"There is no better time than now to act. The evidence is clear - there can be no health without mental health and little will change without continued action and effort".

For further information and to download a campaign pack visit the World Federation for Mental Health website at: www.wfmh.org

What are you doing to celebrate World Mental Health Day?

Adult education centres, colleges, youth groups, hospitals, service user groups, libraries and local authorities use this day as an opportunity to raise awareness of mental health issues.

Last year activities included:

- | | | |
|-----------------------|-----------------------------|-----------------|
| Art exhibitions | Poetry readings | Parties |
| Anti-stigma campaigns | Talks | Poster displays |
| Relaxation treatments | Sharing a meal with friends | Music festivals |

Why not use the One in Four campaign pack on World Mental Health Day

To obtain your free copy email 1in4@niace.org.uk

Good Practice Spotlight

Travel Matters Enterprises Ltd.

Travel Matters Enterprises Ltd, based in Redhill, is a not for profit, social firm which operates as a fully bonded travel agency and as a training centre for individuals recovering from mental health difficulties.

It trains individuals recovering from mental health difficulties with a view to getting them back into employment. Trainees attend two to three sessions a week during which they receive computer training to gain the ECDL qualification and gain work experience in a 'real' travel agency.

Of six staff, four are ex-trainees and over the twelve years of the enterprise forty trainees have successfully moved on to employment. Travel Matters works closely with partner agencies, providing trainees with assistance in writing their CV, interview skills and support in whatever is needed to help them back into employment.

"Travel Matters has been a first step back into the working world for me, and has provided me with the confidence and motivation to move on to other things." - C.C. (trainee)

Peter Cobbett, Managing Director is keen to set up similar enterprises in other locations. He believes the combination of real work and training has proved extremely successful in helping individuals gain confidence and self esteem as well as giving structure and social interaction vital to their progression into employment.

"By booking with Travel Matters not only will you receive excellent service but you will also be supporting an organisation that employs and trains individuals recovering from mental health problems. All profits/income go back into the project to cover running costs and will be used to expand the operation to help people in other parts of the UK."

Visit www.travelmattersuk.com

– Peter Cobbett (Director)

Would you like to feature on our GPS?

One in Four would love to hear about what's happening in your region.

Email: 1in4@niace.org.uk

Journeys - Service users tell it from their perspective

James Wooldridge and his lentil health.

I find sometimes that I can become overwhelmed by immense thoughts and questions...where do I come from?...where am I going?...who am I? With my lentil health therapy I can concentrate on the very small by making sure orange split lentils are all the right way up. Creating this artwork has a wonderfully calming effect and my focus is drawn to these tiny pulses. I understand this relates to a Buddhist technique and some monks make pictures from individual grains of sand which once finished are left to be blown away by the wind. Personally I'm not sure I could be that serene. The beauty of lentil health is that if it all goes wrong you are left with all the ingredients for a wholesome soup!



"Our lives begin to end the day we become silent about the things that matter."

– Martin Luther King Jr

Direct Payments : Is it for me? Project

Direct Payments aren't for everyone but...

They can play a vital part in someone's recovery journey. They can transform people's lives, enabling them to decide for themselves how their needs should be met, and when, how and where support would suit them best.

Despite government policy, access to Direct Payments remains unequal. Inequalities of access exist between different groups of people who are eligible to receive Direct Payments – with people who have mental health difficulties having poorer access than other groups¹. The policies and practices of local Direct Payments services and mental health service providers, a lack of appropriate and accessible information and educational inequalities between people who have mental health difficulties all create further barriers.

Working in collaboration with the national Direct Payments team the 'Is it for me?' project seeks to help tackle these inequalities by giving people access to information and learning and skills.

What is the 'Is it for me? project? 'Is it for me?' is a NIACE development project which offers a "no strings" opportunity for eligible mental health service users to assess whether Direct Payments is an option they want to take up. It also aims to provide an opportunity to identify and address any skills needs required to do so.

This is achieved through a 2-hour introductory workshop - 'Is it for me?' Then, for those who wish to continue, there is a 10-hour short course - 'I'll give it a go'. This course provides more detailed information about Direct Payments and an opportunity to prepare for and develop skills to help manage them.

The project is funded by the Department of Health Section 64 Grant and the Learning and Skills Council. Twelve pilot projects were set up last year. Each project involved different groups of people who have mental health difficulties and in each case a slightly different local partnership to make things happen on the ground. The pilot projects tested out and helped us to develop the original idea into an approach that we hope will be adopted widely to help give people better information about and better access to Direct Payments.

The development project is now in its' second and final year. Last year we developed a model and learning resources designed to give people eligible to receive Direct Payments a better understanding of whether Direct Payments might be right for them.

This year, our vision is that there will be 2-hour 'Is it for me?' workshops springing up all over England. People who decide that they want to know more and would like to develop skills to manage Direct Payments will be offered encouragement and support to do so, including, for those who would like it, access to the short course we have developed called 'I'll give it a go'.

Disseminate, disseminate, disseminate ... We also developed a model of local partnership working to support increased access to Direct Payments (and along the way learning and skills) that works.

We have developed learning materials and resources to support you to be able to deliver 'is it for me?' workshops and the 'I'll give it a go' course. The 'I'll give it a go' course has been designed with embedded Skills for Life. By linking the course to Skills for Life we hope that it may act as a 'hook' into further learning and skills. We hope that the course will be able to fit within the new Qualifications and Credit Framework (which will replace the National Qualifications Framework over the next five years) and can therefore be funded through the Learning and Skills Council's Foundation Learning Tier adult progression pathways which will in future encompass all learning below Level 2, and in this way be sustainable.

'I'll give it a go' can be delivered with a group of learners either as a face to face or an online course. As a result of some of the pilots we have also adapted the course materials as a tool to support one-to-one or self-directed learning that could be used by individuals, care co-ordinators and Direct Payments teams to support someone to prepare for a direct payment.

The model and course materials are also transferable for use by other groups of people who are eligible for Direct Payments but who are unaware of their potential.

We are planning to produce a booklet in the autumn for anyone working in mental health services or for a mental health organisation and learning providers which will give information about 'Is It For Me?' and 'I'll Give It A Go', what it is and how to get involved. The booklet will give a flavour of the learning resources, how to access the resources, set up a course or do the online train the trainer's course. So watch this space...

The model and training resources will be presented at 3 stakeholder events

South West	29th October 2008, The Compass Centre, Bristol.
London	11th November 2008, Kings Fund, London.
East of England	email directpayments@niace.org.uk

How to learn/find out more?

- Join our online 'train the trainers' course - for people who would like to become more familiar with how to use the materials we have developed; We would particularly urge learning providers and advocacy workers and trainers from local and national mental health charities to take up this offer.
- Ask your regional project officer to include information about the project and discussion at your regional meetings.

How you can help

- If you work with people who are eligible to receive Direct Payments – ask them if they know what Direct Payments are and if they would like to know more?
- Run 'Is it for me?' workshops and the 'I'll give it a go' course in your organisation.
- Tell people about the opportunity to join an online workshop or course; We are particularly keen to encourage participants from the CSIP regional Focus Implementation Sites (FIS). Register your interest at: directpayments@niace.org.uk
- Help us to spread the word further by giving us space at your event or conference or in your regular newsletter or e-bulletin.
- Ask your regional project officer to include information about the project and discussion at your regional meetings.
- Advertise and join us at one of our stakeholder events.
- Register your interest at directpayments@niace.org.uk

**Catina Barrett, Regional Project Officer
East of England**

¹ Murray-Neill, et al. (2008). Direct payments: the future now. **A life in the day**. Volume 12 Issue 3

Train to Gain - Improving skills makes sense

One of the key areas of targeted work for the Partnership Programme in 2008/09 is the Train to Gain service, working with LSC Skills teams, work-based learning providers and employers to raise awareness of the needs of learners/employees with mental health difficulties. Train to Gain is now in its third year of delivering support to employers to raise the skill and qualification levels of employees to Level 2 and above.

The Train to Gain service is part of the government's drive to make business more economically competitive and improve performance. However, Lord Leitch's report "Prosperity for all in the global economy – world class skills" points out that this is important not just in economic terms but also to access opportunities for social inclusion. Employability is now high on the adult learning and skills agenda and whilst we work to promote access to learning and support for people with mental health difficulties which will facilitate progression towards employment, we also need to ensure that those who are in employment get effective support and equality of opportunity to retain and progress in employment and are enabled to feel confident and competent in their jobs. Employees with mental health difficulties are often excluded from, or not adequately supported to access, training and development opportunities in the workplace and consequently stay in entry level jobs.

Train to Gain is becoming increasingly important in terms of the adult learning and skills offer. It is central to achieving the government's 2020 skills ambitions for a demand-led system of skills delivery and the integration of employment and skills ([DIUS.2007. World Class Skills: implementing the Leitch Review of Skills in England](#)). There is massive expansion, greater financial investment (last November the government committed to spending an additional £1 billion by 2010/11) and increasing flexibilities in the Train to Gain offer, which could be particularly important in helping employees who have mental health difficulties access learning and skills through Train to Gain. For example, people from priority unemployed groups who are recruited by an employer who is in a Local Employer Partnership (LEP) with Jobcentre Plus are now eligible for 100% subsidy for a second full Level 2 qualification where they need retraining (The Department for Workforce and Pensions estimates that this will support 125,000 additional learners).

However, data on current participation in Train to Gain for people with mental health difficulties suggest we are a long way off from achieving this and there is much more work to be done.

Work to promote access to Train to Gain are in the action plans of regional project officers in Yorkshire and Humberside, East of England, North West, North East and South West.

Involved with Train to Gain or want to find out more? Email: traintogain@niace.org.uk



A little belief goes a long way

Diane Breeze has won West Midlands Individual Adult Learners' Week Award - 2008.

Diane experienced poor mental health for years. But the self-belief that she started to build on her learning journey has put her on the road to recovery.

A big turning point was being able to call the benefits office and tell them she was fully employed. "I feel like someone who is contributing to society rather than someone on benefits." Her family and people around her now see her differently. "I see knowledge as power and recognising that I have dyslexia has helped me to realise that I am not thick, but have missed valuable opportunities in the past," she says.

You can read Diane's full story (West Midlands), and all the other winners at <http://www.niace.org.uk/alw/2008/public/winners.htm#Region>

I'd turn up even if I won the lottery

Research into the factors that impact on attendance, retention and achievement of learners with mental health difficulties

Within the Further Education system there are huge variations among providers in the attendance, retention and achievement of learners with mental health difficulties. Infrequent attendance and the higher likelihood of dropping out of a course have often been cited as being one of the reasons for not developing learning opportunities for people with mental health difficulties.

This research, commissioned by the Quality Improvement Agency examines the relationship between appropriate and effective support and attendance, retention and achievement in learning of learners with mental health difficulties.

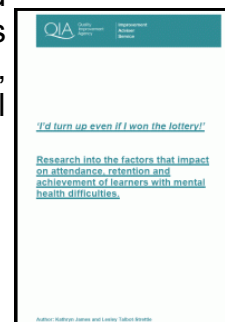
Through the NIACE/LSC/NIMHE Partnership Programme Regional Networks learning providers, learners and referral organisations were invited to participate in the research to identify the factors that impact on attendance, retention and achievement of learners with mental health difficulties.

Many examples of good practice, useful tips and recommendations are included in the report as well as key findings and top tips for managers, tutors and learners.

This report highlights the work that learning providers and health and social care services are doing to challenge negative assumptions about attendance, retention and progress. The involvement of learners in taking responsibility for their learning, the provision of appropriate and on-going support and good teaching enables people to turn up and succeed in their learning and also to overcome many of the disabling effects of social exclusion, social isolation and discrimination. As the learners testify, this creates virtuous circles based on the belief that motivation, when well supported leads to success.

To download the full report visit

<http://www.niace.org.uk/mentalhealth/downloads.htm>



E-Guides and E-Guides Plus Event bookings now open.

The FREE E-Guides 3 day staff development programme 2008/2009 is now open for bookings with events beginning in September 2008. The schedule is available online at www.niace.org.uk/eguides2008 - to register please use the online reservations system.

The programme has been refreshed for the up-coming round. Practitioners that have previously trained as E-Guides are welcome and will certainly find the new programme as stimulating as before.

The E-Guides Plus event provides further development for practitioners who have attended the E-Guides programme

Could you have a winner in your midst?

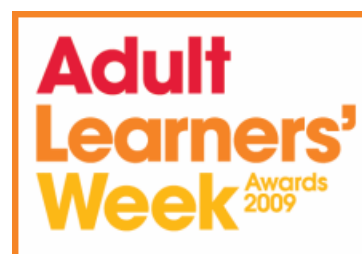
The nomination process for the Adult Learners' Week Awards 2009 is now open and we would love to have nominations from you. It could be for a group, project, family or individual – on-line forms and paper versions are available from

<http://www.niace.org.uk/alw/nominations>

Nomination forms can also be obtained by

calling
0116 204 4200

or emailing
alw@niace.org.uk.



Regional Project Officers — Mental Health and Network Meeting Dates.

There are nine regional networks, supported by regional project officers, established throughout the country. Regional meetings are held four times a year.

Yorkshire and Humberside

Tricia Clark

Tel: 07825 382272

tricia.clark@niace.org.uk

23rd September 2008 – Park Lane College,
Leeds – Meeting theme is ‘Disclosure’

North East

Ann Creed

Tel: 07920 493615

ann.creed@niace.org.uk

16th October 2008

North West

Clare Worrall

Tel: 07920 493618

clare.worrall@niace.org.uk

8th October 2008 - Halton Mind, Widnes,
Cheshire

East Midlands

Carol Taylor

Tel: 07775 598048

carolanne.taylor@niace.org.uk

30th October 2008

West Midlands

Lesley Talbot-Strettle

Tel: 07920 493617

lesley.talbot-strettle@niace.org.uk

14th October 2008 - LSC Birmingham

South West

Lin Westmoreland

Tel: 07917 507487

lin.westmoreland@niace.org.uk

2nd October 2008 – West of England School
& College, Exeter

4th December 2008

Meeting dates for 2009

29th January 2009, 26th March 2009

South East

Jenny Gartland

Tel: 07824 691601

jenny.gartland@niace.org.uk

25th September 2008 – Highbury College,
Portsmouth

2nd December 2008 – Mid Kent College

Meeting dates for 2009

25th February 2009

East of England

Catina Barrett

Tel: 07920 493620

catina.barrett@niace.org.uk

15th October 2008 – Red Lodge Millennium
Centre, Lavender Close Red Lodge Bury St
Edmunds Suffolk IP28 8TT

Meeting dates for 2009

28th January 2009

22nd April 2009

8th July 2009

14th October 2009

**Our meetings are held jointly with the
CSIP regional mental and employment
networks. We have a joint networks
Moodle (email Catina to join).**

London

Victoria Sturdy

Tel: 07920 788906

victoria.sturdy@niace.org.uk

14th October 2008 - Lemon Tower, Hackney
College - Facilitated discussion on
Employment and Mental Health

Meeting dates for 2009

27th January 2009

30th April 2009

1st July 2009

19th October 2009

National Conference - 27th February 2009

Mental Health & Adult Learning and Skills: Introductory Awareness Training

Thursday 2 October 2008, Newcastle Upon Tyne

Delegate fee: £198 per person (NIACE does not charge VAT)

You will learn about the key issues relating to mental health and how you could better support learners with these difficulties.

The course will:

- Give you an overview of the prevalence of mental health difficulties in society and how these may affect learners
- Develop the way you work with people with mental health difficulties in supporting learning opportunities
- Help you understand the difference between mental health difficulties and being mentally healthy
- Make you aware of the signs and symptoms of the most common mental health difficulties and their impact on learners and learning
- Provide you with strategies to overcome barriers to learning
- Help you reflect on your current working practice and how you might develop

You will find this course of benefit if you are a:

- Middle Manager or Senior Manager new to the topic of mental health
- Tutor, Lecturer or Trainer supporting tutors, lecturers or trainers
- member of frontline staff

Mental Health & Adult Learning and Skills: Policy and Practice

Tuesday 30 September 2008, Bristol

Tuesday 11 November 2008, Newcastle Upon Tyne

Delegate fee: £198 per person (NIACE does not charge VAT)

As a manager in an educational organisation, you will find that this course enables you to understand and respond to current mental health legislation. You will learn how to adapt your organisation's policy and practice to more effectively support learners with mental health difficulties.

The course will:

- help you develop inclusive practices in teaching and learning for learners with mental health difficulties
- help you develop policy and practice that are in line with current legislation
- give you an understanding of the principle of confidentiality; the concept of reasonable adjustments; and the barriers people have to disclosing their mental health problems
- help you review your organisation's policies and processes in order that they respond to the needs of learners with mental health difficulties

You will find this course of benefit if you are:

- a Senior Manager, Director or Governor
- a Head of Learning Support Services
- a Head of Department or Curriculum Head
- a Middle Manager
- Supporting teaching, training or learning staff
- Responsible for Human Resources

To book your place, please telephone 0116 285 9661 or email courses@niace.org.uk.

For further information on these and other course offered by NIACE please visit

<http://www.niace.org.uk/Conferences/TrainingCourses.htm>

Employment, Learning and Skills for People with Mental Health Difficulties
Monday 24 November 2008, Holiday Inn, Victoria Station Road Sheffield
Participants Fee: £198 no VAT charged (includes lunch, tea and coffee)

This conference will look at existing good practice in supporting people with mental health difficulties into employment, learning and skills, but will also examine the opportunities proposed in 'Workskills' and explore how they might be used for the benefit of people with mental health difficulties

This conference will be beneficial to those working in:

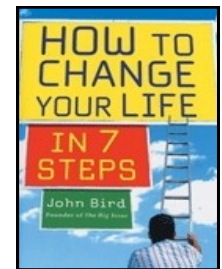
Learning and Skills	Work-based Learning
Employment Services	Health and Social Care

For further information:

visit: www.niace.org.uk
E-Mail: gurjit.kaur@niace.org.uk
Telephone: 0116 2042833

How to Change Your Life in 7 Steps

Written by Big Issue founder John Bird
Published as part of the Quick Reads series



This is a self-help book with the John Bird twist. He writes with passion and honesty drawing on his own personal experiences, his struggle with depression and the dangers of thinking like a victim.

How to Change Your Life in 7 Steps explains how you can *'aim big – get there small'* creating a series of small steps to set yourself up to succeed. He shares the importance of thinking for yourself and never putting yourself or others down. *'I learned just how many people are out there waiting for you to fail. I also learned that you have to do your best not to take any notice of them.'*

His philosophy is to take hold of ideas, to stop relying on the wisdom of others to form opinions and to recognise as adults we have the freedom to think and act for ourselves. *'Finally remember that confidence is really a big trick that everyone's playing on everyone else.'*

Coral Streader, Skills for Life Literacy and ESOL tutor, Sussexdowns College says
"John Bird came and spoke at a basic skills taster day held at Brighton Station Learning Centre at the end of last summer and he had massive impact on his audience!"

Learning resources for this and other Quick Reads titles can be downloaded from:-
<http://www.literacytrust.org.uk/vitalink/QRlearningresources.html>

Quick Reads are short, exciting books by best selling writers and celebrities for adults who are new to reading, have lost the reading habit, or who prefer a quick read.

Quick Reads will feature in the next issue of the One in Four newsletter.

Resources

One in Four Campaign Pack - Available FREE from NIACE contact 1in4@niace.org.uk promoting better knowledge and awareness about mental health

Supporting learners with mental health difficulties - Kathryn James

Aimed at tutors and teaching staff in further and adult education to support the implementation of the Disability Discrimination Act and how to develop more inclusive provision.

Free to download from www.lseducation.org.uk/pubs

Planning for Quality - Free to download at www.niace.org.uk/mentalhealth/downloads.htm
A checklist intended to help organisation provide quality-learning opportunities.