

Community Links
Deaf and Mental Health Community Development Worker
Update

Allow me to introduce myself. To those who have not already met me, my name is Gerard Cooper and I am the Deaf and Mental Health Community Development Worker here at Community links.

The importance of following a community development approach within the Deaf community is of great importance; Deaf people are known to experience mental health issues yet there is still a low uptake of services. The emphasis of community development is to provide an opportunity for people to have a voice - to be part of the redesigning of services accessible to Deaf people. This is where I come in.

The service holds a Deaf Information Group (DIG) that currently meets every fortnight on a Monday afternoon.

On the 5 May 2010, I will be launching Wellbeing Training at Centenary House. This training lasts for six-weeks – each session will offer the same information to cater to more people and will run for one hour. Initially they are taster sessions, to start discussion. It is likely that a further course will be offered at the end of a review period. In addition to this, I will also be looking for people to take part in a production to represent Deaf people's experiences in a visual way. The project will run along side the wellbeing training and will be developed from there. The dates for the training are: 5 May, 19 May, 2 June, 23 June, 7 July, and 21 July 2010. All these are Wednesday sessions will run from 11 to 12pm.

If you have Deaf clients using mental health services, it may be useful for them to know about the different things we are doing and come along and join us. If you require further information, please contact me on: 07792 186 332 (text only) or email: gerard.cooper@commlinks.co.uk. You could also visit the Community Links Website (www.commlinks.co.uk) or my page on Facebook, which is updated regularly.

Thank you

Gerard Cooper