

My Time Update

May/June 2009



“Learning has changed my life”- West Midlands Learner of the year



Yasr Turkey receives his Learner of West Midlands award from the Chief Executive of the Open College Network

This month a My Time beneficiary and volunteer, Yasr Turkey, has won the award for the West Midlands Learner of the year. Yasr has been presented with the award by the head of Open College Network (OCN) and was overwhelmed to have won. “Learning has changed my life, and this award reflects the journey I have made” commented Yasr on hearing the news.

Yasr has also been awarded a grant from the Social Entrepreneurs Charity Unlimited to develop a Gardening/Horticultural project to provide respite and volunteering opportunities for people with mental health issues.

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My Time quick news-

- My Time welcomes in new Chairmen- Malcolm Coall is to help lead My Time CIC
- Family Action for Choice Tomorrow Project launch in June (page 2)
- Self esteem courses to support people returning to work, further education and volunteering
- A low intensity service as part of Birmingham and Solihull Mental Health Foundation Trusts Therapy service is launched (page 3)

Family Project to receive The Parenting Fund

My Time is pleased to announce that it has received a grant from the Department of Children, Schools and Families to help parents, particularly, fathers support and look after their families through difficult times.

Nationwide there have been 90 successful organisations who will benefit from the 12 million grant made available through the Institute of Families and Parenting. The fund was set up by the Government in 2004 to give money to build and strengthen the work that the voluntary and community sector does with parents and families.

“This grant is a real victory for the children and parents that will benefit from this programme” Project Manager, Amra Mekic



My Time proposes to support fathers and their families in a holistic ‘think family’ approach, that will enable a supportive partnership of voluntary and statutory agencies to ensure that all family members are able to access equal and appropriate support that meets their needs and takes into consideration language, culture, gender, ethnicity, sexuality and faith.

The project will officially launch in June, when the project will begin to receive referrals.

Story Continued...



Yasr Turkey was granted political asylum and refugee status when he arrived in the UK in 2005. With a new start in an unfamiliar country, Yasr used learning to help create a successful life for himself, his wife and five children.

Yasr had been a mechanic for 20 years, and owned a business in Eritrea. However, in the UK these skills were not recognised and he had to, “learn from scratch many new things.”

“I’ve made a massive jump from a different country, a different culture and a different occupation”

“Learning has opened up new doors for me”

Yasr decided to get the qualifications for a new career in community integration work. The starting point, alongside an English for Speakers of Other Languages (ESOL) course, was a programme in Self-Esteem and Confidence Building with My Time, a social enterprise organisation.

Yasr now works as an Engagement Worker supporting families from new communities. He is also involved in a long-term gardening project helping people from war-torn countries and is developing a counselling project mentoring young men to improve their lives.

Counselling and Support for Carers



Caring for another person at home can be stressful and exhausting. You can also feel isolated and have little time for yourself. That is why it is really important that you look after yourself, take regular breaks and seek helpful and sound advice.

If you feel you or someone you know would benefit talking to someone who can offer professional advice, then please call 0121 766 6699....Or alternatively please e-mail susan@mytime.org.uk

How can My Time's carers service help you?

- Help you take up an Assessment
- Culturally and Faith Sensitive One-to-one Counselling Service (in different Languages)
- Information, Advice and Guidance e.g. Welfare Benefits
- Confidence and Self Esteem Building
- Sign posting to Education and Training Providers
- Training for Carers in their caring role e.g. Dementia Care
- Personalised Action Plan
- Helping Carers return to or remain in employment
- Peer Support Group-Opportunity to voice your concerns and views

This service can be accessed by the following-

- Adult Men and Women Carers 18+ living in Birmingham
- All Carers especially those from Black Minority Ethnic communities who have language difficulties

A NEW city wide partnership to provide an innovative psychological service

This year has seen the launch of a brand new partnership between My Time, icap (Immigration Counselling and Psychotherapy) and Patti Gift alongside the Birmingham and Solihull Mental Health Foundation Trust. The partnership has come together to provide a new culturally sensitive low intensity advice service available through GP's across Birmingham.

My Time will be providing four new advisors who can speak a range of community languages and who represent the many diverse communities of Birmingham. This service is part of the new IAPT Stepped Care Model as devised by the NHS to provide more preventative counselling.

This is a brand new innovative partnership between Third Sector organisations and the Foundation Trust to provide culturally appropriate and community based services for the diverse population of Birmingham to access.

Community Apprenticeships

In February Mubarik Rehman joined My Time as part of a Community apprenticeship to help young Muslim Men into sustainable employment and further education. The apprenticeships are funded by Enterprising Communities. To learn more about it contact Tabriz.Hussain@birmingham.gov.uk



Strengthening individuals, Strengthening relationships

Since the recession, My Time has seen an increased demand for counselling and support for parents and families who are struggling to cope due to financial pressures.

Since January this year, My Time has been delivering counselling for parents who access Sure Start Children Centres, and is striving to support as many parents as it can through this difficult time. We believe strongly that if parents and families access support early on we can help reduce the risk of mental health problems and strain on family relations, as well ensuring people gain proper financial advice before its too late.

To learn more about My Times counselling project, please contact sheena@mytime.org.uk, contact us directly on 0121 766 6699- Counselling is only provided in specific children centres.

Find Out More Today

My Time CIC provides a range of culturally sensitive community based services to support men and women tackle depression, anxiety and low self esteem

"We all need time and space to rethink our lives and discover new ways to tackle our problems. My Time is a supportive organisation that could provide the help you need"

We are a Social Enterprise based in the West Midlands that delivers award winning counselling and support services that are culturally and faith sensitive. **Please explore our web site to find out more about My Time CIC.**

My Time is a Community Interest Company which is a not-for-personal-profit social enterprise

Contact us

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**My Time is part
funded by**

The Parenting Fund

Birmingham and Solihull **NHS**
Mental Health NHS Foundation Trust

Birmingham City Council

worcestershire
county council

