

My Time CIC provides counselling and services to support the emotional health and wellbeing of every human being.

# My Time Update

Autumn/ Winter 2009



## Emotional Support to help parents through the recession

### Welcome to our New newsletter

Hello all, as we prepare for a crisp winter My Time wanted to let you know what we've been up to this Autumn and what we are planning over the coming months. As we begin to pack up the green house, and cut back the plants to avoid the winter frost, My Time has been working with its Sacred Urban Space project to offer volunteering opportunities to people experiencing mental health issues (See p2). In looking forward and past the recession My Time continues to offer volunteering opportunities and professional development support to counsellors from diverse and varied backgrounds.

In developing our team we hope to better support the changing needs of our service users and clients. In better supporting and understanding service user needs we have developed our Service User Forum which offers opportunities for clients to express their feelings about our services as well as develop social networks with people who share similar experiences. We hope you enjoy reading our newsletter and if you wish to find out more about our different services and projects please contact [info@mytime.org.uk](mailto:info@mytime.org.uk) (see contact p2). Enjoy!

### Funders and Partners



My Time is proud to accept a grant from the Office of the Third Sector and Birmingham Community Foundation to help families struggling in a recession.

The grant will go towards developing our core counselling provision and group activity days to help parents and individuals work through their problems in a safe and therapeutic environment. Project Manager Amra Dautovic expressed her gratitude for receiving the grant

and commented "This will help My Time offer further support to families in trouble as a result of economic hardship and emotional distress".

My Time CIC is struggling to cope with the increased demand but by developing the capacity of its services and programmes it could help support many more parents and families tackle the economic downturn more successfully.

For more information, please contact [info@mytime.org.uk](mailto:info@mytime.org.uk), or contact 0121 766 6699 . My Time is a Social Enterprise based in the Heart of Birmingham.

## Confidence Building, Self esteem boosting.

My Time will be delivering further courses across Solihull and Birmingham this Winter in partnership Sure Start Children Centres. The Seven Step Programme has been a huge success so far and has had great and positive response from all participants. To find out if a course has been delivered in your area, please contact [info@mytime.org.uk](mailto:info@mytime.org.uk) or call 0121 766 6699.

**“I am more confident with unpredictable situations. I will try and tackle anything that is put in front of me now”**

## Respecting all faiths

In developing My Time CIC's approach, we have been passionate about bringing people together from all backgrounds, cultures and faiths. We are a multi faith organisation representing faiths including Islam, Christianity, Hinduism, and Buddhism as well as agnostic beliefs & values. We believe that acknowledging beliefs and values is essential in supporting the mental health and wellbeing needs of every individual. We are committed to offering pastoral and faith based counselling as part of our service. For many people faith and spirituality is part of their recovery and personal growth.

## Emotional Health in the Workplace

Thanks to Advantage West Midlands and West Midlands Employer Coalition, My Time CIC will be hosting a further event as part of National Diversity Day. The day will focus on My Time's experience of supporting the emotional and wellbeing needs of a diverse work force.



**Cultivating your confidence in Sacred Urban Space**  
**“Attending the programme has helped me a great deal, most of all communicating with people”**

## Gardening can help individuals grow and blossom

With the support of Enterprising Communities and HOB PCT, the Sacred Urban Space project and Land Volunteer programme offered



individuals across Central Birmingham experiencing emotional mental health issues to take time out in a horticultural programme. The project's aim is to support citizens develop emotional resilience and at the same time gain useful experience and skills to return back to employment or volunteering. One volunteer expressed their

feelings about the project-  
“I enjoyed working in the garden it looked good to me working in the garden and I got peace working in the garden”

The project has also been making various green improvements across Small Heath including hanging basket display at the Golden Hillock Children Centre.

**We need to embrace the oneness of humanity and show concern for everyone- not just my family or my country or my continent**

**Quote of the month**  
Dalai Lama

Drawing on from My Time's experience in supporting employers and their employees the event will address the importance of the emotional health of staff and how the Third Sector can help address issues affecting staff or individuals. For more information please contact [info@mytime.org.uk](mailto:info@mytime.org.uk)