

My Life a Full Life News Alert

My Life a Full life is the care model that the Island's health and care services are working towards. This newsletter will help keep you in touch with the work underway to help reshape our services.

New website launched

A new website has been created to explain and profile the work underway on the Island to work towards the My Life a Full Life new care model www.mylifeafulllife.com. The site has been designed with fresh new graphics and photos together with a clearer way of navigating the site and improved tools such as enlarged font, colour and language changes. Aimed at the public, it also signposts to other sites with health and community information such as www.islehelp.me and www.islefindit.org.uk rather than duplicating content. The site is currently in a test phase and we are inviting you to share your feedback using the Site feedback tab on the top left-hand side of the site. Please let us know what you think, as we work to introduce more content to the site



Island Autism Ambassadors

As part of a wider programme of work to transform learning disabilities on the Island, 45 people received training at the beginning of September to enable them to become autism ambassadors. Those receiving the training were from a range of backgrounds including the councils help desk, call centre, deputyship, quality assurance, employment support, mental health day services, police, fire, and even the scouts. The training provides organisations with an autism aware plaque to display in their organisation and encourages them to sign pledges to change the working environment to make it autism friendly. Once trained the ambassadors get regular autism updates and will annually complete a self-assessment to identify the reasonable adjustments they have made to support people with autism.

Community Mental Health Safe Haven drop in day



An open day for members of the public to visit the new community mental health safe haven is being held on **Thursday 26th October**. People can drop in between 12pm-4pm to Quay House in Newport to talk to recovery workers and support staff from Richmond Fellowship, the national mental health charity who are running the service with the support of Isle of Wight NHS Trust. The new service opened last month in response to feedback from the local community and has been designed with the help of people who use mental health services. Mark Langford, one of the recovery workers at the safe haven who also has experience of mental health problems said: "I believe the Isle of Wight Community Mental Health Safe Haven will save lives. The Safe Haven is a place where people can come and talk through their problems openly and start to think about their strengths. This is a key factor in helping them on their recovery journey." You can read more about the safe haven at <http://www.mylifeafulllife.com/news/isle-wight-opens-new-mental-health-community-safe-haven>
Got a story to share? Please tell us more – contact us at MLAFL@iow.gov.uk or 01983 822099 x 3085.