



Are you interested?

Ways to contact us:

Sue Pauley
07815 902049
sue@tva2i.net

Sheena Money
07789 615170
sheena@tva2i.net

By post, write to
PO Box 2334
Reading
RG4 7ZE



**Thames Valley
Initiative**

from rejection to recovery

OXFORDSHIRE STARS

(Support, Training and
Recovery System)





Who are STARS?

STARS are a team of ex-service users and experts by experience (ex-service users formally employed by TVI to work in groups). Most have been through therapy with the Complex Needs Service.

When and where do STARS meet?

Monthly, on the first Thursday of the month from 1.00 - 3.00pm, at The Friends Meeting House, St Giles, Oxford OX1 3LW

What happens at meetings?

Meetings start with a review of the last months' activities. Some months visitors come and talk about their work and find out what we do; some months there will be training opportunities; some months we discuss particular pertinent issues etc

What sort of 'work' do STARS do?

All sorts!! Roleplays, vignettes, question and answer sessions, attendance of meetings, and there's opportunities to help with clinical work too.

Who decides who does what ?

STARS members decide what they would like to, or feel able, to do from a list of requests for input. This happens at the monthly meetings. There is no pressure and new members are encouraged to 'tag along' with an 'old hand' to 'learn the ropes'.

What's in it for me?

There is payment available and travel expenses are covered. There may also be training opportunities for to take up.

Will this affect my benefits?

We are not experts on the benefit systems but believe that a variable amount can be earned without affecting benefits, depending on the benefit being claimed. It is an individuals responsibility to check their own circumstances and earnings limits with the Benefits Agency.

What sorts of events have people been involved with?

Lead reviewer training with the Community of Communities; service user leadership course run by a local and national organisations; attendance at conferences in Cardiff, Belfast, Southampton, Athens; training courses in London and Carlisle and lots of local events in Berks, Bucks and Oxon etc
The Thames Valley Institute runs a year long course, Personality : People and Pathology in Oxford in which STARS members are an integral part. This course is for people from all a wide variety of areas both in the statutory and voluntary sectors.

What support is available?

Support is available by phone or from other members of the group - rather like the Complex Needs support system. Staff members from the Thames Valley Institute will also be at the meetings. Members also have a responsibility for their own health and well-being.

