

The Information Bulletin from the Mental Health Link Network

New Mental Health Development Officer



Hello Everyone, I am Amanda Wright and I would like to introduce myself to you as the new Mental Health Development Officer.

Prior to taking up this role, I have been working at Community First as the Business Adviser for Health and Well-being as part of the Wellness Works team. It may well be that I have already met and worked with some of you in that capacity and I look forward to continuing to work with you in my new role. I also look forward to getting to know those of you whom I have not yet had the pleasure of meeting in the near future.

This is a very interesting time for me and I am really excited about joining the network and supporting you all and the invaluable work that you all do. Whilst it will undoubtedly take me a little while to get to grips with everything that is going on in Worcestershire at the moment, I will do my best to make sure that you all receive the high level of support and information that you are used to receiving from Jane Taylor.

Having worked alongside Jane at Community First for the last 3 years, I know what busy shoes I am stepping into and that she will be a very difficult act to follow as I am sure that you are all aware of how conscientious and hard working she is.

As my first task as the new Mental Health Development Officer, I would like to take this opportunity to thank Jane for her dedication and the enthusiastic approach that she has shown during her time in the role. This has made it so much easier for me to grasp the complexities of the work. I am sure that Epic will now benefit from that and the raft of other skills and attributes that Jane will take with her into her new role with EPIC as the project Co-ordinator for their new mental health service.





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Do you sometimes feel isolated, stressed or in need of information?



Are you one of the 57,000 people in Worcestershire who spend time every day caring unpaid for relatives or friends who are ill or disabled?

You are not alone!

By calling 0300 012 4272 at any time, carers can get specialist support from the Carers Action Worcestershire (CAW) team.

AS well as the 24-hour helpline, CAW also provides support groups, practical courses and newsletters, vital for helping carers build friendships and stay healthy.

From this spring, we will launch Talktime, a friendly phone support service for home-bound carers.

The three organisations in the CAW consortium are Worcestershire Association of Carers, Redditch Carer's Careline and Crossroads Care Worcestershire. Many of our own staff and volunteers are carers and they bring this experience and compassion to the work they do.

For more information, ring 0300 012 4272 or email mail@carersworcs.org.uk



WORCESTER CASH
COMMUNITY • ADVICE • SUPPORT • HELP

For Free, Independent and
Confidential Money Advice
call: **01905 27001**

On 7th April 2011 there was a big feature on the BBC website outlining the increase of mental health issues and the link with money worries.

Worcester CASH is actively helping people throughout Worcestershire to address their money worries and is particularly experienced in helping people who are also struggling with mental health and stress-related issues.

- To know more about the work of Worcester CASH or to volunteer your support contact supporter@worcestercash.org.uk
- For advice or information from Worcester CASH contact adviser@worcestercash.org.uk

** Money woe 'fuels depression rise' ** Economic problems may be fuelling a rise in depression in England, where use of anti-depressants is up by more than 40% since 2007.

www.bbc.co.uk/go/em/fr/-/news/health-12986314



Joint Commissioning Unit Information & Advice Strategy Questionnaire

In case you have not yet received or completed one, below is a link to a questionnaire which will help to inform the Information & Advice Strategy currently being developed in the Joint Commissioning Unit at Worcester County Council. They need to find out what information service/non service users and carers might need now and in the future, where they would access that information from etc. The deadline has recently been extended to 29th April to give you time to respond.

I am sure you would agree that this is a valuable piece of consultation.

www.worcestershire.gov.uk/researchweb/acs/advice.htm





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Worcestershire **NHS**
Primary Care Trust

EPP Self Management Programme

EPP Self Management helps people with long-term conditions maintain their health and improve their quality of life. It is a free course that helps you to take control of your condition and make a difference to your life.

Who is the course for?

Anyone who is living with a long-term health condition, regardless of what it is. People with conditions such as arthritis, heart disease, MS, ME and diabetes.

What does the course offer?

It is about learning important skills to:

- Manage your symptoms
- Deal with stress, depression and low self-image
- Manage pain
- Develop coping skills
- Relax
- Eat healthily
- Work more closely with those caring for you
- Plan for the future

“It made me re-assess my condition realistically”

“I have learned skills that have made a real difference to my life”

What does it cost?

Nothing except a commitment to attend the sessions.

How long does the course take?

Six sessions, each lasting 2 hours (including breaks). It is very varied.

How is the course different from hospital patient education classes?

Hospital classes give important information about how to cope with your particular condition. This course complements that information and gives you the chance to find out what you can do for yourself. The training is led by people who themselves have a long-term condition.

What if my worries are different to other people?

Experience and research has shown that, whatever your condition, the things you have to deal with on a day-to-day basis are similar - for example tiredness and pain and difficult emotions such as anger and frustration. The course gives you the opportunity to put into practice the skills you learn with the support of others who are facing similar challenges.

How do I find out more?

For more information about an EPP Self Management course in Worcestershire please phone Sarah Taylor on 01905 733226, for a list of dates and venues or contact EPP directly on 01527 507055.



Community First, Malvern View, Willow End Park, Blackmore Park Road, Malvern, WR13 6NN
T: 01684 312730 F: 01684 311278 Email: info@comfirst.org.uk Web: www.comfirst.org.uk

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COMMUNITY ACTION WYRE FOREST

Anger Management Workshop

This workshop is for those who work with people, either colleagues or clients, who have anger management issues or those who have difficulty controlling their own anger or find it hard to express their emotions effectively

Sometimes there's no getting away from the people, situations or things that drive you mad. The only thing you can do is learn to manage your response to stay in control at times of stress or encourage others to do so. This course will teach practical relaxation techniques to keep you calm. You will look at the causes of your anger and uncover the most effective way for you to keep your cool.

Course Overview

- What is anger?
- How we respond to anger
- Learn emotion triggers and responses
- Cognitive restructuring: new ways to think and respond
- Cope with escalating states of anger by recognising and acting on symptoms
- Effective problem solving routines
- Introduce a cognitive behavioural approach to assist when times get tough
- Managing anger in others
- Positive self statements
- Physical relaxation techniques: breathing and exercise
- Understanding internal and external stressors



What will I get out of it?

- Understanding of how to manage anger for more positive outcomes
- Practice new ways to remain calm in times of high pressure or stress
- Self understanding to identify the root causes of anger
- Improved relationships at work and home
- Relaxation techniques to regulate the physical symptoms of anger
- Assertiveness skills to combat anger in others and achieve objectives

Date – Tuesday 19th April 2011

Time – 9.30am – 1.00pm

Venue – Community Action Wyre Forest, Burgage Lodge, 184 Franche Road, Kidderminster, DY11 5AD

Email training@communityactionwf.org.uk for a booking form

In recognition of the current economic climate this course is being offered for the low price of £20.00 which includes a delegate pack

At this price places are bound to go quickly and numbers are limited so book early.

Any further information needed ring Anne on 01562 862757





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rethink

Mental Health Action,
Worcestershire

Fun Day



**Saturday 30th
April
11am - 3pm**



This event is being hosted by Mental Health Action, Worcestershire, if you would like any further details or would like to get involved please contact Bridie or Rebekah on 01905 616196 or mhactionworcs@rethink.org.

If you would like to become a member of MHAW the only requirements are that you yourself have a mental health illness or you know someone who has. Being a member means you can attend meetings and forums where you can have your say about the mental health services in Worcestershire and try and make a positive impact on these services with support from our staff. You can also become a member if you would simply like to receive our quarterly newsletter or regular updates on training opportunities and changes to your local services.

Membership is completely free!

time to change

let's end mental health discrimination

Boat Rides



**Hampton Ferry
Boat Lane
Evesham
WR11 4BP**

Kids Corner





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Inaugural Faith Forum Meeting

You are cordially invited to the Inaugural Faith Forum Meeting on Wednesday 11th May, 10am – 3.00pm at The Council Chamber, Redditch Town Hall.

The Faith Forum is a new venture that we hope will facilitate both a greater understanding and dialogue between faith groups and generally within our community.

Redditch Borough Council's involvement with the establishment of a faith forum is one of a facilitator and of general support, we would hope that following our initial meetings the forum would support a multi faith ceremony held at the Morton Stanley Festival on the morning of Sunday 21st August (last years event attracted 7000 visitors) and also support a celebration event in November to support Inter Faith Week. We would hope that during Inter Faith week we could engage with local schools and the community in general in celebration of faith within our community.

The forum meetings will provide the opportunity to engage with your peers and to advertise your organisations activities within a local forum.

It is envisaged that the forum will meet on a bi monthly/quarterly frequency.

We very much hope that you will be able to attend our first meeting and to assist us forge a strong local forum for the future.

For further information and to book a place contact Sarah Kelsey on 01527 64252 ext: 3527

It's All About Recovery

So what does Recovery mean to you?

It does not refer to getting rid of symptoms or in other ways "always getting back to normal" "Recovery is a unique journey – a meaningful mystery tour to reclaim/recover past skills and dreams and discover new possibilities, dreams and a sense of self..." (Group of Worcestershire service users)

It may well be that you already deliver services that are recovery focused, but if not it is always worth challenging ourselves to find out if we can do more. Challenge often brings opportunity along with it..

The BIG Recovery means a BIG enhancement of the service user/patient experience

- Truly individualised care
- True partnership between staff and user
- Staff who know how to actively listen and ensure users' views are integral to their care plans
- Care plans unique to the individual. Treatments and interventions fully agreed between parties and evidence based, holistic assessment taking into account peoples' housing, leisure, employment, educational, social, health and future aspirations
- Treatment/support that is timely, evidence based and supports people to get their lives back quickly
- The ability to try things that might be deemed conventionally "risky"
- Users feeling able to manage their own symptoms
- Employment opportunities within the trust and the wider community
- Peer mentors to support and listen to users currently in services
- Users feeling confident they can access services before they get too poorly
- Users feeling valued

(Taken from "The BIG Recovery. New ways of thinking to aid Service Users' mental health recovery in Worcestershire Mental Health Partnership Trust": The Case for the Big Recovery)

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Crossroads Fever ☺

To promote “Wellness Works” staff from Crossroads Care Worcestershire have formed a dance group. The group at present consists of an admin lady (Pamela Smith) care staff (Ann Donaghue and Sue Hancox) a Team Leader (Jenni Prescott) our in house Training Coordinator (Anita Fish), her daughter Kathryn and an Assistant Manager (Helen Simmons) There is also strong interest from other staff to get involved.

The seven ladies who have been described in a recent Theatre Programme as “Compelling, dazzling and explosive” have already performed on stage at the Artrix Theatre in Bromsgrove. They have danced at a Hotel for a private party and a surprise event in a Public House.

Helen Simmons commented “The dancing has certainly brought a renewed sparkle into people’s eyes. We look forward to our rehearsals although it is a bit of a nightmare as I don’t know my left from right ☺

We have been asked to dance at a wedding, perform to some of our service users and at Pizza Express where the Manager kindly will donate some of the proceeds from the evening to Crossroads.

We don’t mind where we perform and are open to all kinds of opportunities.

We feel the public has been missing out until now!!

We have perfected (if that’s what you can call it) two dances and are working towards the third. Another brain wave will be to develop a dance around the “Crossroads Motel” theme tune as a way of promoting Crossroads as well as having loads of giggles.

We do not take this at all seriously and if we make mistakes then so be it, but the fun element, promoting Crossroads and the smiles we can put on people’s faces is what it’s all about”



For more information
contact Helen Simmons on
01905 670465

Nintendo Wii wanted for an Adult Inpatient Ward

Does anyone have a Nintendo Wii that is no longer required, or if anyone knows of one that is sitting idle. One of the adult inpatient wards had their Wii stolen and the patients are desperate for a replacement. If you can help please contact Chris Marsh on 01905 681612 or email to

christine.marsh@worcsmhp.nhs.uk





Situations Vacant



Onside Independent Advocacy

A voluntary organisation promoting the rights and interests of people facing disadvantage

Volunteer Project Officer

20 hrs per week

SC P 22- 24 £19,621- £20,858 pro rata

To promote and develop the involvement of volunteers in our work with vulnerable and marginalised people in the community

You will need experience in working with volunteers and the skills to involve those from underrepresented groups, excellent communication skills and an empowering approach with a commitment to equality and inclusion and the ability to work well within a team.

Closing date: Friday 15 April 2011

Mentoring Support Worker Ref: MHE02/11

Part time posts available

SCP 16-19 (£16,440-£17,802) pro rata

Do you share our passion to create a more inclusive community?

Funding for a new project means we are seeking new members to join our team. You will need an understanding of issues affecting adults who are vulnerable or face disadvantage, particularly those who have experienced mental ill health and have some experience in a role involving mentoring/enabling, excellent communication skills and an empowering and positive approach

For an informal discussion contact: **Kate Harvey on 01905 27525**

Closing date: Friday 15 April 2011

Co-ordinator LifeLinks- Autism

20 hours a week

pro rata (SCP 25 – 27 £21,519 - £22,958)

Funding for a new project means we are appointing a coordinator to join our LifeLinks team.

LifeLinks promotes and supports community involvement and engagement for people facing social isolation. This role recognises the particular challenges facing people with Aspergers and other forms of autism. In addition to providing direct support to service users the coordinator will support families and carers, and encourage good practice within the Organisation.

For an informal discussion contact: **Kate Harvey on 01905 27525**

Closing Date: Friday 22 April 2011

For further details on either post and an application pack contact:

Jo Smith on 01905 27525

Email: recruitment@onside-advocacy.org.uk

Or visit our website www.onside-advocacy.org.uk



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Situations Vacant

**Age Concern Herefordshire and Worcestershire are on the hunt for
- SPECIAL SOCIAL CARE TRAINERS-**

Are you a trainer who is knowledgeable, dynamic and extremely reliable?
If so we want to hear from you.

We require suitably qualified and experienced Associate Trainers who will be available for occasional training delivery, as and when required, to help us to meet the increasing demands of our new and existing contracts.

You must have relevant social care experience and qualifications and be PTTLLs trained (or hold an acknowledged equivalent).

We offer competitive rates of pay and mileage. Particular areas of interest are:

Dementia Care, Safeguarding, Moving & Handling, First Aid and CIEH Food Hygiene.

However, we are always looking to extend our training range so let us know what you have to offer!

Simply call Sonia D'Arcy on 01905 740950 or send a copy of your CV to sdarcy@achw.org.uk

Website of the Month

www.robertsoncooper.com/i-resilience/

The new *i-resilience* report and online resources form the first integrated set of resilience tools that is free to use and will allow you to download your own personal report for information. So if you're interested in this business critical area try *i-resilience* today. If you find it useful you can use it for free throughout your organisation!

“ I appreciated the simplicity of the resilience questionnaire and the detailed, sensible report that fed back my tendencies and areas for building up..this reflection is helpful when coping with the run of demands faced through the working week. ”



**This LINK BULLETIN was produced by
Amanda Wright and the Mental Health
Link Network.**

To subscribe to the BULLETIN contact Amanda Wright, Mental Health Development Officer at Community First, Willow End Park; Blackmore Park Road; Malvern; WR13 6NN; 01684 312754; amandaw@comfirst.org.uk

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