

The Information Bulletin from the Mental Health Link Network

Free VCS Members Training in Equality and Diversity

March 3rd 2011, 10 am until 3.30pm at Perdiswell Young Peoples Leisure Club,
Droitwich Road, Worcester,

Course Outline

This introductory training course helps managers and staff to understand the business case for diversity in rural areas such as Worcestershire, and enables them to assess the extent to which their own organisation is compliant with current legislation in relation to the six strands of diversity, as well as the new strands identified in the 2010 Equality Act. It will also explore how compliance with diversity and equalities' legislation focused upon the public sector is necessary for Third Sector organisations bidding for public sector contracts and Service Level Agreements.

Participants will also develop their understanding of how to use monitoring and evaluation to improve inclusivity in employment and service delivery. The training will use interactive and group learning techniques, and exposure to Powerpoint will be limited to the internationally agreed boredom standards!

The Trainer

Dr. Simon Taylor: has delivered Diversity and Equality training programmes in the UK, France, Germany and Southern Africa. He currently leads the University of Warwick's programme in Managing Diversity and Equality, and at Fircroft College he runs the National Training Skills programme for Mencap England, Cymru and Northern Ireland. He has been a councillor in local government, and is active in the voluntary and community sector in Shropshire.

To book your place please contact Andrea Cooper: andrac@comfirst.org.uk
Places are limited to 2 per organisation.





Public Health White Paper: Healthy Lives, Healthy People

The Government's new Public Health White Paper: Healthy Lives, Healthy People, outlines a radical shift in the way we tackle public health challenges. The forward states "We have to be bold because so many of the lifestyle-driven health problems we see today are already at alarming levels. Britain is now the most obese nation in Europe. We have among the worst rates of sexually transmitted infections recorded a relatively large population of problem drug users and rising levels of harm from alcohol. Smoking alone claims over 80,000 lives every year. Experts estimate that tackling poor mental health could reduce our overall disease burden by nearly a quarter".

Visit our website for the full report: <http://tinyurl.com/66zfcql>



COMMUNITY ACTION WYRE FOREST

Social Firm Launched in Kidderminster

An organisation set up to help people with mental health barriers get into the workplace was successfully launched in Kidderminster. Community Action Wyre Forest (CAWF) launched the first social firm - a business that reinvests profit back into the company for a social or environmental purpose - in Wyre Forest on 20th January 2011 at the town hall. For more information go to

<http://tinyurl.com/67ko6ub>



Police community fund donates to local Charity

Left - Natalie Setter: Right - Project manager Wendy Wallace

Local Charity 'The Basement Project' received a generous donation from the Police Community Fund of £300 on The 31st December 2010.

The Donation was awarded from a bid made by an ex client (Natalie Setter) of the charity who was housed and supported by the Basement Projects Private tenancy service a few years earlier.

Miss Setter heard of the funding through colleagues where she works in reception in a local police office.

She then wrote and submitted the bid because of the support she received to get housed.

'The Basement Project really helps out young people in Bromsgrove including myself'

'I've always believed that they are a worthwhile service that is important to the Area, which is why I felt so strong that they deserved the donation'

Project manager Wendy Wallace said 'I can speak on behalf of all the Basement Project, a huge thank you to you and your colleagues and for all the support you have given us.'

'Natalie is an inspiration and sends a real positive message for young people in Bromsgrove.'





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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

Think Local, Act Personal – partnership agreement confirmed as the future direction of social care published

Twenty-four leading national organisations, including umbrella bodies that represent a large number of providers from the private, independent, voluntary and community sectors, are among the first to endorse this new document. The finalised agreement is available on the Putting People First website

www.puttingpeoplefirst.org.uk

Think Local, Act Personal – the sector-wide statement of intent that makes the link between the government's new vision for social care and *Putting People First* - has now been finalised as the way forward for personalisation and community-based support. This document was originally released for comment at the National Children's and Adult Social Services conference in November 2010. It asserts that councils, health bodies and providers need to work more collaboratively to personalise and integrate service delivery across health and adult social care; and make vital public funding go further.

A Label for Exclusion Support for alcohol-misusing offenders

The development of alcohol interventions for offenders is a challenging area with implications for both health and criminal justice agencies. Effective responses are complicated by the fact that, unlike drugs, the use of alcohol is both legal and widely socially sanctioned and that there are complex links between alcohol misuse and offending. This policy paper identifies areas and practical examples of how, in a changing and uncertain policy and commissioning landscape, the joint commissioning and delivery of alcohol interventions for offenders in the community might be productively developed. To download the full report go to:

<http://tinyurl.com/68knuc5>





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Primary Care Trust

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county council

Worcestershire 
Mental Health Partnership NHS Trust

Transforming Community Services: Questions & Answers

What is 'Transforming Community Services'?

Transforming Community Services is the name given to the project that will see the creation of a new NHS trust in Worcestershire. This new trust will provide the vast majority of the services currently managed by Worcestershire Primary Care Trust's Provider Arm, as well as all those currently provided by Worcestershire Mental Health Partnership NHS Trust.

How will this impact upon services?

Transforming Community Services concerns organisational change, rather than change to services themselves, so patients and service users will not see any immediate change. However, it is felt that combining the services in a new Trust will make it easier for patients to access the healthcare services they need.

What about the remaining Primary Care Trust services?

A small range of services such as breast screening and some of the specialist nursing services (COPD Service, Diabetic Service, Heart Failure Service, TB Nursing Service and Wyre Forest Rheumatology Service) will transfer to Worcestershire Acute Hospitals NHS Trust, as will management of the Wyre Forest GP Community Unit at Kidderminster Hospital. In addition, management of the staff involved in the provision of elective surgery at Tenbury and Evesham community hospitals will also transfer to the Acute Trust.

NHS Worcestershire, which is the Commissioning Arm of Worcestershire Primary Care Trust, will continue to have overall responsibility for healthcare in the county, and will work closely with local GPs to assist in the establishment of the GP consortia who will be taking responsibility for commissioning local health services under new Government plans for the NHS.

When will this work take place?

The target is for the new Trust to be created on 1 April 2011 but this will depend upon the appointment of a Chair and Chief Executive for the new Trust. These posts have been advertised and a final decision on timescale will be taken in early February.

What's happened so far?

A Project Team and a Project Steering Group have been established to take forward the work. The participants include an independent Chair, staff, patients/ service users, carers and senior managers from Worcestershire Primary Care Trust, Worcestershire Mental Health Partnership NHS Trust and Worcestershire County Council.

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Mental Health Partnership NHS Trust

Who is affected?

The transition involves all the staff currently employed in Worcestershire Primary Care Trust's Provider Arm and by Worcestershire Mental Health Partnership NHS Trust. This includes members of staff who are seconded to Worcestershire County Council, as well as staff seconded from Worcestershire County Council to either trust.

Do I get a say in this?

Whilst the change itself has been agreed we are committed to ensuring users of the services affected and carers have a say. We will be holding a number of events in February and March across the county and we would like you to participate.

These events are:

Wednesday 9th February: 10am to 12noon, Kidderminster Town Hall

Thursday 17th March: 6pm to 8pm, Evesham Hospital: Training and Development Centre

Thursday 24th March: 1.30pm to 3.30pm, Perdiswell Young People's Leisure Club, Worcester.

To book a place at one of these events email communications@worcestershire.nhs.uk or for any more information please contact **01905 681609**.

Worcestershire 
Mental Health Partnership NHS Trust

Family Work in the Journey to Recovery

An invitation to Service Users and Family Carers for Friday 4th March 2011, 9:30 to 15:00
Charles Hastings Education Centre, Worcestershire Royal Hospital, Worcester, WR5 1DD

When a family member becomes unwell all members of the family are affected. Family Work aims to reduce the stress that accompanies mental ill health and boosts the family's existing coping skills. There is a strong evidence base which shows that Family Work reduces relapse rates and reduces hospitalisation.

This event aims to bring together people who are interested in the Journey to Recovery.

Key note Speakers:

Dr Grainne Fadden, Director of the Meriden Family Programme.

The Meriden Programme is a large-scale training and organisational development initiative. Its aim is to train staff in delivering evidence-based family interventions. Dr Fadden is a Consultant Clinical Psychologist who has worked in the area of family work throughout her career, in clinical practice research, training and more recently in relation to influencing organisational change to incorporate family work in services.

George and Michele Gladden

We are very privileged that George and Michele have agreed to talk about their experiences as parents and how Family Work has helped their whole family in the Journey to Recovery.

If you would like to attend please contact Sarah Taylor Email Sarah.Taylor@worcsmhp.nhs.uk

Telephone 01905 733226 or mobile 07919 596 823.





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YOU ARE INVITED TO...

The Fold Care Farm



The Fold

The Fold,
BRANSFORD
Worcester WR 6 5JB
Telephone: 01886 833 633
email: info@thefold.org.uk
www.thefold.org.uk

OPEN DAYS

Tuesday 5th April & Wednesday 6th April
11.00am for 11.30 tour - to include a delicious light lunch.

Are you interested in meaningful work in a safe, supported, environment?

This will be an ideal chance to:-

- See the opportunities of the farm.
- Discuss the value of care farming and how it works.
- Meet with a representative of Care Farming West Midlands.
- Find out details about taster days and enrolling.

The benefits for participants include:-

- Increased confidence, social interaction and group skills.
- Improved physical and mental wellbeing.
- Development of routine, self-reliance and a sense of achievement.
- Learning to grow vegetables, herbs and cut flowers using organic methods.
- A freshly prepared healthy 'Fold' lunch each day.

Please bring suitable clothing and footwear subject to the weather.

RSVP to Karen Johnson on 01886 833633 or carefarm@thefold.org.uk

Please come in via 'The Care Farm' entrance, which is about 60m east of The Fold's main entrance (towards Worcester) 3 miles west of Worcester on the A4103 rd to Hereford.

See www.thefold.org.uk/carefarm for more information.

The Fold Bransford c.i.c. Company Reg No 6226374
Sustainability Creativity Health

This project is supported under the England Rural Development Programme by the Department for Environment, Food and Rural Affairs and the European Agricultural Guidance and Guarantee Fund





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Mental Health Action, Worcestershire

Mental Health Action, Worcestershire are a representation and support service for service users and carers across Worcestershire. MHA recognise the value of our members' wealth of experience of mental health issues and services and draw from these to provide support for service users and carers alike. We disseminate information regularly regarding updates, training opportunities, legislative changes and anything else we feel may be of interest. We also signpost members to organisations and events that may aid their recovery journey. The only criteria to become a member is that someone you know has, or you yourself have, had experience of mental ill health.

2011 has seen three new members of staff join the service. One of these members of staff is responsible for organising events and forums. These forums also provide an opportunity for service users and carers to voice their opinions and concerns regarding issues that are important to them. This year we have 36 forums planned across the county, these will include various speakers expanding on topics that our members have identified as areas of interest.

We publish a quarterly newsletter, containing information regarding events being held across Worcestershire, poems, art and articles from our members, updates on relevant legislation and service changes as well as articles from stakeholders and other bodies.

If you are interested in becoming a member of Mental Health Action, you can pick up a membership form from the Angel Centre in Worcester; email mhactionworcs@rethink.org or call 01905 616 196.

rethink



For better
mental health

Mind survey on changes to DLA

Mind are carrying out a survey on the Government's plans for Disability Living Allowance. They will use the survey results to inform their response to the consultation.

Fill in the survey here: <http://tinyurl.com/6gz8o5r>

Re-ablement Grants Awarded in Worcestershire

Over a million pound has been awarded across several organisations as a result of the recent Worcestershire County Council Re-ablement Grants. These 3 year grants will fund providers to deliver recovery focused Re-ablement services for clients with mental health problems. Under the Re-ablement service, Community Mental Health Teams will refer into a new "hub". The hub is made up of a small number of staff who will work across the county to support clients to look at all the options open to them and consider which services can best meet their needs. The Re-ablement grant aims to open up and support the development of a community based provider market in preparation for the growing development of personalised services for mental health clients. For details of which organisations were successful go to: <http://tinyurl.com/6kb3aou>

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

Community First is the Community Council in Herefordshire and Worcestershire. It is a Company Limited by Guarantee (England and Wales), a registered Charity and a member of ACRE. Charity No 703072 Company No 2504158





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It's all about Recovery!

Starting this month the Link newsletter will have a new regular article called "It's all about Recovery!" In this section we will shine the spot light on all things recovery based including national and local developments, tips and resources.

This month the Mental Health Partnership Trust launched their Big Recovery programme which aims to develop new ways of thinking to aid Service Users' mental health recovery in Worcestershire Mental Health Partnership NHS Trust.

Recovery focused groups, which will be attended by members of the MHLN, have been set up to look at:

- Recovery and Work Force Development
- Recovery and Service User Involvement
- Recovery and Strategy and Organisational Culture

This work programme will be on-going for the next couple of years and if you would like more information contact jane@comfirst.org.uk

Some of you may already be experts in Recovery based services and practice but if you're not have a look at these Top Tips to get you thinking! <http://tinyurl.com/64qmlst>

And if you're not sure what Recovery is really all about then have a look at the document "How to Put Recovery at the Heart of What We do". <http://tinyurl.com/64qmlst>



Photo taken at the Big Recovery Programme Launch on 1st February 2011



Governments New Mental Health Strategy 2011 **No health without mental health: a cross-government mental health outcomes strategy for people of all ages**

This strategy sets out six shared objectives to improve the mental health and well-being of the nation, and to improve outcomes for people with mental health problems through high quality services. It supports the Government's aim of achieving parity of esteem between physical and mental health. The interconnections between mental health, housing, employment and the criminal justice system are stressed .. To read more visit <http://tinyurl.com/63vepts>



Are our GPs ready to juggle a multi-million pound NHS budget?

As GPs prepare to take over multi-million NHS budgets the burning question on everyone's lips is: are they up to the job? The short answer is they will have to be, because by April 2013 the rather utilitarian-sounding GP consortia will be statutory bodies responsible for the health of millions of people, including more than 550,000 in Worcestershire. To read the recent Worcestershire News article discussing GP consortia in the county visit <http://tinyurl.com/6ap4mne>



The Trunk's £118K Mental Health Boost

Bromsgrove residents with long-term mental health conditions were given a boost this week when it was announced EPIC, which runs The Trunk in Charford, is getting a £118,740.11 grant. The cash, a three-year strategic grant, has come from Worcestershire County Council's Voluntary and Community scheme and it is anticipated more than 85 people a year will be helped by the funding.

The cash will provide 'opportunity pods' for people with long standing mental health conditions to integrate into communities. People with mental health conditions will be referred to the centre and staff, liaising with community mental health teams, will put together support packages tailored to the individual's needs. The help will give those people using the project a pathway back to living a normal life, whether that be going out to places, undertaking voluntary work or getting back into full-time employment.

That grant is part of £1.3million funding provided by Worcestershire County Council's VCS scheme. A provisional total of £1,286,312 is funding community support services for people with mental health problems and £52,262 has been awarded for schemes which help older people or celebrate cultural diversity.

For more information about the new scheme contact Debbie_epic@yahoo.co.uk

So what is Mindfulness anyway?

Many people find it hard to cope with the pressures of modern living. Every day, a quarter of a million people miss work because of stress, with 75 per cent of all illnesses thought to be stress-related. And when times are hard, it can be difficult to see the light at the end of the tunnel.

Mindfulness is a way of paying attention to the present moment, using techniques like meditation, breathing and yoga. It helps us become more aware of our thoughts and feelings so that instead of being overwhelmed by them, we're better able to manage them. To read more about Mindfulness check out the website below

http://www.bemindful.co.uk/about_mindfulness





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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 PTTs 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

<http://www.mentalhealth.org.uk/information/mental-health-a-z/recovery/>

What is Recovery?

In mental health, 'recovery' has a range of meanings and does not always refer to the process of complete recovery from a mental health problem in the way that we may recover from a physical health problem. For many people, the concept of recovery is about staying in control of their life despite experiencing a mental health problem. Professionals in the mental health sector often refer to the 'recovery model' to describe this way of thinking.



***This LINK BULLETIN was produced by
Jane Taylor and the Mental Health Link
Network.***

To subscribe to the BULLETIN contact Jane Taylor, Mental Health Development Officer at Community First, Willow End Park; Blackmore Park Road; Malvern; WR13 6NN; 01684 312755; jane@comfirst.org.uk

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