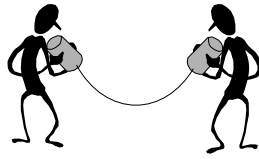


GETTING INVOLVED NEWSLETTER



Issue Two

December 2006



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Gloucestershire Partnership **NHS**
NHS Trust



Hello and Welcome to the December Issue of Getting Involved Newsletter, we hope it contains information that is useful to you.

New Mental Health Charity in Gloucestershire



Carers, doctors, nurses, friends and people with mental illness joined together for Grippers first fund-raising event a sponsored walk along Sharpness Canal in October '06. The event raised £ 2000 for the charity that was founded in August 2006 by a group of carers of people suffering from psychosis.

Grippers derives its name from GRIP - (Gloucestershire Recovery in Psychosis) who provide treatment and support to people with first episode psychosis.

Grippers aims to

- To raise and provide money to support people recovering from mental illness
- To raise awareness of psychosis in young people

Trustees meet regularly to manage the funds. There is also a wide group of friends and supporters. New supporters are welcome.

To add your name to the mailing list, or to donate money, please contact Andrew Sabourin, Chantry, Ampney Crucis, Cirencester, GL7 5RZ Tel: 01285 851515.

Please make cheques payable to 'Grippers' and indicate whether the Charity can claim Gift Aid.

The early stages of psychosis can include mood swings, irritability and inability to concentrate. This can progress to hallucinations, especially hearing voices. If you or someone you know is experiencing psychotic symptoms for the first time then contact the GRIP team on 01242 521319 or visit www.gripinitiative.org.uk for more information.



Chief Executive Appointment Latest News!!

Robert Maxwell, Chair of Gloucestershire Partnership NHS Trust has announced the appointment of Shaun Clee as the new Chief Executive for the Trust. Shaun has more than 28 years experience in the NHS. He originally trained as an Registered Mental Nurse , working as a clinician for ten years before moving into management in 1990.

During his career, he has been responsible for a number of high performance and innovative services. In 1989, he jointly ran one of the early crisis intervention services and in 1999, integrated community mental health services into a 'One Stop Shop for Health'. This initiative won the best primary care development project that year.

He has led mental health services in South Warwickshire for the last six years, achieving three star status two years running. Shaun's appointment date has yet to be confirmed.

Angela Lewis one of four service users and carers involved in the recruitment process for the new Chief Executive has written about the experience.

'When I was asked if I would be willing to take part in the interviews for the post of a new chief executive, I felt honoured and also a sense of responsibility to service users and carers to make the right judgements.

Before the day for the interviews arrived, I tried to do my 'homework' using the internet, but also knowing that when talking to the interviewees all my preconceptions could change.



On the day of the interviews, everyone concerned met up in the conference room, for a briefing on how the afternoon was to be organised, and what was expected of us.

Our group facilitated by Kathy Holmes, was one of six discussion groups that prospective candidates had to visit during the afternoon. Each interviewee spent 20 minutes with each group. Following this Robert Maxwell met with all the groups individually and made notes on their comments about each candidate.

The whole experience was one I enjoyed and hopefully I along with the other service users and carers involved have helped to make the right decision on the appointment of the new chief executive. The experience has shown me that service users and carers can play a part in the appointment of staff, and that other members of the trust do value our opinions and takes us seriously.'

For your information Shaun Clee was chosen by the Service User and Carer group as the preferred candidate for the post.



Carer Support and Education Groups

Carer Education Groups are one of the best ways of providing support and information to carers. The quotes below from carers that have attended Carer Education groups in Gloucestershire show just how much they value them.

It was definitely better than I expected - For me it was just what I needed.'

'We were able to ask so many questions during the sessions.'

'Meeting with the same caring people each session ... the trust and humour it engendered was a tonic.'

The Trust often works with local Alzheimer's Society branches to deliver the seven weekly sessions covering topics such as understanding dementia, dealing with challenging behaviour, managing stress, carers rights, services and treatments available, looking after yourself and planning for the future. If you care for someone with dementia contact your local Alzheimer's Society branch who can advise you of further support available for people with dementia and their carers. For details of the next carers education course for carers of people with dementia in your area please contact Kathy Holmes, Carer Participation Worker on 01452 891612



The Mental Health Carers Support Team at Carers Gloucestershire is planning to run three groups in the New Year for carers of people with severe mental illness. Staff from the Trust will be delivering some of the sessions covering treatment, recovery, medication and coping with difficult behaviour. The carers team will run sessions on what is mental



health, carers rights, carers needs, looking after yourself and next steps.

Location	Venue	Dates (6.30pm-8.30pm)
Stroud	Park House Mental Health Resource Centre, Park Road	Every Thursday Starting 11 January 2007
Gloucester	Carers Gloucestershire 3 Pitt Street	Every Wednesday starting 7 February 2007
Cheltenham	Worcester House, Pittville Circus Road	Every Monday Starting 5 March 2007

Each of the groups will run for eight weeks. For further details or to book a place please contact Carers Gloucestershire on 01452 386283.

Moving Forward Courses

"I have achieved my aim of being a more focused person. Just turning up for class strengthens my self-discipline and is a positive start to my week." Gill has just finished her first term on a Moving Forward course.

Do you want to move on? Then start moving forward. That is the message from GLOSCAT staff running 'Moving Forward' courses in Gloucestershire. The courses have a strong focus on confidence building and developing new and existing skills. The courses are held on Mondays at Brunswick Campus in Gloucester and Thursdays at Gloscat in Cheltenham, 9.15am - 12.30pm for 3 x 10 week terms. The next course starts 8th January in Gloucester and 11th January in Cheltenham. For more information please telephone 01242 532130.



Stress Management Workshops

Are you having difficulty coping with stress? Then why not join a stress management workshop. The course is made up of 6 workshops. Each week will focus on helping you to understand stress better and how it affects your life. Students will learn new coping skills such as relaxation, time management and problem solving techniques. Students will be encouraged to think about what they might like to do to relieve stress and how to achieve changes. The course promotes a healthy lifestyle as a stress measure. The course aims to help you control your stress rather than it controlling you!

Are you interested in Getting Involved in Research or other projects? Would you like to be able to search for information on the internet, send emails and learn to write letters on a Computer? If so then we have the course for you. Gloucestershire Partnership NHS Trust has arranged with GLOSCAT to deliver 5 weekly lessons to improve your confidence in using a computer.

The course will run take place from 1pm-3pm, every Thursday from 11th January until Thursday 8th February 2007 at

Gloucester Clubhouse, 17 St Mary's Square
Gloucester. GL1 2QT.



For further details or to book a place please contact Kathy Holmes on 01452 891612 or complete and return the booking form at the end of this newsletter.



Care Programme Approach (CPA) National Review Consultation Workshop

The Department of Health together with the Care Services Improvement Partnership (CSIP) have launched a consultation called 'Reviewing the Care Programme Approach. It is important that service users and carers views and experiences are captured to inform the future direction of CPA policy in mental health care. The workshop will be a mixture of education, information sharing and opportunities for participants to make recommendations for future practice.

Tim Coupland, CPA coordinator for the Partnership Trust will be facilitating the workshop. The workshop will take place between 10am and 4pm on 5th January 2007 at Redwood Education Centre, (near Wotton Lawn Hospital) Gloucester Royal Hospital, Horton Road, Gloucester. Travel expenses will be paid
Lunch and refreshments will be provided

To book a place please complete the booking form at the back of this newsletter or contact Joy Callum on 01452 891609 or joy.callum@glos.nhs.uk

CPA and Recovery Awareness Sessions

Wednesday 8th March 2007

10.00-12.30 - CPA

01.30-04.00 - Recovery

The Montpellier Unit, Wotton Lawn Hospital, Gloucester

The morning session is for service users and carers who are interested in finding out more about CPA - Care Programme Approach, which is the system used by mental health services to assess people with mental illness. In the afternoon we will explore what we mean by 'Recovery'. Service users and carers



can choose to attend just one of these sessions or both if they wish. Those attending for the whole day will need to bring a packed lunch. To book a place, please contact Joy on 01452 891609 or joy.callum@glos.nhs.uk

Crisis & Home Treatment Workshop for Service Users and Carers

7th February 2007 at The Montpellier Unit, Wotton Lawn Hospital, Gloucester

As part of the recent 'Getting Involved' training service users and carers were asked to choose an area of the service they were interested in and to do a presentation on what they felt was good/bad about that service and to make recommendations for the future. One of the areas they focused on was Crisis and Home Treatment. Would you like to hear their presentation? Do you have views on Crisis services? Crisis and Home Treatment Team Managers in Gloucestershire are keen to hear your comments and ideas and to explain the purpose and direction of Crisis services in Gloucestershire.

Places are limited -to book a place please complete the booking form on the back page of this newsletter or telephone Kathy Holmes 01452 891612



Patient and Public Involvement Forums

The Gloucestershire Partnership PPI forum is an independent organisation established by the Government to help ensure that as a patient, or a member of the general public, the people who make the decisions about your local healthcare hear your views.

If you like to see an improvement in health care in your local area and you are either

interested in mental health,
involved with learning disabilities,
a patient or carer or
willing to talk about health issues

Then contact the Gloucestershire Partnership PPI forum on 01452 859000 or email fso@scout-enterprises.co.uk and tell them about your concerns or experiences or if you are interested in joining the forum as a volunteer.



Speakout



Speakout Gloucestershire is a 'Voice for Service Users'. It is a group of service users who are interested in ensuring that views of service users are taken into account in the development of mental health services. Their aims include:

- Acting as a group for the Partnership Trust to consult re issues affecting service users
- Consulting people with mental health problems and conveying their views on service needs to mental health professionals and policy makers
- Educating the general public, mental health workers, planners, policy makers and other agencies in mental health issues, including user empowerment

The group is independent of the Gloucestershire Partnership NHS Trust and has secured its own funding. It meets on the first Thursday of every month from 12 noon until 2.30pm at the Friends Meeting House, Greyfriars, Gloucester. If you would like more information about Speakout please contact Gail Darby 01452 891611 or gail.darby@glos.nhs.uk

or come along to:-

SPEAKOUT GLOUCESTERSHIRE's OPEN EVENT at

The Friends Meeting House, Greyfriars, Gloucester
on Tuesday 1st February 2007,
10.30 -12.00

All service users (present or past) who may be interested in joining the group are most welcome. There will be an opportunity to hear more about what the group does and to ask questions.

Refreshments will be provided.



PDCaN – Personality Disorders Contact and Network Group

This group has just started and began from a small group of service users and carers involved with the Personality Disorders Project - an NHS initiative to provide training in the Personality Disorders. The group currently has seven members and meets on the fourth Wednesday of each month at City Works, Alfred Street in Gloucester, from 10-12am.

We would like to invite other service users or carers in the Gloucestershire area who have experience of personality disorders to come along to our meetings. The group's aims are primarily to provide a meeting space for mutual support, information sharing, and discussion. We aim to invite a guest speaker to meetings when possible to talk about issues pertaining to personality disorders. The group is funded by Care Service Improvement Partnership (CSIP) and there is a small fund for travel expenses for those in need.

Please contact us if you are interested in attending a meeting or would like more information: **Contact:** Annie Friston **Mobile:** 07775 731680

Email: annie@pdcan.org.uk

Rethink severe mental illness Gloucestershire Support Groups

These groups are for everyone affected by Severe Mental Illness. The groups meet at 7.30pm at

Dursley at The Tyndale Centre, on first Monday of each month

Cheltenham at Worcester House, on second Thursday of each month

Coleford at Hill House, Hampshire Gardens, on third Wednesday of each month



Kathy Holmes, Carer Participation Worker and Gail Darby, Service User Participation Worker will be visiting the groups to talk about 'Getting Involved' in Gloucestershire Partnership NHS Trust on the following dates:-

Thursday 11 January 2007 at Worcester House, Cheltenham

Monday 5th February 2007 at Tyndale Centre, Dursley

Wednesday 21 March 2007 at Hill House, Hampshire Gardens, Coleford

There is no need to book - just turn up! If you want to know more about [Rethink](#) support groups then please contact the Voluntary Co-ordinator, Tony Burton on 01453 832228

World Mental Health Day



Speakout Gloucestershire for the first time celebrated World Mental Health Day on October 10th 2006. There were over twenty displays from a wide range of organisations; throughout the day there were talks and workshops relating to mental health including carers' issues, advocacy and recovery to name just a few. Over a hundred people came through the door including service users, carers, employees of the Trust and the general public.

Visitors also had an opportunity to indulge in some alternative therapies including reiki and massage. Those who were lucky enough to experience these felt very good afterwards!





Visitors on the day also tested their creative skills and took part in an activity to create a stunning batik wall hanging. The artwork will be soon be on display in the

reception area of Wotton Lawn Hospital.

Getting Involved Training

Twelve Service users and Carers took part in a training course to find out more about Service User and Carer participation in the Trust. Frank Powell who is a non-executive director for the Trust, joined us on the first day to explain the purpose and work of the Practice Standards Committee and the Trust Board. The course organised and run by Kathy and Gail the Trust participation worked helped participants to understand where the Trust sits in health and social care, to explore the barriers and benefits to service user and carer involvement and to recognise that they are experts by experience. At the last session those that attended gave a presentation on their views of mental health services. All the participants commented on how much they enjoyed the course and are looking forward to joining groups and projects to have their say! The next Getting Involved training course will be every Wednesday from 28 March 2007 until 11 April 2007, 10am-12pm at the Montpellier Unit in Gloucester. To book a place please complete the booking form on the back page of this newsletter or telephone Joy Callum 01452 891609



The Gloucester and District branch of the Alzheimers Society are hosting a



Carers Pamper Day and Information Day



This will be held at the Gloucestershire Club on Friday 19th January 2007 from 10.30 until 3pm. All carers of people with dementia are welcome and there will be information stands, workshops and activities for partners as well throughout the day but only carer's will be able to take advantage of some lovely free pampering ranging from facials to reflexology.

Lunch and refreshments will be provided, so if you would like to know more about the day please ring the branch office on 01452 525222

Information Health & Well-being Day for Carers



Saturday 17 February 2007 10.30 - 4.00

Churchdown Community Centre, Churchdown, Gloucestershire.
Hosted by Footprints and Carers Gloucestershire and funded by Gloucestershire Community Foundation

Come along and join us for a day of information mixed with fun, taster therapies, workshops, and exercise.

All refreshments, including lunch are free, and there is no charge at all for the day. It's a day just for you, the carer, to have fun, to relax with a taster therapy, participate in a workshop or just to sit with friends, both old and new, and share experiences with each other.

For more information or to book a place contact Carers Gloucestershire 01452 386283 or Footprints 01452 539595



Gloucestershire Carers Forum

Direct Payments will be the subject of the next Carers Forum to be held at Churchdown Community Centre on January 15th 2007. 10.00am - 1.00pm followed by lunch. For more details contact Carers Gloucestershire 01452 386283

What are Direct Payments?

Local councils can make Direct Payments to individuals who have been assessed as needing social care services, in order that they can make their own arrangements to meet their needs. Direct payments allow people to control and manage their own support or assistance requirements. People receive money to buy support as part of their care plan, which allows more choice and flexibility. Direct payments can help with housing, employment, education and leisure activities as well as paying for domestic and daily living tasks and personal assistance.

Gloucestershire Partnership NHS Trust wants to promote the use of Direct Payments in mental health services and is currently organising an event to be held in March 2007 to raise awareness of Direct Payments to commissioners of mental health services, mental health practitioners and to service users and carers.

If you would like a copy of a booklet entitled 'An introduction to Direct Payments in mental health services: Information for people eligible to use mental health services and carers' produced by the Care Service Improvement Partnership please contact Kathy Holmes on 01452 891612



Living Independently in Gloucestershire (LIGS) offers a support service for disabled people who receive a direct payment.

LIGS offers information, advice and support to people taking, or considering, a direct payment, and also provides recruitment and payroll services. LIGS operates throughout the county of Gloucestershire. They also offer a countywide floating support service for people with a learning disability, through the Supporting People programme.
For more information call 01452-411000.



This newsletter has been sent to service users and carers who have completed forms indicating they are happy to be held on the participation database. If you are not sure if you are on the database or would like your name added then please contact Joy on 01452 891609. The newsletter has also been circulated to Trust services and interested voluntary organisations.

If you would like to receive future editions of this newsletter via email please contact Kathy.holmes@glos.nhs.uk

This newsletter will be published every three months if you have a recovery story, details of an event/group or other item of interest involving service users and/or carers please submit details to Kathy.holmes@glos.nhs.uk by 2 March 2007



USEFUL NUMBERS

GUIDE INFORMATION LINE 0800 444 000

For information about health, social care and disability services in Gloucestershire.

COMMUNITY PATIENT ADVICE AND LIASON SERVICE

(PALS) 08000 151548

For confidential advice or support about health services available from the NHS.

CARERS GLOUCESTERSHIRE 01452 386283

CITIZENS ADVICE BUREAU'S (CAB)

Cheltenham	01242 522491
Cirencester & Cotswolds	01285 652908
Forest of Dean	01594 833717
Gloucester & District	01452 528017
Moreton in Marsh	01608 650881
Tewkesbury	01684 296347
Stroud	01453 762084

ALZHEIMER'S SOCIETY

Cheltenham & District	01242 511111
Gloucester & District	01452 525222
Stroud and District	01453 791830

GDAS offers advice, information and support to anyone concerned about alcohol or drug misuse 01452 381166

RETHINK (general contact) support service for anyone affected by mental illness 0845 4560455

EMERGENCY HELPLINES

NHS Direct

For 24 hr health information advice and support 0845 4647

Samaritans 08457 909090

Saneline 12pm-2am offers information and emotional support to anybody affected by mental health problems 08457 678000

To contact your GP Out of Hours Service within Gloucestershire Telephone 08454 220220

SERVICE USER AND CARER PARTICIPATION

Gail Darby, Service User Participation Worker 01452 891611

Kathy Holmes, Carer Participation Worker 01452 891612

Joy Callum, Admin Support 01452 891609

Every effort has been made to maintain accuracy in this newsletter. If you have any comments please contact Kathy Holmes



Diary of Events and Booking Form

Please enter your name, contact number against the event/events you would like to attend

Date	Event	Place and Time	Name (Please Print)	Contact Number
5th Jan 07	CPA National Review Consultation Workshop	10am-4pm Redwood Education Centre, Gloucester		
11 th Jan 07 and then every Thursday for 5 weeks	IT Sessions	Clubhouse 1pm-3pm		
7 th Feb 07	Crisis & Home Treatment Workshop	Montpellier Unit, Wotton Lawn Hospital, Gloucester 1.30pm-4pm		
8 th Mar 07	CPA & Recovery Awareness Sessions	CPA 10.30am- 12.30pm Recovery 1.30pm- 4pm Montpellier Unit		
28/3/07 04/04/07 11/04/07	Getting Involved Training	10.am-12pm Montpellier Unit You need to available for all three sessions		

For all other events/courses etc advertised in this Newsletter other than those listed above please contact the organisers as detailed. Please cut off the booking form and return to the address overleaf



Service User and Carer Participation Department
Gloucestershire Partnership NHS Trust
Rikenel
Montpellier
Gloucester
GL1 1LY

