

GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

Welcome to the first edition of the Service User and Carer Participation Newsletter - *Getting Involved*. The purpose of this newsletter is to provide information on opportunities for service user and carer involvement, to publish recovery stories, and to advertise future events and provide reports of past events, projects etc. Any feedback or comments on the newsletter would be most welcome!



Speakout



is organising an event for
WORLD MENTAL HEALTH DAY
10 October 2006



*Call in and celebrate World Mental Health Day
at*

The Friends Meeting House, Greyfriars, Gloucester
anytime between
10.30am and 4.00pm

*Visit displays, listen to talks, attend workshops and learn more
about mental health in Gloucestershire*

**Honey Stand, Craft Stall, Refreshments, Therapies. For more
information contact Gail on 01452 891611**



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

Information Sessions for Carers

The Mental Health Carers Support Team at Carers Gloucestershire have arranged for mental health professionals from Gloucestershire Partnership NHS Trust to deliver the following sessions:

DATE	SESSION
5 th Oct	Psychosis/ Schizophrenia
12 th Oct	Personality Disorders
19 th Oct	Eating Disorders
26 th Oct	Bi Polar
2 nd Nov	OCD
9 th Nov	Anxiety and Depression

The sessions will take place at the Brownhill Centre in Cheltenham from 6.30 - 8.30 pm for carers of people with mental illness living in Cheltenham or Tewkesbury. Sessions are being planned for other areas and will be advertised soon. To book a place or for further information contact Rachel Holland (08454 223970 or 07921700510) or Sharon Bound (01242 275070 or 07921 700423).

Carers Forum Meeting 9th Oct at Churchdown Community Centre, Gloucester. 10.00am - 1.00pm followed by lunch. For more details contact Carers Gloucestershire 01452 386283



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

Annual Meeting

The Trust is holding its Annual Meeting during the afternoon of **Monday 25th September 2006** at the Guildhall, Eastgate St, Gloucester. The afternoon will commence at 2.30pm with workshops on service re-design, new ways of working and legislative reform. These sessions will be provided by Trust staff and Bevan Brittan, the Trust's legal advisors.

At 5.30pm the formal part of the Annual Meeting will take place with the presentation of the Annual Report and Summary Financial Statements. This will be followed by a feedback on the Trust's recent public consultation.



Charlton Lane/Wotton Lawn Service User and Carer Group

This group meets every month and alternates between Charlton Lane and Wotton Lawn hospitals. Lizzie Adberrahim, Non Executive Director for the Trust will be attending the November meeting to talk about her role. Service users and carers are welcome. The meeting will take place on **Monday 27th November 2006** at Wotton Lawn Hospital, 2-4pm. For more details please contact Gail on 01452 891611 or email gail.darby@glos.nhs.uk



CPA and Recovery Awareness Sessions

Wednesday 8th November 2006

10.00-12.30 - CPA

01.30-04.00 - Recovery

The morning session is for service users and carers who are interested in finding out more about CPA - Care Programme



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

Approach, which is the system the Trust uses 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 all day will need to bring a packed lunch. To book a place, please contact Joy on 01452 891609 or joy.callum@glos.nhs.uk

Service User and Carer Best Practice Committee

This Committee is looking for two or three carers who have experience of caring for someone who receives services from the Trust to join them. The Committee meets every other month and is in the process of developing a strategy for the involvement of service users and carers. The Committee is responsible for recommending best practice in service user and carer involvement to the Trust Practice Standards Committee. If you are interested and want to know more please contact Kathy on 01452 891612 or Kathy.holmes@glos.nhs.uk The next meeting is planned for:-
7 November 2006, 2-4pm at Samuel Hitch Suite, Wotton Lawn, Gloucester.

Redesign of Mental Health Day Services and Vocational Services Steering Group

The objective of this group is to develop service specifications and tender documentation for the provision of mental health day services and employment services. The group that has now



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

been meeting for some time has had service user and carer involvement throughout. The carer involved is now no longer able to attend and the group is keen to recruit another carer onto the steering group. The group meets monthly and its next meeting is on October 4, 2.00-4.00, at the Trust headquarters, Rikenel, Montpellier, Gloucester. If you are interested and want to know more please contact Kathy on 01452 891612

Crisis Service Talks

11 October 2006 - Meeting Cancelled

To date we only have three people who have indicated that they would like to attend the Crisis Service talk planned for 11 October 2006. With World Mental Health Day and the Carers Forum taking place in the same week we have taken the decision to cancel this meeting. We have rearranged another meeting for 7 February 2007 and will publish more details in our next newsletter.

Getting Involved Training

The training is for service users and carers who want to 'get involved' and would like to know more about what that means. The aim of the course is to help you understand how the Trust works, the benefits of involvement to service users and carers and to the Trust and to improve confidence in getting your message across. The course will be delivered in three half-day sessions. The training will take place on 28 November, 5 December and 12 December 2006, 9.30 (for 10.00am start) to 12 midday, at the Montpellier Unit, Wotton Lawn, Gloucester.

Interested? Then please contact Kathy or Gail for further details. 01452 891611/891612.



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

Service Users & Carers in Trust Research

The Service User and Carer Research Group for the Trust are now entering their second year and service user-led research has been getting off the ground. The ideas behind the research came from those who attended a workshop led by members of the Research & Development Support Unit in January 2006 (RDSU; a Department of Health funded unit in Gloucester that support all aspects of research in the Primary Care Trusts, Hospitals Trust and Partnership Trust). Four areas of research were identified as areas of interest and outlines of potential projects were developed and the two currently being taken forward are updated below:

An exploration of the attitudes of psychiatric nurses to patients with mental health problems - This project is being taken forward by 3 female service users, who felt that mental health professionals did not acknowledge the views of service users. As well as exploring the attitudes of nurses towards service users, the research also aims to explore the associations between staff attitudes and their demographic factors, such as staff gender, age, training and experience with service users. The service users have teamed up with a third year degree student and the project will progress as a shared project, with the help and support of tutors at the University of Gloucestershire.

Mental Health & Employment - The second project is still in design stages. A carer was interested in the area of employment opportunities for people with mental health problems, following experiences encountered by her son. Again, we have linked the carer with a student about to



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

commence a research project as part of a degree and the group have met to discuss ideas for the research and plan to meet with Eddie Moffat, from Clubhouse, who also has a particular interest and/or experience in this area. We may be looking to recruit more service users or carers to this research team, so if you have an interest in finding out more, please contact: Genevieve Riley (Trust Researcher) 01452 509022.

Wanted! There are also ways to be involved with research projects that are led by clinical staff, which are already running within the Trust. We have two projects that are looking for service user or carer to help:

Collaborative working between service users & carers and mental health professionals delivering a training program on Personality Disorders - Dr Alex Stirzaker is the Chief Investigator for this research and the Team would like to recruit a service user to help with the collection and analysis of questionnaire data. It would involve attending project meetings and $\frac{1}{2}$ day sessions (possibly 3 or 4) to help with analysis of data. Full training would be given and travel expenses will be paid. If you would like more information or be interested, please contact Genevieve Riley, 01452 509022 for more information.

Learning from the Mental Health Mayfield Project: a qualitative evaluation of resettlement in mental health services - Dr Hannah Steer is the Chief Investigator for this project. The research team will be holding interviews to talk about the experiences of residents from Mayfield Homes,



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

after they were resettled into supported lodgings. The Team will be talking to residents, their carers/family and the staff who cared for them in the homes. The Team would like to recruit a service user and a carer to help with the analysis of data from the interviews. Full training and support will be provided and travel expenses paid. If you would like more information or be interested, please contact Genevieve Riley, 01452 509022 for more information.

Confidentiality Leaflet

We are in the process of developing a leaflet on Confidentiality and Information Sharing with Families and Carers. We are keen to ensure that service users and carers have the opportunity to comment on the content and style of the leaflet.

Arrangements will be made to take the draft leaflet to carer and service users groups in the county. However, if you would like an opportunity to comment on an individual basis or you know of a group who would like to influence the final copy then please contact Kathy 01452 891612 for more details.

PALS

The Patient Advice and Liaison Service (PALS) appreciates the concern that the impending changes to mental health services are causing to service users and carers. If individual people wish to contact us to express their concerns, we will continue to reflect their views to the Trust Board. If there are individual issues that service users wish to raise regarding their own care we are 'here to help.'

Contact PALS on 0800 151 548



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

RECOVERY

Joy Callum now works as an administrative assistant in the service user and carer participation office. Below she shares her story of how Clubhouse helped her in her Recovery Journey.

I always suffered from mental illness off and on over the years from when I was a child. Before I heard about Clubhouse I was at a time of my life that I felt my working life was over. I had no hope, no confidence, no qualifications and I felt as though I had no future especially in the working environment. I wanted to go to college but I knew that I could not keep up with the pace. I needed some where to go that would help me get experience along with getting back into the community and to update my education before I could go back to work. Then I was introduced to Clubhouse. So I became a member. Most of my days were spent at Clubhouse. I did lots of things there like administrative work and help introducing new members too. Clubhouse also provided an education service. They had various courses that included english, maths, cookery, french, computers, back to work, sign language and everything was done at your own pace. I was amazed at what they had to offer. The courses are run by teachers from Gloscat who would come to Clubhouse each week to teach. I knew this is what I been looking for so I participated in the courses. As time went on I did begin to regain my confidence and I was able to keep up with the pace. So I finished my education at Gloscat with 7 passes. I also knew it was time to get back into the community by getting myself a part-time job. I was also introduced to another service that Clubhouse had to offer, the Transitional Employment Program. T.E.P. finds you work to help you gain confidence and work experience. My

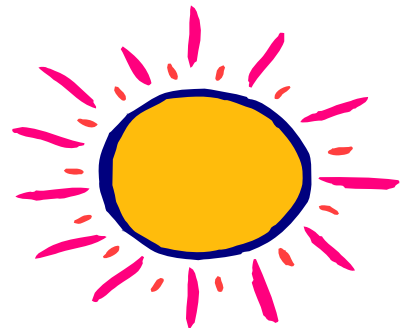


GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

being involved in Clubhouse, T.E.P. and College all helped me to have the skills and confidence to do my present job.

Clubhouse gives you hope and the opportunity to get back into the community and back into work. When you first come to Clubhouse you do feel as though you are wrapped up in cotton wool but as time goes on the cotton wool slowly begins to drop off because you do regain your confidence back along with work experience. I now have recovered from mental illness. I personally feel that I would not have achieved all this and regained my confidence if I had not participated in the services that Clubhouse had to offer. In my experience Clubhouse is very effective and has given many members and myself hope and the opportunity to get back into the community and get back into work.



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

If you are a service user or carer and you have a recovery story you would like published in this newsletter then please contact Gail Darby, Service User Participation Worker on 01452 891611 or Kathy Holmes, Carer Participation Worker 01452 891612



We hope to publish this newsletter every three months - if you have 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 8/12/06.

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

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



"The future is a mystery, the past is history, now is a gift. That is why we call it the present." *Babatunde Olatunj*



GETTING INVOLVED NEWSLETTER

ISSUE ONE – SEPTEMBER 2006

USEFUL NUMBERS

GUIDE INFORMATION LINE

01452 331131

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

COMMUNITY PATIENT ADVICE AND LIASON SERVICE (PALS)

0800 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

TRANSPORT, to find your local community scheme contact

0845 045 0302

Gail Darby, Service User Participation Worker 01452 891611

Kathy Holmes, Carer Participation Worker 01452 891612

12

