

e-bulletin

Issue no 47

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Welcome to our e-bulletin issue 47! We will be circulating, as usual, every fortnight. Thanks to everyone who has emailed with news stories, and comments and suggestions.

If you have any information or ideas for the Bulletin please contact [Mita Brahmabhatt](#), at CSIP Eastern Development Centre. If you have any difficulty accessing this bulletin or its contents please contact us so that we can help.

The following links will help you to move between the sections providing information about national and regional news, development centre updates, forthcoming events and opportunities.

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Regional News

Make a wish.....'Realising Mental well-being'

The 'Realising Mental Well-being' project, received £116,380 from CSIP (Eastern) as part of a £3.9 million National Lottery Grant from the Big Lottery Fund has created the opportunity to play forward this understanding into the lives of many community members in Tendring and Central Suffolk.

This project will provide a series of free community workshops on Mental health and well-being (how to protect and promote it) to communities and act as an important resource in primary care.

We are offering a number of free workshops in the Tendring and central Suffolk areas to members of the public who would like to learn more about

- Understanding mental health, well-being and Recovery
- What creates and maintains mental health and well-being



Please click [here](#) to find out more

What is the Expert Patients Programme (EPP)?

The EPP is a series of very simple low cost and effective educational self care programmes for people who live with long-term health conditions (NHS East of England SHA estimates there are 1.6 million adults in East of England with a long-term conditions). The EPP gives people the confidence to change the way they view and see their lives living with a long-term health condition – the EPP enables people to put themselves back in the driving seat.

"I used to be what Pete Moore (Expert Patients Programme Community Interest Company Business Development Manager) calls a revolving door patient. I would regularly see my GP (not quite on Christmas card terms) and expect him to manage my long-term health condition. After



attending the EPP I realised I had to take more of a part in my health and to date have only seen my GP or practice nurse to review my medication and monitor my condition.” B.B. is one of over 30,000 people who have attended an EPP in England since April 2002.

EPP six week courses are delivered by trained and accredited tutors who are also living with a long-term health condition. They aim to give people the confidence to take more responsibility and self-manage their health, while encouraging them to work collaboratively with health and social care professionals. The EPP does not provide health information or treatment, nor does it address clinical needs. Course topics include healthy eating, dealing with pain and extreme tiredness, relaxation techniques and coping with feelings of depression.

 Please click [here](#) for further information

Putting People First – The Swedish Way

Following a very successful Fact Finding/Observation Visit to Vastra-Goteland Region, Sweden in June, which Directors of Social Services, CSCI colleagues, EERA, Senior Leads and Directors from the SHA and DH, amongst others attended, CSIP Eastern are planning a conference on 24th September at Rowley Mile Racecourse, Newmarket entitled 'Putting People First – 'The Swedish Way' when our Swedish colleagues will pay a return visit to the UK.

This promises to be an extremely interesting event, and we would ask you to please make a note of the date in your own diaries, and alert any colleagues who you think would benefit from attending.

 If you are interested please call/email Val Gamble 01206 287577 val.gamble@csip.org.uk

Strategy for Nursing Consultation

**Dr Sue Champion, Associate Director of Nursing
North Essex NHS Foundation Trust**

The Trust's first Nursing Strategy 'Setting the Direction' was launched in 2004 to cover the period from 2004 - 2008. The strategy has been reviewed by all professional groups across the Trust, with significant contributions from nurses. A working party of senior nurses has endeavoured to gather feedback and recommendations from representatives working at all levels and locations across the Trust to develop an informed consensus about the content and direction of a new strategy.

We would now like to hear your views on the content of the draft Nursing Strategy. The feedback form can be found on page 19 of the strategy. The form can be completed and either returned by email or post.

 Please click [here](#) to download a copy

Free online service takes your business idea for a road test!

VentureNavigator is a government funded site which helps start ups and entrepreneurs find but if their idea is a winner. A collaborative project with 7 UK universities, and commercial partner Library House, VentureNavigator helps you take a strategic look at your business plan, and what you should do next - all from the comfort of your desk.

Easy to use assessments cover a range of sectors, with personalised feedback on key aspects of your business idea. You can post questions up on the community area and receive impartial answers back from a wide variety of entrepreneurs and academics.

 Please visit the website for further info www.venturenavigator.co.uk

OPEN UP – funding available to challenge discrimination


Open Up is Mental Health Media's anti-discrimination network and is funded in England by the Big Lottery Fund as part of the Moving People programme.

Do you have a great idea about how to challenge discrimination in your area? Open Up is offering a package of Project Support to people with experience of mental distress who want to challenge negative attitudes about mental health locally.

Our Project Support scheme includes:

- Mentoring - one-to-one support from our expert team of co-ordinators
- Training – workshops to explore discrimination issues, to further develop your ideas and to gain specialist skills relevant to your project
- Help with expenses of up to £5000 to help you put your plans into action!

We welcome applications from groups & individuals, from people from all backgrounds with experience of mental distress aged 18 and over. If you are just starting out, we can provide support to help you develop your ideas. Existing projects who want to take things further are also very welcome to apply. Your project could be anything from an awareness-raising drama to a media campaign to a website – so if you have an idea for a positive, constructive way that you could challenge discrimination in your area, then we want to hear from you!

 For more information or for an application form, please contact your Regional Co-ordinator (Eastern England), Jim Green on 07765 505570 or call Head Office on 020 7700 8171 or email open.up@mhmedia.com. Further information also from www.openuptoolkit.net



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National News


Person Centred Thinking

This little book of person centred thinking tools can help you to support people who use mental health services in ways that really matter to them. It offers practical tools to gather information and to start to set actions that make a real difference in promoting recovery and inclusion. Compiled by Julie Lunt and Helen Sanderson from Helen Sanderson Associates with David Coyle, Senior Lecturer, Mental Health Nursing Studies, University of Chester

 Please click [here](#) to download the tool:

Mental Health Act 2007 (amendments to MHA 1983) *Code of Practice is Go!*

The revised Code of Practice and the secondary legislation have now completed the 40 day parliamentary process and will become operational from 3rd November to coincide with the bulk of the changes to the Mental Health Act 1983 coming into effect.

 These documents can be found on the Department of Health website [here](#).



Mental Health Act

The DH has confirmed that they will be reviewing the exclusions under the Mental Health Act contained in the direct payments Regulations. A new set of draft Regulations will be published for consultation later this summer (as part of the wider consultation on changes to the Regulations resulting from the extension of direct payments to those lacking capacity). The consultation should begin in the middle of August. It is envisaged that any changes (subject to the results of the consultation) will come into force in Spring 2009.

Mental Health Act Update 9

The latest implementation programme bulletin for the Mental Health Act 2007, Update 9, has just been uploaded. This is a bumper edition with important information for your stakeholders on the Code of Practice and secondary legislation.



Please click [here](#) to download

Sustainable Communities Awards 2009 - Entries Now Open

Enter the UK's biggest community partnership awards now, and gain the recognition you deserve! Now in its fourth year, the awards will ensure public and private service providers are recognised for their efforts in improving local communities, both now and in the future.

It's time to reward those behind the invaluable work that goes into developing sustainable communities. So join us in celebrating innovation, team work and forward thinking. If you and your partnership have what it takes to win, enter today and get the recognition you deserve.

"Winning the Sustainable Procurement award was a tremendous endorsement of Wakefield Council's comprehensive and forward thinking approach to sustainable procurement. This is a great opportunity to see best practice across the public sector."
Sarah Parker, Strategic Procurement Manager, City of Wakefield Metropolitan District Council.
2008 Winner Sustainable Procurement Award. The closing date for entries is 17 October 2008 .

The awards will be presented at a gala dinner and ceremony at The Brewery, London, on Thursday 5 February 2009.



For information on categories, entry process and to submit your online entry visit our website, or contact Georgina Drake on 020 7728 5292 on georgina.drake@emap.com

What is the Third Sector Guide for Public Sector Commissioning?

This Guide is a tool for both commissioners and procurement staff. It has been designed to work alongside existing commissioning frameworks, not as a replacement for them. The Guide will help public partners to:

- understand the benefits to service users of involving the third sector in planning and delivery
- provide a means of capturing the added value of the third sector
- consider if changes are needed to existing commissioning practices in order to facilitate greater involvement of the third sector
- provide evidence to inform progress against targets – particularly those relating to the third sector
- look at further, and perhaps previously unexplored ways, of achieving value for money, and
- provide supporting evidence for being Compact compliant.

The Guide has been endorsed by CSIP Eastern and a working draft was presented at IDeA's National Training Programme for Third Sector Commissioning (in April).

What's in the Guide?



- An overview of the policy context
- A set of checklist questions relating to the main stages in the commissioning cycle
- References to a range of sources, including good practice examples and government guidance
- A checklist template for use with the checklist questions
- A glossary of terms

 Available to download from www.voluntarynorfolk.org.uk .

NIHR Mental Health Research Network National Scientific Conference, Nottingham 2009.

Advanced notice of keynote event; NIHR MHRN National Scientific Conference 2009. The East Midlands Hub of the NIHR Mental Health Research Network will be hosting the 4th annual MHRN Scientific Conference at the East Midlands Conference Centre, Nottingham.

The conference will be multidisciplinary, bridging basic and clinical science through to public mental health. The focus will be on showcasing high quality, international research; the key to better understanding of causes and treatments of individual disorders in real life settings.

The MHRN Scientific Organising Committee welcomes abstracts for poster presentations, which fit into the general theme of the 2009 conference and on research topics which are of value to carers and service users.

 For enquiries: joanne.greenwood@nottshc.nhs.uk

Researcher appeal for Samaritan study

Mental health researchers at The University of Nottingham are appealing for people who have contacted Samaritans to come forward to take part in a new study.

They have been commissioned by the charity, which offers round-the-clock emotional support to people in distress or despair including those who may be at risk of suicide, to evaluate the impact and effectiveness of Samaritans' three main services — its 24-hour confidential helpline, e-mail and SMS text message support systems.

 Please click [here](#) to read more:

National Dementia Strategy

The Government's first National Dementia Strategy consultation document was published on 19th June. The Strategy is one of the first national strategies that focuses on the Commissioner's responsibility in delivering high quality services. This is a move away from previous national strategies that has expected providers to drive improvements.

The NDS has three themes;
-Improved public and professional awareness
-Early diagnosis and intervention
-High quality care in acute, community and residential health and care settings

 To access the NDS consultation document and information about how to contribute to the consultation go to www.changeagentteam.org.uk or the CSIP Eastern Older People's [webpage](#).



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CSIP Eastern Development Centre Update



Well-being in the East: delivering a healthy, active future

Sport at midnight, digging up allotments, workshops for people with learning difficulties, food gardens in schools, one-to-one support for people keen to change their lifestyle and improve their mental well-being, therapeutic groups for people with common mental health problems. What have all these in common?

They form part of a portfolio of 25 projects designed to improve well-being across the East of England. The portfolio, entitled "Well-being in the East: delivering a healthy, active future" was awarded £3.9 million of National Lottery grant from the Big Lottery Fund. It is one of 14 portfolios that comprise the Big Lottery Fund's Well-being lottery programme being rolled out across the nation.

Details of the portfolio were featured in our [Eastforward issue 29](#), June 2008.



Further details may be obtained from the Portfolio Manager, Eddie D'Silva, Telephone: 01206 287578 or e mail eddie.d'silva@csip.org.uk

10 Day Consultancy to Co-Produce a Set of Outcome Measures

CSIP and the NHS East of England wish to work in partnership with service users to co-produce a set of outcome measures for recovery-orientated mental health services.

We are therefore inviting expressions of interest for organisations or individuals within the East of England who can undertake up to 10 days of consultancy to carry out a review of existing literature and effective outcome measures by 17th November 2008.




Submissions of Interest to be received by 15th August to linda.williams@csip.org.uk

Direct payments: The future now...

Direct payments in mental health services have come a long way in the last few years, but are personal budgets and the increasing prominence of social care in policy terms having detrimental effects on their success? While most people agree that direct payments are a good idea, in reality




less than five per cent of those eligible to use community care services actually use them. Realising the government's intention of 'prevention, early intervention, enablement, and high quality personally tailored services' still has a way to go.

 Please click [here](#) to download the full article:

Third Sector Matters

The Development Centre is continuing to develop its work with the Third Sector and with those in Health and Social Care responsible for commissioning services from the sector. Recently the EDC supported and endorsed Voluntary Norfolk's Third Sector Commissioning Guide and collaborated with IDeA in the regional Third Sector Commissioning Programme. The RDC is now planning an event on the Third Sector and Practice Based Commissioning in the Autumn.

 For more information on this and to ensure you are included in mailings on Third Sector Matters, contact Ian Hartley, Third Sector Commissioning CSIP RDC e-mail ian.hartley@csip.org.uk



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Events


SUICIDE IS NOT ABOUT KILLING YOURSELF: Going Deeper into the Suicidal Experience. **3rd September, Essex**

Purpose of the day:

Join us for a day devoted to the study and understanding of the Contextual-Conceptual Therapeutic approach to the phenomenon of suicide.

The programme includes:

1. Conceptualizing the suicidal patient.
2. Theoretical overview & practical applications of CCT.
3. General group discussion.
4. Breakout groups & experiential exercises.
5. Contextual-Conceptual Therapy handouts & "tools".

 For tickets and more information contact Debbie Stewart, Administrator, Centre for Psychoanalytic Studies, University of Essex, on telephone 01206 873640, fax 01206 872746, or email cpsadmin@essex.ac.uk. Please apply by 1st September 2008.



Moving Forward in Dementia Care: Challenges and Opportunities Albert Hall, Nottingham: 12th September 2008

Ahead of the launch of the new Department of Health (DH) National Dementia Strategy in October, health and social care practitioners and commissioners/managers of services are being invited to a major conference designed to help transform care for people with dementia.

The third annual Trent Dementia Services Development Centre dementia care conference will this year take place in the impressive surroundings of Nottingham's Albert Hall. With the impending Dementia Strategy, the conference will this year explore the challenges and the opportunities in providing holistic, quality care for people with dementia and their families.

Who should attend?

All health & social care professionals, housing, voluntary agencies, nursing and residential care, inspectors and commissioners of services.

Delegate fee £145.00 Voluntary Organisations £105.00



For registration details please contact info@trentdsdc.org.uk

Dilemmas in Diversity Mental Health Conference 10 October 2008, Norwich City Football Club

There has been a great deal of focus on the mental health needs of black and minority ethnic (BME) communities. Debates around how organisations should provide services to the wider community have meant new policies and extra investment. But where are we now? What are the issues for BME communities today? And how can organisations and commissioners further develop services to better serve the needs of all groups?



Please click [here](#) to download programme

The Passport International Exchange Programme: 27th – 31st October 08

The National Institute for Mental Health in England (NIMHE) in collaboration with The NHS Confederation Mental Health Network is piloting a new International Exchange Programme with the U.S., providing a forum for senior managers, clinicians and practitioners in the mental healthcare and substance misuse community to learn from one another, exchange ideas and create a social network.

Mental health problems and substance misuse is prevalent worldwide, with striking similarities in symptoms and variations across different populations, cultures and countries, as well as amazing variations in available treatment and supports. In an ever increasing global society, there is increasing recognition that systems of care are facing similar issues and challenges in providing mental healthcare services.

The objectives of this new programme are to facilitate international sharing of best practices and service improvement strategies, and to provide learning opportunities about interventions that could be applicable across mental health and substance misuse service systems.



If you are interested in U.S. practices, download the [brochure](#) to access more information or contact Ruth Kent on 01206 287544 or via ruth.kent@csip.org.uk



The King's Fund Annual Conference 2008 Reshaping the NHS: Creating locally-driven evidence-based service change

**Tuesday 25 November 2008, 9.30am–5.30pm
Royal College of Obstetricians and Gynaecologists, Regent's Park, London**

What is the conference about?

Lord Darzi's NHS Next Stage Review makes it clear that all future NHS reconfigurations should be clinically driven, evidence based and locally led – with inputs from patients and the public. The King's Fund Annual Conference 2008 will look at what this means in practice. We will explore different types and applications of evidence, consider the roles that service commissioners and providers need to adopt, and showcase successful national and international service reconfigurations that reflect these principals.

Who should attend?

NHS Managers: chief executives, directors, non-executive directors from SHAs, PCTs, NHS and foundation trusts

Clinicians: clinical, medical and nursing directors from NHS and foundation trusts, GPs, PBC leads and PEC representatives

Voluntary sector: chief executives and policy directors of voluntary sector providers, policy institutes and think tanks, service modernisation leads and patient representatives

Independent sector: chief executives and directors of independent sector providers

Statutory sector: government and local authorities representatives



Please email events@kingsfund.org.uk for more information



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Useful Resources

- **Increasing the Uptake of Direct Payments**

Direct payments were introduced in England in April 1997 following a long campaign by disabled people and their allies. With the current focus on redesigning the existing care system through individual budget pilots and 'in Control', direct payments are both the way to prepare the social care system for radical change, and an important component of the realisation of that change.



Click below to learn more: <http://kc.csip.org.uk/solutionset.php?grp=601>

- **Individual Budgets Pilot Programme**

This website explains what individual budgets are and tells you about the pilot programme. It will keep you up to date with what the Local Authorities involved in the pilot are doing and learning.



Click below to enter the website: www.individualbudgets.csip.org.uk/

- **Self-Directed Support Network**

The Self-directed Support Network is a community of people who want disabled people, older people and their families to get more control over their support and services. It's a place where you can make connections with other people who are involved in changing service systems and practices, and get information to understand what these changes might mean for you, too.



Click below to view these web pages: <http://kc.csip.org.uk/groups.php?grp=36>

- **Putting people first: a shared vision and commitment to the transformation of adult social care**

A key publication outlining agreement across Government and health and social care to the 'new direction' for care services which is heralded by this document.



Click [here](#) to access the report

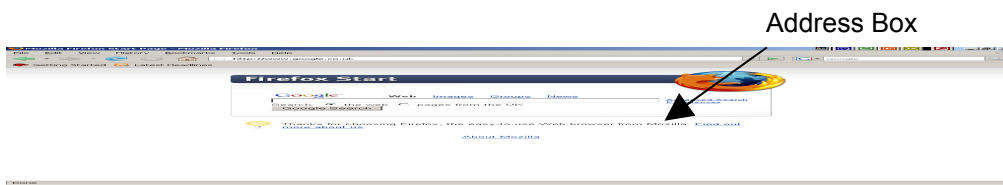


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If you find the links do not work this may be because your computer is not compatible. Click on the internet and type the web address into the address box on the internet tool bar.



Other information about the Eastern Development Centre

We are currently running the following programmes of work (in alphabetical order):

- Children and Families (including Change for Children and the National CAMHS Support Service) – **Tracey Cogan 01206 287586**
- Health and Social Care in Criminal Justice – **Neil McIntosh 01223 597551**
- Mental Health (National Institute for Mental Health in England, NIMHE) – **Susannah Howard 01206 287592**
- Social Care – **Amanda Reynolds 07775 631510**



For access to our website click on the link: <http://www.eastern.csip.org.uk/>

Care Services Improvement Partnership 

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