

e-bulletin

Issue 14
8 December 2006



Welcome to the fourteenth edition of our e-bulletin. 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 [Rhiannon Williams](#), at CSIP Eastern Development Centre – contact details later. 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.

[Regional News](#); [National News](#); [Development Centre Update](#); [Events](#); [Useful Resources](#);



Regional News

Bibliotherapy: read yourself to better health

People in Great Yarmouth who are battling depression, stress and other mental health problems are being prescribed books to help them through their symptoms. Self-help literature, which offers a psychological perspective on various conditions as well as therapeutic techniques to address them, has already proved useful to people with mild to moderate health difficulties across the UK. Now, bibliotherapy is being offered to people in the Great Yarmouth area who access care through their mental health linkworker or psychological therapist. It is thanks to a partnership between Norfolk and Waveney Mental Health Partnership NHS Trust and the Norfolk Library and Information Service, and is designed to compliment other therapies.

 Click [here](#) to read the full press release

Redesigning Day Services questionnaire from ISU Norfolk

Involving Service Users (ISU) is an independent organisation set up to consult users of mental health services in Norfolk for their views on key current issues. They seek to take your views to the people who make the decisions. Their aim is to support service user involvement in the provision of better mental health services locally. They invite you to complete this questionnaire, as they are interested in obtaining your views about day services in Norfolk. Any personal details that you give will be stored carefully and will only be used with your permission.

 Click [here](#) to view the questionnaire

What's happening in our region?

Chris Rowland is the Social Inclusion Programme Manager for CSIP Eastern and has been supporting the day service review in Norfolk, as well as in Essex, Bedfordshire and Cambridgeshire. If anyone is interested in day service redesign, or would like to know more then please contact Chris on chris.rowland@nemhpt.nhs.uk or 07747 536065 www.eastern.csip.org.uk/our-work/social-inclusion

Courses for people interested in communities – based at universities across the region

Communities and neighbourhoods matter to us all and there are a number of ways in which we can be actively involved with them – as volunteers, as residents and as professionals. Involvement requires skills in - organising and managing activities, groups and organisations; understanding budgeting and accounting; developing business ideas; fundraising and publicity; and dealing with and training employees and volunteers. Until recently there was little provision of courses for people keen to develop their expertise in these areas. The Community Education and Outreach Division of the Institute of Continuing Education was set up in June 2005 to fill this gap. They have begun with courses in social enterprise, business and organisational management, as well as courses for those teaching or training adults in any community context. These courses are based at the universities in Cambridge, Chelmsford, Kings Lynn and Peterborough.



Click [here](#) for more information

MIND Regional Directory

We would like to correct an error that was made in the last issue of the bulletin. We reported that a new directory had been developed that listed all the MIND groups in the region, but this was inaccurate. There were areas that are covered by our region but were not included in the directory. If you would like to find out more about MIND groups in the country and in our area then please click on the link below that will take you to the MIND website.



Click [here](#) for more information about MIND groups.



[Back to top](#)

National News

Mental Health Bill published

Protection for patients and the public is at the heart of the Mental Health Bill which was published recently by Health Minister, Rosie Winterton, and Home Office Minister, Gerry Sutcliffe. The Bill will introduce supervised treatment in the community to ensure that patients comply with treatment when they are discharged from hospital and enable action to be taken to prevent relapse. This will benefit patients and improve public safety. The Bill also gives new rights and extra protection to people who are unable to decide about their care and who may be unfairly deprived of their liberty. These new safeguards will affect about 5,000 people who have a serious mental disorder but up until now have not been covered by existing mental health laws. Known as the 'Bournemouth provisions', they include independent checks of whether the individual should be detained, rights to appeal and a representative appointed to look after their rights.



Click [here](#) to read the full press release (CSIP website)



Click [here](#) to access all the Bill information (including the full Bill, summary, easy read, draft code of practice, Race Equality Impact Assessment etc.)

Department for Communities and Local Government (DCLG) publish new documents on Supporting People's Health

Three new documents published by the DCLG on the Supporting People Health Pilots have been launched. In particular there is the 'Key Findings from the Supporting People Health Pilots Evaluation'. The three documents are: *An Evaluation of the Supporting People Health Pilots*; *Key Findings from the Supporting People Health Pilots Evaluation* and *Supporting People for Better Health: A Guide to Partnership Working*.

 Click [here](#) to view the documents

SUPPORT release report from their 'Wellbeing at Work' seminar

The first of SUPPORT's seminars, held in August on Wellbeing at Work, drew together experts in the field, such as the International Labour Office (ILO) and World Health Organisation (WHO), The European Commission, business, and corporate social responsibility interests, to discuss potential EU roles in this arena. By holding expert seminars in each of the three years of the project, SUPPORT will focus on areas of critical importance to the strategy and EU agenda.

 Click [here](#) to view the report

Launch of the National Library for Health (NLH) Specialist Library for Ethnicity & Health (SLEH)

The mission of SLEH is to be the central UK point of reference for research evidence and guidance on best practice relating to the health of an ethnically diverse population. The Library will incorporate the best electronically available evidence for improved practice relevant to this aim. The collection will cover all aspects of health care delivery, from individual patient care to broader public health concerns, and include guidance on the design of health care services for diverse ethnic groups. It aims to promote good practice in guidelines, management, service delivery and professional clinical models for improved health in multicultural and diverse communities in the United Kingdom. This will assist the NHS and its affiliated bodies to tackle their obligations under the Race Relations Amendment Act and help reduce inequality.

 Click [here](#) to visit the library

£30 million package to ensure that vulnerable people are properly protected

The Department of Health has recently announced a package of measures to improve safety on inpatient mental health settings, including targeting £30 million capital funding to improve the sexual safety of female patients. Earlier this year the National Patient Safety Agency published the first detailed analysis of safety incidents in mental health services. Although most incidents resulted in little or no harm to patients, the report identified a number of serious incidents relating to the sexual safety of patients. The Department immediately commissioned the National Director for Mental Health, Professor Louis Appleby, to review these incidents. This review has now been completed, and Professor Appleby has written to Health Minister, Rosie Winterton, setting out his findings and recommending a range of measures to address the safety of inpatients in mental health settings.

 Click [here](#) to read the full press release

Making user involvement work: supporting service user networking and knowledge

Service users have highlighted two activities as central to making user involvement work. These are: people being able to get together to work collectively for change and mutual support, and the importance of making known their own experience, views and ideas. This project, by Fran Branfield, Peter Beresford and a team from Shaping Our Lives, focuses on key expressions of these activities: the development of service user networking and knowledge. It highlights major barriers facing both, and ways service users see of overcoming these.

 Click [here](#) to read the report and the findings on the Joseph Rowntree Foundation website

Reviewing the Care Programme Approach (CPA) – consultation documents

This consultation document focuses on key areas for change and improvement for CPA. Also available to view is a summary of the proposals and the positive practice proforma. Comments on the proposals and examples of positive practice are invited before 19 February 2007. Please send responses to cpareview@londondevelopmentcentre.org or 11-13 Cavendish Square, London, W1G 0AN.

 Click [here](#) to view the full consultation document

 Click [here](#) to view the positive practice proforma and the summary of proposals

What's happening in this region?

The Care Programme Approach or CPA, initially introduced in 1990, was intended as a framework to support effective mental health care for people with severe mental health problems in the community. The key elements of this framework included systematic assessment of health and social care needs, the formulation of a care plan, the appointment of a care coordinator or key worker, and the setting up of a regular review process. One important aspect of the CPA is the need to promote a seamless and smooth pathway of care for the service user and carer especially in times of vulnerability and distress and between all partner agencies. This was meant to provide an integrative bridge between health and social care services input and to promote user and carer involvement in the assessment and planning of their own care. This is an important piece of work being undertaken nationally through CSIP and I would urge you to encourage feedback through your organisation or networks, using the proforma which are available on this website, so that issues from the East of England are captured in the national picture. – Paul O'Halloran, Director: Development, Education & Training, CSIP Eastern.

Contact Paul for more information on paul.o'halloran@nemhpt.nhs.uk

Click [here](#) to read the whole piece written by Paul O'Halloran

CSIP Positive Practice Awards - the finals

The awards ceremony of the Care Services Improvement Partnership (CSIP) Positive Practice Awards 2006 was held on the 23 November. Set up in 2002 by Tony Russell, the Founder and Chair, with the support of the National Institute of Mental Health in England, to recognise and reward people committed to improving our mental health services – including people who use services and their carers - the Positive Practice Awards have gone from strength to strength. This year there were over 400 applicants for the 16 categories; the winners and highly commended received their awards at the ceremony at Chelsea Football Club.

 Click [here](#) to read the full press release

NICE SCIE guideline to improve care of people with dementia

The National Institute for Health and Clinical Excellence (NICE) and the Social Care Institute for Excellence (SCIE) issued joint guidance on the treatment and care of people with dementia in health and social care on the 22 November 2006. The guideline covers the identification, treatment and care of people with dementia and the support that should be provided for carers within primary and secondary healthcare, and social care. For the first time, healthcare professionals working within the NHS will be following the same guidelines as social workers and care workers in nursing homes.

 Click [here](#) to read the guidance

What's happening in our region?

In our region we are forging networks that span across the continuum of older persons services and are advocating the development of services that are truly multi-agency and needs led rather than diagnosis led. We are supporting trusts in developing day and intermediate care services that will utilise the skills and knowledge of staff from the all organisations including social care, the voluntary sector and primary care and will include those with dementia and early onset dementia as an integral part of these universal services. We are driving the Choice Agenda for Older Persons, and actively linking up with the leads for the Mental Capacity Act, and IMCA pilots. We are starting to work with our colleagues in the Acute and Community Settings, through joint working on universal falls strategies, to help prevent accident and hospitalisation of all older people but especially those in high-risk groups such as those with dementia. In the New Year we will be supporting nursing colleagues around skills sharing and development for caring for the older person with complex needs and stroke. Our emphasis is on inclusion not isolation of those with dementia. We will be backing up our local efforts by rolling out the national initiatives from the CAT and DOH, including the tool kit for understanding dementia developed by Nadine Schofield et al.

For more information please contact [Yve White-Smith](#) on 07766 161098 www.eastern.csip.org.uk/our-work/older-persons-programme



[Back to top](#)

Development Centre Update

Be Healthy: Making changes for Children and Young People happen in the East of England - 13 December 2006, Rowley Mile Racecourse, Newmarket

This event is being run in partnership with GO East and focuses on the Be Healthy outcomes from the Every Child Matters framework. This conference aims to establish what we have learnt and what we need to do next to make change happen.

 Click [here](#) to find out more and to book

Vacancy – Regional Fellow for Delivering Race Equality in Health & Social Care (DRE)

CSIP Eastern is looking to appoint a Regional Fellow for Delivering Race Equality in Health & Social Care (DRE) to support our existing equalities lead who has overall responsibility for the programme. We are looking for someone with experience of working with community groups (preferably BME communities), project management, true partnership working and multi-agency working. The role will be the equivalent of two days a week for 12 months, with possible extension to 2 years, and the post attracts an honorarium of £10,000 per annum and £2,000 travel allowance. Closing date for applications is 30 December 2006 and interviews will be held on 22 January 2007.



Click [here](#) to find out more about the role



[Back to top](#)

Events

Understanding self-harm: developing good practice and effective services – 13 December 2006, London

Self-harm across the UK is on the rise and there is an acute lack of awareness surrounding this topic. Many workers are not effectively equipped to deal with self-harm. Do you have a thorough understanding of what self-harm is? Are you confident that you can respond appropriately to self-harm? Do you have knowledge of managing self-harm and how to reduce risk? This one day conference will provide an insight into the diversity of issues surrounding self-harm and arm delegates with the knowledge required to work towards implementing effective services for those who self-harm.



Click [here](#) for more information and to book

Sex Offenders: New perspectives, new approaches – 15 December 2006, University of Leicester

This unique conference brings together researchers in the field of sex offending who will be speaking on cutting edge issues. It will be of interest to practitioners, academics, researchers and students studying the assessment and treatment of offenders and more general forensic psychology.



Click [here](#) for more information and to book

Delivering race equality in mental health care: policy, practice and research – 21 & 22 February 2007, West Midlands

Delivering Race Equality in Mental Health Care (DRE) is the Department of Health's five year action plan for achieving equality and tackling discrimination in mental health services in England for all people of black and minority ethnic status, including those of Irish or Mediterranean origin and east European migrants. NIMHE, which is part of the Care Services Improvement Partnership, leads on the implementation of DRE within the health and social care sector. This two-day event will focus on the progress that is being made since the launch of Delivering Race Equality in Mental Healthcare Action Plan in 2005.

 Click [here](#) for more information and to book

Managing New Realities 2007 – 5 & 6 March 2007, London

Managing New Realities was established in 2003 to bring together the worlds of health, social care and housing to discuss the commissioning and provision of integrated and personalised services for adults. The event has quickly developed to become the primary opportunity for the sectors to meet and work together to forge a common, innovative and challenging agenda for service development.

 Click [here](#) for more information and to book

'A Showcase for Success': Sharing good practice in design for mental healthcare settings – 4 & 5 July 2007

The Department of Design from the University of Central Lancashire is pleased to announce the second conference and exhibition to focus on design issues for mental healthcare settings. The aim of this second conference is to provide opportunities for academics, researchers, artists, designers, service users, project managers and healthcare managers or staff to share their own stories of success. The conference will focus upon the sharing of success stories regarding innovative and creative design solutions for mental healthcare settings. The aim is to celebrate the variety of ways in which designers have influenced mental healthcare settings and learn from each other.

 Click [here](#) for more information and to book




[Back to top](#)

Useful Resources

The Hearth Centre production – 'Revolving Door' a play about suicide prevention

A Coroner conducts an inquest into Martin's suicide. He calls a GP, a hospital nurse and Martin's mother as witnesses and reflects on why Martin took his own life. But this hearing is unusual: *The Coroner is Martin himself*. **Revolving Door** is a 35 minute play which explores the subject of suicide prevention. It can be viewed independently or together with an interactive workshop which asks the question: *Could Martin's suicide have been prevented?* The **Revolving Door** drama-based programme is appropriate for use in educational, community and training contexts. It can be used to raise the issues and promote the development of multi-agency suicide prevention strategies.

 Click [here](#) for more information

 Click [here](#) to visit the Hearth Centre's website

'We need to talk' – report on the case for psychological therapies on the NHS

MIND has been working in coalition with Rethink, the Mental Health Foundation, the Sainsbury Centre for Mental Health and YoungMinds to author a report on the need for better access to psychological therapies. The report calls on the Government to invest in talking treatments so that they are available to all who need them. The National Institute for Health and Clinical Excellence (NICE) has recommended that cognitive behavioural therapy (CBT) should be available on the NHS. Other therapies have also been shown to be effective. Yet availability of these evidence-based therapies on the NHS is extremely limited. This is a major inequality in health care. A failure to offer evidence-based treatments for physical health problems like cancer would rightly lead to a national outcry. We believe the lack of access to evidence-based treatments for mental health problems is equally unacceptable.

 Click [here](#) to read the report

Dignity in Care: Practice Guide

This guide has been designed by the Social Care Institute for Excellence (SCIE) for people who want to make a difference and improve standards of dignity in care. It provides information for service users on what they can expect from health and social care services, and a wealth of resources and practical guidance to help service providers and practitioners in developing their practice, with the aim of ensuring that all people who receive health and social care services are treated with dignity and respect.

 Click [here](#) to find out more

What's happening in our region?

We have pre-empted the launch of the dignity agenda by preparing our older persons network for its arrival and importance. We will continue to disseminate national information via our network and via our OP web pages. We have established our network in the region and will extend the TOR of this group to include the dignity agenda in line with the National Directors programme, which requires each region to have a dignity group/network. We will be identifying and recruiting local dignity Champions. We are keen to get the Voluntary Sector and User and Carers active in this important agenda as soon as possible.


We will be aiming to put an older Persons Eastern Region Dignity Event on later in 2007 in line with the national programme, and will send out information regarding signing up as a Dignity Champions via the national web site. We will continue to liaise with the national project team and the National Implementation Team at the DOH, sharing all relevant information via our virtual networks and at our network meetings.

Our emphasis is that dignity underpins all practice and must not be viewed as an add-on or just another initiative. One of the DOH dignity guardians will be coming to speak to the OP network.


For more information please contact [Yve White-Smith](#) on 07766 161098 www.eastern.csip.org.uk/our-work/older-persons-programme

Direct Payment resources – available to view on our website

There are three resources that you can view relating to direct payments. Click on the titles below to view these documents.

 **An Introduction to Direct Payments in Mental Health Services: Information for people eligible to use mental health services and carers.** [Click here](#)

 **An easy guide to Direct Payments: giving you the choice and control.** [Click here](#)

 **A guide to receiving Direct Payments from your local council: a route to independent living.** [Click here](#)

For more information on Direct Payments, please contact Robin Murray-Neill, Direct Payments Programme Manager on robin.murray-neill@nemhpt.nhs.uk



Social Enterprise Matters Newsletter

Government interest in Social Enterprise as part of a strategy to open up the market for public service delivery continues to grow. Most recently the Department of Health has recognised the potential offered by SEs for developing the health and social care market. The Development Centre is working with the Strategic Health Authority in assessing applications for SE Pathfinder projects. In order to explore the potential of SEs, the Third Sector Commissioning Collaborative, together with the Social Inclusion Team held a seminar at Capital Park on 29th November and David Coulson from **Social Enterprise People** gave a presentation. **The presentation can be accessed on our website by clicking [here](#).** For more information contact Ian Hartley (Third Sector Commissioning) ian.b.hartley@gmail.com or Jennette Fields (Social Inclusion Lead) jennette.fields@nemhpt.nhs.uk

More information is contained in the **Social Enterprise Matters Newsletter**. This quarterly bulletin is produced by the Social Enterprise Network for Essex, Southend-on-Sea and Thurrock (SENEST). The network was established in September 2004, and is part of Social Enterprise East of England (SEEE).



Click [here](#) to view the latest newsletter



Click [here](#) to visit the SENESE website

East of England Improvement News - November edition

A regular newsletter produced by the East of England Regional Assembly (EERA).



Click [here](#) to read the latest edition



Click [here](#) to visit the EERA website

In Control Newsletter

In Control is a national programme helping to change the way social care is organised. People needing support can take control of their lives and fulfil their roles as citizens. In-control is creating a new system - Self Directed Support.



Click [here](#) to read the latest newsletter



Click [here](#) to visit the In Control website

What's happening in our region?

Amanda Reynolds regional change agent adult social care is Eastern lead on self directed support. She will be working with Chris Rowland and robin Murray neill through the white paper cluster work stream to take forward SDS in the eastern region. If you wish to discuss this programme of work Amanda can be contacted as follows amanda.reynold@nemhpt.nhs.uk

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
- Commissioning – [Maurice Burns](#) 07789 864212
- Health and Social Care in Criminal Justice – [Barbara McLean](#) 07967 302423
- Learning and Improvement Networks – [Paul O'Halloran](#) 01206 287594
- Learning Disabilities (Valuing People Support Team, VPST) – [Simon Whitehead](#) 01449 616187
- Mental Health (National Institute for Mental Health in England, NIMHE) – [Susannah Rix](#) 01206 287578
- Older People and Physical Disabilities – [Angie Glew](#) 07775 906892
- Adult Social Care – [Amanda Reynolds](#) 07775 631510



[To download a copy of our 2005/06 Mental Health Prospectus, click here](#)



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

Care Services Improvement Partnership 

This bulletin was created by the Eastern Development Centre. If you have any queries about the bulletin, or would like to be taken off the mailing list contact:

[Rhiannon Williams](#)

655 The Crescent

Colchester Business Park

Colchester

Essex

CO4 9YQ

Tel: 01206 287547