



# e-bulletin

Issue 15  
21 December 2006



Welcome to the fifteenth edition of our e-bulletin. Thanks to everyone who has emailed with news stories, and comments and suggestions.

We hope you all have a very lovely Christmas and New Year, and look forward to hearing from you in 2007!

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.





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## Regional News

### Lifecraft reaches out to local women who have suffered mental distress

Lifecraft, a local self-help organisation based in Cambridge held a Women's Group Open Day on Thursday 7 December to reach out to local women who have suffered from mental distress. Research highlighted by the World Health Organisation shows that women's mental health differs from men's particularly in the case of common mental health problems such as anxiety and depression, which affect more women than men.

-  Click [here](#) to read the full press release about the day
-  Click [here](#) to visit the Lifecraft website

### Biannual newsletter released from 'East Together' of the Eastern Region Partnership

This newsletter details the work that is being done in our region around children and young people. This issue includes reports of conferences that have taken place, commissioning children's services in Bedfordshire and a piece about a team winning one of our PROGRESS in... awards.

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



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## National News

### **National Service User/Survivor Network – looking for Management Committee Members**

The National Service User/ Survivor Network is looking for people to nominate themselves to become Management Committee Members. 12 volunteers with direct personal experience and an understanding of mental health services are required. They will provide the strategic direction for the development and delivery of the network. Training will be given. Applications must be received by the 4 January 2007.

 Click [here](#) for more information including application forms and FAQs

### **Key Activities for Social Care Commissioning report available**

The Key Activities for Social Care Commissioning (November 2006) report is now available on the Change Agent Team (CAT) Website. This report details the work undertaken to date on behalf of the Better Commissioning Network by the Institute for Public Care between summer 2005 and November 2006 regarding the writing of long term commissioning strategies in Leeds, York and North Yorkshire. This report will be updated in May 2007 when work is finalised. All materials used in conjunction with this report during masterclasses held regionally in England can be found in Developing Strategic Commissioning Programme - Six Regional Events. This is key reading for social care and joint commissioners, as it outlines technical skills and approaches required to commission social care effectively. It will also provide an excellent resource as systems seek to develop commissioning plans to reflect 'Our Health Our Care Our Say' targets.

 Click [here](#) to read the report

 Click [here](#) to access the accompanying materials

### **Services for people with High Functioning Autism/Asperger's Syndrome (HFA/AS)**

Fiona Hay, Clinical Psychologist at Suffolk Mental Health Partnership Trust has written an update on the development of services for people with High Functioning Autism/Asperger's Syndrome. She has been part of a Steering Group for the development of a long awaited document clarifying the service provision position for people with HFA/AS. She describes the release from the Department of Health, launched by Rob Greig and Louis Appleby recently, clarifying current Government policy describing good practice for people with autistic spectrum conditions. This report will tell readers more about the development and highlight where you can get more information.

 Click [here](#) to read the update

## **Integrated Care Network (ICN) discussion paper released – Strengthening Service User and Care Involvement: A guide for partnerships**

*Strengthening service user and carer involvement: a guide for partnerships* recognises the central role of people in the design and development of the services they use. The discussion paper aims to assist organisations that are working in partnership to involve service users and carers effectively. It provides a framework for thinking about types of involvement, describes key issues for organisations in approaching the subject and examines the options for involvement. Suggestions are made about questions to be addressed jointly and practical examples are provided to demonstrate what works in different situations. Case studies illustrating different approaches are included.

 Click [here](#) to view the ICN discussion paper

## **Integrated Care Network (ICN) discussion paper released – We have to stop meeting like this: The governance of inter-agency partnerships**

The Health Services Management Centre (HSMC) at the University of Birmingham has been commissioned by the Integrated Care Network to produce this discussion paper on the governance of multi-agency partnerships. Drawing on an earlier ICN Discussion paper of the concept of governance, published in 2004, the paper considers the wider literature about partnership working and the role of boards. It draws attention to the symbolic role of multi-agency governing boards, identifies key tensions and challenges, and summarises some key academic models and frameworks. This is intended to place recent changes and debates in a wider context and to provide a series of tools with which local services can begin to explore the kind of governance arrangements they want for their services.

 Click [here](#) to view the discussion paper

## **Interactive database of bridge building projects – National Social Inclusion Team**

This database contains information on projects that enable people with mental health issues to engage with their local communities. It builds on the work done by the National Development Team for the *Making Inclusion Work* project (2002) which mapped over 400 projects that helped to 'build bridges' for people with mental health issues to support them to take up social roles and relationships in the wider community alongside the general public. These projects have been invited to update their information for inclusion in the database.

 Click [here](#) to find out more about the database and also to add your own project

## **Shift Speakers Bureau – update: 40 people trained to talk about their experiences**

Shift has recently trained 40 people to be able to attend conferences and events and talk about their experiences of mental health problems. By encouraging people who have mental health problems to speak out about their experiences, the Bureau seeks to challenge myths and stereotypes about mental illness. You can now enquire about asking one of the trained participants to attend events to speak.

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

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



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## Development Centre Update

### **Stay Safe: making changes for children and young people happen in the Eastern Region – 31 January 2007, Stansted**

Go East and partners (including CSIP Eastern) invite you to a FREE one-day event, focused on the 'Stay Safe' outcome 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 about the event and to book



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## Events

### **Catch-a-fiya Network launch – 19 January, London**

Catch-A-Fiya is a survivor controlled forum for mental health system survivors, funded by the Big Lottery Fund to facilitate positive change for survivors over 3 years. Their primary purpose with the project is to establish and maintain contact with survivors from BME communities and support them to learn, teach and grow (personal development). They are launching a national network of mental health service users/survivors and carers from Black and Minority Ethnic (BME) communities.

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

### **Promoting Positive Practice: 4<sup>th</sup> Primary Care Mental Health conference – 26&27 March 2007, University of Lincoln**

Now in its fourth year, this hugely successful conference will be of interest to a wide audience including primary care, mental health and social care professionals, service users and the voluntary agencies seeking to promote positive practice in primary care mental health settings. The conference programme will include key note speakers and breakout sessions on a wide range of cross-cutting themes.

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



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## Useful Resources

### Scottish Recovery Network launches the *Journeys of Recovery* booklet

*Journeys of Recovery* features 12 of the stories shared during a narrative research project. The stories that were selected for inclusion were done so because they were felt to represent the diversity of experiences shared during the project. The stories highlight the main themes that have emerged from all the stories collected: meaningful activity and contributing; relations and support; services and treatments; identity and self; turning points; and finances and housing. The aim of the booklet is to highlight the diversity of individual recovery experiences, to show that recovery can and does happen, and to inspire hope in others that recovery is possible.

 Click [here](#) to visit the Scottish Recovery Network website and to find out more about the booklet

### Partners in Policymaking – ‘A way to make a difference’ course

This is a leadership development course for adults with learning disabilities (self-advocates) and parents of disabled children up to school leaving age. If you are someone that thinks life should be better for disabled people then this could be the course for you. It covers a range of subjects relating to disability including education, whole life planning, assistive technology and advocacy.

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

### CSIP Positive Practice Award photos available to view

The photos that were taken at the annual Care Services Improvement Partnership's (CSIP) Positive Practice Awards have been posted on the CSIP website for you to have a look at. There is a link within the website to take you to a site that has some more should you wish to view the whole collection.

 Click [here](#) to view the photos on the CSIP website

### Reaching out: an action plan on Social Exclusion – newsletter update

The taskforce that has been working on this action plan have released a newsletter detailing the plan. The plan sets out the Government's renewed drive to tackle social exclusion.

 Click [here](#) to read the newsletter

 Click [here](#) to visit the Cabinet Office website for more information on the taskforce and the plan


## **Supporting Complex Needs – a practical guide for support staff working with people who have a learning disability who have mental health needs.**

This document provides guidance on supporting people with a learning disability who have mental health problems. It also provides advice on recognising mental health problems and promoting positive mental health. People with a learning disability can develop mental health problems just like anyone else. In fact, people with a learning disability are at an increased risk of developing mental health problems compared to those without a learning disability. Many studies have tried to establish the prevalence rate among people with a learning disability, with varying conclusions.

 Click [here](#) to read the guide

## **Report on the Implementation of Standard 9 of the National Service Framework for Children, Young People and Maternity Services**

This document reports on progress in improving the mental health and psychological well-being of children and young people. It highlights some areas on which service providers and commissioners will need to focus if the ten-year objectives set out in Standard 9 of the National Service Framework for Children, Young People and Maternity Services (NSF) are to be achieved, and offers best practice guidance to assist achievement.

 Click [here](#) to access the report and the annex

## **Free anti-discrimination training course from Open Up**

Challenging discrimination in everyday life' is a course which gives you the opportunity to gain the know-how, skills and confidence to tackle the discrimination facing people with experience of mental distress – at work, in your neighbourhood or community, from those close to you...

 Click [here](#) to learn more about the course

## **Who Cares for Us?**

Carers with a learning disability are a forgotten, but growing, group of people. Richard West and Eve Rank have joined forces with Inspired Services to bring about change. Their new web page will act as a growing resource of material detailing the issues and the campaign. On it you can read updates of the campaign, read articles and view event presentations and much more.

 Click [here](#) to visit the website

## **2<sup>nd</sup> annual report from the National Social Inclusion Programme**

 Click [here](#) to read the report



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:

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