

e-bulletin

Issue 16
31 January 2007



Welcome to the sixteenth 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 [Jayne Bulman](#), 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](#);



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Regional News

Book prescription scheme proving a winner!

An innovative pilot project to improve local mental health services by encouraging people to take their prescriptions to the library rather than the pharmacy is proving a big success. This project is being run by North East Essex Primary Care Trust (PCT) in conjunction with Essex County Council Libraries, North Essex Mental Health Partnership NHS Trust and the voluntary sector. Every library in Colchester and Tendring areas (including all mobile libraries) has a collection of the selected titles. Karen Lockett, Assistant Director of Modernisation and Commissioning at the PCT, said: "The scheme is designed as a fresh way of approaching the treatment of mental health issues. Instead of GPs straight away prescribing drugs for depression, or offering counselling, we want people to understand and try self-managing their condition. There are hundreds of books available in this sector but the books in the Essex Book Prescription Scheme have been carefully selected by our local clinicians and will be kept together in one area of each library so they will be easy to access."

 Click [here](#) to read the full article and to find out more information

Library and Information Services for Social Care staff in the East of England

Did you know that if you work with NHS patients you can use your local NHS library, and are entitled to access the same resources as your NHS colleagues? You can do this through the Eastern Counties Library and Knowledge Services Alliance (ECLaKSA), which is a network of NHS libraries providing library and information services to health and social care professionals and to students on placement in the East of England. They can assist you with finding resources both written and online, providing a quiet place to research and also allow you to access various professional journals.

 Click [here](#) to find out more about this service

Why not get your place of work to 'Stress Down for a Day'?

(Article taken from the Evening Gazette): Samaritans is looking for people to get involved with its Stress Down Day on February 1. Half a million people in the UK experience work-related stress at a level they believe is making them ill and Samaritans is launching Stress Down Day to raise awareness of the effects of stress in the workplace. Up to five million people in the UK feel 'very' or 'extremely' stressed by their work and a total of 12.8 million working days were lost due to stress, depression and anxiety in 2004/5. A third of UK workers cannot get to sleep at night through anxiety and three-quarters cannot 'switch off' when they leave their office. Stress in the workplace is said to be the number one issue affecting employee productivity. Stress Down Day will hopefully increase awareness of the effects of stress in the workplace, improve the emotional wellbeing of employees and help Samaritans raise vital funds.

 Click [here](#) to find out more, including ideas for 'Stress Down Day' and a supporter pack



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National News

Services for people with High Functioning Autism/Asperger's – Update

In the last issue of the bulletin we told you about a report that was written by Fiona Hay, Clinical Psychologist at Suffolk Mental Health Partnership Trust on the development of services for people with High Functioning Autism/Asperger's Syndrome. Please accept our apologies that we did not include the link to the report and only to a website that held more information on these conditions. Below you will find the link to the report.

 Click [here](#) to read the report

Children's Rights Survey – have your say!

The Government's Children's Rights Survey for under 18 year-olds in England is still live and runs until January 31 2007. More than 2,500 children and young people have completed the survey since it went live in November. However more children and young people are needed to take part in order for the survey to make a big impact. The survey results will be included in the Government's next Children's Rights report to the United Nations, to be submitted in July this year. The survey includes questions about children's and young people's health, education, experience of violence and discrimination, and the right to be heard and taken seriously.

 Click [here](#) to find out more and to access the survey

Adult Learners Week Awards now open!

Do you know an adult learner whose achievements could inspire others? Does your organisation, company, community group or learning centre offer a creative programme of learning that reaches out to adults? Are your programmes making a difference to learners in the workplace, at home or in the community? Do you know a group or family who are working together towards a common goal or purpose? If so, why not nominate them for an Adult Learners' Week Award? It's a great way of celebrating the achievements of learners and, in doing so, encouraging others to get involved as well. The winners come from a variety of backgrounds, but all have remarkable stories which inspire others to have a go.

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

Mental Health Bill Self Assessment Tool launched

The aim of this tool is to help NHS Trusts and other providers to plan for the effective and timely implementation of the Mental Health Bill. It was launched on the 16 January 2007. It is important that before completing and submitting your return, you read the covering letter and guidance notes first. Any queries on using this tool should be referred to your regional lead ([Lou Brewster](#)).

 Click [here](#) to view the tool.

The Healthcare Commission: Patient and Public Involvement Network for Seldom Heard Groups

There is now funding and training available to enable 'seldom heard' groups to join an existing network of organisations supporting the Healthcare Commission in its work to engage patients and the public in monitoring and improving healthcare services in England.

 Click [here](#) to find out more (information flyer and application form)

National Patient Safety Agency (NPSA) & National Children's Bureau (NCB): Consultation with Children and Young People regarding patient safety

The National Children's Bureau (NCB) has been commissioned to consult with children and young people across England and Wales about patient safety. They are looking for children and young people to participate who may live with disabilities, long-term health problems, mental health difficulties and/or from black and minority ethnic communities. They will also undertake a session with parents of babies who have received care in neonatal or intensive care units. They hope to undertake this work from 9 January 2007 until 14 February 2007 and work with groups of 6-12 in size.

 Click [here](#) to access more information (there is a child-friendly version of the document)



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CSIP Eastern Development Centre Update

Current guidance and development issues in Crisis Resolution/Home Treatment

On 5 October 2006, Professor Steve Onyett, University of the West of England, and Dr Karen Linde, University of Leeds presented the initial analysis of the National Survey for Crisis Resolution/Home Treatment Teams (CR/HT) in England, carried out between October 2005 and January 2006. This event was jointly organised by the Department of Health and Care Services Improvement Partnership (CSIP). This was one of a series of events which have focussed on linking research, policy, and practice for service development, previous events having focussed on Assertive Outreach, Acute In-patient Care, and Early Intervention Services.

 Click [here](#) to find out more and to access the guidance, executive summary and a presentation

Count Me In 2007: The National Mental Health and Learning Disability Ethnicity Census – 26 February 2007, Bedford

This one day event will include: an introduction to Count Me In (what and why); a summary of national results to date; findings of the Service User Survey; Count Me in 2007 (promotional video); Census dataset (what is being collected and how is it being used); and preparation for the census and collecting the data (for Census Leads and those with responsibility for the return).

 Click [here](#) for the flyer and registration form

Richard Taylor retires

In 1968 Richard Taylor started work with the NHS as part of the National Administrator training scheme and on the 4 January 2007 friends and colleagues from his long career joined him for a celebration of his career. Over a 100 people from all levels of the NHS, voluntary sector and local authorities joined to thank him and wish him well. At the reception in Maddingley Hall in Cambridge Owen Ingram, CSIP Eastern chairman, presented Richard with An A-Z booklet of anecdotes and pictures from his working life. At the party past and recent colleagues read out stories from the booklet and Richard was presented with a gift of a piece of modern art to mark his retirement. Richard said 'I am so delighted and moved by so many people turning up and was especially surprised to see so many old faces after many years.'

New contact information for the e-bulletin

Our Communications Officer, Rhiannon Williams, is leaving CSIP Eastern at the end of this month and so the contact details you need to send items to has changed. Please send anything you would like included in the bulletin to Jayne Bulman (jayne.bulman@nemhpt.nhs.uk) or call 01206 287587.



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Events

Mind, Body & Spirit Conference – 5 February 2007, Chelmsford

Since the first conference three years ago there has been a significant increase in interest in an holistic approach to mental health recovery – Body, Mind and Spirit - both nationally and locally in Essex. Following the 2004 conference, a unique partnership of representatives from the professional, service user, faith and voluntary sectors, has established groups across Essex that meet regularly to develop understanding of issues around spirituality and mental health. The Mind, Body & Spirit programme is co-ordinated by a Steering Group, comprising representatives of the two Essex Mental Health NHS Trusts, various faiths and service users, facilitated by InterAct, a charity working in the field of mental health recovery.

 Click [here](#) to view the programme, information and registration form

Recruiting Hard to Reach Groups – 12 February 2007, London

One-day training sessions, provided by Attend, for people who manage volunteers in hospitals. This free training session provides the opportunity for volunteer managers working in health to review their recruitment of volunteers from 'hard to reach' groups in line with best practice principles, and discuss their approaches with others managing volunteers in hospitals. The content and delivery style is based on a new course in volunteer management accredited by the Chartered Institute of Personnel Development.

 Click [here](#) for more information

Working Together for Change: Building research partnerships to improve participation - 2 March 2007, University of Cambridge

This one-day event is for people with learning difficulties and their supporters, carers, service providers and commissioners, and researchers. The event will include workshops on:

- taking part in voting in elections
- self-advocacy - where next?
- student-led research on making schools and colleges better places
- MPs talk back - the view of Members of the Parliament for people with learning difficulties
- hear about research with people who are sometimes left out by services.

The main speech will be given by Rob Greig, National Director of Valuing People.

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

Children that Matter: Working together for the healthy minds of children in care – 7 March 2007, Leicester

The goal of this event is to improve the mental health outcomes for Children and Young People in Care. It hopes to increase awareness of current issues and policy in relation to children in care, including developments from the 'Care Matters' green paper. It will also provide delegates with examples of practice, and a forum for debate between policy makers, commissioners and providers of services to children in care, including views from young people and foster carers. The conference should offer excellent networking opportunities.

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

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 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



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



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Useful Resources

MindBlogging website launched – mental wellbeing from the inside out

Mind Blogging is an innovative web based project, designed to give people experiencing the effects of mental ill health, a voice. It will provide a 'safe space' for people to express positively their first hand experiences and in doing so, provide support and encouragement to others. The main aims of the Mind Blogging Project are to: provide a 'safe space' for people to write their 'on-line' journal; encourage collaboration and mutual support; improve awareness of mental health issues; develop skill levels and improve opportunities for future training.



Click [here](#) to visit the website and find out how to take part

East Anglia Hub Newsletter issue 14

You can now view the latest newsletter from the East Anglia Hub, part of the national Mental Health Research Network (MHRN).



Click [here](#) to access the newsletter and past issues

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 01727 897722**
- Health and Social Care in Criminal Justice – **Rob Jayne & Amanda Hawkins 01206 287578**
- 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 & Yve White-Smith**
- 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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