

e-bulletin

Issue 20
13 April 2007



Welcome to the twentieth 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

Ipswich and Suffolk Credit Union and Rainbow Saver Anglia Credit Union launch a new project

Credit Unions are financial co-operatives owned and run by their members to provide an alternative to banks, building societies and high interest lenders. They are run by volunteers which keeps the costs low and means that members get a committed and personal service from people who care about their community. Ipswich and Suffolk Credit Union and Rainbow Saver Anglia Credit Union are launching a new project in May. The Unions will be offering a prepaid Debit Card which people can use at shops and supermarkets to buy their shopping. It is not a credit card but can be used in all locations that take credit cards. It will be ideal for people who have difficulty budgeting weekly, as money is put on the card on a weekly basis. The Credit Unions feel that workers will see it as useful for their mental health clients. It will also help carers who want to help someone manage their affairs without removing all financial freedom entirely as they can decide together how much per week to put onto their card. Other benefits are less reliance on cash and the ability to shop like other people with plastic cards and yet stay within a weekly budget automatically. The two Credit Unions will be piloting this initiative in Suffolk and Cambridgeshire initially before going regional. For further information please visit: Rainbow Saver Anglia Credit Union Limited website www.rainbowsaver.co.uk or email to credit.union@resman.suffolkcc.gov.uk.

NEST - Good food for a good mood

Paddington Bear said he felt happier after eating a Marmalade sandwich - over forty people at a recent Mental Health Forum in Maldon learned some more scientific ways to influence improved mental health. When people are depressed it is often due to low levels of the feel-good brain chemical called serotonin. This can be positively influenced by increasing certain foods. 'Good-mood' foods include oily fish, beans and lentils.

Mental Health Forums are held in Maldon every other month at the Friends Meeting House in Butt Lane, and are run by North Essex Stronger Together (NEST), an organisation dedicated to give people a voice in influencing future mental health services. For further information on a Mental Health Forum open to the public contact Christine McDonald at NEST, telephone Chelmsford (01245) 350216.

 **Click here to read the press release:**

www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=98948&grp=1



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National News

Welcoming Social Enterprise into Health and Social Care

This resource pack is a useful gateway to important information for people/organisations wanting to start, and those already operating, a social enterprise as well as commissioners who what a contract with social enterprises.

 **Click here to download the document:**

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_072928

New Delivering Race Equality best practice

The Delivering Race Equality in Mental Health Care five year action plan was published in January 2005. As part of this, the Department of Health has produced 'Positive Steps: supporting race equality in mental healthcare' with the help of mental health care staff and community workers. This online guide is to help reduce inequalities in black and minority ethnic patients' access to, experience of, and outcomes from mental health services. This guide offers advice and practical support to providing more inclusive services, and includes good practice from projects that already exist throughout the mental healthcare system.

 **Click here to access the online guide:** www.actiondre.org.uk/positivesteps/welcome.html

Social Care Institute for Excellence – Choice, control and individual budgets: emerging themes

This briefing is about the themes emerging from British and international literature relating to the development of individual budgets for adults currently receiving services in England. These include older people, people with learning disabilities, people with physical and sensory disabilities, and with mental health needs. The briefing is specifically intended as background to the evaluation of 13 pilot individual budget schemes running in selected sites between 2006 and 2008.

 **Click here to read the briefing:** www.scie.org.uk/publications/briefings/files/scare20.pdf

Children's Transition Services – Integrated Care Network briefing note

The National Service Framework for Children, Young People and Maternity Services highlights that the transition to adulthood and adult services is not universally well planned, leading to a poor experience for many young people. The theme of transitions was explored in more depth in a master class, held in November 2006, resulting in the following briefing note.

See the 'Events' section for further information on a Transition Review event.

 **Click here to read the briefing:** www.icn.csip.org.uk/index.cfm?pid=10&catalogueContentID=888

Office for Disability Issues: Equality for disabled people consultation

The Office for Disability Issues and the Government is committed to achieving the vision of equality for all disabled people in the United Kingdom by 2025. The 'Equality for Disabled People: how will we know we are making progress?' consultation involves disabled people in deciding what equality would look like and how progress should be measured. The consultation also looks at key areas including early years and family support; the transition to adulthood; employment; and independent living.

 **Click her for further information:** www.officefordisability.gov.uk/consultations/

Leadership for Change 2007 - looking to attract subsidies

This is an intensive 14 month long programme leading to an award of a certificate in Service Management and Leadership from the University of Lancaster. The course equips participants with the knowledge, skills, networks and confidence to successfully implement a challenging programme of development and change in their own areas. Drawing upon many of the current national leaders in the UK and an international faculty, this programme offers an unparalleled opportunity for personal and professional development. Previous courses were subsidised by the Valuing People Support Team, and received great evaluations. Paradigm have built on that by placing emphasis this year on developing leaders who can lead into the new policy agenda (i.e. self directed support).

There is still two months to go until the closing application deadline and the main concern for individuals who would like to attend is the cost. In the hope of providing some incentives to local authorities and encouragement to applicants to apply Paradigm is looking to attract subsidies and ask whether you would consider subsidising a place on the course for someone in your region. For further information, please contact Judith North on 07980 297819 or Peter Kinsella on 07977 007665.

 **Click here to visit their website:** www.paradigm-uk.org/

Launch of the new SANEmail

SANE, the leading mental health charity, is pleased to announce the launch of a new email support service which is fully funded by the Vodafone UK Foundation. SANEmail aims to provide support and information to people affected by mental health issues and will run alongside SANEline (0845 767 8000), their national out of hours mental health helpline. The new service provides another avenue by which people affected by mental illness can receive emotional support, as well as information on such matters as local and national mental health services, or treatments and therapies for dealing with panic attacks or overcoming depression. The service is available for anyone, but SANEmail is particularly aimed at young people affected by mental illness, who may feel more at ease using email than the telephone. Contact: sanemail@sane.org.uk

 **Click here to visit their website:** www.sane.org.uk/

Help make disabled children matter in Comprehensive Spending Review 2007

The Council for Disabled Children is part of Every Disabled Child Matters (EDCM), a new campaign fighting for rights and justice for every disabled child. After this week's budget, EDCM really needs help from all their supporters to make disabled children a priority in the Comprehensive Spending Review, and to make sure that the government delivers its promises to improve services for disabled children through the review. This review will report in summer/autumn this year and will set public spending for three years from 2008-11. For the first time, disabled children are a priority group in the review, and it is vital that EDCM make the most of this chance to get significant new resources into services for disabled children. If you would like more information on how you can help, please visit www.edcm.org.uk/Page.asp?originx_8588fm_98649192772951d79n_200735658r

See the 'Events' section for further information on a Disabled Children – A New Priority? event.



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CSIP Eastern Development Centre Update

Call for information & examples of good practice on involving Children and Young People in service design and delivery

CSIP Eastern has just appointed Vicki Surzyn in a new role for the next 6 months as Children and Young People's Involvement and Participation Officer. This role will be used to begin some of the work around developing a regional database and resource library to collate details of all the groups set up to involve children and young people. It will also pull together in one place some of the examples of good practice on involving children and young people and the tools for setting up groups and meaningfully engaging with children and young people to shape service delivery and improvement.

If you have examples of good practice and information about what is going on in the region with regard to involving children and young people please email vicki.surzyn@nemhpt.nhs.uk or telephone directly 01206 287578 to share any information and to discuss how this work may link with work that you are doing.



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Events

Green Light Project – 19 April 2007, Dereham

The Green Light Project is holding an event at Dereham Football Club. This event gives the opportunity to hear about what the project has found out about the experiences of Norfolk people with learning difficulties who also have mental health problems. This will include the good and not so good things and about how support and services could be better. The Green Light project aims to raise awareness about people with learning difficulties who also have mental health problems. This event is being organised by the Norfolk Learning Difficulties Service, which is a Beacon Authority. For further information, please contact Carl Bygrave, Green Light Project Worker on 01603 481 121 or email: carl.bygrave@norwich-pct.nhs.uk.

 Click here for the flyer and booking form: www.norfolk-pct.nhs.uk/news/2007/mar/greenlight200307.html



Transforming Local Public Services Together - Communities, Compacts, Councils – 20 April 2007, Hatfield

This national conference will hear from a range of speakers on how local councils, local strategic partnerships and others can better understand and support the role that the voluntary and community sector can play in building strong and vibrant local communities. The relationship that local government has with the sector can be fundamental in tackling the challenges that communities face today.



Click here to view flyer: www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=98810&grp=1

Every Disabled Child Matters parent workshops – 24 or 30 April 2007, London or Manchester

Contact a Family is hosting two free workshops about Every Disabled Child Matters for parents involved in local campaigning and participation work. The workshops will be a great opportunity for parent campaigners to meet each other, find out more about EDCM and discuss ways to work together to improve services locally. The campaign will be creating similar opportunities for all our supporters throughout the campaign.



Click here for further information and to book a place:

www.edcm.org.uk/Page.asp?originx_125qq_5699087359291h3i_20073235931t

Integrating Services for health and well-being: the role of Public Health – 2 or 17 May, London or Manchester

CSIP's Integrated Care Network (ICN) is holding two events exploring the role of Public Health in supporting integrated practice. The events are being run in partnership with national and regional public health colleagues. Public Health departments are potentially a powerful catalyst for achieving many of the key policy drivers impacting on health and local government, in particular "Our Health Our Care, Our Say" and the local government white paper "Strong and Prosperous Communities". The conferences will include a mix of leading national and local speakers, and workshops and discussion forums, with the aim of sharing information, good practice, and ideas both about integration and also designing services which actively promote health, wellbeing and tackle exclusion. The conference will build on the theory and practice set out in the new ICN publication 'The role of Public Health in supporting the development of Integrated Services' which will be launched at the end of April.



Click here for more information and to book a place: www.icn.csip.org.uk/index.cfm?pid=16

A New Approach for Statement for Educational Needs Transition Reviews: Information Day - 9 May 2007, Cambridge

The year nine review for young people with statements of educational needs is important because it is the first review that starts to think about their transition towards adult life. The Eastern Region Valuing People Support Team has been part of a national programme for this new style of review. The aim is to keep the young person at the centre of discussion and action planning. The Valuing People Support Team would like schools and services to be informed, inspired and trained to deliver this exciting way of facilitating reviews for young people that have a statement of educational needs. The information day is open to people that want to find out more on person centred reviews.

The Eastern Region Team will also be offering two three-day facilitator courses. The first will be held on 10-12 July 2007 for practitioners who would like to try this style of review in their school reviews. The venue will be at Wolfson Court, Girton College, Cambridge.

For further information please contact Jonathan Ralphs on 07708 442503 or email to jonathan.ralphs@btinternet.com



Click here to view flyer: www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=98818&grp=1

The Multiple Sclerosis Society: Beyond the Garden Gate – 12 May 2007, Huntingdon

The Multiple Sclerosis Society is having an open day called 'Beyond the Garden Gate' on the theme of keeping active and in touch. This event will celebrate the things that people with disabilities can, and do take part in. The Society hopes the day will inspire others to develop a new interest. For further information please call Richard on 07980 290524.



Click here to view the flyer: www.dish.org.uk/ (click latest news)

Learning for Work: Employability and adults with disabilities – 14 May 2007, London

This joint National Institute of Adult Continuing Education and Remploy conference, which is supported by the European Social Fund, will consider the implications of current Government policy on practice when supporting disabled adults in the transition from education and training into employment, and in particular the Learning and Skills Council's national strategy in this area; Learning for Living and Work. This conference will provide an opportunity for employers, education and training providers, supported employment providers, policy makers and experts on disability and employment for adults to come together to discuss the current policy context and how it will affect delivery of education and vocational training to increase employability for disabled people and propose ideas and develop plans for taking this work forward. For more information, please contact Gurjit Kaur on 0116 204 2833 or email to gurjit.kaur@niace.org.uk



Click here to view programme: www.niace.org.uk/conferences/learning-for-work.htm

Afrikan wisdom and values - 16th May 2007, Nottingham

'The contribution of Afrikan* wisdom and values to mental health and wellbeing' offers a unique opportunity to develop and strengthen your knowledge about Afrikan wisdom, values and resilience. The symposium will focus on health, history, culture, values and social anthropology. This event is part of Care International Foundation's (Careif) work programme on culture. It is the first in a series of planned events and learning, supported by an international inquiry panel, to improve our knowledge and ways of working to improve all people's wellbeing. Careif is a new international charity specialising in sharing knowledge internationally about mental health in order to improve people's wellbeing. For further information, please contact Pam Swift on 01623 812 948 or email to pam.swift@careif.org.

(* The spelling Afrikan rather than African reflects how indigenous Afrikans spell their country).



Click here to download programme: www.careif.org/?page_id=37

Huntingdon Grafham Water Lions Club Sponsored Walk – 20 May 2007, Huntingdon

The Huntingdon Grafham Water Lions Club has organised a charity walk around Grafham Water, where 10% of all sponsor money collected will go to the club and the remaining balance will be donated to the Disability Information Service Huntingdonshire (DISH). DISH and the club would like to invite people to partake in this sponsored walk. For further information, please contact Ollly Cooper on 01480 830833 or email olly@dish.org.uk.



Click here for more information and to download sponsor form: www.dish.org.uk/ (Click latest news)



Enterprise and Mental Health Conference - 21 May 2007, Manchester

This conference follows on from last year's great success and strong interest in the opportunity of enterprise in this field. This year the focus will be not only on the prospects for individual entrepreneurs but also for social enterprises developing from the NHS. The outcome of this conference will be a developed needs analysis structure to highlight the support required, and will be publishing the results to influence the transition within mental health. There are limited spaces available. For further information, please call 01612 756487 or email conference@partnershipwtp.co.uk.



Click here to download flyer and registration form:

www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=98972&grp=1

Disabled Children – A New Priority? - 21 May 2007, London

The current Her Majesty's Treasury/Department for Education and Skills review of disabled children's services heralds significant changes for the future. This review will inform the Comprehensive Spending Review, and as such, disabled children may well be a new priority for local agencies in the coming spending round. Capita's conference has been formulated in consultation with key stakeholder groups including the organisations involved in the Every Disabled Child Matters campaign. The conference will identify the most pressing areas of need and gaps in service provision that can contribute to poverty, poor outcomes and social exclusion for disabled children and their families. The expert line-up of speakers will discuss the practicalities of moving the agenda forward, whilst sharing information about successful approaches to service provision and lessons learned from recent innovative pathfinders and pilot schemes. For further information, please call George Krousti on 02078 085315 or email to george.krousti@capita.co.uk



Click here for programme and booking form:

www.capitaconferences.co.uk/OurConferences/LocalGovernment/Disabled+Children.htm



For forthcoming Capita conferences please visit:

www.capitaconferences.co.uk/OurConferences/ForthcomingConferences.htm

Westminster Briefing: Tackling Social Exclusion Through Partnership: Removing the barriers – 23 May 2007, London

The Government, in its action plan on social exclusion, set out the next steps in its drive to tackle the root causes of deep-seated disadvantage. Its priority is to reach the one million people at risk of persistent social exclusion, who have not yet benefited from opportunities the majority of people can now take for granted. It intends to tackling deep social exclusion with the help of five guiding principles; better identification and early intervention; systematic identification of what works; better multi-agency working; personalisation, and rights and responsibilities where appropriate; and supporting achievement and managing underperformance. With social exclusion being one of the key over-arching challenges facing the whole of society, participants at this Westminster Briefing Conference will have the opportunity to discuss the key issues and more. For further information, opportunities for exhibitors and sponsors at this conference please contact Parvin Madahar on 02070 962916 or email to parvin.madahar@westminster-briefing.com.



Click here to download programme and booking form: www.westminster-briefing.com/event_dates_w.htm

Children and young people's services annual conference – 24 May 2007, London

Through Every Child Matters and the resulting Children Act 2004, the Government has sought to underpin their pledge to improve the outcomes for all children and young people in this country. To mark the tenth anniversary of their pledge, the House Magazine will host the first annual children and young people's services conference.



Click here for programme and booking form: www.westminster-briefing.com/event_dates_w.htm



Early Intervention in Psychosis: Working together to make it happen - 4 June 2007, Suffolk

The implementation of Early Intervention Teams across the country is not only a key 'must do' national target, but is also a vital ingredient in building needs driven, evidence based services that can really make a difference in the lives of people struggling to recover from the impact of psychosis. This conference brings together experts from around the world and locally to examine in depth and to provide an overview of why we must urgently move to implement this approach. It will provide an opportunity for service users and carers, practitioners, commissioners, service managers and educators to come together to explore the key issues in making Early Intervention happen.



Click here for the flyer and registration form: www.eastern.csip.org.uk/events.html

Emerging Personality Disorder – 6 June 2007, Cambridge

This event is aiming to consider issues of relevant research and practice concerning emerging personality disorder. The day will bring together expertise and influential thinking in this overlooked area and should initiate debate and cooperation between relevant stakeholders both within and beyond the region. Delegates from Child & Adolescent Mental Health Services, Youth Justice, Adult Mental Health in relation to Early Intervention and Transition are invited to attend. The event will also be of interest to commissioners of services as well as advocacy, young people and their families. For further information and to book a place, please contact Kim Filer on 01206 287586 or by email kim.filer@csip.org.uk.



Click here for flyer and registration form: www.eastern.csip.org.uk/events.html

Children and Adolescent Mental Health Choice 4U conference – 11 June, Staffordshire

This conference gives the opportunity to hear and view key findings and recommendations from the year long Children and Adolescent Mental Health Choice Programme. The twelve month research period looked at what and where children and young people's emotional wellbeing and mental health services were provided across South Staffordshire. The day will involve sharing information contributed by individuals from Children and young people, parents, carers and staff from health, education and voluntary services.



Click here to view flyer: www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=98969&grp=1



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Useful Resources

Mental Health in Higher Education Newsletter No.10


The tenth MHHE Newsletter has now been published. This will be published six times a year.



Click here to access the newsletter: www.eastern.csip.org.uk/our-work/social-inclusion/education/national-information-education.html

Local Involvement Networks (LINKs) Bulletin

The first edition of the LINKs Bulletin has been published, with updates about the new system. This bulletin highlights policy and strategic directions the Department of Health are taking to establish LINKs.

 Click here to access the bulletin: www.eastern.csip.org.uk/users-and-carers/users--carers/local-involvement-networks-links.html

Social care bulletin

The bulletin's aim is to address matters related to the organisation and delivery of social care services and includes items of direct interest to social care staff.

 Click here to access the bulletin: www.dh.gov.uk/en/Publicationsandstatistics/Bulletins/Socialcarebulletin/index.htm

COVER e-bulletin, issue 75

This e-bulletin is a regular email briefing from the Community and Voluntary Forum: Eastern Region (COVER).

 Click here to access the bulletin: www.eastern.csip.org.uk/resources/other-bulletins-of-interest.html

 Click here to visit their website: <http://www.cover-east.org/>

LifeSIGNS

LifeSIGNS is a user led charity that raises awareness about self-injury. Their website offers advice and support to those who self-injure and to their family and friends. You can now download this self-injury awareness booklet.

 Click here to visit their website: www.selfharm.org/index.html

 Click here to download the booklet: www.selfharm.org/publications/sia/

NEST Newsletter issue 46

You can now view North Essex Stronger Together newsletter.

 Click here to access the newsletter: www.nest-network.co.uk/news.php

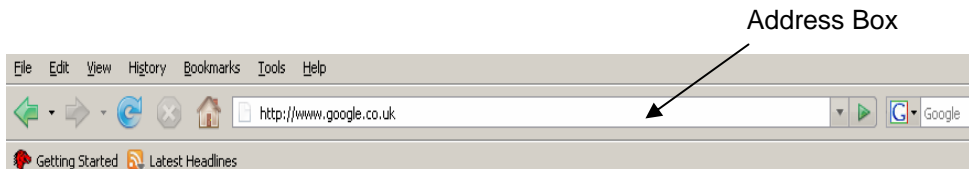


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Please Note:

Hyperlinks:

If you find the links do not work this maybe because your computer is not compatible, click on the internet and type in 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**
- Commissioning – **Maurice Burns 07789 864212**
- 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 287592**
- 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:

[Jayne Bulman](#)
655 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ
Tel: 01206 287547