

e-bulletin

Issue 29
31 August 2007



Welcome to our regular e-bulletin, which is circulated 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 [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

Suffolk Mental Health Partnership Trust and Suffolk Primary Care Trust teamwork helps boost screening for women

This project calls on the skills of health professionals from Suffolk Mental Health Partnership and Suffolk Primary Care Trust. An ambitious project set up to boost the number of women with learning disabilities having smear tests has been nominated for an award run by the Health Service Journal Magazine. Suffolk health professionals got together to find a way to better explain the benefits of screening to women with learning disabilities after it was discovered that more than 200 of those in the county were not accessing the cervical screening programme. The scheme is suitable for use by other Primary Care Trusts or modified to encourage people with learning difficulties to take up other cancer screening programmes, such as breast or bowel cancer screening.

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

www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100272&grp=1

Workwise's new member of staff aims to help people back to work

Sophie James has joined the mental health charity Workwise's employment project and will be helping people right across Suffolk to gain skills and seek employment or training. Sophie will be helping people looking for a new job after overcoming mental ill health. Thanks to Workwise, who have helped 82 people, get into work, where clients have gone on to work in a range of fields, such as retail, conservation work and business administration. For more details about Workwise, visit www.workwise.org.uk

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

www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100252&grp=1



Suffolk Mental Health Partnership NHS Trust staff make a stop in Stowmarket

Suffolk Mental Health Partnership Trust staff made a stop in Stowmarket on 11 August 2007 as part of a county-wide public consultation tour. The staffs has been inviting members of the public to have their say over plans for mental health, learning disability and drug and alcohol services, as well as encouraging people to join them as members of a new mental health NHS Foundation Trust for Suffolk and Thetford. This is all part of Suffolk Mental Health Partnership NHS Trust's plans to place local services in the hands of local people, as becoming an NHS Foundation Trust will mean the Trust is accountable to Suffolk people rather than to central Government. The next dates of their tour are on 4, 11 and 19 September 2007, visiting Newmarket, Thetford and Wickham Market.

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

www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100257&grp=1

Research funding opportunities

A number of various organisations invite applications for research projects to be funded by their research grants scheme.

 **Click here for a list of opportunities available:** www.eastern.csip.org.uk/our-work/research/funding-for-research-opportunities.html

ESSEX PLAY TO SPARK A RETHINK ABOUT MENTAL ILLNESS

Braintree Rethink Carers Support Group is to commission a play dealing with mental illness and its effects on patients and carers, thanks to a grant from the Lottery's Awards for All programmes. The play will be performed by a professional theatre company at venues in north Essex. It is among 12 projects in Essex and 55 across the East of England sharing grants totalling £353,591 which was announced on 20 August 2007 in the latest round of awards.

Awards for All is the small grants scheme administered by the Big Lottery Fund on behalf of Lottery good cause funders, Arts Council England, Big Lottery Fund, Heritage Lottery Fund and Sport England. Grants also went to Colchester United Community Sports Trust, Focus Ferrers Football Club and many more.

The group is part of the national Rethink charity, formerly the National Schizophrenia Fellowship, receives £8,020 to put on 'When Time Collapses', a play by Polly Wright, director of the Hearth Centre in Birmingham, which deals with health issues through drama.

See the 'Events' section for the creative minds IV art exhibition

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

www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100317&grp=1

Stepping stones to recovery: Suffolk Mental Health Partnership Trust

The term 'care in the community' is often bandied about with little thought for what it actually means for those receiving services. Joanne Clark, a community mental health nurse has been working with Suffolk Mental Health Partnership NHS Trust for two years as part of a multi-disciplinary team of social workers, occupational therapists, a technical instructor and a cognitive behavioural therapist - all focused on helping people make small changes that can make big differences to their lives. The team uses an approach known as the 'recovery model', which empowers people with mental ill health to learn more about their illness as well as more about medications and their side effects.

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

www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100278&grp=1



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National News

World Mental Health Day: theme 'the impact of culture and diversity'. – 10 October 2007

World Mental Health Day was observed for the first time on 10 October 1992. It was started as an annual activity of the World Federation for Mental Health by the then Deputy Secretary General Richard Hunter. The day is officially commemorated every year on October 10th. The Mental Health Foundation celebrates World Mental Health Day each year, using it as an opportunity to communicate with the general public to promote mental health advocacy and to educate about mental health issues.

See the 'Events' section for Lithium playing on the World Mental Health Day & Break the barriers conference


 [Click here for more information: www.mentalhealth.org.uk/campaigns/wmhd/](http://www.mentalhealth.org.uk/campaigns/wmhd/)

Personality Plus calls for visual arts 7 video shorts to be shown at the Tate Modern: the national event on 29 October 2007

Personality Plus invites service users/survivors to submit either videos shorts or images/art of your creative personality that may be displayed at the Tate Modern and go on UK tour in 2008. Contributions must be by personality disorder service users; those who have recovered and/or still using services. This national Personality Plus event at Tate Modern will provide a platform for the creative works of people with a diagnosis of personality disorder and celebrate their achievements.

Personality Plus is unique, pioneering project, representing the first time people with personality disorder have collectively spoken out about issues including their feelings about the diagnoses, the services that have been offered, and their achievements. Personality Plus will draw public attention to the positive achievements and stories of people with a diagnosis of personality disorder in particular through creative and expressive work. For more information, please email Belinda Sosinowicz on tapartproject@yahoo.co.uk or visit their website at www.personalityplus.org.uk

See the 'Events' section for the Tate Modern event

 [Click here to view the flyers & criteria: www.eastern.csip.org.uk/our-work/personality-disorder-services/personality-disorder-useful-information.html](http://www.eastern.csip.org.uk/our-work/personality-disorder-services/personality-disorder-useful-information.html)



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CSIP Eastern Development Centre Update

Progress 2007 postponed

CSIP Eastern Development Centre annual conference, Progress 2007 has been postponed until further notice. Progress 2006 took place on the 21 September at Rowley Mile Racecourse in Newmarket. The day was a great success with around 800 delegates taking advantage of over 50 workshops and 60 exhibits. Delegates found the day informative, useful and rewarding, allowing them to network with others and find out more about what's going on in the East of England. CSIP Eastern hopes to hold this prestigious conference in 2008.

 [Click here to read about Progress 2006: www.eastern.csip.org.uk/progress.html](http://www.eastern.csip.org.uk/progress.html)



Communities work: A specialist trailblazer programme promoting closer working between community led groups and voluntary or statutory sectors

CSIP Eastern Development Centre is pleased to be able to run the Communities Work! Trailblazer programme. This exciting programme, based on the prestigious Trailblazers course, will explore innovative ways of using education and training to develop partnership working between community led groups and the voluntary or statutory sectors of health and social care. The main criteria for participation is that each pair should be able to commit to developing and writing up a project which promotes closer working between their organisations and better outcomes for the community.

The successful applicants will be expected to attend all 3 meetings and provide a project write up during the course of the programme. The modules will be held on 30 & 31 October 2007, 10 & 11 January 2008, 28 & 29 February 2008. For further information and to discuss a place on the programme, please contact Ray Baird on 07779 280559 or Debbie Roberts on 07920 297194 (after the 4 September) or Jayne Bulman 01206 287587 or email: jayne.bulman@csip.org.uk



Click here to view the advert: www.eastern.csip.org.uk/events/trailblazer-programme-courses.html

Information & examples of good practice on involving Children and Young People in service design and delivery update

Over the last six months CSIP Eastern has developed the plans for the children, young people and families programme for developing a regional children and young people's involvement and participation resource library and database. Participation project worker Vicki Surzyn has collated details of all local and regional groups which involve children and young people. The library and database is to be placed on the CSIP and CAMHS websites.

The database details the key organisations and individuals working in user involvement and participation around the Eastern region, and is inclusive of all groups including: disability, mental health, children in care etc.

The web based resource library, or compendium, will contain national and regional tools and good practice examples of involvement work with children and young people. It is currently divided by county, age and client group. The web based resource is set up so that anyone will be able to add a resource or tool to the page. Follow this link <http://www.cypf.csip.org.uk/cross-cutting-work/cross-cutting-work/involvement-and-participation.html> to view the site or add a resource of your own.

For any information on this project please contact CAMHS RDW Roz Rospopa roz.rosropa@csip.org.uk or Regional Change Agent Tracey Cogan tracey.cogan@csip.org.uk

Expert by Experience Group call for ideas for a conference 2008

The Experts by Experience Group (EbE) of CSIP Eastern is planning a conference for Service Users and Carers in February 2008. They would like the views of service users and carers on issues and topics that they would like to be covered at the 2008 conference. For example, Care Plan Approach (CPA), Research, Personality Disorder, Direct Payments /Individual Budgets, Whole Life Principles, Mental health Act, Social Enterprise, but please feel free to make your own suggestions. If you have an idea/ suggestion of a topic/issues you would like to be included in the conference, please email Jayne Bulman on jayne.bulman@csip.org.uk or phone 01206 287587 or Ian Griggs Co-chair EbE email: ian.sgriggs@tiscali.co.uk



Click here to visit the CSIP Eastern Involvement (EbE) web pages: www.eastern.csip.org.uk/users-and-carers.html



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Events

CSIP Eastern Employment Network - 13 September 2007, Newmarket

This network will include a presentation by Simon Francis, Assistant Director of Employment from the National Social Inclusion Programme together with a session on better off calculations. For further information, please email: kevin.whiteley@csip.org.uk



Click here to download a registration form: www.eastern.csip.org.uk/events.html

Network2012 live launch event – 13 September, London

Network2012 is a social enterprise with a social inclusion agenda. The vision of Network2012 is to see the needs of different communities met by the communities themselves and the businesses they create and manage. Network2012 are holding their live launch and free networking event at The House of St. Barnabas in Soho. For more information, please email info@network2012.net

See the 'Useful Resources' section for information on Network2012 website.



Click here to view the flyer: www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100310&grp=1

Faiers training course – 14, 17 & 25 September 2007, 16 October 2007 & 1 November 2007, Chelmsford or Hemel Hempstead

The Faiers training courses are:

- **Tackling aggressive & violent behaviour – 14 September & 16 October 2007, Chelmsford & Hemel Hempstead**

The course covers safe working practices, responding in dangerous situations and breakaway techniques

- **Safeguarding vulnerable adult from abuse – 17 September 2007, Hemel Hempstead**

The course covers types of abuse, standards of professional conduct, signs of abuse, dealing with suspected abuse, key steps in responding to allegations of abuse and working safely.

- **Stress management training – 25 September 2007 & 1 November 2007, Hemel Hempstead & Chelmsford**

The course covers symptoms and effects of stress, knowing ourselves, lifestyle balance, helping ourselves and tackling stress: the management standards approach.

For further information, please call 01442 4049741 or email: conferences@faierstraining.co.uk



Click here to view course fliers: www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100291&grp=1

A New Deal for Carers - your chance to influence future strategy consultation – 17, 21, 25, 27 September, 3, 5, 10, 12, 15 October & 5, 9 November 2007, various locations

The Department of Health is developing a national strategy to shape support for carers. As part of this, a nationwide consultation with carers is being undertaken by a market research company called Opinion Leader (who have been commissioned by the Department of Health) to make sure that carers' voices are at the heart of the Government's new carers' strategy. There will be nine regional events held throughout England in September and October and there will be followed by two larger events in November. For further information and to book a place, please call 08716 634926 or email: newdealforcarers@opinionleader.co.uk



Click here for more information: www.eastern.csip.org.uk/users-and-carers/involvement-events.html



Career aspirations: commission for disabled staff in lifelong learning conference – 18 September 2007, London

This conference will give participants an opportunity to engage with the most recent policy and research developments that affect provision from strategic to operational levels from senior managers through to learners and every member of staff working in the organisation. For further information, please contact Gurjit Kaur on 0116 204 2833 or e-mail: gurjit.kaur@niace.org.uk

 Click here to view the programme: www.niace.org.uk/Conferences/CDSL.L.htm

North Essex Mental Health Partnership NHS Trust annual public meeting: an interactive event opens to the public – 19 September 2007, Chelmsford

North Essex Mental Health Partnership NHS Trust invites you to their annual public meeting. A free interactive event to raise awareness of mental health and to discuss the issues which contribute to positive emotional well being and recovery from mental illness in addition to the future of social care. For further information, please call 01245 546400 or email: glena.sumner@nemhpt.nhs.uk

 Click here to access the press release: www.nemhpt.nhs.uk/read_latest.asp?id=136

Leadership for Improvement in Mental Health Services conference – 1 October 2007, London

Pavilion is running the Leadership for Improvement in Mental Health Services conference in partnership with CSIP and Leadership and Teamwork Development LIN. For further information please contact Pavilion's customer service team on 0870 890 1080 or email: info@pavpub.com

Exclusive Offer: 15% discount! Please quote RRMHL in the marketing code box, which is located on the booking form or when contacting Pavilions customer service team

 Click here to view the programme: <http://www.pavpub.com/pavpub/conferences/showfull.asp?Conference=627>

Children & Adolescent Mental Health Service and Learning Disability event – 2 October 2007, Cambridge

This event is to showcase innovative practice and to develop a regional action plan in to Children & Adolescent Mental Health Services and Learning Disability services across the Eastern Region. For further information, please contact CAMHS Programme Administrator on 01206 287586 or email: kim.filer@csip.org.uk

 Click here to view the flyer and booking form: www.eastern.csip.org.uk/events.html

Creative minds IV art exhibition – 5-22 October 2007, Braintree

Braintree Rethink Carers Support Group presents a creative minds art exhibition. For more information, please call 01376 320752

 Click here to view the flyer: www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100317&grp=1

Ethnicity and mental health – 10 October 2007, London

The Royal College of Nursing and the Royal College of Psychiatrists is holding a conference on ethnicity and mental health, which aims to provide an overview of the contemporary challenges and issues in the area of ethnicity and provide opportunities to share examples of innovation and best practice. The keynote speak is Rosie Winterton MP. For more information, please call 02920 546495.

 Click her to view the programme: www.rcn.org.uk/events/display.php?ID=3405&StartPoint=10&O=StartDate



Lithium playing at the World Mental Health Day – 10 October 2007, Hemel Hempstead

Lithium are a mental health service users' Rock 'n' Roll band who will be appearing at The Marlowes bandstand in Hemel Hempstead 12:30 to 2.00pm. Lithium plays a blend of pop, rock and blues based on songs and instrumentals, from late 1950s to early 60s, inspired by the style of artists from Jim Reeves to Jimi Hendrix.

 **Click here for more information about the band:** www.houlston.freereserve.co.uk/mental-health-lithium.htm

Breaking down the barriers conference – 10 October 2007, Basildon

This day aims to change negative attitudes to mental illness, to make people aware of what it means and to smash stigma which has a hugely damaging effect on people with mental illness. This free professional conference to mark World Mental Health Day 2007 will equip attendees to better address issues of culture and mental health and provide links into local support organisations, in support of governmental policy. For further information, please email: conference@rethink.org

 **Click here to view flyer & booking form:**
www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100304&grp=1

Supporting young people's emotional well being in learning & work: a multi-agency approach – 11 October 2007, Newmarket

This conference will enable colleagues from colleges, together with colleagues from health, local authorities and the Learning Skills Council develop practical responses to support and improve the learning and transition process for young people. For further information, please contact Christine Stewart on 01480 468885 or email: christine@acer.ac.uk

 **Click here to view the flyer:** www.acer.ac.uk/events.html

The Cambridge/Luton international mental health conference 2007 – 11-13 October 2007, Cambridge

This 3 day conference is now in its 6th edition, with speakers from across the world, and will offer a very important update on Schizophrenia, with much new work being presented, and also on Depression and Bipolar Disorder. For more information, please e-mail: Dr Mark Agius at ma393@cam.ac.uk.

 **Click here to view the programme:**
www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100250&grp=1

Building better business relationships - 15 October 2007, Ipswich

East of England Regional Assembly is holding a conference to help identify what the business sector are looking for from the public sector; what the public sector has to offer; and how to build successful relationships to ensure both sides get what they need. For further information, please contact Sue Houlder on 01284 729421 or e-mail: sue.houlder@eera.gov.uk.

 **Click here to view the flyer & booking form:** www.eera.gov.uk/Event.asp?id=SXD3A9-A77FCD64&cat=186



Whose recovery is it anyway? Recovery and diversity study day – 16 October 2007, London

Recovery is often portrayed as a great leap forward for the way we think about mental health, and particularly our attitudes towards people with experience of mental distress. This study day will invite participation from service users, carers, practitioners, academics and policy advisers to take a critical look at the evolving recovery agenda. For further information, please contact Jean Healy on 02070 896864 or email: spn@scie.org.uk



Click here to view the flyer: www.spn.org.uk/index.php?id=recovery

The Housing Magazine: Modernising adult social care: ensuring a better service for the elderly – 23 October 2007, London

With the recent national dementia strategy announced by the government, care services for the elderly are increasingly seen as an issue of paramount importance. Delegates at this *Westminster Briefing* will have the opportunity to discuss and debate the current state of social care provision for the elderly with key policy makers. For further information on any of the above, please call 020 7096 2948 or email: nick.rotsides@westminster-briefing.com.

Exclusive Offer: 10% discount to readers



Click here for more information: www.westminster-briefing.co.uk/be107.html

Personality plus at Tate Modern: the national event – 29 October 2007, London

This national personality plus event at Tate Modern will provide a platform for the creative works of people with a diagnosis of personality disorder and celebrate their achievements. This event will engage service users, front line staff, policy makers and managers working with people who have a diagnosis of personality disorder. For more information, please email Roma Iskander on 02077 006953 or email: personalityplus@amazonpr.co.uk. Early booking is advised.



Click here for the booking form: www.eastern.csip.org.uk/events/events/noncsip-national-regional-events-of-interest.html

National Children's Bureau training events – October, November 2007 & February 2008, various locations

The training events held by the National Children's Bureau (NCB) are: -

- **Including me: working with children with complex health needs - 2 October 2007, Leicester**

Based on the highly popular book, Including Me, this course is designed for those working with children with complex health needs in a range of settings.



Click here for more information: www.ncb.org.uk/Page.asp?originx_4866xh_39535297044115k29i_200610173143m

- **Keeping disabled children safe –6 November 2007 & 7 February 2008, Sheffield & York**

This course will enable participants to recognise key vulnerability factors and to identify strategies and ways of working to better protect disabled children and young people.



Click here for more information: www.ncb.org.uk/Page.asp?originx_9317to_94357910440049f16w_20074234033a

- **Involving disabled children in planning and reviews - 28 November 2007, London**

This one-day training course looks at various forms of communication from verbal to emotional, with a view to improving participant's engagement with the disabled children with whom they work.



Click here for more information: www.ncb.org.uk/Page.asp?originx_896sr_21632731210086u49i_20074232525t

For more information or a booking form please contact NCB training on 02078 436084 or email training@ncb.org.uk

The person in the professional: the use of self in learning and teaching about mental health – 2 November 2007, University of Birmingham

Teaching, in mental health, often aims to address three separate but related areas: knowledge, skills and values. This workshop aims to promote discussion about the use of self in learning and teaching about mental health. It builds upon work done by members of the Mental Health in Higher Education network over recent years. For further information, please contact Lynn Tang on 01214 158566 or email: l.tang@bham.ac.uk

 **Click here to view the flyer:** www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100284&grp=1

Evaluating youth arts projects – 12 November 2007, The Garage Norwich

This creative, interactive one day workshop explores the benefits of meaningful evaluation of youth arts projects. Beginning by addressing preconceptions around evaluation (constructive exercise or chore?) the course will progress to examine methodologies, structured approaches and case studies using a series of collaborative exercises and tutor led presentations. For further information, please contact the Artsplan Development Manager on 02380 630960 or email: artsplan@artswork.org.uk

 **Click here to access the flyer:** www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100011&grp=1



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Useful Resources

Attitudes to mental illness 2007 report

You can now view Shift's survey report on the attitudes to mental illness. This current survey follows four years after the previous survey in 2003. These surveys serve as a tracking mechanism, and in this report, the most recent results are compared with those from previous years.

 **Click here to access the report:** www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=100258&grp=1

Useful list for potential sources of funding and other support

You can now view a resourceful list for potential sources of funding.

 **Click here to access the list:** www.eastern.csip.org.uk/our-work/research/funding-for-research-opportunities.html

Network2012: a new website

Network2012 is a social enterprise with a social inclusion agenda. The website network was set up to facilitate and encourage the growth of social enterprise and to provide bursaries through membership fees for the start up of social enterprises. The vision of Network2012 is to see the needs of different communities met by the communities themselves and the businesses they create and manage.

 **Click here to visit their website:** www.network2012.net/community/index.php

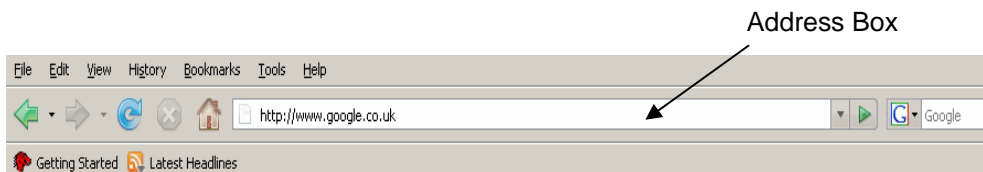


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Please Note:

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:

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