

e-bulletin

Issue 39
1 February 2008



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.

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Regional News

Hertfordshire's new services for people with bipolar disorder

- **West Hertfordshire (Watford) bipolar self-help group.**

Founded in January 2006 and run by Heather Straughan and a committee of volunteers, all of whom have a diagnosis of bipolar disorder, and the group welcomes people experiencing this illness, their caring family members and friends, and currently number 75 members. The group meets monthly in Watford and is free. No referrals are necessary. They have secured funding from Comic Relief to run for the next five years. Currently catering for 9% of the total of 18,000 people using secondary mental health services in Hertfordshire, they feel more self-help groups must be established to meet the needs of people with this diagnosis and their families.

- **"In-Sight" user-led recovery training for people with bipolar disorder, their carers and their caring mental health team, Centre for Mental Health Recovery, Hertfordshire.**

This holistic user-led group training for people with a diagnosis of bipolar disorder was developed and investigated to Postgraduate Degree (PhD) by Heather Straughan who also has this disorder.

Trainees became more mood stable, had fewer symptoms, improved empowerment, coping and quality of life six months after having followed the training in comparison to controls who received their usual care. Currently Research Fellow at the Centre for Mental Health Recovery, University of Hertfordshire, Heather will be delivering a one-day taster session on this training on 30 April 2008. From September onwards, the "In-Sight" training will be offered by the Centre in its training programme.



Click here to view the group newsletter of forthcoming events, the article on "In-Sight" & contact details: www.eastern.csip.org.uk/~involvement/involvement-news/news.html

The Wilby Campaign: dogs and mental health report launched

The Wilby campaign's report was launched on 9 January 2008, which included a presentation on the innovative uses for Direct Payments by Robin Murray-Neill, direct payments lead CSIP Eastern Region. The initial campaign received a lot of interest and good reviews.

In light of the interest generated from other service users, carers, voluntary organisations and healthcare workers, the Wilby campaign led by Christine McDonald at North Essex Stronger Together (NEST) Involvement Network and supported by Susie Nankivell at Together, will focus on 3 main aims:

1. To raise awareness of the value of companion dogs and responsible dog ownership.
2. To increase the uptake of Direct Payments to improve independent living for people disabled by their mental health impairment.
3. To gain support for companion dogs to be accepted as assistance dogs in the UK, for people with assessed mental health needs.

For further information on the campaign, please contact Christine McDonald at NEST User Involvement Network, Ivan Peck House, 1 Russell Way, Widford, Chelmsford, CM1 3AA



Click here to read the interim report:

www.kc.csip.org.uk/viewresource.php?action=viewdocument&doc=101561&grp=1

Partners in Policymaking: A way to make a difference: free family leadership development training, Eastern Region 2008

If you are a disabled adult or a family carer of a disabled child, and you think life should be better for disabled people, this could be the course you're looking for!

This course brings together disabled adults and family carers of disabled children to create a vision of how people's lives can be improved, and how to make positive changes happen. It is firmly based in the values of social inclusion, diversity and equality, and provides participants with the skills, information and confidence to make a difference on the issues that matter to them. Participants meet for 8 Friday-to-Saturday residential training sessions, approximately once per month.

Applications are invited for places on the next course, which starts in April 2008. If you would like further information and an application form, please contact one of the course co-ordinators, Jo Hough on 01279 833492 or email: joanne@inclusionpartnership.org.uk or Christine Redshaw on 01992 632730 or email: christine@inclusionpartnership.org.uk



Click here for more details: www.eastern.csip.org.uk/~involvement/involvement-news/news.html

Norfolk and Waveney Mental Health Partnership NHS Trust joins Pennies from Heaven charity scheme

Norfolk and Waveney Mental Health Partnership NHS Trust has launched a new way for its staff to donate to charity this year.

'Pennies from Heaven' is a national scheme, where staff can sign up to donate on an ongoing basis the odd pennies on their monthly payslip up to the value of £0.99 (a maximum total of £11.88 per year), to benefit a nominated charity. Staff at the Trust has voted to support the work of East Anglia's Children's Hospices (EACH) in 2008.

This charity giving scheme is being offered right across the NHS and means that workers who sign up will round down their net salaries received to the nearest pound with the remaining pennies donated to their Trust's nominated charity.



Click here to view the press release:

www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=101461&grp=1

Suffolk Mental Health Partnership NHS Trust news:

- **Lynne's big heart will be sorely missed**

A 22-year career in mental healthcare is coming to an end for community nurse Lynne Andrews.

During her time with Suffolk Mental Health Partnership NHS Trust, and its predecessors, Lynne has cared for hundreds of people across the county – from adolescents to older people. For the last eight years, she has been with the Wickham Market-based community team of nurses, occupational therapists, social workers and doctors, who focus on helping people recover from periods of ill health in their own homes.

- **Marathon effort for Gill**

By the time Ms Gill Cox pulls on her running shoes for the London Marathon on April 13, she will have lost eight and half stone and raised £1,500 for St Nicholas' Hospital in Bury St Edmunds.

Community nurse Gill, who works with adults with learning disability in and around Haverhill and Forest Heath, has spent the last two and a half years losing weight, taking up running and horse-riding – as well as getting ready for a wing-walk very soon.

And although she has notched up a few half-marathons, several 10K runs and the Prague marathon on the way, she now faces her toughest challenge yet – completing the 26-mile London Marathon within six hours. She is running the London Marathon in aid of St Nicholas' Hospice and is asking people to help her achieve her £1,500 target by donating through her online appeal page at www.justgiving.com/gilliancox

- **A better service for people with complex needs**

New ways of working will mean a better healthcare service for people in Suffolk whose mental ill health is further exacerbated by a drug or alcohol problem or vice versa.

But now, staff at Suffolk Mental Health Partnership NHS Trust have developed a new set of guidance which will encourage teams to work together more effectively. Additionally, the Trust is investing in a training programme based on that guidance so teams will have a better understanding of each other's area of work and be able to pick up much earlier whether a person has a combination of mental health and substance misuse problems.

The guidance and training plan was launched at The Limes Hotel in Needham Market on 14 December 2007. The event included an overview of the dual diagnosis project, together with an introduction to a pilot scheme run by the regional Care Services Improvement Partnership (CSIP) and carried out by the Bury St Edmunds-based assertive outreach team.



Click here to view the press release:

www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=101460&grp=1

Thinking about a career in mental health nursing?

Anglia Ruskin University Faculty of Health & Social Care has places on their Mental Health Degree and Diploma Nursing Courses starting March 2008. If you would like to find out more or book in on one of our special interview days, please call 08452 713333 or email: admissions@anglia.ac.uk



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National News

Department of Health consultation on third sector strategic funding and investment review

The Department of Health is undertaking a funding and investment review to develop a strategic framework for its investment in the third sector that transforms current piecemeal arrangements into a strategic portfolio of investment that more explicitly supports delivery of the Department's objectives and priorities.

The review will consider the entire Department's funding of the third sector, including its primary funding streams – Section 64 (S64) and Opportunities for Volunteering (OFV) grants schemes as well as contracts resulting from procurement and grants across a range of the Department's programmes. Consultation will run until 20 March 2008 and workshops are taking place throughout the country. For further information, please contact the Third Sector Funding Review team on 0113 25 46741 or email: thirdsectorfundingreview@dh.gsi.gov.uk

See the 'Events' section for information on the consultation workshop for the Eastern Region.

 **Click here to download the consultation document:** www.dh.gov.uk/en/Consultations/Liveconsultations/DH_081183

Moving People survey

Moving People, along with Mental Health Media and Open Up project partners, is asking for views from people who have or have had a mental health problem and carers of people with mental health problems to guide the development of a major national anti-stigma campaign in England and to create an identity for this programme of work. The surveys should only take 10 minutes to fill in.

All responses will be treated in confidence by the Rethink research team and no person will be identifiable in any summary which is produced to describe Stigma Shout findings. By responding, individuals can also enter a prize draw to win £100 worth of high street retail vouchers! The closing date for returning the questionnaire is 22 February 2008. For further information, please contact Rethink on 08454 560455.

 **Click here for the survey:** www.movingpeople.org.uk/survey

Creative Thinking Sets

The National Development Team (NDT) recognise that many people working in social care services are challenged with commissioning, leading and providing services but often feel isolated from opportunities for shared learning, thinking and planning.

Creative Thinking Sets are an exciting new initiative from the NDT that will bring people together to share ideas, experiences and challenges to learn, think and plan.

The NDT sets are focusing on Building Community Inclusion, Management & Leadership, Service Design & Commissioning and Developing Local Brokerage Resources. The sets will meet for a full day four times a year starting from April 2008. For further information, please contact the NDT on 01473 836440 or email: blove@ndt.org.uk

 **Click here for the flyer:** www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=101467&grp=1

Patient safety film ready for national roll-out

The new patient safety DVD from THOTH (Training Hub for Operative Technologies in Healthcare) is now ready to be rolled out across the health service. The film, 'How to take care of yourself in your NHS hospital', encourages patients to become more involved in their own care in hospital and can be watched by patients and visitors on the Patientline bedside communications system.

 **Click here to view the press release:** www.networks.nhs.uk/news.php?nid=1991

Carers Grant 2008-2011

The Department of Health has released a good practice guidance document on the Carers' Grant for 2008-2011.

The carers' grant will be paid as part of the new Area Based Grant from April 2008. This is a new non-ring fenced general grant. As such local authorities are able to determine locally how best to spend the Grant in order to deliver local and national priorities in their areas.

 **Click here to view the press release:** www.networks.nhs.uk/news.php?nid=1985

Transforming health research: the first two years

The first progress report by the National Institute for Health Research (NIHR) has now been published. The report describes the significant progress that has been made in developing the infrastructure, programmes and the systems to facilitate health research in England and re-states the government's commitment to making the NHS in England a centre of excellence for health research.

 **Click here to view the press release:** www.networks.nhs.uk/news.php?nid=2015

Support in General Practitioner practices

The Government will treble the number of employment advisers in General Practitioner surgeries and pilot a new £8m advice and support service for smaller businesses as part of a new approach to help people with stress and other mental health conditions find and keep work, Work and Pensions Secretary Peter Hain and Health Secretary Alan Johnson announced on 27 November 2007.

The measures underpin the development of the first national strategy for mental health and work, led by the National Director for Health and Work, Dame Carol Black. The National Social Inclusion Programme responded to Dame Carol Black's request for evidence on the health of working population.

 **Click here to view the press release:** www.dwp.gov.uk/mediacentre/pressreleases/2007/nov/drc057-271107.asp

 **Click here to access the NSIP response:**
www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=101468&grp=1

An exciting opportunity has arisen to lead a new Personality Disorder service in Hertfordshire

Hertfordshire Partnership NHS Foundation Trust along with commissioners, carers, service-users and other stakeholders, are developing a model for a new Community Personality Disorder Service and are looking to recruit a Head of Personality Disorder Services. For further information please contact: Anne Webster, Assistant Director on 01727 897707. Closing date for applications is 15 February 2008.

 **Click here for more details:** www.jobs.nhs.uk/cqi-bin/vacdetails.cqi?selection=911929117

Mental health and employment research

FreshMinds, a research consultancy based in Holborn, is currently doing a piece of research looking at mental health problems in relation to employment in the UK for the London Development Centre, which is currently working on initiatives to improve support for people with mental health problems either in getting back to work, or during employment.

They are very keen to explore the views of people with mental health problems on issues relating to mental ill-health and employment, including personal experience in dealing with mental illness in relation to employment, what the gaps in services for people with mental illnesses are, particularly in terms of returning to work, and what employers are doing well, or could be doing better, to support employees with mental health problems in the workplace.

Identities of those that respond will be kept strictly confidential, and all responses will be anonymised before being fed back to the client. They are looking to speak to up to 5 people, and will make a donation of £20 per interview to your organisation. If you are interested in taking part please contact Marion Mernagh on 02076 924496 or email: info@freshminds.co.uk



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CSIP Eastern Development Centre Update

Community discussion on draft Department of Health guidance ‘finding a shared vision of how people’s mental health problems should be understood’

A draft Department of Health guidance has been developed on ‘Finding a shared vision of how people’s mental health problems should be understood’ which is aimed at everyone concerned with the development and delivery of services.

One-day events are being held to find out people’s views on the guidance and what the equality implications of the guidance are, exploring how far people think the guidance will go to help to eliminate discrimination, promote equality of opportunity and good relations between people from different groups. For further information, please contact Ruth Kent on 01206 287544 or email: ruth.kent@csip.org.uk. Attend the event and let your opinions be known and counted.

See the ‘Events’ section for information on the consultation workshops.



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

New CSIP Eastern Involvement website launched

A new website has been launched by the Expert by Experience Programme. This website will provide information on the Expert by Experience group, involvement news, resources, events and information on the new Local Involvement Networks (LINKs).

CSIP aims to put the experience of people who use services and their carers at the centre of everything that it does.



Click here to visit the new Involvement Website: www.eastern.csip.org.uk/~involvement



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Events

The National Spirituality and Mental Health Forum – 7 February 2008, London

The Forum's topic is 'Children, drug abuse and mental illness' by Speaker Rabbi Aryeh Sufrin, Director of Drugline. For further information, please call 02089 055412 or email: MentalHealthjsmh@aol.com

 Click here for the flyer: www.kc.csip.org.uk/viewresource.php?action=viewdocument&pid=0&doc=101525&grp=1

Essex Coalition of Disabled People: bite sized training sessions, 7 & 25 February, 10 & 28 March, 3 & 22 April & 9 May 2008, Chelmsford

A series of bite sized training sessions, aiming to promote disability equality, empowerment and independent living. For further information, please contact Disability Equality Training on 01245 392301 or email: training@ecdp.org.uk.

The training sessions are as follows:

- Options for independent living – 7 February 2008
- Introduction to mental health – 25 February 2008
- Disability equality essentials – 10 March 2008
- Benefits – 28 March 2008
- Inclusion – 3 April 2008
- Protection of vulnerable adults – 22 April 2008
- Understanding rights and needs – 9 May 2008

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

Designing a LINK for Bedfordshire public event – 8 February 2008, Bedfordshire

This event is a chance to find out about an exciting new way to be involved in the development of Health and Social Care services in Bedfordshire and find out more about Local Involvement Networks (LINKs). For further information, please call 01234 276739 or email: LINKs@bedscc.gov.uk. Closing date is 4 February 2008.

 Click here for more details (page 4): www.eastern.csip.org.uk/~involvement/links/links-publications.html

Mental health and funding – 11 February 2008 & 19 March 2008, Manchester & London

If you are working in adult learning and skills or supporting people who have mental health difficulties to access learning and would like to gain more insight into funding streams, this could be of interest. For further information, please email Laura Eason at courses@niace.org.uk

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

Service user involvement and empowerment in mental health – 14 February 2008, London

The conference includes two interactive workshop sessions on increasing diversity in service user involvement and enabling people to fulfil their aspirations and improve outcomes. For further information, please contact Healthcare Events on 02085 411399 or email: jayne@healthcare-events.co.uk

 Click here for the programme: www.eastern.csip.org.uk/~involvement/events/national-events.html



Connections for Women Mental Health Forum – 14 February, Colchester

This forum's guest speaker is Martin Chester from Life-Force Centre for natural Well-Being. For further information, please contact Andrew Senter on 08450 906378 or email: andrew.senter@nest-network.co.uk

 Click here for the flyer: www.eastern.csip.org.uk/our-work/womens-mental-health/womens-events.html

Empowering me empowering you – 26 February 2008, Cambridge

Inspire your thinking and challenge your practice in community empowerment. For further information, please call 01223 709521 or email: empowerment@eeda.org.uk

 Click here for the programme: www.inspire-east.org.uk/communityempowermentconference.aspx


Skills for Care: turning social care on its head – 27 February 2008, University of Nottingham

This event aims to develop the workforce for personalised social care services. For further information, please call 08708 901081 or email: info@pavpub.com

 Click here for the programme: www.pavpub.com/pavpub/conferences/skillsforcare.htm

Community discussion on draft Department of Health guidance 'finding a shared vision of how people's mental health problems should be understood' - 27 & 28 February 2008, Leeds & London

One-day events are being held to find out people's views on the guidance 'Finding a shared vision of how people's mental health problems should be understood' and what the equality implications of the guidance are. For further information, please contact Ruth Kent on 01206 287544 or email: ruth.kent@csip.org.uk.

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

Mental Health Matters: North Essex Partnership NHS Foundation Trust Events – February – April 2008, Essex & Suffolk

This February, March and April 2008 will see free talks on parenting, child and adolescent health, substance misuse, dreams, relationships and psychotherapy taking place in Essex and Suffolk. Everyone is welcome to come along, non-members can join as a Foundation Trust member for free on the day.

The free talks are as follows:

- An introduction to child and adolescent mental health – 19 February 2008, Southend-on-Sea
- The Bubblegum guy: helping children with anger problems – 20 February 2008, Ipswich
- Support for parents in Essex – 25 February 2008, Maldon
- Alcohol: all you ever wanted to know – 4, 5, 11 & 13 March 2008, Great Dunmow, Harlow, Laindon & Chelmsford
- Dreams: what do they mean? – 3 April 2008, Witham
- Psychotherapy: myths & realities – 23 & 29 April 2008, Dovercourt & Colchester
- Relationships & Stress – 24 April 2008, Loughton

For further information, please call 08001 691625 or email: foundationtrust@nepft.nhs.uk

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

Art taster sessions – 13 March 2008, Huntingdon

This art taster session is for people with mental health issues and their carers in the Huntingdonshire area. Come and try your hand at needlecraft, drumming, card-making and water-colour painting. For more information, please contact Kay Goodridge, Arts and Minds on 07974 786802 or email: kay.goodridge@artsandminds.org.uk

 Click here for the flyer: www.eastern.csip.org.uk/~involvement/events/regional-events.html

Crisis Resolution & Home Treatment: green light in Eastern Region but where to from here? - 13 March 2008, Bury St Edmunds

The conference aims to examine recent developments in Crisis Resolution/Home Treatment regionally and to provide an opportunity for networking and sharing best practice. For further information, please contact Debbie Marr on 01206 287545 or email: debbie.marr@csip.org.uk

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

Department of Health consultation on third sector strategic funding and investment review – 13 March 2008, Newmarket

The Department of Health is reviewing all funding and investment to third sector organisations. This includes primary grant funding streams 'Section 64 General Scheme of Grants' and 'Opportunities for Volunteering', and other funding through contracts.

Third Sector Organisations and other interested stakeholders are invited to respond to the consultation document, which aims to develop a strategic framework for the Department of Health's investment in the Third Sector. For further information please email: office@cover-east.org

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

Learning for work: employability and adults with learning disabilities, East of England Region conference - 21 April 2008, Cambridge

Increasing economic participation through sustainable employment is a key priority work area (2006-2010) in 'Learning for Living and Work', the Learning and Skills Council's national strategy to improve education and training opportunities for people with learning difficulties and/or disabilities. For further information, please contact Gurjit Kaur on 01162 042833 or email: gurjit.kaur@niace.org.uk

 Click here for the programme: www.niace.org.uk/conferences/Conferences.htm or www.niace.org.uk/conferences/LearningForWork-EA.htm



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Useful Resources

Bedfordshire LINK Up newsletter issue 1

Bedfordshire County Council launches their first issue of the Bedfordshire LINK (Local Involvement Network) Up newsletter.

 Click here to access the newsletter: www.eastern.csip.org.uk/~involvement/links/links-publications.html



'Work Matters'

The College of Occupational Therapists and the National Social Inclusion Programme have joined forces and produced 'Work Matters' a vocational navigation resource for occupational therapists.

 **Click here to access the document:** www.cot.co.uk/public/profpractice/workmatters/pdf/Work_Matters_Booklet_final-11_07.pdf OR www.cot.co.uk

User-Driven

'User-Driven' is an 80-page book written by young people with disabilities about their experiences in establishing WorkABILITY, a Big Lottery funded project endeavouring to overcome barriers to work. The book's conclusions and recommendations are linked to Every Child Matters and its 'achieving economic well-being' outcome.

For further information and to order a copy, please contact 01707 321442 or email: pass@hertspass.com. The book costs £4.99 + £1 postage & packaging. (For multiple orders please email/phone).

The book will be featured on Hertfordshire Pass's website from mid February 2008 on: www.hertspass.com

Personalising support: the future for care services...now

• National Centre for Independent Living

Campaigning for the rights and equality of disabled people, the National Centre for Independent Living (NCIL) is a national support, advice and consultancy organisation that aims to enable disabled people to be equal citizens with choice, control, rights and full economic, social and cultural lives.

 **Click here to visit the NCIL website:** www.ncil.org.uk

This website is designed to be a resource on independent living, direct payments and individual budgets for disabled people and others working in the field who may find it useful.

• Increasing the Uptake of Direct Payments

Direct payments were introduced in England in April 1997 following a long campaign by disabled people and their allies. With the current focus on redesigning the existing care system through individual budget pilots and 'in Control', direct payments are both the way to prepare the social care system for radical change, and an important component of the realisation of that change.

 **Click below to learn more:** <http://kc.csip.org.uk/solutionset.php?grp=601>


• Individual Budgets Pilot Programme

This website explains what individual budgets are and tells you about the pilot programme. It will keep you up to date with what the Local Authorities involved in the pilot are doing and learning.

 **Click below to enter the website:** www.individualbudgets.csip.org.uk/

• in Control Website

In Control aims to change the organisation of social care in England so that people who need support can take more control of their own lives and fulfill their role as full citizens.

 **Click below to enter their website:** www.in-control.org.uk/

• Self-Directed Support Network

The Self-directed Support Network is a community of people who want disabled people, older people and their families to get more control over their support and services. It's a place where you can make connections with other people who are involved in changing service systems and practices, and get information to understand what these changes might mean for you, too.

 **Click below to view these web pages:** <http://kc.csip.org.uk/groups.php?grp=36>

- **Putting people first: a shared vision and commitment to the transformation of adult social care**

A key publication outlining agreement across Government and health and social care to the 'new direction' for care services which is heralded by this document.



Click here to access the report:

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_081118



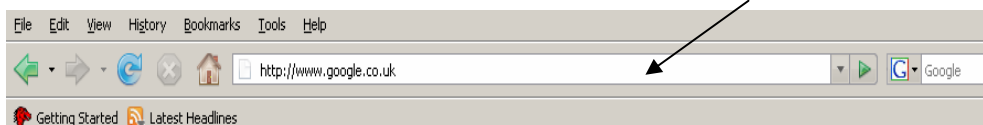
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Please Note:

Hyperlinks:

If you find the links do not work this may be because your computer is not compatible. Click on the internet and type the web address into the address box on the internet tool bar.

Address Box



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 01223 597551**
- Learning and Improvement Networks – **Paul O'Halloran 01206 287542**
- 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 **CSIP**

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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