

e-bulletin

Issue no 46

18 July 2008



Welcome to our e-bulletin issue 46! We will be circulating, as usual, 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 [Mita Brahmbhatt](#), at CSIP Eastern Development Centre. 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](#);

Regional News

NHS IS 60!!

5 July 2008 marked the 60th birthday of the National Health Service.

The NHS is one of the greatest healthcare systems in the world. Over the last six decades, mental health services have seen an extraordinary transformation. Victorian and Edwardian asylums have gone, replaced by more modern flexible individual care and treatment in the community.

In this trust we achieve a great deal and should be proud of our work. We are one of the leading mental health trusts in the country thanks to the commitment and dedication of you and everyone in the organisation. I value and appreciate your support. Thank you for your contribution to the NHS and to the North Essex Partnership NHS Foundation Trust. Together we can celebrate the progress we have made on a journey to continually improve the experience of people who use the services we provide.

Dr Richard Coleman
Chief Executive

Putting People First – The Swedish Way

Following a very successful Fact Finding/Observation Visit to Vastra-Goteland Region, Sweden in June, which Directors of Social Services, CSCI colleagues, EERA, Senior Leads and Directors from the SHA

and DH, amongst others attended, CSIP Eastern are planning a conference on 24th September at Rowley Mile Racecourse, Newmarket entitled 'Putting People First – 'The Swedish Way' when our Swedish colleagues will pay a return visit to the UK.



This promises to be an extremely interesting event, and we would ask you to please make a note of the date in your own diaries, and alert any colleagues who you think would benefit from attending.



If you are interested please call/email Val Gamble 01206 287577 val.gamble@csip.org.uk

Third Sector Futures

Third Sector Futures is based in the Ashcroft International Business School at Anglia Ruskin University. Third Sector Futures offers training, research and consultancy services on all aspects of this increasingly important component of the UK's economy. The Business School's approach is one of strategic partnership with other organisations, chiefly from the 3rd sector itself, to ensure clients are offered the kind of intervention that will achieve their objectives and deliver meaningful outcomes. The first 3rd Sector Futures event took place on 22 May 2008 was a resounding success with well over 100 delegates from across the East of England in attendance. The day consisted of lively discussions and learning opportunities for leaders in social enterprises, charities, voluntary & community organisations and co-operatives. Further information on Third Sector Futures including presentations given at the May event can be accessed via this link:



<http://www.3rdsectorfutures.co.uk/>

Booklet for health professionals on the health of Gypsies and Travellers

Ormiston and Cambridgeshire Community Services have worked in partnership, and with Gypsy and Travelling Communities, to develop a booklet on Travellers for Health Professionals. This booklet is aimed at primary care, secondary care, hospital and community staff as well as other allied health professionals. It has been developed as a guide for health professionals to help them understand how and why members of Gypsy and Travelling communities may behave in certain ways regarding their health and health care. It also sets out recommendations for health professionals to consider when working with individuals from Gypsy and Traveller communities.



Copies of this report are being circulated electronically but can also be found on www.cambridgeshirepct.nhs.uk and www.ormiston.org

Advanced Studies in Child and Adolescent Mental Health

Are you concerned about the rising levels of disturbed behaviour, emotional distress, self-harm and eating disorders in children and young people? BSc (Hons), Post Graduate Certificate/ Diploma and MSc awards are now being offered on this National Award-Winning Programme on a day release basis at Anglia Ruskin University.



Please click [here](#) for more information

The Listening Initiative 2008

The Council brings together our elected Staff Governors, Trade Union Representatives and the Trust's Executive Management Team. It will play a key role in helping to shape the future of the organisation. As part of the launch of the Council, all colleagues are being invited to give their feedback to three questions about how services and the working experience of staff could be improved. Your answers will be considered by the new Staff Council.



Please click [here](#) to read the full policy

Supporting People East of England Regional Strategy 2008-11

The final document is now available for your viewing. Please follow the link.



Please click [here](#) to view the strategy



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National News

A Collective Responsibility to Act Now on Ageing and Mental Health; a consensus statement, was published yesterday by a number of prominent organisations.



To download please follow this link: www.olderpeoplesmentalhealth.csip.org.uk/if

National Institute for Health Research

The July newsletter is now available.



Please click [here](#) to download

User-led Organisations Development Fund (England)

The Department of Health has announced a second funding round under its User-led Organisations Development Fund. Under this call for proposals, £900,000 is available to establish Action and Learning Sites in up to 14 areas not covered through the first funding round of the User-led Organisations Development Fund. Action and Learning Sites are based on existing Centres for Independent Living and provide user-led organisations run and controlled by people with disabilities with a local focal point to enable disabled people to have choice and control over the support they need to go about their daily lives. The Department of Health is seeking applications in two categories. Category 1 is for organisations wanting to improve their capacity and capability to become the user-led organisation that meets the needs of their area. The maximum grant under this category will be £50,000. Category 2 seeks applications from experienced user-led agencies that have been running for at least five years. They have to be willing to act as a mentor and help develop a user-led organisation in an area where nothing similar exists. Up to £100,000 will be available through this category. The closing date for applications is 5 pm on the 28th July 2008.



Please click [here](#) for further information

Majority of local councils make third sector a top priority

In a sign of unprecedented support for local third sector organisations, and in recognition of the invaluable work they do to strengthen communities and help the disadvantaged, almost two thirds of Local Authorities (LAs) have decided that having a vibrant and effective local third sector will be



a priority for them over the next three years. Under a new system in place this year, all top tier local authority areas will be measured on their performance against 198 new National Indicators (NIs), two of which focus on the third sector. In addition, each area has had the opportunity to prioritise 35 NIs that will particularly meet local needs, and will be the targets that sit at the heart of each council's Local Area Agreement

93 of England's top tier 150 LAs – 62 percent of them – have chosen to prioritise one of the two third sector indicators: NI6 – participation in regular volunteering; and NI7 – creating an environment for a thriving third sector.



Further information on National Indicators can be found on the [OTS website](#).

Department of Health consultation: Towards a strategy to support volunteering in health and social care

The aim is to promote the role of volunteering in the context of health and social care reform, and inform improvements to support volunteering across the health and social care system. Copies of the consultation, launched by the Department of Health at the beginning of June can be accessed via this link:



Please click [here](#) for a copy

The ElderWorld Team

This is a special edition of our newsletter focusing on the prevention of falls in the care home, and Dementia. The paragraphs below are intended to be useful to you and your colleagues as well as to point you to more detailed information. Do please feel free to forward this as an e-mail and to contact me directly. The risk of older people falling in care homes increases because two thirds of residents with dementia are likely to be taking anti-psychotic drugs – doubling the risk of falling. There are many developments in healthcare informatics and assistive technology that we believe are of interest to ElderWorld users and so coverage of these issues will form regular features.



Click [here](#) to read the July newsletter

Royal College of Psychiatrists launches three-year campaign to tackle inequalities in mental health



Click [here](#) for more information

Making it Work: Embedding a supported employment approach in vocational education and training for people with learning difficulties

Making it Work is a two-year project funded by the Department of Health. The project aim is to:

Produce and pilot a training pack for staff working with people with learning difficulties in the post-16 education sector. Staff, parents/carers, employers and learners will be involved, providing ideas and examples of embedding a supported employment approach in vocational education and training. Multi-agency working and person-centred approaches will underpin the training.

In its 2006 strategy for disabled learners Learning for Living and Work the LSC stated that by September 2010 it will no longer fund vocational provision for disabled learners that does not have a focus on the supported employment model or learning in the work place.



Feedback from education and training providers working with people with learning difficulties indicates a need and desire for training on how to develop vocational provision based on the supported employment model.



If you can help with any information for this project about practice that focuses on supporting adults with learning difficulties in the transition from education to employment then please contact anne.agius@niace.org.uk by 20 July 2008.

National Dementia Strategy

The Government's first National Dementia Strategy consultation document was published on 19th June. The Strategy is one of the first national strategies that focuses on the Commissioner's responsibility in delivering high quality services. This is a move away from previous national strategies that has expected providers to drive improvements.

The NDS has three themes;

- Improved public and professional awareness
- Early diagnosis and intervention
- High quality care in acute, community and residential health and care settings



To access the NDS consultation document and information about how to contribute to the consultation go to www.changeagentteam.org.uk or the CSIP Eastern Older People's [webpage](#).

Ambitions for Health – a strategic framework for maximising the potential of social marketing and health-related behaviour

A new framework has been launched for action on social marketing and public health. This builds on the final report of last summer's Health Challenge England's regional roadshow programme published in December 2007.

Ambitions for Health sets out our formal response to the recommendations contained in It's Our Health . This was an independent report commissioned jointly by the National Consumer Council (NCC) and the Department of Health (DH) as one of the commitments set out in the public health White Paper Choosing Health . This new action plan provides a clear steer on next steps for social marketing in order to ensure we build on the increasing appetite for its wider adoption throughout public health delivery systems.

This strategic framework sets out how we plan to work together with key leaders in the public health community to embed social marketing principles into health improvement programmes. It also illustrates the practical tools we are developing to build social marketing competencies and capacity in England. It sets out how we will make sure that all of our policy development and public health interventions are informed by our understanding of what motivates people. In turn, this will enable us to build on our successes and ensure that we become a world leader in promoting health.



You can download the full document [here](#).

Care closer to home framework launched Good practice recognised in shifting services

A new framework aims to help commissioners and service designers plan the most effective ways of shifting care closer to people's homes. The report, 'Delivering Care Closer to Home: meeting the challenge', shares good practice from around the country, including from demonstration sites. It sets out the challenges facing the health and social care systems such as our ageing population

and consumer-age expectations. This is a response to recommendations in the Next Stage Review which highlighted the need for better integration of primary and community care in the regions.



[View the framework document](#)

Better Commissioning - What's New?



July newsletter now available [here](#)



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CSIP Eastern Development Centre Update

Joint Strategic Needs Assessment

Joint Strategic Needs Assessment (JSNA) is the means by which local authorities and Primary Care Trusts, working with a wide range of local partners, describe the future health, care and well-being needs of local populations, and the strategic direction of service delivery to meet those needs.

CSIP Eastern is developing a regional programme of support around JSNA that will focus on the following areas:

- Organising a major conference around JSNA in November 2008, with a specific emphasis on sharing best practice and exploring next steps in the JSNA process (flyer to follow shortly).
- Developing a suite of online and electronic resources aimed at providing practical and policy support around all aspects of JSNA.
- Bespoke support to local partnerships on an individual basis.



For more information on the CSIP Eastern JSNA programme please contact Luke Ward luke.ward@csip.org.uk, or by phone on 07825 523279

New survey - LINKs

Please note: A survey entitled 'Building a shared vision, values and identity for LINKs' is now available on the LINKs exchange website.



[Click here to view and complete the survey now.](#)

The LINKs Exchange Team



www.lx.nhs.uk




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Events

National Dementia Strategy Consultation Event - 25th July 2008

The Eastern region as held one consultation in Norfolk, there is one this coming Tuesday in Herts. You can still apply for the last event 25th July. These events are your opportunity to influence the final strategy, which is due to be published in October 2008. A member of the national dementia strategy working group will be in attendance at each event and will deliver a presentation on the strategy. There will then be an opportunity for small groups to work through answering the consultation questions raised in the draft strategy.

 Click [here](#) to download flyer

 Click [here](#) to download a registration form

Employment and Support Allowance: Masterclass and Access to Work Presentation

Spaces are still available for the following Masterclasses being held across the Eastern region from 9.30am to 1.15pm including a networking lunch:

22 July ~ Hemingford Abbots Village Hall, High Street, Hemingford Abbots, Huntingdon PE28 9AH

29 July ~ Keystone Innovation Centre, Croxton Road, Thetford, IP24 1JD

 Please click [here](#) to download the flyer and registration form

We're Here And Listening Events (Whale's) -Thursday 24th July 2008

Suffolk Mental Health Partnership Trust (SMHP) and the User/Carer governance groups are putting on an event to encourage feedback on local mental health services.

- What have the local Mental Health services done for you?
- Have you found them helpful?
- Do they leave you frustrated?
- Are you unsure where to turn?

Bury St Edmunds Library 1pm – 3pm, Teas and coffees available

Information available from Suffolk Family Carers, Suffolk User Forum (SUF), East Suffolk Advocacy Network (ESAN) and Mind Bury.



SUICIDE IS NOT ABOUT KILLING YOURSELF: Going Deeper into the Suicidal Experience.

3rd September, Essex

Purpose of the day:

Join us for a day devoted to the study and understanding of the Contextual-Conceptual Therapeutic approach to the phenomenon of suicide.

The programme includes:

1. Conceptualizing the suicidal patient.
2. Theoretical overview & practical applications of CCT.
3. General group discussion.
4. Breakout groups & experiential exercises.
5. Contextual-Conceptual Therapy handouts & "tools".



For tickets and more information contact Debbie Stewart, Administrator, Centre for Psychoanalytic Studies, University of Essex, on telephone 01206 873640, fax 01206 872746, or email cpsadmin@essex.ac.uk. Please apply by 1st September 2008.

School of Social Community and Health Studies: An Introduction to Body Psychotherapy

Dr. Frank Rohricht, Consultant Psychiatrist and Honorary Senior Lecturer Queen Mary University, London

Body Psychotherapy is a whole person approach attending not only your thinking but also to your body, feelings, intuition, conscious and unconscious mind. This may draw your attention to the way you are, rather than getting lost in a limited idea of how you might think you are or should be.

This short taster afternoon will provide participants with an overview of theory and integrative intervention strategies employed in body psychotherapy. It will enable reflections on some of the ways body psychotherapy can contribute to personal transformation.

Date: Tuesday 9th Sept 2008
Time: 2.00pm – 5.00pm
Venue: Meridian House, 32 The Common, Hatfield, Hertfordshire, AL10 0NZ
Fee: £35 (Reductions for UH Staff and students)

A SIX week CPD short course

This short course introduction to body psychotherapy will enable participants to gain an understanding of its specific contribution to mental health and wellbeing.

Date: Alternate Tuesdays - 23 September (2.00-5.00pm)' 7 October, 21 October, 4 November,
18 November, 2 December 2008 (2.30-5.30pm)
Applications: Tuesday 9 September 2008
Venue: Meridian House, 32 The Common, Hatfield, Hertfordshire, AL10 0NZ
Fee: £195 (Reductions for UH Staff and students)



To make a booking to attend please contact: Judy Turner counsellingadmin@herts.ac.uk
01707 285856 Queries to Professor Helen Payne h.l.payne@herts.ac.uk



Future Challenges - Exploring creative ways for mental health education and training to bridge the gaps between legislation, policy and practice.

10th & 11th September 2008, Jubilee Campus University of Nottingham

The overall aim of this conference is to bring together trainers and educators across the broad field of mental health to:

- Reflect on the overall climate within which education and training providers operate
- Examine ways of providing education and training in relation to mental health legislation
- Consider some examples of the effective delivery of training and education.
- Plan to meet the challenge of providing education and training in a post-NSF era.



Please click [here](#) for further information.

"Widening Participation: Shaping the Way Ahead for Adult Education in the UK" Wednesday 24th September 2008, Westminster

Widening participation addresses the large discrepancies in the take-up of employment opportunities between different social groups. Under-representation is closely connected with broader issues of equity and social inclusion, and therefore organisations need to be concerned with ensuring equality of opportunity for disabled people, mature students, socially excluded women and men and all ethnic groups. The downward trend in adult participation in education or training has disproportionately affected people who are retired, unemployed, semi-skilled or unskilled. The government has recently launched a consultation document to investigate the future of adult learning entitled: "Informal Adult Learning – Shaping the Way Ahead." During the next three years (2008 - 2010/11), spending by the government on adult learning is set to increase by £600million to £4.8billion. Places are limited and early booking is therefore advisable.



If you are interested in finding out about rates and attending the above event please click the following link: <http://insidegovernment.msgfocus.com/c/19tEzdXNcKChjWG>

Department of Health consultation: Towards a strategy to support volunteering in health and social care

Copies of the consultation, launched by the Department of Health at the beginning of June can be accessed via this link http://www.dh.gov.uk/en/Consultations/DH_085186 The aim is to promote the role of volunteering in the context of health and social care reform, and inform improvements to support volunteering across the health and social care system. DH recognises that volunteering plays a huge potential role in the context of more flexible, responsive and patient-focused health and social care services. This consultation exercise is designed to discuss and debate the five key elements of the "Towards a strategy to support volunteering in health and social care document"

- · Support for individual volunteers
- · Effective management within organisations
- · Commissioning environment and infrastructure
- · Promoting partnership
- · Leadership

We would like to invite colleagues from NHS, PCT, Local Authorities, Third Sector and other volunteer involving organisations to contribute to the development of this strategy to support and develop volunteering across health and social care. CSIP is organizing a regional consultation event. This will take place on 29 September 2008 at the Rowley Mile Racecourse, Newmarket CB8 0TF.



Please contact Linda Williams 01206 287 542 or linda.williams@csip.org.uk

The Meriden Family Programme and the Royal College of Psychiatrists Education and Training Centre are working in partnership to host a 3 day Carers Education and Support Programme. 1-3 October 2008

Venue: Royal College of Psychiatrists, 17 Belgrave Square, London

This course is offered to teams comprising 3 people (two professionals and one carer). It will enable professionals and carers to work together in developing the practical skills necessary to deliver a comprehensive training and support package to local carers. Participants will be supported in developing all the practical skills and resources to be able to run a modular education programme for carers and family members in their local area.

Themes include:

- Presentation skills
- Facilitating groups
- Experience of caring
- Sharing information
- Local services & resources
- Helpful communication skills
- Dealing with difficulties (problem-solving)
- Taking care of yourself

Cost per team of three: £2750 per team



Please contact Sam Farooq on sam.farooq@bsmht.nhs.uk or telephone 0121 678 2896

Meeting the Mental Health Needs of Adults with Autistic Spectrum Disorder – 2nd October 2008, London NW1

The conference will address the mental health problems that affect adults with Autistic Spectrum Disorders (ASDs). Experts in the field will give an overview of how mental health problems present with ASDs, including what they are, how common they are, and what causes them. The types and presentation of mental health problems in people with ASDs will be examined, before considering effective treatments and therapies and how the use of the Mental Health Act may be relevant. The final part of the day will address service provision, particularly given that people with ASD span the range of intellectual functioning and because of this they may fall between services. We will look at how this is being addressed, what the issues are and how to overcome them.



Contact the organiser [Kate Berry](mailto:Kate.Berry@nhs.uk) on 01438 342942 or [click here for further information](#)

One-day CPD Conference: Feeding Young Minds Omega-3 for behaviour, learning and mood: science, policy and practice Fri 3 Oct 08, The Said Business School, Oxford

Nutrition is as important for our mental health and performance as it is for our physical fitness - the amount and type of fat in our diets is a key influence on both.

Certain omega-3 fats are critical to brain development and function, but are lacking from many people's diets.

Infants and children are particularly vulnerable; the effects of early malnourishment can last a lifetime. Evidence shows that 'getting the fats right' can help at any age.

Omega-3 deficiencies are linked with many different behaviour, learning and mental health problems such as ADHD, Dyslexia, Dyspraxia, the Autistic Spectrum – but most people still don't know which omega-3 really matter or how to ensure an adequate intake.

Leading international experts in this field will bring you the latest scientific evidence, clearly explaining its implications for policy and practice as well as for anyone seeking to improve their own health through diet.

Attend this conference and find out what positive changes you can make at home and at work. Learn how you could help influence policy in the UK, and have your own questions answered.

Save 15% by booking before 12 September 2008



Click [here](#) for an application form and agenda

"Workforce Management: Reducing Absence, Improving Well-Being, Increasing Effectiveness " on Tuesday 2nd December 2008 in London:

Successful workforce management is an issue that effects organisations all across the UK. Delegates at this event will have the opportunity to examine the main measures to manage and reduce absenteeism, promoting general health and well-being and in turn improve productivity and competitive edge for organisations. If you are interested in attending the above event please click the following link:



<http://insidegovernment.msgfocus.com/c/17uMcWcHRw6KOtq>



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Useful Resources

[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**
- Health and Social Care in Criminal Justice – **Neil MacIntyre 01223 597551**
- Mental Health (National Institute for Mental Health in England, NIMHE) – **Susannah Howard 01206 287592**



- Social Care – **Amanda Reynolds 07775 631510**



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:

[Mita Brahmhatt](#)

654 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ
Tel: 01206 287547

