

e-bulletin

Issue no 48

15 August 2008



Welcome to our e-bulletin issue 48! 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 Brahmabhatt](#), 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

Mental Health Act Update

A new North East Essex NHS Foundation Trust publication has been released, designed to help you understand the implications of the 2007 amendments to the 1983 Mental Health Act (MHA), which will become law on 3 November 2008.

 Please click [here](#) to download a copy

Make a wish.....'Realising Mental well-being'

The 'Realising Mental Well-being' project, received £116,380 from CSIP (Eastern) as part of a £3.9 million National Lottery Grant from the Big Lottery Fund has created the opportunity to play forward this understanding into the lives of many community members in Tendring and Central Suffolk.

This project will provide a series of free community workshops on Mental health and well-being (how to protect and promote it) to communities and act as an important resource in primary care.

We are offering a number of free workshops in the Tendring and central Suffolk areas to members of the public who would like to learn more about

- Understanding mental health, well-being and Recovery
- What creates and maintains mental health and well-being


 Please click [here](#) to find out more

Older people Mental Health initiatives in South Essex

Over the last 12 months the Older people's mental health team at South Essex Partnership NHS foundation trust has launched two innovative projects to promote dignity and independence for



patients suffering from dementia and those who care for them.-Lasting memories and My Life story.

 Please click [here](#) to download the full write up

SEPT look for two outstanding individuals

The South Essex Partnership NHS Foundation Trust (SEPT) is searching for two outstanding individuals from Essex to fill the positions of Non-Executive Director.

 Please click [here](#) for further information



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National News

Call for applications: Evaluation of the right here initiative improving mental health and well being for young people

The Paul Hamlyn Foundation and the Mental Health Foundation wish to recruit an independent team to evaluate the effectiveness of the Right Here initiative, which addresses the well being and mental health needs of 16-25 year olds across the UK. The work will be conducted in up to five UK pilot sites. The evaluation process should focus on action research and both quantitative and qualitative approaches, along with the involvement of young people throughout. There will be a two stages commissioning process. An outline proposal with full costing will need to be submitted to Susan Blishen / Dr Kam Dhillon at the Mental Health Foundation by 12 noon on 12th September 2008. Following this, shortlisted applicants will be invited for interviews on the 22nd September 2008. The evaluation will need to start from the 7th October 2008 and will run for five years. Funding of up to £450,000 is available over this period.

 Please contact Tamasine Angell (tangell@mhf.org.uk, 020 7803 1100) for the full application details.

New magazine

One in Four is a magazine for people with mental health difficulties. The quarterly aspirational lifestyle magazine contains a mixture of features, news and information that supports recovery, signposts services and communicates health messages in an accessible style. One in Four empowers people, gives them hope and combats exclusion, discrimination and stigma.

One in Four is distributed throughout England and is available in GP surgeries, libraries, universities, Mind shops and similar venues.


 You can find out more at: www.oneinfourmag.org or contact Stephen Gardiner: stephen@socialspider.com or 020 7354 9129.

Age Concern, Down but Not Out

Depression is an illness that blights the lives of many older people. It is not "one of those things".



It is not "what you can expect at your age". It is not an inevitable part of ageing. It is an illness that can be treated: if older people seek help, are diagnosed, and receive appropriate treatment. The scandal is that for many older people this doesn't happen. Many do not seek help. For those who do, ageist attitudes among health professionals can prevent diagnosis. And for the lucky ones who are diagnosed, access to the full range of treatments may be denied because of their age. Older people with depression deserve better.

 Click [here](#) to visit the Age Concern web pages for more information on the report and campaign

Mental Health Act Update 10

The latest implementation programme bulletin for the Mental Health Act 2007, Update 10, has been uploaded to the web. This edition leads with news that the Commencement Order for the main body of the amendments has now been published

 Please click [here](#) for the programme

Sustainable Communities Awards 2009 - Entries Now Open


Enter the UK's biggest community partnership awards now, and gain the recognition you deserve! Now in its fourth year, the awards will ensure public and private service providers are recognised for their efforts in improving local communities, both now and in the future.

It's time to reward those behind the invaluable work that goes into developing sustainable communities. So join us in celebrating innovation, team work and forward thinking. If you and your partnership have what it takes to win, enter today and get the recognition you deserve.

"Winning the Sustainable Procurement award was a tremendous endorsement of Wakefield Council's comprehensive and forward thinking approach to sustainable procurement. This is a great opportunity to see best practice across the public sector."

Sarah Parker, Strategic Procurement Manager, City of Wakefield Metropolitan District Council.
2008 Winner Sustainable Procurement Award. The closing date for entries is 17 October 2008 .

The awards will be presented at a gala dinner and ceremony at The Brewery, London, on Thursday 5 February 2009.

 For information on categories, entry process and to submit your online entry visit our website, or contact Georgina Drake on 020 7728 5292 on georgina.drake@emap.com



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CSIP Eastern Development Centre Update


Third Sector Matters

The Development Centre is continuing to develop its work with the Third Sector and with those in Health and Social Care responsible for commissioning services from the sector. Recently the



EDC supported and endorsed Voluntary Norfolk's Third Sector Commissioning Guide and collaborated with IDeA in the regional Third Sector Commissioning Programme.

 For those wishing to know more about the programme and obtain the presentations given at the event held on July 8th in Norwich click [here](#).

 The RDC is now planning an event on the Third Sector and Practice Based Commissioning in the Autumn. For more information on this and to ensure you are included in mailings on Third Sector Matters, contact Ian Hartley, Third Sector Commissioning CSIP RDC e-mail ian.hartley@csip.org.uk



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Events

Asylum! Conference and Festival

*10th – 12th September
Manchester*

This is an Asylum conference co-organised by Asylum Associates, the Discourse Unit, Hearing Voices Network and Paranoia Network, with the participating sponsorship of Campaign Against the Schizophrenia Label, UCLAN Institute for Philosophy, Diversity and Mental Health, PCCS Books, Intervoice and Working to Recovery. The conference will bring together organisations, activists, campaigners and academics working for radical challenge and change in mental health. It will showcase critical work on psychiatry and psychology ('Big Psy') and the pharmaceutical industry ('Big Pharma'), and alternatives to diagnostic medical labels like 'schizophrenia' and 'paranoia'. The conference will run alongside a festival of organisations working for a better world. There will be guest speakers, academic papers, panel discussions, bookstalls, film, art, music and workshops.

 Click here to download the programme:

Digby Gallery Exhibition of works by Colin McAllister

*8th - 29th September
Mercury Theatre, Colchester*

Colin McAllister has been involved in many programmes at CSIP Eastern, primarily the upcoming Whole Life workbook. His works are now being sold, this is your chance to get in there before his prices rocket!!

 Please email Colin McAllister for further details


Changing Hearts and Minds: Rapid and Effective Ways of Achieving Wellbeing for You and Your Patients

*11th September
Norwich*



As we are all aware, there are huge numbers of patients suffering from physical symptoms for which no organic cause can be found. Many of those referred to gastroenterology for instance have Irritable Bowel Syndrome (apparently 50% of first attendees!). Our specialist colleagues will admit they have little to offer for this condition. The GP has few other options but to refer. Many of those presenting in cardiology, neurology, A+E are suffering from problems which are primarily emotional in origin. It seems that apart from the unmet needs of the patients, much money could be saved if there were a different pathway for these patients.


In the light of these issues Dr Bob Fulcher, Dr Paul Everden and two experienced therapist colleagues, Sue Bayliss and Val Giblett are putting on a 1 day conference on 11th Sept at the Post Grad centre at the Norfolk and Norwich.

 Please click here for the programme

Short courses in Psychiatry (SCIP): Suicide

15th October
University of Hertfordshire: £35

The session will discuss suicide from a number of perspectives and aim to extend the account of suicide beyond the usually dominant themes of risk and prevention.


 Please click here to download the programme

Spirituality, Recovery and Mental Health Conference

23rd October 2008
Peterborough

We have created a unique learning experience for you to explore and discover more about the place of spirituality in your own life as a mental health professional, service user or carer. We will also give you the opportunity, support and guidance to take forward what you learn.

Our guest speakers are Larry Culliford, Royal College of Psychiatrists; Chris Newell, Mental Health Chaplain and service user; David Norman - service user and trainer; The Mental Health Foundation; Peter Gilbert, Honorary NIMHE Lead on Spirituality, and Sussex Partnership NHS Trust on its Spirituality and Religious Care Strategy.

 Please click here to download the programme


Expert Voices Eastern:Regional Conference 2008

4th September 2008
Stansted

The 2007 Expert Voices Eastern (EVE) conference brought together colleagues from training and development with people who use services and carers from across the Eastern region for the first time.

The conference looked broad themes of social care and how they influence the training and development of the social care workforce.

This year, the 2008 EVE conference will explore the personalisation agenda in relation to training and development.

 Please click here to download the programme



Employment Matters Conference: supporting your employees' mental wellbeing, supporting your business, supporting you.....

*22 September 2008
Chilford Hall, Cambridge*

This FREE one day conference will give employers the chance to find out more about how, with the right resources and information they can support staff with mental health conditions to retain employment, improve productivity and promote a mentally health workplace without affecting their businesses' productivity.



Please click here for further details

Practical Approaches in Improving Access to Psychological Therapies and Working with Trauma and Self-Harm

25th Sept, 30th Sept, 14th Oct, and 6th Nov

Highlights from the skills based workshops are:

Professor Lovell's workshop provides an exciting opportunity for practitioners to learn skills in providing cognitive behavioural skills over the telephone. These skills fit well with improving access to psychological therapies, particularly for those who find engagement difficult

Professor Tarrier will provide an alternative perspective on working with trauma using a structured CBT approach; he will also focus on working with asylum seekers and their traumatic experiences

Dr Smith will examine a structured approach in working with users lived experience of self harm in formulating interventions. He will be utilising a self harm assessment tool he developed with Marius Romme and Sandra Escher; delegates will also receive a copy of the assessment schedule

Paul Hammersley and Peter Bullimore will be running the Auckland training on working with childhood sexual abuse; this is the first time in the UK the John Reid training has been delivered. Peter and Paul were trained by John Read himself.



Delegates can book online by clicking www.ufpmentalhealth.com and then clicking "UFP Mental Health Updates"

Mad about football conference

*13th October
Manchester*

A national event Chaired by former professional footballer and BBC presenter Ray Stubbs, which will share the strong evidence from around the country of the positive impact football has on mental health for individuals and communities.




Please click here to download the programme

Short courses in Psychiatry (SCIP): Autism/Asperger's/ ADHD: Child into adult

*12th November
University of Hertfordshire: £35*



The neurodevelopmental spectrum disorders pose many conceptual, diagnostic and management challenges. Although most often identified in childhood, the educational, health and social care needs commonly persist in adulthood. This session discusses the onset and course of the neurodevelopmental spectrum disorders, their childhood management and what is to be expected as the affected children become adults

 Please click here for programme

Radar the disability network: Equipping and inspiring leaders

*November 12th & 13th
Glasgow & Birmingham*


Radar is interested in equipping disabled people and people with long-term health conditions to be leaders and influencers in public life. That is what our new series of Leadership Development Days is all about. Radar won funding earlier this year from the Equality and Human Rights Commission (EHRC) to deliver a series of leadership events for disabled people, especially those from black or minority ethnic backgrounds, following on from our previous work with the Disability Rights Commission (DRC).

 Please click here for the full details

'Inclusion and Exclusion Conference: 2008' - Call for Papers

*20th November 2008
London*

The SSRG, Race Equality Foundation and INVOLVE are now calling for papers. The overall aim of the conference is to explore research on racism and ethnicity and the messages for policy and practice in key areas of public services, including: housing, health and social care for adults and children. This conference will build on previous conferences held in 2004, 2005 and 2007.

 Full details are available in the attached pdf file and on the SSRG and the Race Equality Foundation websites: www.ssr.org.uk and www.raceequalityfoundation.org.uk.



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Useful Resources

- **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/

- **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



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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.



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 McIntosh 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 

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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