

e-bulletin

Issue no 49

29 August 2008



Welcome to our e-bulletin issue 49! 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 Brahmhatt](#), 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

Positive Practice Awards

Tuesday 18th November

This is a great opportunity to tell everyone in the Trust about the great work you've been doing over the last year. The closing date for entries is 26 September.

If you need assistance with the application or have any other questions about the awards or the wider Celebration of Achievements, please contact Sam Fuller, Project Lead - sam.fuller@nepft.nhs.uk



Click here for the [CPG News](#) which details the application process

New Sustainable Communities programme: run by Inspire East in partnership with Anglia Ruskin University

The programme has a number of attractions:

- Introductory courses run by Inspire East.
- Flexible, modular structure (delegates can attend as few, or as many, of the modules as they like) run by Anglia Ruskin University.
- Online [Sustainable Communities reading](#)
- Competitively priced: £95 public and private sector, £60 voluntary sector (attend all 8 modules and get the 8th free).
- Alignment to the [Excellence Framework](#), an online toolkit used by EEDA to appraise funding applications and grounded in current government policy and good practice.
- Cross-disciplinary approach to sustainable communities agenda enabling delegates to see how their role fits in the 'bigger picture'.




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

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National News


Assessing the Impact of Volunteering

Volunteering England has today published two reports from the NHS Impact Assessment Project - a summary of the findings, 'In Good Health' and a how to go about it guide 'Health Check: how to assess the Impact of Volunteering in the NHS'

 Copies of both reports can be downloaded [here](#)

Disabilities Forum

Disabilities Forum an organisation run by disabled people for disabled people to maximise our potential, maximise our earnings and improve our quality of life.. Help and advice on housing, benefits, job/education/training search, resume/cv building, obtaining equipment grants, form filling, travel & leisure. Web site has on line referral form, and telephone for instant benefits work out, we can also arrange to visit.


 Tel: 0208 861 3016 / 0208 933 5314 or Email: philwatkins@expertadvice.co.uk.

Open Up – Comic Relief looking for media spokesperson

The theme for Red Nose Day 2009 is going to be challenging the stigma and discrimination experienced by people who have or have encountered mental health problems. Comic Relief are looking for people who have been involved with Mental Health Media or the Open Up project, and are willing to talk about what they went through as part of their media campaign in the run up to Red Nose Day.

They are keen to cover the following subject areas:

- The reactions from family and friends when you disclose you have a mental health condition.
- Seeing a loved one experience mental distress.
- People who have had their access to their children restricted
- Young carers
- Bullying in their community.
- Discrimination in the workplace.
- Any stories of romance/relationships etc.

 If you are interested and would like to know more, please email Paromita Saha p.saha@comicrelief.com or call 020 7820 5586.

Government disability survey exposes mental health disadvantages

 People with mental health problems are significantly more disadvantaged than other disabled people, according to an [Office for Disability Issues survey](#)



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CSIP Eastern Development Centre Update

'Realising Mental Well-being' workshops

Freemind well-being CIC is a local community interest company who is leading a three year 'Realising mental well-being' project funded by the 'big lottery' fund.

Freemind Well-being 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](#) for the full flyer, including requirements, dates and venues.

BME Open Day Eastern Development Centre

17th Sept
Colchester

CSIP Eastern are recruiting Experts by Experience (EbE) members. There are 2 available spots on offer. In order to inform interested candidates the EbE are holding an Open Day. Interested parties should read the flyer accessed through the link below.



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

'Informed Gender Practice: Mental Health Acute Care that works for Women (CSIP 2008)

Moving from 'what's wrong with this woman?' to 'what happened to this woman?'

The issues of appropriate care for women who are acutely ill and how that differs from men has previously been highlighted in the national Women's Mental Health Strategy and other documents. This guidance, by focussing exclusively on the topic, is able to take a more detailed approach and back up proposals for best practice with evidence based information.

The guidance is written in a style that is accessible and practical and it is hoped that busy ward based staff will use the topical material to progress or initiate gender informed practice.



Please visit the [CSIP Eastern](#) website for further details, or email rosemary.sturgiss@csip.org.uk




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Events

Understanding Brain Injury Workshop

10th Sept & 16th Oct


Participants will learn about the causes of brain injury and the common types of problems that can occur. The workshop is delivered by professionals who work with brain injury survivors on a day-to-day basis and so will also look at practical ways to interact with people who have a brain injury

 Click [here](#) for further information

Eating Disorder Network

19th Sept
Colchester

Are holding a training conference for people interested in working with people with Eating Disorders

 Click [here](#) for the programme flyer

Putting People First: The Swedish Way - 24th September 2008

This is a conference which will focus on hearing how they support older people in Sweden, what can be learnt and how this can be put into practice in the Eastern Region. This conference is subsequent to a fact finding visit to Sweden.

 Please download the [event flyer](#) and [registration form](#).

The Journey to Research Led Education and Training in Mental Health - Who's Got the Map National Conference on 10-11 October 2008, EMMTEC Building, University of Lincoln

Mental Health Services are at an important crossroads on their journey from a traditional service model to one that is driven by the needs of users and carers. The role of Higher Education in supporting service on their journey is vital – HEIs and service providers either work together with commissioners or the people to suffer will be those who use services. This conference provides an opportunity for you to see where on this journey your area is and where you might be going, to hear key people from service and education and take the opportunity to network with colleagues from across the country.

 Please click [here](#) for the programme flyer



Putting people first - meeting the underlying needs and aspirations of vulnerable people

*3rd & 4th Nov
Peterborough*

Space East's annual regional conference on supported housing, homelessness and related services in the East of England.

We have put together a busy and exciting schedule for our conference this year, with plenty of opportunities for networking and information sharing. The programme begins on Monday 3rd November at 4pm with a debate in the style of the BBC Question Time format, followed by the Space East AGM, a drinks reception, dinner and entertainment. Day 2 will be spent in professionally facilitated and highly participatory discussions leading to clear actions to take away and practically apply. The sessions will be led by Mick Kain, Independent Facilitator and Trainer, and the day will involve and be shaped by active participation from service users with a range of perspectives. We will focus on a fundamental question - How do we keep the service user at the centre of everything we do?



For further information about this event please visit <http://www.space-east.org/events.html>, email laura@space-east.org or phone 01603 617299.

Well-being festival

*5th & 6th Nov
Lincoln*

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

Joining up Race Equalities

*1st Dec
London*

There have been significant achievements in the fields of mental health, Housing and Social Care services and yet they continue to work separately despite policy initiatives and continuing evidence of what needs to happen. These initiatives also fail to embed good race equality practice within them. Appropriate housing and housing support services are increasingly seen as having an important role in preventative strategies to ensure good mental health and in enabling vulnerable people to live successfully in the community. This conference is designed to look at the role housing and housing service provision has to play in a joined up approach to creating mental well being and addressing the needs of black and minority ethnic mental health service users.



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



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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.

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 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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