



e-bulletin

Issue no 53

31 October 2008

Welcome to our e-bulletin issue 53 bringing you up to date with latest news and resources including links to the Direct Payments User Network.

Thanks to everyone who has emailed us with news stories, comments and suggestions.

If you have any information or ideas for the bulletin please contact [Mita Brahmhatt](#) at the 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

Expert Patients Programme: Self Management Courses

Living with a long term health condition? The Expert Patients Programme (EPP) are now running free self-management programmes for people with long term health conditions in many parts of the East of England SHA area.


The 6-week self-management programme is delivered in the community providing participants a tool box of skills to enable them to self care their health more effectively and corroboratively with their health care professional.

 Please click [here](#) for further information on how to sign up

Strong Roots: personal development through gardening

Strong Roots was awarded three years' funding from the Well Being fund of the Big Lottery Fund. The funding came through the Care Services Improvement Partnership Eastern as part of its Well-being in the East Portfolio of 25 projects, across the East of England.

Strong Roots, a therapeutic horticultural project based on four adjoining allotments at the Bluebell North site by The Avenues in Norwich, held an open day on Friday 12th September 2008. Over 40 people attended despite the wet weather. The gathering included the Lord Mayor, Councillor Jeremy Hooke and Dr Ian Gibson MP, who whole-heartedly endorsed the project. The event was also attended by participants, volunteers, representatives from the Well Being [Big Lottery] Fund, the Big Lottery Fund and local organisations and members of the public. Guests were invited to harvest potatoes and apples.

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




An invitation to the re-launch of the Housing Learning & Improvement Network (East)

19th November 2008, 1.00 pm at Cambridge Professional Development Centre, Trumpington

The Housing LIN East re-launching the network after a gap of some 18 months. The government has recognised the central role that access to stable accommodation plays in the meeting of all its key social inclusion, care and support strategies for vulnerable people. Housing LIN East are therefore keen to raise the profile of Extra Care Housing and to develop the Housing Network across the East Region as a key means to help agencies meet their targets.

The agenda for the half day meeting will include discussion of the future programme and a substantial discussion topic. The meeting will be scheduled to start with a 1.00pm lunch and to finish at 4.30 p.m


 Please click [here](#) to read the full article or the agenda for the Housing LIN meeting in November is accessible [here](#).

Single Equality Scheme (SES)

NHS Bedfordshire have recently published their draft for consultation, it sets out their commitment to equality and diversity in the workplace and in the services they provide and commission.

It replaces their existing race, disability and gender equality schemes, incorporating all of the objectives under the public equality duty for race, disability and gender and includes further information on age, religion/beliefs, sexual orientation and human rights.

The Draft Single Equality Scheme also contains a three year action plan to further promote equality and diversity for both their staff and service users.

 Please click here for the [Single Equality Scheme](#)

 For further information and any comments please contact Gina Felice, Equality and Diversity Lead, email Gina.Felice@bedfordshire.nhs.uk.



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National News

Call for applications to become a 'Right Here' pilot site

Paul Hamlyn Foundation and Mental Health Foundation are inviting applications from groups of voluntary and statutory organisations across the UK, to work with them in developing new ways of protecting and promoting the mental health and well-being of 16 to 25 year old's.

They expect to select up to four partnerships to work with from September 2009 – December 2013, with one focusing on improving support for Black and Minority Ethnic Young People. Each of the pilots will be awarded up to £800,000 from September 2009 – April 2013. We will also provide additional support to assist with planning and implementing the work, developing the partnerships, and documenting and sharing the learning.



 For more details or to apply to become a Right Here pilot site, in the first instance, please visit our the comprehensive Right Here website: www.right-here.org.uk. The deadline for applications is 18 December 2008.

National Stress Awareness Day: 5th November 2008

Stress can be an insidious build up of many pressures and challenges. Most people are now aware that the big issues in life can be exciting for some and too demanding for others, resulting in stress - redundancy and moving home are just two examples.

This year, National Stress Awareness Day is focusing on the pressures we create ourselves - in particular the 'worrying' habit. Worrying undermines our natural ability to cope and most people admit it is completely ineffective. This both reduces energy and undermines self confidence.

The '[Don't Worry.....Take Action!](#)' campaign is designed to focus on this ineffective behaviour and change it to a positive outcome. Take Action at home and in the workplace to reduce worry and resolve problems dynamically - creating a healthier and more energetic you!

 Please click [here](#) to go to the website




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Eastern Development Centre Update

Regional consultation of the review of the No Secrets guidance.

28th November - Stansted

The Department of Health, the Home Office and the Ministry of Justice have launched the national consultation on the review of the No Secrets guidance. We are running a regional event to support this review.

 Please click [here](#) to read more and for a registration form

DRE Ambassadors Programme Eastern Representatives

We are looking for at least two service users and one carer to act as Delivering Race Equality (DRE) ambassadors from the eastern region. It is important to continue to address the issue of racial inequality in mental health, please follow the link to the information and contact [Mita Brahmhatt](#) if would like to be a representative by Friday 7th November.

 Please click [here](#) for more information



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Events

Upcoming events include:

Centre for Social Work Practice Essex Regional Group Inaugural Meeting

2nd December 2008
Chelmsford

 Please click [here](#) for more information

Mental Health First Aid: 2 day training

4th & 9th December 2008
Chelmsford

 Please click [here](#) for details

Cambs Coping with Coming Off meeting

3rd December 2008
Cambridge

 Please click [here](#) for more information

Steps on the journey - making personalisation happen

8th December 2008
London

 Please click [here](#) for the study day flyer

'Recovery and Beyond' and launch of the International Paranoia Network

19th - 20th February 2009
Canterbury

 Please click [here](#) for more information







Please check the events section on our website to keep up to date



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Useful Resources

-  [Direct Payment Users Network – www.dpun.org.uk](http://www.dpun.org.uk)
-  [Funding Streams: examples of alignment and integration from the Individual Budgets Pilot](#)
-  [Individual Budgets Pilot Evaluation](#)
-  [GO East Local Area Agreements: Bulletin 10](#)
-  [NIMHE Mental Health Promotion Update: October 2008](#)
-  [Older people and individual budgets](#)



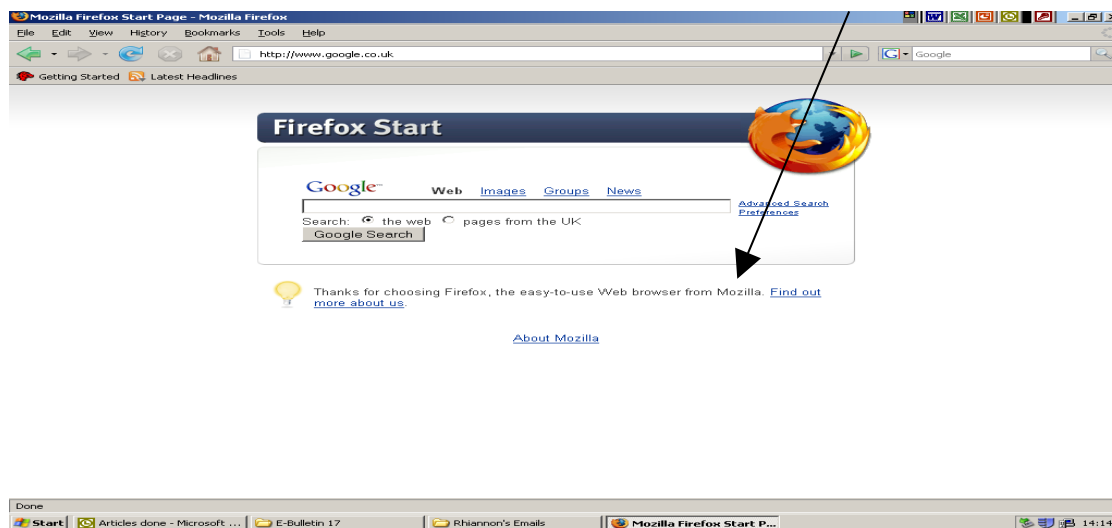
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Please Note:

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/>

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