



Issue no 55

28 November 2008

**Welcome to our e-bulletin issue 55 bringing you up to date with latest news and resources.**

**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**

### **Eastern Region IAPT Launch Event – 12 December 08**

In the Eastern region, NHS East of England is working with all 14 Primary Care Trusts (PCTs) to ensure new psychological therapists are trained and employed in expanded primary mental health care services across the whole of the region.

NHS Bedfordshire is one of the first sites within the region to go live and has commissioned an 18-month pilot with a combination of providers. The providers include Bedfordshire and Luton Mind to deliver Step 2 and the NHS Bedfordshire Provider Arm and one of the Bedfordshire Practice Based Consortia, Horizon Health Choices to deliver Step 3.



Please click [here](#) for more information

### **Expert Patients Programme**

The Expert Patients Programme was established as a Community Interest Company (EPP CIC) on 1st April 2007 to expand the NHS Expert Patients Programme pilot. The Expert Patients Programme (EPP) has successfully been providing self-management training courses within the NHS across England since 2002.

EPP courses offer a tool-kit of fundamental techniques that support people living with all kinds of long-term health conditions, to aid in improving their quality of life, helping them to manage their condition on a daily basis, increasing their confidence and making them less dependent on health and social care programmes.

The EPP also run half day self care workshops for health care professionals called Patient to Person.



Please click [here](#) for the course flyer and contact details




## Hellesdon goes green: New hospital unit installs low carbon energy solution

Hellesdon is proving to be one of the greenest parts of the country following the installation of the UK's largest ground energy collecting system.

The wet underfloor heating system, served by water-to-water heat pumps, using ground energy collectors in boreholes for low grade heat, is part of the construction of a state-of-the-art building at Hellesdon Hospital.

Norwich North MP Dr Ian Gibson visited the site to see the system being installed and meet the local engineers who supply the renewable energy heating system. Dr Gibson said: "Renewable energy is a major government enterprise, so it is spectacular to see British engineering and innovation being carried out here in Norwich. The Mental Health Trust is to be congratulated for its decision to use this ground energy collecting heating system."

 Please click [here](http://www.nwmhft.nhs.uk/) to read the full article or visit the website for more information:  
<http://www.nwmhft.nhs.uk/>

## Funding news - 07/11/2008 Third Sector Opportunity

A new £6.2 million scheme has been launched to fund staff training across the East of England. Financed by the European Social Fund, "Beyond 2010" will offer small to medium sized enterprises (SMEs) in ten priority sectors the chance of a full consultancy to identify staff skills needs, along with grants of up to 50% of the costs of undertaking the relevant training.

It will also offer specific help to workers facing redundancy. The Response to Redundancy strand will provide advice, guidance, and re-training opportunities to help get people back into work.

The programme is open to East of England-based small to medium sized enterprises that are operating in any of the following priority sectors:

- Automotive and high-tech manufacturing
- Creative industries
- Financial services
- Food and drink processing
- Life sciences and healthcare
- Low carbon and sustainable technologies
- Social enterprise
- Sustainable communities and the built environment
- Tourism and the 2012 Olympics
- Transport gateways.

 For more information on Beyond 2010, contact Tom Bendy at the Essex Development and Regeneration Association (ExDRA) on 01245 702407 or email [tom.bendy@exdra.co.uk](mailto:tom.bendy@exdra.co.uk)






## National News

### MINDFUL EMPLOYER Update

Led and supported by employers, the MINDFUL EMPLOYER® initiative is aimed at increasing awareness of mental health at work and providing support for businesses in recruiting and retaining staff.

 Please click [here](#) for the latest update including new signatories to the Charter for Employers who are Positive about Mental Health.

### Disability Standard 2009

Registration is now open for the 2009 Disability Standard which is a unique management tool developed by the Employers' Forum on Disability that shows businesses where they are on disability practices and policies, where they need to be and how to get there.

 Please click [here](#) for the Disability Standard website

### Youth Arts Project Management: Accredited Training from Artsplan

Artsplan, the training and publications arm of Artsworld, the national youth arts development agency, is pleased to announce it will be running the very well established 6-day accredited course 'Youths Arts Project Management' in early 2009.

The course forms part of a diverse selection and range of training and resources Artsplan has available. The '**Youth Arts Project Management**' course is a rare opportunity to gain accredited youth arts training and will run on the 15<sup>th</sup>/16<sup>th</sup> January, 12<sup>th</sup>/13<sup>th</sup> February and 19<sup>th</sup>/20<sup>th</sup> March 2009 and take place at the Basepoint Business Centre, Andersons Road, Southampton, Hampshire SO14 5FE. The course is accredited at Level 2, 20 credits with Middlesex University.

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

### Help shape government policy on social exclusion

Kevin Brennan, minister for social exclusion has launched the Socially Excluded Adults Public Service Agreement Community of Practice. This is an innovative and interactive web forum to help deliver the government's commitment to radically improve the life chances of vulnerable adults by helping them get back on track to a more successful life. The community is open to anyone involved or interested in helping to improve services for vulnerable groups, whether you work in local or central government, for a service provider, or in the third sector.

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




## Pack launched to help mental health and family learning practitioners

As mental health is often linked to emotional well-being it can affect the capacity to communicate, learn and sustain relationships. To help counter this the National Institute of Adult Continuing Education (NIACE) has launched a resource pack encouraging a partnership between mental health and family learning practitioners.

Making the connection is a product of a two year project funded by the Department of Health, Sector 64. NIACE worked closely with practitioners from the mental health and family learning sectors; people who use their services; and organisations in the North West, West Midlands and South West. Together they explored the ways in which family learning and mental health can work together to enhance positive learning opportunities and promote mental well-being.


Making the connection includes information on:

- Mental health
- Family learning
- Joint working
- Case studies
- Useful contacts
- Two family learning activities

 Please click [here](#) to read the full article and download the packs

## 3 Steps to a Warmer Winter Packs available

Help the Aged is currently distributing '3 Steps to a Warmer Winter' packs that give advice on how to deal with fuel poverty.

 To order one, just phone **0800 089 0800** or email [winterpacks@helptheaged.org.uk](mailto:winterpacks@helptheaged.org.uk).



## Eastern Development Centre Update

### Well Life Project

The Well Life Project is a new project, funded by the Big Lottery and forms part of the Time to Change national project ([www.time-to-change.org.uk](http://www.time-to-change.org.uk)).

Well Life has two main aims:


1. Improve the physical and mental wellbeing of people who have experienced mental health problems, and those who have not, with a particular focus on the benefits that physical activity can bring to the mind as well as the body
2. To reduce the stigma and discrimination linked to mental ill-health

The **Healthy Living Co-ordinator** (Darren Knight) is working with people to promote physical activity and is also on hand to discuss healthy diet. He works with groups as well as individuals on a 1:1 basis (up to 12 sessions), and encourages people to take part in physical activities ranging from weights and gym work to healthy walks, yoga and dancing.



He is also introducing people to physical and sporting activities that they have always wanted to try but for whatever reasons have felt unable to access. Darren can also accompany people to local sports clubs (e.g. boating, bowling, rugby, tennis, swimming) for a time limited period whilst they settle in.

The **Mental Health Promotion Worker** (Jenny Weston) is largely engaging with various community groups providing mental health awareness-raising and promoting the importance of physical activity to maintain a healthy mind and body. Jenny can also provide stress management sessions.

 If you would like to work with the Well Life project team please contact them directly, by telephone 01480 470480 or email [darren.knight@huntsmind.org.uk](mailto:darren.knight@huntsmind.org.uk) / [jennyweston@huntsmind.org.uk](mailto:jennyweston@huntsmind.org.uk)



## Events

### Upcoming events include:

#### **The International Day of Disabled People**

*3<sup>rd</sup> December 2008*

*Chelmsford*

 Please click [here](#) for more information

#### **Eastern Region IAPT Launch Event**

*12<sup>th</sup> December 2008*

*Flitwick, Beds*

 Please click [here](#) for more information

#### **Working Together Cambridge**

*12<sup>th</sup> December 2008*

*Anglia Ruskin Uni, Cambridge*

 Please click [here](#) for more information

#### **Stand to Reason: 'Celebrating Recovery'**

*15th December 2008*

*London*

 Please click [here](#) for more information

#### **Mental Health First Aid Instructor Training**

*January – April 2009*

*Eastern Region*

 Please click [here](#) for more information



## **Tackling Child Poverty and Underachievement**

*6<sup>th</sup> February 2008*

*London*

 Please click [here](#) for more information

## **Personalisation, Support Brokerage and the Independent Support Broker**

*11<sup>th</sup> February 2009*

*London*

 Please click [here](#) for more information

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



## **Useful Resources**

### **Office for the Third Sector**

 [http://www.cabinetoffice.gov.uk/third\\_sector/news/newsletter.aspx](http://www.cabinetoffice.gov.uk/third_sector/news/newsletter.aspx)

### **The Department of Health Bulletins**

 <http://www.dh.gov.uk/en/Publicationsandstatistics/Bulletins/index.htm>

### **A Dignified Revolution**

 <http://www.dignifiedrevolution.org.uk/>



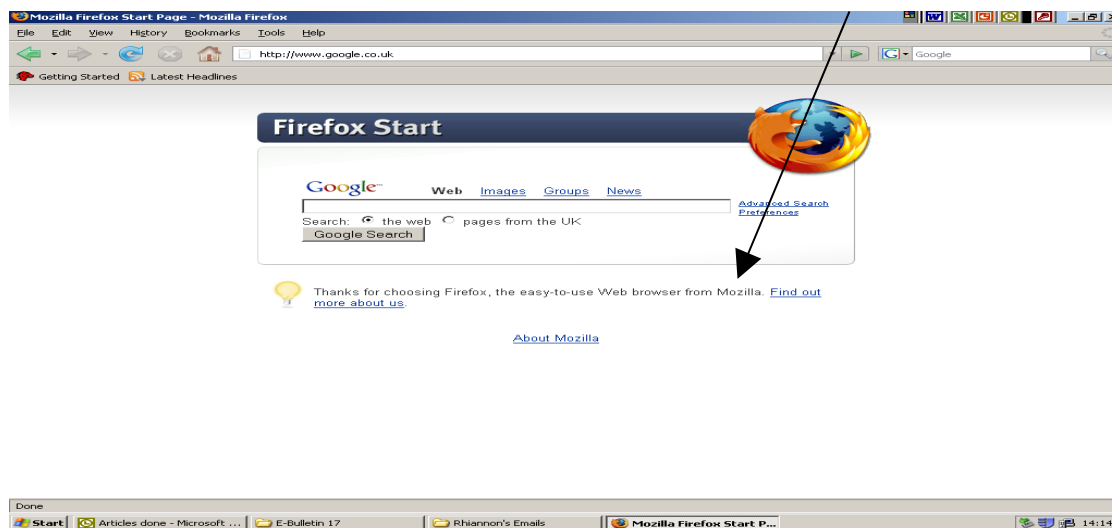
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## Please Note:

### 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:

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