

# e-bulletin



Issue no 61

06 March 2009

Welcome to our e-bulletin issue 61 bringing you up to date with latest news and resources.

Thanks to everyone who has emailed us with news stories and suggestions. If you have any information or ideas for the bulletin please contact [Ruth Kent](#) 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 useful resources.

[Regional News](#); [National News](#); [Development Centre Update](#); [Events](#); [Useful Resources](#);

## Regional News


### Norfolk and Waveney Mental Health NHS Foundation Trust Awarded Top Five Safety Rating

Norfolk and Waveney Mental Health Foundation Trust has passed rigorous new risk assessment standards to be declared one of the five safest organisations of its type in the country.

 View the press release [here](#) for more information.

### Hat-trick for SEPT in Healthcare 100 survey


South Essex Partnership University NHS Foundation Trust (SEPT) is delighted to have been voted top in three categories in the prestigious Healthcare 100 survey that names the top 100 healthcare providers to work for in the UK and is organised by the Health Service Journal and Nursing Times.

 View the press release [here](#) for more information.

### Recovery training for Carers of people with Schizophrenia

A new training programme about approaches to recovery to carers of people who experience schizophrenia is being held at the Anglia Ruskin University, starting in April. The training programme is open to those aged over 18 years and involves 5 sessions of 2 ½ hours delivered during the evening over 10 weeks.

View details [here](#)

 For more information contact Joanna Fox on 07881 731962 or [Joanna.Fox@anglia.ac.uk](mailto:Joanna.Fox@anglia.ac.uk)




## Competition to name NEPFT's new older adult centre

The North Essex Partnership NHS Foundation Trust is opening a new older adult centre in Chelmsford. The state of the art facility will bring community, inpatient and day services into one building for the first time and is on course to open this autumn. They are running a competition to name the centre and are accepting suggestions up to the 27 March 2009.

Staff, service users, Foundation Trust members and members of the public aged 14 and over are welcome to take part. The name needs to capture the essence of the services and ideally have the scope to name areas within the centre, including wards, keeping a similar theme.


View pictures of the centre [here](#)

 Entries should be emailed to [Helene.samuel@nepft.nhs.uk](mailto:Helene.samuel@nepft.nhs.uk) or posted to NAME ME competition C/o communications team, North Essex Partnership NHS Foundation Trust, 103 Stapleford Close, Chelmsford, CM2 0QX.

## Voices for Change: a campaigning & advocacy event for the East of England

A free campaigning and advocacy event for the East of England is being run on the 31 March 09 at Chilford Hall, Cambridge. If you've thought about running a campaign and don't know where to start or you'd like to improve your current campaigning and advocacy activity this free event could be for you.

View the flyer and registration [here](#).

 For more information contact Peter Millist on 01206 287587 or [peter.millist@csip.org.uk](mailto:peter.millist@csip.org.uk)

## OPEN TO ALL: Mental Health and Social Inclusion Awareness Training for Museums and Galleries.

If you are a trainer, have an interest in the arts, an understanding of the museum and gallery sector and an understanding of mental health and social exclusion, a two-day workshop on the 30/31 March 09 at Colchester Castle could be for you!


The 'Open to All two day train the trainer workshop' is being held free of charge, with all resources, delivered by the authors, to anyone who would like to offer this training to museums and galleries in their region.

 View the [flyer](#) for more information.

## Acute Care Conference in Hertfordshire

On 30 March 2009, an acute care conference entitled 'Acute Care: Improving the pathway, expanding the options and promoting recovery' is taking place in Hertfordshire.

This exciting conference programme draws together a range of regional, national and international speakers with a view to sharing best practice and developing innovative local strategies to best meet the needs of those receiving acute care. The closing date for registration is 13 March 2009


 For more information and details of how to register please click [here](#).



## Are you caring for someone with an eating disorder?

If you are caring for someone with an eating disorder in Cambridgeshire and Peterborough, why not join a support group organised by the Adult Eating Disorders Service of the Cambridgeshire and Peterborough NHS Foundation Trust. The support group is for people whose loved one has been referred, is currently using the service, or may have moved on.


View the press release [here](#).

 For more information on the service visit the website on [www.cambsadulteds.nhs.uk](http://www.cambsadulteds.nhs.uk).

## Sing for Health with the 'Michaelhouse Chorale'

A small choir for people with a mental health problem, their informal and professional carers and friends is being run on Fridays, 2.30 to 3.30 pm at Michaelhouse, in Trinity Street, Cambridge. The choir is led by Sam Hayes, Director of Music at Great St Mary's Church.

The repertoire reflects the taste of the members and the purpose is enjoyment. No ability or experience is required.

 For more information ring Christina Rowland-Jones on 01223 881267 or Peter Hilken on 01223 709769.

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## National News

### Personal health budgets – call for expressions of interest

The first details of the pilot programme for personal health budgets, announced in *High Quality Care for All*, are now published.

*Personal health budgets: first steps*, published in January together with a letter from David Nicholson, provides a starting point for commissioners aiming to personalise healthcare, and invites expressions of interest in piloting from PCTs and their partners.

Expressions of interest, using the pro forma published alongside the first steps document, are due by 27 March 2009. Each expression of interest requires sign off from senior PCT and local authority colleagues, but it is anticipated that many bids will be supported by a much wider range of partners.

Pilots, which will run for three years, get underway later this year using existing legal flexibilities, such as budgets held by the PCT or third party. From summer 2010, subject to primary legislation, piloting healthcare direct payments will begin.


 To find out more information please visit the [DH personal health budgets web page](#) or contact the project team on [personalhealthbudgets@dh.gsi.gov.uk](mailto:personalhealthbudgets@dh.gsi.gov.uk).



## Celebrating 150 years of our district nurses

This year is the 150th year of district nursing, and to celebrate the Queen's Nursing Institute has launched its own fascinating archive material on a new website. The website offers a treasure trove of information on district nursing, such as a gallery of old photographs, old recipes for a healthy constitution, exam questions taken from the old Queen's Nurse magazine, wartime stories and tales of district nursing over key periods during its 150-year history.

The Queen's Nursing Institute has also published a new report this year, called *20/20 Vision – Focusing on the Future of District Nursing*. It takes a closer look at the values and purpose of district nursing today, focusing on how the skills required to nurse patients in the home are very different from those needed in hospitals or clinics.

 Visit the archive at [www.districtnursing150.org.uk](http://www.districtnursing150.org.uk) and order your free copy of 20/20 Vision at [www.qni.org.uk/publications/2020-Vision.html](http://www.qni.org.uk/publications/2020-Vision.html)

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## Eastern Development Centre Update

### Real People Real Power Conference is taking place on 19 March 2009

The regional Experts by Experience group of mental health service users and carers are running a conference on 19 March 09 at the Fielder Centre, Herts. Various interactive workshops and presentations on many current topics will be held. The deadline for registration is midday on 11 March 2009, so please book now to secure a place.

 Please click [here](#) for more details.

### 'Dual Diagnosis – Heading in the Right Direction' event taking place in the near future

The Eastern Development Centre is running the above event on 26 March 2009 in Newmarket. This day will serve as a review of the "state of play" in the Eastern Region as well as supporting strategic development across the region towards creating an integrated approach to meeting the needs of this client group. Places are limited so please apply early.

 For details of how to register please visit our [website](#)

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## Events

Upcoming events regionally and nationally include:

### Mental Health Awareness Training Day

14 March 2009

Maldon

 Please click [here](#) for more information



**Enhancing success and achievement for learners with mental health difficulties - training to support you and your organisation to work effectively with soft outcomes in learning for mental health and well-being**

18 March 2009

London

 Please click [here](#) for more information

**Working together: Understanding Independent Mental Health Advocacy.**

18 March 2009

Cambridge

 Please click [here](#) for more information

**2nd Annual Social Care, Health and Supported Housing Conference**

18 March 2009

Newmarket

 Please click [here](#) for more information

**Welfare-to-work services: opportunities and challenges for private and voluntary sector contractors**

19 March 2009

London

 Please click [here](#) for more information

**National Care Forum's 6th Annual Conference**

25-26 March 2009

London

 Please click [here](#) for more information

**Dual Diagnosis – Heading in the Right Direction**

26 March 2009

Newmarket

 Please click [here](#) for more information

**How do we best enable children and adults with autism to lead full lives**

27 March 2009

London

 Please click [here](#) for more information

**Pastoral Care, Spirituality and Mental Health**

28 March 2009

Hitchin

 Please click [here](#) for more information

**Acute Care – Improving the pathway, expanding the options and promoting recovery**

30 March 2009

Hertfordshire

 Please click [here](#) for more information



## **"Getting Your Act Together" Preparing the Workforce for the Changes to the Mental Health Act**

*30 & 31 March 2009  
Cambridge*

 Please click [here](#) for more information

## **Cambs Coping with Coming Off... Psychiatric Drugs Monthly Meeting – Discussion about spirituality and recovery in mental health**

*01 April 2009  
Cambridge*

 Please click [here](#) for more information

## **Redundancy and Restructuring**

*09 April 2009  
Chelmsford*

 Please click [here](#) for more information

## **Perinatal and Infant Mental Health Network (Eastern Region)**

*23 April 2009  
Cambridge*

 Please click [here](#) for more information

## **Public Policy Exchange Symposium: Human Resources, Organisational Development and the Single Equality Framework**

*28 April 2009  
London*

 Please click [here](#) for more information

## **Health at Work: Working for a Healthier Tomorrow, Today**

*29 April 2009  
London*

 Please click [here](#) for more information

## **Mental Health Acute Ward Transformation Conference**

*19 May 2009  
London*

 Please click [here](#) for more information


## **Healthy Lives, Brighter Futures, A New Strategy for 21st Century Children's Health**

*20 May 2009  
London*

 Please click [here](#) for more information

## **Showcasing User & Carer Involvement in Education & Practice**

*23 June 2009  
Middlesex University*

 Please click [here](#) for more information



## Useful Resources

### Reports

 [Individual budgets pilot projects: impact and outcome for carers](#)

### Newsletters

-  [Equality News – Issue 8](#)
-  [Healthskills East Newsletter](#)
-  [Housing with Care Matters – February 2009](#)
-  [Inspire East Newsletter](#)

### Leaflets

 **New leaflet - East of England advice and guidance for employers and their employees during the economic downturn.**

This valuable leaflet provides details of support services available within our area which provide advice and practical assistance.

Contact Lesley Cook at [lcook@acas.org.uk](mailto:lcook@acas.org.uk) to obtain an electronic copy.

### DVDs

 **Stress and Relaxation - A British Sign Language DVD**

This DVD explains the nature of stress, its causes and effects and also includes exercises to help the viewer reduce the harmful effects stress can have - all in British Sign Language. (English subtitles are available).

For more information and to order copies online visit [www.eyegaze.tv/health](http://www.eyegaze.tv/health)

### Websites/weblinks

 [Anglia Ruskin University's weblink on health and social care courses](#)

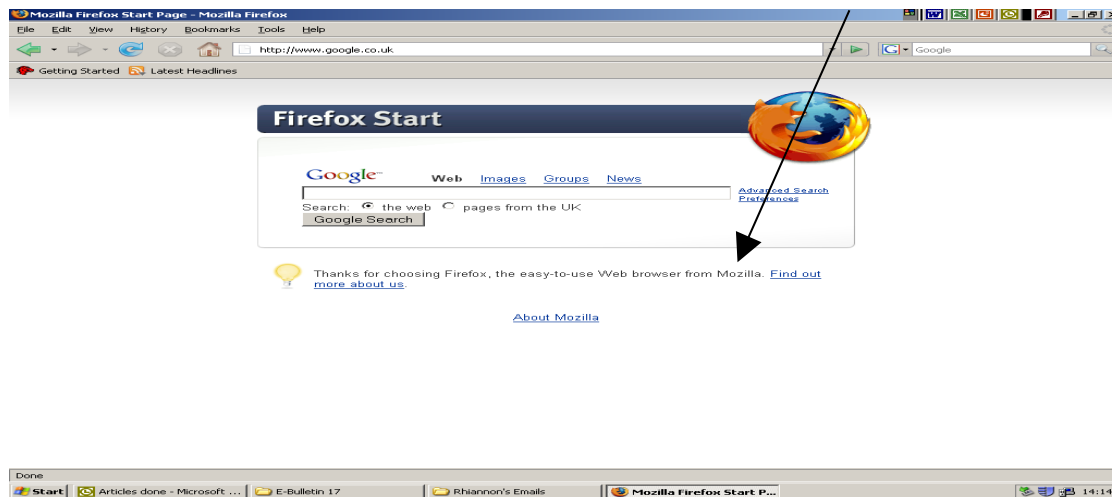


## Please Note:

### 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



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) – **Susannah Howard 01206 287592**
- 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:

[Ruth Kent](#)

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