

e-bulletin



Issue no 58

23 January 2009

Welcome to our e-bulletin issue 58 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 [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 opportunities.


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

Regional News

CAMH Training at Anglia Ruskin University Set to Expand

The education and training programme in Child and Adolescent Mental Health at Anglia Ruskin University is set to expand this year. The programme was established several years ago and in 2004 won the TOPSS National Training Accolade for 'Most innovative multi-disciplinary training'. The programme is offered in both Chelmsford and Cambridge. The Department of Mental Health and Learning Disability at the Anglia Ruskin University (ARU) will expand the range of courses available to practitioners in Health, Social Care, Education, Specialist CAMHS, Youth Justice and Primary Care contexts.

From January 2009 ARU will be offering learning pathways to achieve BSc, Post Graduate Certificate, Post Graduate Diploma, and MSc awards. The new Post Graduate Certificate course has been developed to enable more choice and flexibility for practitioners. All courses offer a mix of practical skill development with up to date theoretical and evidence-based practice to an inter-professional group of students on a part time, day release basis.

 For more information contact Steven Walker, Senior Lecturer, 01245 493131 ex 4951; email: steven.walker@anglia.ac.uk or Hilary Ford, Senior Lecturer, 01223 885914; email hilary.ford@anglia.ac.uk

Trusts in the region back 'Time to Change' campaign

The Time to Change programme, England's biggest and most ambitious campaign to end mental health discrimination, was launched on 21 January 2009.

A straight-talking advertising campaign is running for 4 weeks and includes:

- A hard-hitting TV advert



- Celebrity press ads featuring Stephen Fry, Ruby Wax and Alastair Campbell
- Bold, uncompromising stunts to grab public attention
- A string of high-profile supporters, from celebs to politicians

South Essex Partnership University NHS Foundation Trust have pledged their support. View their [press release](#) quoting the Chief Executive. A local initiative involving approximately 200 local school children and supporters will help to launch the Time-to-Change in the South East on 04 February. The schoolchildren will stand in the stand at Southend United to hold cards that will form a mosaic of 'Time to Change' and then flip to read 'Let's Tackle Stigma'.

Norfolk and Waveney Mental Health NHS Foundation Trust is also backing the campaign. View their [press release](#) for information on what is happening in their area.

 For more information visit www.time-to-change.org.uk

NHS Suffolk's Simple steps to reduce falls

NHS Suffolk is encouraging older people from around the county to take simple steps this winter to lessen their chances of suffering a potentially serious fall.

The primary care trust's advice includes taking gentle exercise to improve strength and balance, drinking plenty of water and eating a good diet to strengthen bones.

It is hoped that by following these simple steps, older people can reduce their chance of falling, remain independent for longer and avoid serious injury and a stay in hospital.

 For more information click [here](#).



National News

DH has launched Valuing people now: a new three-year strategy for people with learning disabilities

On 19 January 09 the Department of Health (DH) launched Valuing People Now, which sets out the Government's strategy for people with learning disabilities for the next three years following consultation. It also responds to the main recommendations in Healthcare for All, the Independent Inquiry into access to healthcare for people with learning disabilities. A detailed Delivery Plan has also been published alongside the strategy,

View the [press release](#), [strategy](#) and [delivery plan](#).

 For more information visit the [DH website](#).



The NHS Constitution now published

The NHS Constitution was published on 21 January 2009. It was one of a number of recommendations in Lord Darzi's report 'High Quality Care for All' which was published on the 60th anniversary of the NHS and set out a ten-year plan to provide the highest quality of care and service for patients in England.

The NHS Constitution brings together in one place for the first time in the history of the NHS, what staff, patients and public can expect from the NHS.

As well as capturing the purpose, principles and values of the NHS, the Constitution brings together a number of rights, pledges and responsibilities for staff and patients alike. These rights and responsibilities are the result of extensive discussions and consultations with staff, patients and public and it reflects what matters to them.

Subject to Parliamentary approval, all NHS bodies, and private and third-sector providers supplying NHS services in England will be required by law to take account of the Constitution in their decisions and actions. The Government will have a legal duty to renew the Constitution every 10 years. No Government will be able to change the Constitution, without the full involvement of staff, patients and the public.

 For more information visit [The NHS Constitution page on the DH website.](#)

New recipe website for healthy minds

The Mental Health Foundation and MyDish.co.uk have launched a new recipe website for those interested in knowing more about the links between healthy eating and a healthy mind. The website (<http://mentalhealthfoundation.mydish.co.uk>) explains what foods are good for the brain and shows how to eat healthily on a budget. The site also allows members to share tips and swap recipes – and reveals why sitting down for a meal with good company can be positive for your mental health.

 For more information click [here](#).

Nominations deadline extended to 23 January 09 for the Adult Learners Week Awards 2009.

The deadline to nominate people for Adult Learners' Week Awards has been extended until Friday 23rd January 2009. Any nominations posted on Friday will also be considered. These awards are a great way to celebrate the outstanding and inspirational achievements of adult learners. You can nominate individuals, groups, families and projects who deserve recognition and inspire others to take up learning.

 Visit www.alw.org.uk/nominate to fill out an online application.

Celebrating Creative Personalities


Personality Plus are pleased to announce a major arts festival at Leeds Carriageworks, on 30 January 2009. The festival will promote the achievements of people diagnosed with a personality disorder.

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




Nursing and Midwifery Council (NMC) seeking the public's views on a draft information leaflet

The Nursing & Midwifery Council (NMC) is keen to find out whether people think that the draft version of a public information leaflet they have devised is clear and easy to read. They are welcoming comments and suggestions by 13 February 2009 to ensure that the leaflet is fit for purpose.

 View the leaflet [here](#) and send any comments directly to Marie.Saldanha (Marie.Saldanha@NMC-UK.ORG)

NIACE Digital Photo Competition

NIACE are running a competition to collect creative positive images of people using Direct Payments. Do you have experience of Mental Health problems and use Direct payments? If you do, this competition is your chance to help give other people who have mental health problems and are eligible to receive Direct Payments ideas about the ways in which they can be used to get more out of life.

 Please click [here](#) to view the competition flyer. The deadline for entries is Friday 30 January 09.



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 19th March 09 at the Fielder Centre, Herts. Various interactive workshops and presentations on many current topics will be held. Registration is now open so please book early to secure a place.

 Please click [here](#) for more details

Mental Health First Aid (MHFA) Instructor training

Lesley Bailey, the Eastern Development Centre's Mental Health First Aid Programme Lead is delivering a Mental Health First Aid (MHFA) Instructor training course in Suffolk between March and April 09. Interested applicants are asked to apply as soon as possible as there is high interest in the course. For more information on the training click [here](#)

 For more information about MHFA in England please go to: www.mhfaengland.org.uk/


Mindful Employer

Mindful Employer is aimed at increasing awareness of mental health at work and providing ongoing support for employers in the recruitment and retention of staff. Enabling employers to build on current good practice and put further initiatives in place helps ensure employees and job applicants who declare mental health issues receive the right level of support. Mindful Employer is open to any employer: small, medium or large, private, public or voluntary sector, anywhere in the UK and it is



FREE.

If you are interested in working towards being a MINDFUL EMPLOYER please contact [Lesley Bailey](#), Mindful Employer/Mental Health First Aid Programme Lead to arrange a meeting.

 For more information please visit www.mindfulemployer.net/



Events

Upcoming events regionally and nationally include:

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

*29-30 January 09
Cambridge.*

 Please click [here](#) or more information

Community Development Worker (CDW) Regional Network Meeting

*3 February 2009
Cambridge*

 Please click [here](#) for more information

DH Personal Health Budget Pilot - Learning event for NHS and Local Government

*04 February 2009
London*

 Please click [here](#) for more information

'How Best Do We Enable All Children To Fully Succeed?' Seminar

*11 February 2009
Manchester*

 Please click [here](#) for more information

Mental Health Act 2007 Implementation Event

*12 February 2009
Peterborough*

 Please click [here](#) for more information

Service User Involvement and Empowerment in Mental Health

*12 February 2009
London*

 Please click [here](#) for more information

Improving Social Inclusion

*12 February 2009
London*

 Please click [here](#) for more information



Responding to the 'Putting People First' Agenda: Integrating 'personalisation' into mental health and social care curricula

*18 February 2009
Chelmsford*

 Please click [here](#) for more information

The impact of personal health budgets on long-term conditions

*04 March 2009
London*

 Please click [here](#) for more information

CAMHS/Learning Disabilities Network (Eastern Region Event)

*05 March 2009
Cambridge*

 Please click [here](#) for more information

Sector Knowledge: The Health Sector

*17 March 2009
Location TBC*

 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

Implementing the Valuing People Now Strategy: Transforming the Lives of People with Learning Disabilities

*26 March 2009
London*

 Please click [here](#) for more information

New to Local Government (Officers)

*01 April 2009
Bury St Edmunds*

 Please click [here](#) for more information

'Safe, Sensible, Social: Implementing the National Alcohol Strategy 2009'

*22 April 2009
London*

 Please click [here](#) for more information

Perinatal and Infant Mental Health Network (Eastern Region)

*23 April 2009
Cambridge*

 Please click [here](#) for more information




Useful Resources

Documents & Publications:

The Legal Aspects of the Care and Treatment of Children and Young People with Mental Disorder: A Guide for Professionals (DH/NIMHE, Jan 09)

Operational guidance and good practice recommendations to assist practitioners to identify the appropriate legislative framework to use assessing or treating a child or young person who may require inpatient treatment for mental health problems.

 View the publication [here](#).

Department of Work and Pensions Research on Managing mental health and employment

This report presents findings of a qualitative study commissioned by the Department for Work and Pensions (DWP) to investigate the experiences of people who had sustained paid employment while experiencing a mental health condition. The study was carried out by the Social Policy Research Unit (SPRU) at the University of York in 2008. The study explored what helps people who experience mental health problems to manage in work and to retain employment.

 View the full report [here](#) and the summary [here](#)

Newsletters:

 [1in4 News – Improving services for learners with mental health difficulties.](#)

 [Better Commissioning - What's New? January Newsletter](#)

 [Equality and Human Rights Commission: Equality Newsletter 6](#)

 [Improvement East Update](#)

 [Innovations in Dementia Newsletter](#)

 [LINKS Exchange Newsletter Issue 08](#)

 [NHS Centre for Involvement Newsletter](#)

Office of the Third Sector Newsletter

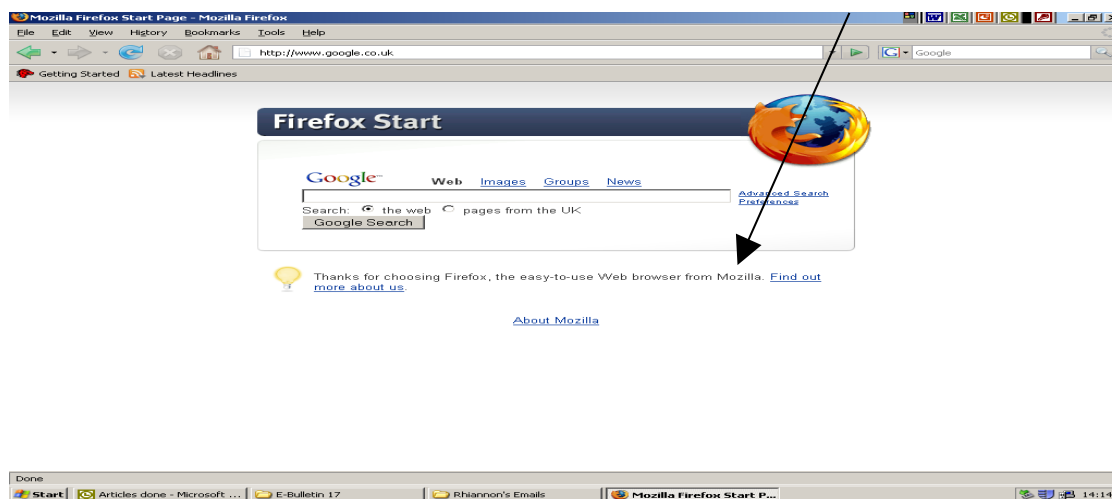


Please Note:

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:

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