

e-bulletin



Issue no 60

20 February 2009

Welcome to our e-bulletin issue 60 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

NHS welcomes new Chairman for Suffolk Mental Health Partnership NHS Trust


Lord Tony Newton OBE has now been appointed as Chair of Suffolk Mental Health Partnership NHS Trust and starts work on 1 March 2009. Lord Newton has worked in the NHS for 15 years. He is a former Chairman of the North East Essex Mental Health NHS Trust and the Royal Brompton & Harefield NHS Trust.

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

All Being Well Roadshows taking place in the Eastern region in 2009

All Being Well Roadshows are being held across the Eastern region. The roadshows are an opportunity for local services to reach local people directly and raise awareness of employment and learning and skills opportunities for people with mental health issues. They are covering health eating, being active and being positive about mental health.

- April 25th - Great Yarmouth
- May 30th - Clacton on Sea
- June 21st - Stevenage
- July 11th - Luton
- August 2nd - Ipswich
- August 18th - Bedford
- September 19th – Peterborough

 For more information please contact the organiser, Alan Bramwell, on 01473 418020 or abramwell@csv.org.uk



Resilience, Well-being and Creativity' Freemind's Debut Annual Conference - 21 March 09

Freemind (a social conscience and community interest company) is inviting everyone to attend its debut annual conference on 21st March 2009 in Ipswich. It showcases a new approach to harnessing resilience, well-being and creativity in our communities and workplaces.

 Click [here](#) to see the flyer, programme and details on how to book.

Entries invited for Poetry and Lyrics Competition in Essex

South Essex Partnership University NHS Foundation Trust is inviting entries for a poetry and lyrics competition which is being run in conjunction with Essex Libraries.

The subject is Stranger than the Rest? attitudes to mental health and emotional well being. There are two categories: ages 17 and under, and 18 and over.


The winners will be officially announced at SEPT's Quality Awards in the autumn and winners will be invited to perform them for the audience. All entries must be received by 1 July 2009

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

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

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

Are you interested in delivering this training in your region?

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.



Local Trust Launches Online Diversity Calendar

Norfolk and Waveney Mental Health NHS Foundation Trust has launched an online diversity calendar celebrating different cultures, backgrounds and faiths.

The calendar has been made available for Trust staff and contacts to access online, or to download via the website (www.nwmhft.nhs.uk). Meanwhile 80 printed copies are to be displayed in patients' areas around the Trust's premises, including Hellesdon Hospital, in Norwich.

 To find out more information on why the calendar was developed view the [press release](#) and visit the [website](#) to view the calendar.




National News

2009 People's Award for Dignity in Care

There is a new award designed to recognise individuals or teams who have gone above and beyond the call of duty to support people using health or social care services and, in so doing, have improved patient dignity and service experience.

Do you know someone who has provided outstanding care? Someone who has gone above and beyond the call of duty for you or a member of your family? Someone who has listened to your concerns, considered your unique needs or improved your experience of health or social care? Then why not nominate them for the people's award for dignity in care? You can nominate an individual or a team of staff from health or social care. The closing date for entries is 6 March 2009.


 For more information or to make your nomination online visit www.institute.nhs.uk/dignity2009 or request a nomination form from the freephone helpline – 0870 000 1100.

New Management Development Programmes for front-line managers of services for young people

The FPM Training Consortium is now recruiting for the Management Development Programme for frontline managers. This programme will build the capacities of managers to deliver effective, integrated services for young people.

These programmes can be hosted by independent, third sector or local authority organisations. They are also accepting nominations from those wishing to take part in future open programmes.

Read about the Management Development Programme [here](#)


 For more information contact the FPM Training Consortium on 0116 249 5000 or info@fpmonline.co.uk



British Market Research keen to talk to people who live with mental health issues or learning disabilities and who have been involved as a witness or victim in a criminal, civil or family court

British Market Research are carrying out research for the Ministry of Justice. They are keen to talk to people who live with mental health issues or learning disabilities and who have been involved as a witness or victim (but not as a defendant) in a criminal, civil or family court. They would like to talk to people about their experiences of the court system.

They would also like to talk to carers or support personnel who have been involved in the court system as well. The research can be carried out at your home or a support centre and will last about 50-60 minutes. They are giving a gift of £25 cash for taking part in the research as a thank you. The research is taking place in and around London during the month of February 2009.

 For more information contact Dave Williamson (Paton Williamson Ltd on behalf of BMRB) on 01753 541485 or 07887 656 723.

Real Help for Communities: Volunteers, Charities and Social Enterprises


The Government has now pledged up to £42.5 million to help volunteers, charities and social enterprises deliver extra real help to those that need it most, during the global economic downturn.

The action plan for the third sector, published by Minister for the Cabinet Office Liam Byrne, sets out a targeted package of support that includes measures to help hundreds of voluntary organisations, charities, and social enterprises step up advice, support and volunteering in the areas that need it most across the country.

 For more information visit the [Cabinet Office of the Third Sector website](#)

Time to Change Get Moving in October

As part of the Time to Change campaign, they will be running a project nationally called Get Moving during the world mental health day week in October 2009. Get Moving week is a week of physical activity events in October (3 to 11 October 2009) to promote the benefits of being active for mental wellbeing and bringing people together to challenge stigma and discrimination.

 For more information visit the [Time to Change website](#)

Eastern Development Centre Update

Speakers and Theme Suggestions Wanted for Best Practice Awards in Equalities 2009

The Eastern Development Centre are organising the Best Practice Awards in Equalities 2009 event, which is due to take place in June in Newmarket (the exact date is to be confirmed).


This annual event was a real success in 2008 and we would like 2009 to be even better!

We would encourage your involvement in the organisation of this event.



At this stage we are asking for your recommendations in the following areas:


- Speakers/Workshop facilitators
- Themes/subject areas

 Please email your recommendations to Mita Brahmbhatt on Mita.Brahmbhatt@csip.org.uk. If you would like to read about the 2008 Awards event visit our [website](#).

Community Development Workers: Regional Network Meeting

The new date for this meeting (postponed from 3rd February 09) is Monday 30th March 2009 at the Gonville hotel in Cambridge. All registered delegates (from the 3rd February 09) will automatically be registered for the new date. Therefore, registered delegates should only send apologies.

Click [here](#) for the agenda/discussion points and for the registration form if you would like to attend and did not register before.


 For more information contact Mita Brahmbhatt on 01206 287547 or Mita.Brahmbhatt@csip.org.uk

IAPT and Employment Process Mapping Workshops running through March and April 2009

IAPT and Employment Process Mapping Workshops are running through March and April 2009.

The purpose of the Workshops is:

- To bring together partners who offer employment support to people with mental health conditions across a number of agencies to familiarise them with other services and individuals in their area and what they offer.
- To develop a Directory of Support across each geographical area to include name, role, contact details and organisation outcomes.
- To process map individuals' routes from referral onwards, identifying barriers, multiple referrals and reasons for them, agree possible solutions and future partnership working.
- Provide a forum from which to develop a local network.
- Offer resources to support employment outcomes

 View the flyer and booking form [here](#).

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. Registration is now open so please book now to secure a place.

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



Events

Upcoming events regionally and nationally include:

National Workshop on Commissioning Alcohol Services

24 February 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

Requesting Time to Train: The employee contribution to the skills agenda

6 March 2009

London

 Please click [here](#) for more information

NIACE Spring policy briefing. The Apprenticeships, Skills, Children and Learning Bill: What does it mean for adults?

9 March 2009

Leicester

 Please click [here](#) for more information

Family & Carers: What does the Mental Health Act mean for you?

11 March 2009

London

 Please click [here](#) for more information

Regional Public Health Spring Conference - Staying Healthy

12 March 2009

Cambridge

 Please click [here](#) for more information

Women's Mental Health and Well-Being Conference

12 March 2009

Chelmsford

 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

Hertfordshire's Suicide Prevention Strategy Launch

18 March 2009

Welwyn Garden City

 Please click [here](#) for more information

ADHD: a multi agency approach to supporting children

18 March 2009

Norwich

 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

Keys to Power: Exploring the potential and challenges of service user-run services

25 March 2009

London

 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

Essex Mind and Spirit Conference 'Resources for the Journey'

22 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

Looking for a NEET Solution: Tackling the Problem of those Not in Employment, Education or Training (NEET)'

25 June 2009

London

 Please click [here](#) for more information



Useful Resources

[Factsheet No30 'Extra Care Housing and the Credit Crunch: Impact and opportunities' \(Published by the Housing Learning and Improvement Network\)](#)

This factsheet explores the effect of the credit crunch on extra care housing. It considers the impact from both housing developers' perspectives and from the local authority or PCT seeking to procure new extra care housing. It draws on discussions with housing organisations and local authorities most actively involved in extra care development as well as relevant background information and literature.

[Headspace Toolkit: For young people who are inpatients of psychiatric units](#)

This toolkit has been designed especially for young people who are inpatients of psychiatric units to use to help them to be heard and to feel more involved in deciding what happens to them during their stay. The new amended version, taking account of the 2007 amendments to the Mental Health Act 1983, is now available on the website.

[NIACE Leaflets](#)

NIACE have produced three new electronic leaflets to give support and advice to people experiencing mental health difficulties who are in learning or thinking of taking up learning.

- You Can Do It - Designed to encourage people experiencing mental health difficulties to think about the benefits of taking up learning.
- Should I Say? A short guide to help learners think about whether or not to disclose their mental health difficulty to their learning provider.
- Should I Say? A more detailed guide for people who want to think in more detail about disclosure.

[NIACE's Spring 2009 Publications Catalogues](#)

NIACE's Publication Catalogues detail their latest and key publications.

[Presentations from the HSJ Commissioning Mental Health Services Event. Held on 5 February 2009 in London](#)

At this event leading providers and commissioners provided valuable insight into how to overcome the complex challenges of commissioning integrated mental health services. Key speakers addressed innovative ways of commissioning third sector services, increasing access to psychological therapies and implementing individualised budgets in mental health and social care.

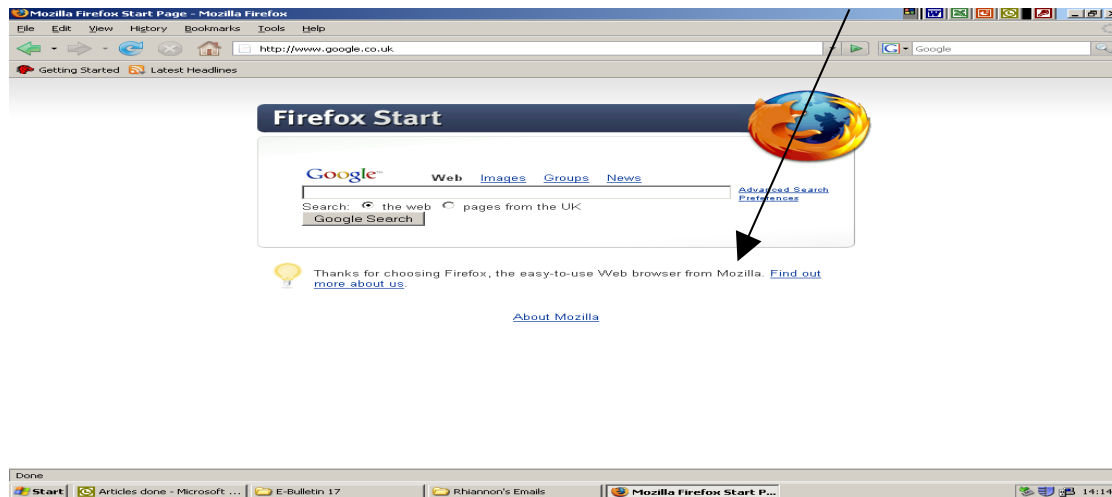


Please Note:

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](#)
654 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ
Tel: 01206 287544