

e-bulletin

Issue 12
25 October 2006



Welcome to the twelfth edition of our e-bulletin. Thanks to everyone who has emailed with news stories, and comments and suggestions.

If you have any information or ideas for the Bulletin please contact [Rhiannon Williams](#), at CSIP Eastern Development Centre – contact details later. 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.

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Regional News

New Regional Network launched 15 September 2006

The Choosing Health team at the Department of Health have funded the East of England's fledgling "Teaching Public Health Network". This has come from a successful collaboration between all the Universities in the Region, and many colleagues in health care policy and practice. Over the next two years we aim to mobilise the existing teaching capacity in the East, to extend this through creative partnerships, and where major gaps become apparent, to develop responsive new capacity. Some readers may already know that the national directors for Mental Health and Public Health signed up last year to begin a more active collaboration. Issues of social inclusion, promoting well-being and participation, and improving mental health at family or neighbourhood levels are matters of passionate interest to several members of the team now setting up this network for the East of England. The lead University is UEA, which already fulfils a key role within the mental health 'research hub' and in 'evidence-based mental health' nationally. A key activity for the Teaching Public Health Network in 2006-07 will be to join up with enthusiasts in Health Service, Local Authority, Further Education and Independent sectors to map out what educational developments are needed and who might, together, deliver them...

 Your ideas are welcome : suggestions to Woody Caan, Professor of public health, Anglia Ruskin University, Chelmsford CM1 1SQ or a.w.caan@anglia.ac.uk

What makes me different?? – Anti-Stigma campaign launched

'What makes me different' is an eye opening campaign run by North Essex Mental Health Partnership NHS Trust encouraging people to stop and think about their attitudes and behaviour towards mental ill health. It features men and women doing jobs that are usually associated with the opposite sex. Each suffers from different types of mental ill health. The reader is asked 'what makes them different', their profession or their health. Dr Richard Coleman, Chief Executive said "By 2020 mental illness is going to be the second ranking cause of death after heart disease, it is important that people are educated and the stereotypes and myths challenged. The typical reaction to those who experience mental ill health is fear and rejection. This lack of understanding can frequently lead to those individuals not seeking appropriate help" The media frequently distorts our views of mental health issues, for example 70 percent of TV characters with a mental illness are violent. These representations distort the public's view and reinforce the inaccuracies and stereotypes that exist. Simon Burns, MP said "The public's knowledge of mental health remains poor. Such ignorance sadly fuels the stigma and prejudice surrounding many aspects of mental illness. We must start to understand more about these conditions to try and remove the discrimination that surrounds mental health problems." The campaign looks to create a better understanding of common mental illnesses such as depression, postnatal depression and schizophrenia. To make a stand against stigma, sign up and show your support to the Trust in their efforts to become an organisation that can make a difference to local people's lives.



[Click here to access the promotional materials that accompany the campaign](#)



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National News

New report says councils must change the way they commission social care services

A new report by the Commission for Social Care Inspection says that if personalised care is to become a reality, current ways of commissioning services will have to change. *'Relentless optimism - creative commissioning for personalised care'* is based on a policy seminar hosted by CSCI in May 2006 to challenge current thinking on commissioning, identify barriers to personalised services and propose creative solutions. Among the issues discussed were the qualities that people who use services value, emerging issues from the Individual Budget pilots and lessons from the commercial sector. CSCI Chair Dame Denise Platt commented: "Commissioning is at the heart of effective social care. It offers an opportunity to transform people's lives through better services - it's not simply about procedures and processes. But while some councils are taking a strategic approach to commissioning a wide range of services that enable people to live their lives to the full, too many are still commissioning the same traditional profile of services, with too strong a focus on residential care." Dame Denise added: "Getting it right will require new ways of working and thinking. Using the commissioning process to make services better for people will depend on commissioners being willing to exercise their imagination and take risks. Councils need to find out what people want and involve them in developing services that are based on people's real experiences and flexible enough to meet people's changing needs." The report concludes with a series of questions for further discussion and debate by local councils and national policy-makers. These include who will carry the risk in developing new, innovative services; what will effective joint commissioning with the NHS look like in future; and how will value for money be ensured when individual people make their own decisions about how to allocate their own budgets.



[Click here to read the report](#)

National Risk Management Programme launched

The National Risk Management Programme and Care Programme Approach Review has now been launched. This initiative, delivered through the London Development Centre, will examine clinical risk in secondary mental health services and review care programme approach. The National Risk Management Programme has been set up to improve the way that professionals assess risk, ensure that lessons are learnt from past incidents and make sure that information is shared between agencies to help prevent any future incidents. It is driven to find a balance between positive service user risk-taking and safety to self and others. Care Programme Approach (CPA) was established in 1991 to coordinate an individual plan for someone with severe mental illness covering all elements of person's care. The Review of CPA aims to identify ways to provide greater control to service users and tailor care around individual needs. A formal consultation is planned for later this year. For further information, please contact [Dawn Fleming](#) (020 7307 2450).

 [Click here to visit the website](#)

Ed Miliband pledges £1.1 million to promote volunteering among hard-to-reach groups

Ed Milliband, Minister for the Third Sector, today pledged over £1million of funding to spread the best ideas for recruiting and retaining volunteers from hard-to-reach groups. Mr Miliband announced that £1.1m has been awarded through the Office of the Third Sector's flagship GoldStar programme – aimed at organisations who work to increase the number of volunteers among people with disabilities or long-term illnesses, black and minority ethnic groups and those at risk of social exclusion.

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

 [Click here to go to the GoldStar Programme website](#)

Health watchdog highlights gaps in community mental health care

A national review has found access to talking therapies, out-of-hours crisis care, and information for people who use community mental health services needs to improve. The Healthcare Commission has urged specialist community mental health services to improve access to talking therapies, out-of-hours crisis care and information for people who use services. Publishing its first national review of adult community mental health services, the Commission praises services for generally performing well, but adds that long-standing problems still remain. The inspectorate decided to assess adult community mental health services because of the high impact this could have on improving the nation's mental health. At any one time in the UK, one in six adults is affected by mental distress.

 [Click here to read the full press release and find out more](#)

You are invited to 'Make a Meal' of it for World Mental Health Day 2006.

To celebrate this year's World Mental Health Day, the Mental Health Foundation is encouraging people up and down the country to ***Make a Meal*** of it by getting together with their friends and families to eat. Research shows that sitting down to eat with good company can provide social and psychological benefits that are positive for a person's mental health. The Mental Health Foundation has designed a ready-to-go online email invitation that you can send straight to your friends and family. Send the invitation now at www.mentalhealth-interactive.org.uk/

 To find out more about World Mental Health Day 2006, please visit www.mentalhealth.org.uk



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CSIP Eastern Development Centre Update

Mental Health Act (MHA) & Mental Capacity Act (MCA) website pages developed

Over the next few weeks we are developing our MHA and MCA web pages within our website. They will include the latest developments, useful documents and resources and key links that you may find useful. One of our first documents you may wish to view is 'The Stone Inquiry' which is available in both the full document and the executive summary. It is an inquiry into the care, treatment and recommendations following Michael Stone's convictions for the Russell murders.

 [Click here to visit the MHA & MCA web pages](#)

 [Click here to view the Stone Inquiry](#)

New projects launched from the Development Centre

There have been a number of new projects launched through the development centre in recent weeks. One is the 'Stories Project' which is about people, our health and well being; our physical, social and mental well being. Grown from the whole life approach to the lives we lead, the difficulties, opportunities, choices and experiences we have in terms of; the places we live, the people we know, our education and activity, our nutrition and exercise, our spirituality, and our financial well being. Stories can hold the power and possibility to help change, develop and improve things, from small changes to whole system & whole life changes. It is hoped that these stories can be used in future service development and also as resources on our website, in our magazine and other communications materials. The 'Get Involved' project is about people becoming involved in service development and improvement throughout the Eastern Region with the Experts by Experience (EbE) work of the Mental Health Programme. We have also recently launched our 'East of England Anti-Stigma and Discrimination Programme'. The work will involve building relationships with the general public and mainstream organisations to develop their understanding of how current misconceptions and/or media reporting negatively affects the lives of their families, friends, colleagues and members of their local communities. For this project we are working in conjunction with the SHIFT National Campaign, tackling stigma and discrimination.

 [Click here to access the 'Stories' leaflet](#)

 [Click here to access the 'Get Involved' leaflet](#)

 [Click here to access the 'Anti-Stigma' leaflet](#)

 [Click here to visit the SHIFT website](#)

Presentation by Dr. Wil Gibson of Suffolk ACE from PROGRESS 2006 event

'A Sector Commissioning' was presented at the PROGRESS 2006 event by Dr. Wil Gibson. The foreward to the presentation was 'The Government's goal is to deliver world class public services through investment and reform, while ensuring efficiency and value for money. Voluntary and Community organisations, social enterprises and the wider third sector are already playing an important role in the delivery of public services, but have the potential to contribute even more to the pursuit of our ambitious goals for public services.'

 [Click here to view the complete presentation](#)



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Events

Hertfordshire Community Foundation Annual Conference 2006 - Corporate Social Responsibility and Hertfordshire – 31 October 2006, Herts

This event take place at Knebworth Park Conference & Banqueting Centre, Knebworth, Hertfordshire and will also be an excellent networking opportunity. For full details of the event and to book, click on the link below: www.bookevents.org or Tel: 0845 601 1000 or for further information go to www.hertscf.org.uk and click on 'Annual Conference'.

Making Lives Better, Together Sharing The Learning : Developing Individualised Budgets – 3 November 2006, Oldham

The aim of the conference is to share the early learning from an individualised budget pilot site incorporating the In Control approach to service delivery. This is a transformational change across the whole adults and older people's service. By the end of the day delegates will have explored: the policy context and the implications of the White Paper; the practical implementation of individualised budgets and self directed support; the experience of people who are using the scheme; and best practice and networking opportunities.

 For more information please contact cherise.stone@oldham.gov.uk

North London Hub Service User and Carer Involvement in Research Day - 3rd November 2006, London

The North London Hub is holding a Service User and Carer Involvement in Research Day on 3rd November 2006 at Friends House, Euston Road London from 10.15am to 4pm. This is open to all.

 [Click here for more information and to book](#)



Recognising Fathers conference: Exploring the experiences of fathers of children with learning disabilities – 21 November 2006, London

The Foundation for People with Learning Disabilities is holding an innovative conference to launch the research findings from Recognising Fathers - a project looking at the experiences of fathers of young children with learning disabilities. Delegates will explore the impact that being the father of a child with a learning disability has on a man's life and how services can develop their practice to involve and engage dads. The programme will cover policy and research on fathers and family life, and being the father of a child dependent on technology. The day will conclude with a Q&A panel hosted by TV presenter Adrian Chiles.



[Click here for more information](#)

No Reason to Leave Us Out: Autistic Spectrum Disorder – 21 November 2006, London

The conference focus is on the impact of existing policy in relation to people with ASD. Best practice will be highlighted in terms of policy implementation and will also give a strong voice to people with ASD. The dominant themes of the conference are person centredness and people being in control of their own lives. The conference will coincide (hopefully) with the publication of a policy clarification note on people with ASD from the Department of Health. The conference speakers include Louis Appleby, Rog Greig and Judith North.



[Click here for more information](#)



[Click here for more information about other Paradigm events](#)

National Welfare Reform Conference: Providing Support and Realising Aspirations – 22 November 2006, London

The House Magazine, written for and by Parliamentarians, is to hold one of its regular *Westminster Briefings*, which aims to provide a forum for practitioners, local policy makers and civil servants to debate key issues with leading figures from within Westminster, Whitehall and Local Government. In view of the importance of the subject, on this occasion they are presenting a full one-day Conference. The Welfare Reform Bill marks the next stage in the Government's plans to modernise the welfare state and break down the barriers that have prevented people from getting into the workplace and staying in work. The Bill seeks to replace incapacity benefit with a new Employment Support Allowance that alongside a new Personal Capability Assessment will help give individuals more relevant support and get them into appropriate work. The measures in the Bill, with the other welfare reform measures, are intended to enable the Government to realise its aspiration of an 80 per cent employment rate for people of working age and an inclusive society where there is opportunity for all. As the Government embarks on its next stage of welfare reform, participants at this conference will have the opportunity to discuss and debate the key elements of the Government's reform proposals.



[Click here for more information](#)

The Economics of Self-directed Support: How increasing choice and control could transform the social care system – 23 November 2006, London

This one day conference in partnership with the Care Services Improvement Partnership and In Control will discuss the economic implications of the transformation of the adult social care system towards one of self-directed support.



[Click here to find out more and to register](#)

East of England Disability Consultation – 2 events in the Eastern Region, 23 November 2006 in Hertfordshire & 24 November in Cambridgeshire

Today's business environment is changing, but the workforce is also changing in other ways: businesses with a diverse workforce are likely to attract a wider customer base, have the ability to recognise new potential markets and to provide better, more tailored services to meet individual needs. Through 'Diversity in Practice' which is part of a community programme called Equal, you have the opportunity to give your view on the following questions: what are the barriers you feel disabled people face in accessing employment?; what support do you feel they need in order to gain employment?; if a support network was set up, how do you see it working?; if a disability strategy was written, what do you feel are the key gaps in the Eastern region? Your views will allow the development of a regional strategy on disability as well as producing a best practice manual and tool kit on the topic.

 [Click here to find out more and to book](#)



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Useful Resources

National Personality Disorder website launched – Personality Plus

CSIP, the Department of Health and the Home Office have launched the National Personality Disorder (PD) website. It is the first dedicated website to provide information, resources and learning opportunities on personality disorder and supports the development of the National PD Programme. The site is aimed at all those interested in personality disorder, including service users, carers, the general public, commissioners, chief executives and multi-agency professionals.

 [Click here to find out more about the website](#)

 [Click here to visit the website](#)

Promoting mental health, ending discrimination at work – Shift document

With mental health problems experienced by one in six people, the health and well-being of people of working age is of fundamental importance to our future. The *Action on Stigma* initiative is for people with an interest in reducing the stigma and discrimination directed towards people in the workplace. As part of *Action on Stigma*, the Government has developed six principles that will enable employers and organisations to reduce the incidence and impact of mental health problems. The principles outlined in the *Action on Stigma* are based upon existing Government policies and good practice initiatives.

 [Click here for more information](#)




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**
- Commissioning – **Maurice Burns 01727 897722**
- Health and Social Care in Criminal Justice – **Rob Jayne & Amanda Hawkins 01206 287578**
- Learning and Improvement Networks – **Paul O'Halloran 01206 287594**
- Learning Disabilities (Valuing People Support Team, VPST) – **Simon Whitehead 01449 616187**
- Mental Health (National Institute for Mental Health in England, NIMHE) – **Susannah Rix 01206 287578**
- Older People and Physical Disabilities – **Angie Glew & Yve White-Smith**
- Adult Social Care – **Amanda Reynolds 07775 631510**

 [To download a copy of our 2005/06 Mental Health Prospectus, click here](#)

 For access to our website click on the link: <http://www.eastern.csip.org.uk/>

Care Services Improvement Partnership 

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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