

e-bulletin

Issue 6
9 June 2006



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

If you have any information or ideas for the Bulletin please contact Rhiannon Williams, Communications Assistant at 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.

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



Regional News

Open Up Project

Open Up is a project run by Mental Health Media which aims to bring local people together in networks to find ways of tackling discrimination faced in everyday life, not just the parts that bring people into contact with mental health services. Over the coming weeks/months Emma Grey, Regional Open-Up Co-ordinator hopes to visit groups throughout the eastern region and, through the network, support groups and individuals in developing initiatives to tackle discrimination. The Project offers a number of exciting opportunities for service users and organisations, and it is hoped that by becoming part of the network ideas and experiences can be shared.

 [For more information about the project and details of how to get involved click here](#)

Get on your bike! Spend Father's Day in the Essex countryside!!

The Activity Bug project has teamed up with Maldon & District Cycling Club to offer everyone across our community the opportunity to spend some of Father's Day (18 June) enjoying the local countryside by bike this year. Thanks to funding from the Big Lottery and Sport England, the Activity Bug project (led by Maldon & South Chelmsford PCT) is working throughout the Maldon & South Chelmsford area to promote physical activity and to give you all a chance to take part in different activities for the whole family to enjoy.

 [Click here for more information about the event and the cycling club](#)

An opportunity to share good practice

The Keystone Group are inviting you to take part in the exciting new GoldStar initiative which aims to help voluntary organisations across the country share good practice in recruiting and retaining volunteers from socially excluded groups and to learn from the experiences of others. It kicks off with a regional event and they would really welcome your participation. They very much hope you will be able to join them at one of the nine regional events including Ipswich on the 20 June, Leicester 23 June and London on the 29 June. GoldStar has been set up by the Home Office with the support of Volunteering England and the Mentoring and Befriending Foundation.

 For further information and to register, please visit www.keystone-group.co.uk/goldstar.



[Back to top](#)

National News

A Research Project about Older People's Mental Health and Wellbeing

The Older People's Programme and Age Concern are just starting the first phase of this work which covers the whole of the UK. They are interested in gathering information about older people's experiences and expectations of their own mental health and how they are supported if they experience mental health problems throughout the UK. This includes low mood, anxiety and stress, as well as depression, other forms of mental illness (such as schizophrenia and psychoses), and different kinds of dementias (Alzheimer's disease, vascular dementia, Pick's Disease, Huntington's Chorea etc). They would like to receive information about work going on that is directly engaging and capturing older people's views/experiences and opinions about their own mental health and wellbeing. They would like to hear from people by the 14 July 2006.

 [Click here to read more about the project and how you can get involved](#)



NIACE launches the 'Big Conversation' as part of Adult Learners Week 2006

The National Institute for Adult Continuing Education (NIACE) has launched the 'Big Conversation' which is about getting an informed public debate about the funding of adult education. They are urging you to respond to it! If learning is an economic necessity, and as we know it promotes social and individual well-being, then never has it been more important to protect and promote adult education for people with learning difficulties and/or disabilities including mental health problems.



[Click here for more information](#)



[Click here for the NIACE website](#)

Children's Workforce Development Centre launches a children and adolescent questionnaire

The CWDC (Children's Workforce Development Council) has recently been set up to make sure that all people working with children and young people have the best possible training, qualifications, support and advice. This includes people like social workers, nursery staff, childminders, youth workers and school counsellors. A new publication giving an overview from the consultations with young people on the CWDC's Options for Excellence review is available to view, written by Janine Shaw. The CWDC are offering an opportunity for children & young people to input into their development and win a cash prize...



[Click here for more information and Janine Shaw's report](#)



[Click here for the questionnaire](#)

Shift Speakers Bureau: Give a voice to people with mental health problems

The Shift Speakers Bureau is an exciting new project which will support people who have mental health problems to speak out about their experiences in the media.

The Bureau will challenge media myths and stereotypes about mental illness by giving people with mental health problems a voice. The Bureau is being run by Shift, a five-year campaign to tackle the stigma and discrimination surrounding mental health issues in England.

If you have experienced mental health problems and want to help us put a stop to stigma and discrimination, they would like to hear from you!



[Click here for more information and details of how to get involved](#)



[Read a press release regarding the Mental Health Foundation's views](#)

Exploring a Federal Approach to Voluntary Self Regulation of Complementary Healthcare: Consultation document May 2006

The Prince's Foundation for Integrated Health is consulting on proposals to establish a voluntary federal regulator for complementary healthcare practitioners. The consultation document outlines the issues that would need to be considered in developing a federal body and provides a potential framework for any future regulator. The consultation is open to all. It is important that responses are received from a wide range of interested parties and individuals so that all views can be taken into consideration. Responses will be independently analysed and a report published later in 2006. The consultation will run for a three month period from 1 May to 28 July 2006.



[Click here for to read the consultation document with details of how to respond](#)



[Click here for The Prince's Foundation for Integrated Health website](#)

Launch of Talking Therapy Pilots

Health Secretary Patricia Hewitt has launched the Improving Access to Psychological Therapies programme. The Government is committed to improving access to talking therapies. The programme will establish two demonstration sites and a network of regional initiatives to test the evidence.

 [Click here to find out more](#)

Research Training Fellowship for medical, dental and veterinary graduates

The Research Training Fellowships are intended for medical, dental or veterinary graduates who have little or no research training, but who wish to develop a long-term career in academic medicine. The scheme therefore encourages applications from individuals who wish to undertake substantial training, through high quality research in an appropriate unit or clinical research facility, towards a PhD or MD qualification.

 [Click here for more information](#)

One in Four poetry collection to be launched on 26 June

One in Four is a stunning collection of poetry, personal testimony and artwork, written and illustrated by those who know from their own experience about mental health difficulties. It is a tribute to the wisdom, talent, every-day courage and humour of ordinary people, in ways that also raise awareness about the benefits of creativity and education in the process of recovery. A copy of this book will be launched at the Adult Education and Mental Health Conference on 26 June for further information about the conference see the events section at the end of the bulletin or contact susan.rees@niace.org.uk

 [To read a preview of the poetry click here](#)

The BUPA Foundation Awards – call for entries!

The 27th annual BUPA Foundation Awards are made to healthcare and medical professionals in recognition of excellence in each of the following categories: Care of the elderly; Clinical excellence; Communication; Epidemiology; Medical research; Occupational health. The awards provide a unique way of recognising and rewarding researchers' previous work as well as "seeding" follow-on studies if appropriate, or piloting work in a new direction prompted by the successful project.

 [Click here to learn more about the awards on the BUPA website](#)

The Guardian Public Services Awards 2006

The Guardian says 'the awards provide a national platform to highlight the dedicated and too often unsung work of teams working in all areas of the public services. Past winners testify to the huge impact that an award can have on an organisation, from boosting morale to helping recruit and retain staff of the highest calibre.' The entry packs for the new awards have now been released.

 [For more information and to find out how to get involved click here](#)



[Back to top](#)

Development Centre Update

Welcome to Sidika Hudda – new Regional Fellow for Black & Minority Ethnic Users & Carers

Sidika is a Psychology graduate who has worked on various Black and Minority Ethnic community work projects for both statutory and voluntary organisations, including Age Concern and Home-Start. She is currently also working for the mental health day services in Peterborough, focusing on identifying, developing and delivering day services for BME communities. Sidika has been heavily involved in the Sakoon project, working with Pakistani and Asian women in Peterborough, which has received a good practice award from the the Cambridge & Peterborough Mental Health Trust and was highly commended by NIMHE Positive Practice Awards 2005. Sidika is working as a Regional Fellow for CSIP Eastern on Mondays and Tuesdays.

Contact Sidika on sidika_hudda@hotmail.com

Commissioning for Social Inclusion – 29 June 2006, Hemington Abbots

This workshop will be an opportunity for commissioners to consider in more detail the recent commissioning guidance for direct payments, day and vocational services published by the National Social Inclusion Programme, and to consider practical opportunities for developing services in line with this guidance. Even in the current climate of commissioning changes, financial recovery plans, and legally-binding contracts with Foundation Trusts, these important guidance documents represent a real opportunity for commissioners to drive forward improvements for services users, families and communities.

 [Click here for more details](#)

Primary Care Mental Health Masterclasses – 20 July 2006, Ipswich

Do you work in Primary Care? Are you about to work in Primary Care? Are you doing innovative practice? Do you want to share information and knowledge? Do you know of exciting developments in the field of Primary Care Mental Health? If so you may find these masterclasses of some use. The forum will offer the opportunity for Primary Care workers from all professions to get together, build networks, share ideas and be kept up to date with Primary Care developments in mental health.

 [Click here for more details and the registration form](#)

CHOICE – Eastern Region Themed Review: follow-up event – 30 June 2006, Stansted

This event is being held on the 30 June 2006 at Broxted near Stansted. We are running a follow-up event to look at the feedback from the Themed Review of the Autumn Assessment. The main aims of the day are to look at: What are we doing well? What could we do better? How shall we move forward? Providing a national overview of the formulation of the mental health component of the Free Choice policy (due for publication autumn 2006) and contribute to shaping the national policy framework.

 [For more information, the agenda and the registration form, click here](#)

Role changes in the Eastern Development Centre

Louisa Brewster will become Eastern Region's Legislation Programme Manager from Monday 3 July 2006. The role will cover the Mental Capacity Act and the Mental Health Bill. She will do this role four days a week, while continuing her involvement in the Service Improvement Programme one day a week. Louisa's role as the Acute Inpatient Lead will be taken over by Patrick McGlynn.

 **Contact Lou Brewster at lou.brewster@nemhpt.nhs.uk**

 **Contact Patrick McGlynn at pat.mcglynn@scmh.org.uk**



[Back to top](#)

Events

Hearing Children's Voices in Service Delivery & Design – 23 June 2006, Chelmsford

To be held at the Anglia Ruskin University in Chelmsford, Essex. In the morning young people and researchers will feedback from two participatory research projects - an evaluation of services for Children's Fund Essex and a study that explored the role of children in monitoring the quality of care in hospital. In the afternoon there is the opportunity to attend two workshops on aspects of researching/consulting with children and young people. The key note speaker is Professor Priscilla Alderson Professor of Childhood Studies Institute of Education, author of Ethics, Social Research and Consulting with Children and Young People.

 [Click here for more information](#)

Mental Health Adult Learning & Skills: Supporting Social Inclusion – 26 June 2006, Nottingham

This annual conference organised jointly by the National Institute for Adult Continuing Learning (NIACE), the National Institute of Mental Health in England (NIMHE) and the national Learning and Skills Council (LSC) will showcase examples of good practice in promoting adult learning for people with mental health difficulties. It will launch two new resources, distributed free of charge to delegates, that capture the learner/service user voice and highlight why adult learning has such an important role to play in promoting social inclusion and recovery. Delegates are offered a choice of seven workshops. The conference will also offer participants the opportunity to receive the draft action plan suggesting improvements that the sector can take forward in response to the national LSC's proposals of May 2006: "Proposals to Improve Services to people with Mental Health Difficulties".

 [Click here for more information](#)

Whole Person, Whole Family, Whole Community: Mental Health Support in Diverse Community – 4 July 2006, York

This conference aims to bring people from all cultures together to discuss mental health issues and share information and knowledge. Topics to be discussed include; diverse community, leadership, stigma & prejudice and wellness recovery action planning. It is aimed primarily at people who use or have used mental health services, their family, friends and professionals from the statutory and voluntary sector.

 [Click here for more information](#)

Challenging Myths; Building Partnerships – 7 & 8 July 2006, Coventry

The Survivors Trust's 2006 Inaugural Conference aims to bring together government, voluntary and statutory services to explore and understand the social and health support needs of sexual violence/abuse survivors in an increasing climate of change for abuse service provision. Gerry Sutcliffe, MP, newly appointed Home Office Minister for Victims has been invited to open the Conference.

 [Click here for more information](#)

Integrated Care Network National Conference: Effective Leadership in Partnership Working – 19 July 2006, London

It is recognised that effective leadership is key to the delivery of complex policy central to health and social care. This event aims to be an inspiring and motivational experience and will give participants the opportunity to: explore the nature of effective leadership; consider the vital role motivation and leadership has to play in successfully implementing current policy and developing practice integrated in the management of change; hear from the experiences of others both within health and social care and beyond with a proven record of managing and leading teams; think about their own leadership style and identify area where they may improve and develop their skills.

 [Click here for more information](#)



[Back to top](#)

Useful Resources

MIND Week report 2006 – ‘Out of the Blue’ Motherhood and Depression

Women with existing mental health problems may also have difficulties around pregnancy and childbirth, and with some diagnoses there is a strong possibility that their mental health problems will re-emerge following the birth. MIND's report draws on clinical research, guidelines, and the experience of women who have received mental health services around childbirth (perinatal), to show the current shortfall in skills and services, and what needs to be done to prevent mental distress and help women recover.

 [Click here to read the report](#)

New Primary Care Trust configurations map

A map with the new PCT configurations is now available, along with the population details for each PCT area.

 [Click here to view the map](#)

Actions Speak Louder... Tackling Discrimination against People with Mental Illness: report written by Professor Graham Thornicroft

The Mental Health Foundation says about the report, 'Actions Speak Louder', 'anti-stigma campaigns are failing people in the UK who are discriminated against because of their mental health problems. The mental health sector needs to put civil rights at the heart of the battle for equality, and press for more anti-discrimination measures.' The report pulls together a mass of evidence from across the world and highlights the impact that discrimination has. It takes a hard nosed view of the evidence and once again underlines the importance of an *experiential* approach where direct contact with service users is the catalyst for attitude change.

 [Click here to read the report](#)

Independent Living discussion paper: The Disability Debate

This discussion paper concerns two specific priorities outlined in the Disability Rights Commission's publication 'Changing Britain for good – putting disability at the heart of public policy': ensuring no one is obliged to live in an institution or particular living arrangement against their will; and securing rights and entitlements which facilitate independent living across the life course. It proposes doing so through developing statutory rights and securing the practical means to extend greater choice, control and participation to disabled people including people with long term health conditions.

 [Click here to read the paper](#)

Statutory and best practice guidance published on the Role of Directors of Adult Social Services

This was published on 15 May to support Local Authorities to implement the new post of Director of Adult Social Services (DASS) as part of the changes to chief officer portfolios made by the Children Act 2004.

 [To read the guidance document click here](#)

Benefits! Where do I Stand? A guide to moving into work for people with mental health problems.

Making the move into any kind of work can be stressful, especially for someone recovering from or living with mental health problems. Support and advice is often needed about how benefits are affected and what the possible pitfalls could be. This guide provides an informative yet easy to use guide to the rules around social security benefits, tax credits and work. Also available in audio tape format.

 [For more information click here](#)

Working with the Mental Capacity Act 2005 – new publication

This new publication provides a detailed explanation of the new Mental Capacity Act and its implications for working practice. It is written in an accessible style and is designed to be of maximum use to health and social care professionals so they feel confident using the Act in daily practice.

 [Click here for more information](#)

Research funding opportunities from the UK Mental Health Research Network

 [Click here for more details](#)



[Back to top](#)

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 – **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 (Change Agent Team, CAT that includes Integrated Community Equipment Services) – **Angie Glew & Yve White-Smith**
- 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:

[Rhiannon Williams, Communications Assistant](#)

655 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ
Tel: 01206 287547