

e-bulletin

Issue no 50

12 September 2008



Welcome to our e-bulletin issue 50! WOW 50! 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 [Mita Brahmhatt](#), at CSIP 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

Positive Practice Awards

Tuesday 18th November

Please note: These awards are internal to the North Essex NHS Foundation Trust.

This is a great opportunity to tell everyone in the Trust about the great work has been achieved over the last year. The closing date for entries is 26 September.

 If you need assistance with the application or have any other questions about the awards or the wider Celebration of Achievements, please contact Sam Fuller, Project Lead - sam.fuller@nepft.nhs.uk


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National News

Best wishes from Benefit Bob - The Welfare Weasel


Direct Payments is a strange beast. If you don't ask for it, you won't get it. The take-up of direct payments by people experiencing mental health problems has been extremely low in most parts of the country.



 To access more information and contacts for support whilst claiming Direct Payments visit: www.houlston.freeserve.co.uk/directpayments.htm.

Volunteering England

Has published the Systematic Review, 'Volunteering & Health – What impact does it really have?'

 Download a copy [here](#)


Open Up! Time to challenge

A Time to Challenge, Time to Change's legal project, are looking for people with experience of mental distress who have experienced discrimination and feel that they have a case to take legal action.

For the purpose of the project, participants must experience long term (i.e. have lasted or likely to last at least 12 months) recurring mental health issues which affect their ability to carry out day to day activities. They must identify as disabled as defined by the DDA of 1995.

If you have:

- been dismissed from your employment within the last 3 months
- been discriminated against by health services in the last 12 months
- been discriminated against by providers of public services or insurance cover within the last 6 months

 Please get in touch at legalunit@mind.org.uk



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CSIP Eastern Development Centre Update

Mental well-being promotion campaign: 7th – 11th October

The campaign will be run by CSIP Eastern during the week in which World Mental Health Day falls (10th October 2008) and will involve ITV Anglia showing a 30 second commercial, 5 times a day, over a five day period starting 7th October. The commercial will be viewed throughout the region and will direct viewers to a newly created "[Well-being in the East](#)" website which will be launched on the 7th October. The website will hold 5 short film clips, each dealing with key themes that promote mental well-being. The Mental Health Foundation has agreed to partner us in this campaign and provide material for the commercial and films. They have done much good work in this area.

The campaign will seek to promote mental well-being, using positive messages which focus on self-help, positive lifestyle and personal responsibility. The campaign will re-enforce existing messages and will focus on healthy eating, keeping active, positive thinking and valuing oneself, as important components in the achievement of mental well-being. Filming for the commercial and short films will take place primarily in the Harwich area, week commencing 8th September.



 For more information call Julia Hiley, Well-being in the East Programme Lead, 01206 287504, julia.hiley@csip.org.uk.


Race Equalities and Cultural Competence (RECC) Training

Pilot training day: 14th Oct, Cambridge

2 day training: 10th & 11th Nov, Cambridge

2-day training: 23rd & 24th Feb, Bedford

The RECC represents a unique opportunity to provide multidisciplinary training for all mental health practitioners with a clear focus on BME service user needs and concerns. The RECC materials provides a whole systems approach to addressing race equality in health and social care and are an extension of the essential shared capabilities "race equality and cultural capability" module.


 Please click below for flyer and registration form:
<http://www.eastern.csip.org.uk/our-work/race-equality/race-equality-events-and-meetings.html>

Masterclasses and workshops:

This initiative is aimed at Community and Voluntary Organisations (CVO's) that represent any of the 6 equalities strands .

It is an exciting opportunity to explore how to influence the local service commissioning process to secure services that are appropriate and responsive to their needs.

These 7 groundbreaking sessions take place over 7 months.

 Please click below for flyer and registration form
<http://www.eastern.csip.org.uk/our-work/race-equality/race-equality-events-and-meetings.html>




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Events


Colchester Access Group (CAG) Relaunch

17th Sept: Colchester

 Click [here](#) for programme flyer

Don't reinvent the wheel: Inspire East annual conference


29th Sept: Stansted

 Click [here](#) for programme flyer

Eating Disorder Network

10th Oct: Colchester


Please note: 10th October is the correct date of this event

 Click [here](#) for the programme flyer look at knowledge community...




World Mental Health Day Events

Throughout October: Cambridge

 [Click here for programme flyer](#)

Cambridge celebrates age: 'International day of Older People'

1st Oct: Cambridge

 [Click here for programme flyer](#)


Masterclasses and workshops:

7 sessions Oct 08 – March 09: Cambridge

 [LINK TO WEBSITE](#)


Open Up! An Exhibition of Creative Work by People with Experience of 'Mental Health Problems'

10th – 31st Oct: Leamington Spa

 [Click here](#) for programme flyer


Third sector practice based commissioning

14th Oct: Colchester

 [Click here for programme flyer](#)


Employability & Young Adults: Driving the agenda forward

6th Nov: Sheffield

 [Click here](#) for further information


'Forward Together' Joint Strategic Needs Assessment (JSNA)

21st Nov: Stansted

 [Click here](#) for further information

Treatment of Chronic Depression

26th/27th Nov: Ipswich

 [Click here](#) for programme flyer


Ageing Population 09

29th Jan 09: London

 [Click here](#) for further information

Self Advocacy in Action Limited: Staying safe and keeping healthy

1st – 4th Feb 09: Derbyshire

 Click [here](#) for programme flyer



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Useful Resources

- **Individual Budgets Pilot Programme**

This website explains what individual budgets are and tells you about the pilot programme. It will keep you up to date with what the Local Authorities involved in the pilot are doing and learning.

 Click below to enter the website: www.individualbudgets.csip.org.uk/

- **Self-Directed Support Network**

The Self-directed Support Network is a community of people who want disabled people, older people and their families to get more control over their support and services. It's a place where you can make connections with other people who are involved in changing service systems and practices, and get information to understand what these changes might mean for you, too.

 Click below to view these web pages: <http://kc.csip.org.uk/groups.php?grp=36>

- **Putting people first: a shared vision and commitment to the transformation of adult social care**

A key publication outlining agreement across Government and health and social care to the 'new direction' for care services which is heralded by this document.

 Click [here](#) to access the report



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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



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 – **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/>

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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