

MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE
Mark Hemming
Manager of Mental Health Services

- **Crisis Resolution Service:** The crisis resolution discussion paper is now out and responses to the proposal are being considered. The pressure is now to have the service operational by the end of March rather than the end of December. It is important that any very strong objections to the proposal and alternative suggestions that fit the Programme Implementation Guidelines are received as soon as possible.

NB Follow up Development half day on January 28th

- **Proposed Management Restructure:** I have sent out a consultation paper to Team Managers and Heads of Department outlining my proposals to change our management structure. If you haven't seen a copy please contact me directly or ask your line manager. My hope is that the proposed structure would allow for a greater involvement of practitioners in decision making. Please could I get your feedback by 8th February?

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ADULT MENTAL HEALTH SERVICE
Rob Cunningham
Operational Manager

- Congratulations to **Cheryl Hollins** on her successful appointment to the **Deliberate Self Harm/Accident & Emergency liaison worker** post working alongside Jane Mobbs. Cheryl takes up post at the beginning of March, primarily receiving referrals for assessment and "signposting" from A&E as well as continuing to provide a service to people who have issues with self harm.

- Recruitment has begun for the new crisis team, which is to be operational at the end of March. A series of weekly meetings is planned with existing daycare staff, to plan implementation of service. Invites welcomed from teams or individuals to discuss any questions or issues.
- Thank you to the teams who have formally responded to the request for **"support" to the inpatient areas** at times of extreme pressure.
- Thank you to the teams for supplying requests to improve facilities/services within CMHT Resource Centres. I have made requests to works dept. to assist in getting work done.
- I have recently met with staff in the **Herefordshire MIND transport scheme** and sent details out to teams. This service is in it's infancy but could be a useful option if a service user needs support with transport, eg to Out Patient appointments, hospital to home. Please make note of the information. sent out and if you would like further details contact the scheme directly (353442) and they would be happy to come out and meet with teams.
- **Risk assessment training provided by Wolverhampton University** will take place for CMHT staff in the Hereford city CMHTs on Feb 3rd. Following this there will be further dates arranged for the other community teams.
- I have recently met with Claire Churchill who is the coordinator of a new **Sports Referral project**, which will offer activity/sports to people primarily with drug misuse issues and would include people with Dual Diagnosis. Claire should be in contact in the near future to promote the scheme further. (See flyer at end of Newsletter)

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DEPARTMENT OF MENTAL HEALTH
FOR OLDER PEOPLE
Sue Bennison
Interim DMHOP Manager

- Discussion in the **January DMHOP Operational Group** meeting included:
 - **DMHOP CPN Out of Hours Service**
 - Proposed **South Team Occupational Therapist** post
 - **Bob Izon Nursing Respite Unit**
 - Proposed **Day care/Day hospital Therapy Forum**
 - **Supporting People Needs Assessment** – a proposal to support service users with mild dementia illness to maintain their independence and remain in their homes for as long as possible through the provision of housing related support has been presented to the Supporting People Partnership for consideration for funding.
 - **Continuing Care and RNCC Criteria for patients discharged from in-patient care** - Chris Willett and Marcia Perry will be providing information and training through the DMHOP Education programme.
 - **Management Restructure proposal** - consultation paper made available at meeting and will be available for wider discussion.
 - **Performance Indicators – transition from adult to older adult service** – Drs Eggar and Staples to produce a protocol through the Division of Psychiatry meeting process.
- **Mental health/ Intermediate Care/Rapid Response** pilot scheme begins on January 26th. Sarah Bennion, North Team Senior Practitioner is co-ordinating the pilot and further information can be obtained from her at Moor House.
- Many thanks to **Elaine Mason** for providing temporary admin support at Moor House. This will now be provided

by **Julie Hathaway** who has a three month part time post with the service.

- Congratulations to **Maxine Buck** on her regrading to a social work position in the North Team
- An appointment has been made, subject to references and checks, to the new **Assistant Social Worker/Reviewing Officer** post working with Chris Willett, Continuing Care Nurse Specialist. More details next month.
- **Cath Davies**, presently working as a social worker in Cardiff, has been appointed to the new DMHOP Social Work post in the Acute Hospital Team. Cath takes up post on March 1st.
- The first **Dementia Awareness Training** day has taken place for staff in the Acute Hospital Trust. Following evaluation of the day we will be providing training on a bi monthly basis and hope to include non mental health service staff within the Primary Care Trust at future events.
- During February, Cantilupe Ward in conjunction with the Acute Hospital Trust, is piloting an **integrated inpatient care record**.
- **Caroline Lovatt** returns to Cantilupe Ward from her secondment to Leominster Community Hospital on March 8th.
- **Sandra Hudson**, Older Person's Lead for in the Strategic Health Authority is spending the day with DMHOP on Friday, January 30th.

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INPATIENT SERVICES
Margaret Reilly
Senior Sister
Between 4 and 5 and (who's) counting?

Acute Care Forum: Information from the December meeting included :

- Feedback regarding use of Sniffer Dogs in the in-patient area
- Notification of incidents of restraint which result in injury of detained patients to Mental Health Act Commission

- Discharge arrangements
- Recruitment and retention of ward staff
- Delayed Discharges
- Proposed psychology post
- Senior Nurse recruitment
- Production of, and training for, Policies and Procedures

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MENTAL HEALTH PROMOTION
 Roger Hanson
 Mental Health Promotion Manager

- February 17th sees the launch of the '**Wye Wood**' scheme as the new look Newton Coppice in Belmont is formally opened. The Herefordshire Sustain Project and its partners, - South Wye Healthy Living Community, Herefordshire Council, Community First, and PCT Mental Health - Mental Health Promotion, were awarded a grant by the Forestry Commission (Improving the Region's Health - Woodland and Health Pilot), to renovate and open up a derelict piece of woodland. This pilot project has achieved:
 - Construction of paths in the coppice to provide a safer walking surface.
 - A coppice management project involving local volunteers from various organisations including MIND and Ch@t, (South Wye User led project), Haywood High School and Herefordshire Nature Trust to create a green community gym.
 - Placement of information panels about the wood along with seating.
 - Community arts project to engage the younger population and encourage the use of the wood for recreation
 - Expansion of the footprints in South Wye - Walk for Health Scheme'.
- Herefordshire Sustain, (backed by the Smallwoods Association and the Duchy of Cornwall), are making a further bid for funding to expand the Wye Wood Scheme to other woodland sites in Herefordshire over the next two years, in

association with the supporting partnership above. If successful there will be many further opportunities for organisations across the Mental Health network to become involved, both in restoring, coppicing and renovating woodland, and developing new activities and uses for the sites as a Mental Health promoting tool.

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HEREFORDSHIRE USER GROUP
 Phil Pankhurst
 General Manager

- **Interviews for new Psychologist:** Amanda Leighton took part in the interviews to recruit a new Psychologist for the East Herefordshire Community Mental Health Team at Rose Cottage, Ledbury (22nd December 2003 and 23rd January 2004).
- **Putting the Fun into Fundraising:** On Saturday 14th February 2004 HUG will be holding a "**HUGathon**" in **High Town, Hereford**. The aim is to set a British record for the most people hugging at any one time. So come along and join in! Registration will be at 11.00 am when each person will be given a number. The big HUG will start at approximately 12.15 pm. To set the record each person must be in physical contact with someone else for 15 seconds. HUG would be grateful for a minimum donation of £1.00 per person to take part. This should be a money spinner for HUG! This event has been publicised in the local press and on BBC Radio Hereford & Worcester.

Contact: Amanda Leighton: 01432 270050
amanda@h-ug.fsnet.co.uk.
For Advocacy: Contact Phil Pankhurst:
01432 370283
pp@advohug.fsnet.co.uk

HEREFORDSHIRE MIND
Andrew Strong
General Manager

COMMUNITY
ALCOHOL SERVICE
Brendan Sheehy
Co-ordinator

- Herefordshire Mind has recently learned that it has been successful in obtaining additional funding from the Community Fund for the **Counselling and Psychotherapy Service**. Funding will ensure that the service continues until May 2007 and will support the growth opportunities which the service has planned through out this period.

**Contact: Andrew Strong 01432 271643:
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mind.org.uk**

GUIDANCE DOCUMENTS
AND
CONSULTATIONS

- The Sainsbury Centre for Mental Health (SCMH) has published a **guide for primary care staff on caring for people with severe mental health problems**. The guide includes up-to-date advice and information on implementing the new GP contract, for example in compiling registers of people with severe mental illnesses and offering them physical health checks.
- **More info from www.scmh.org.uk**
- **NIMHE acute mental inpatient benchmarking project:** "In order to resolve the current lack of research evidence and detailed data on inpatient service operation and use ... there is a need to undertake a service mapping exercise to identify benchmarks and good practice standards that can provide reliable evidence on which to build continuous service improvement and carry inpatient services positively into the future."
To address this, the National Institute for Mental Health in England (NIMHE) Acute Inpatient Care Programme has commissioned the Sainsbury Centre for Mental Health (SCMH) to undertake a benchmarking study of each acute ward within England.
- **More info from www.nimhe.org.uk**

- As a result of the success of the **Supporting People project run by the Stonham Housing Association** in partnership with CAS, agreement has been reached to advertise for an extra full time support worker.
- **Summary of CAS User Survey:** In autumn 2003, CAS, in conjunction with the audit department, undertook a user survey. Of 100 clients randomly selected from our client group 25 responded. The results were positive in terms of service received; the average waiting time to be seen was two weeks. The majority of respondents stated that the contact had helped them address their alcohol use. It was harder for clients to articulate what had actually helped but being listened to seem a significant factor. The average length of contact with the service was nine months. The majority of referrals came via G.P. Clients would like greater access to the service, in particular self-referral and out of hours support. From this survey a focus group was identified which has met once and will meet again in the New Year. This group has identified similar themes to the questionnaire.
CAS would like to expand access to the service but this does have resource implications.

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ALZHEIMER'S SOCIETY
Chair
Dr Nick Wagner

- **Mary Leach**, Day care Manager for the Herefordshire Branch of the Alzheimer's Society is leaving the Branch at the end of January. A new Day care Manager has been appointed, who can be contacted at the Branch office on 01432 371137. Further details of the new appointment will be issued in the next issue

Contact: Alzheimer's Society on 01432 371137 : alzheimershford@lineone.net.

CARERS

- Carers of people with mental health problems are being asked their views about **patient confidentiality** and the problems carers have getting hold of vital information about the person they care for. If you would like to contribute to this survey you can do it at www.mentalhealthcare.org.uk/surveys/informationsharing/ or get a paper copy by calling 0207 848 5092.
- Mental health charity **Rethink** have also launched a new website for carers. www.rethinkcarers.org is specifically aimed at the million or so people caring for someone with a mental health problem. The site was developed by carers themselves and concentrates on their experiences of caring. The site has discussion forums and aims to create an online community
- **New Rights for Gay Carers:**It is thought that anywhere between 300,000 – 750,000 carers in the UK are gay or lesbian. Until now same-sex partners were not recognised as the 'nearest relative' either in law or by many professional staff. Carers say they have been denied visiting rights in hospital and access to information about their partner.
- Gay and lesbian people are now able to register their relationship through a civil partnership scheme and gain access to new rights. This new law means new rights for carers such as making financial decisions on behalf of adults with mental incapacity, visiting rights in hospitals and the right to inherit where a partner dies without leaving a will.
- More information can be obtained from:
- Carers UK Policy Briefing – Gay and Lesbian Carers at www.carersonline.org.uk or Stonewall – legal equality and social justice for lesbians, gay men and bisexuals - www.stonewall.org.uk

Want more details? Contact Jill Jones at Carers Action on 01432 272724 or Contact :Margaret James on 01432 356068. Herefordshire@carerssupport.fsnet.co.uk

Any comments or items for inclusion in the Newsletter please send to:

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Active Communities
Development Fund

In March 2003 The Herefordshire Community Safety Partnership successfully won an award from the Sport England Lottery Fund for assistance in financing an Active Communities Development Fund Project. As a result of this award I have recently been appointed as the Sport Referral Co-ordinator. This project is an exciting venture that will provide additional resources to help to engage local referral agencies and voluntary organisations to work in partnership to help stabilise drug users post or during treatment and to establish preventative measures, through the provision of diversionary sporting and recreational activities.

My aim will be to:

Target young people most at risk from disengaging from society, via referral:

- Young people / young offenders
 - Women and girls.
 - People on low incomes.
 - People living in rural areas.
 - People living in urban areas.
- Work with the voluntary sector to identify appropriate sporting and recreation activities that involve participation at all levels, and where appropriate to include coaching and competition.
- Identify appropriate training and mentoring using sport and recreation activity as a focus.
- Overcome barriers to access to sports and recreation activities, for example, transport, cost of equipment, childcare etc.
- Improve life skills of those most at risk and re-engage people into society.

It is now recognised, both nationally and locally that access to leisure facilities and taking part in sports and recreation activities, can play a significant role in addressing social exclusion and making a positive contribution to the reduction in crime and disorder and anti-social behaviour. Meanwhile, while many sports organisations are recognising the need to become involved in social inclusion, realising the potential to be gained from reaching out to excluded groups. As such the role of sport in addressing these issues, has been integrated into a number of key strategic documents, including the crime and disorder reduction strategies and drug action team plans.

NATIONALLY: The government plans for Sport: Strongly advocates the role that sport can make in tackling crime reduction and drug abuse.