

# MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE  
Mark Hemming  
Manager of Mental Health Services

➤ **Message from: Trish Jay: Director of Operations - Lead Executive Nurse**

**"Knowledge & Skills roll-out:** I am pleased that the Knowledge & Skills Framework training is taking place in Mental Health, which will enable all staff to undergo an appraisal during this financial year. This is an area that has been neglected in the past, and it is important that we are clear on how we can support all staff in their development.

I was, however, extremely disappointed to hear that the Essential Skills Assessment, which is taking place as part of the training, has not been well received by Mental Health staff. We have decided that this will be no longer offered as part of the KSF roll-out training to Mental Health staff.

However it will continue to be offered to all other groups of staff. At the beginning of roll-out, all Directors and Senior Managers undertook the Essential Skills Assessment as we believed that it was the right approach for all staff in the organisation to undertake this assessment. This then provides an opportunity for staff to have support in particular areas that may be confidentially raised to them through this process.

**If members of Mental Health staff would confidentially like to undertake the Essential Skills Assessment, please contact Mary Bennett directly."**

**Trish Jay**

**Contact: Mark Hemming 01432 262003  
mark.hemming@herefordpct.nhs.uk**

ADULT MENTAL HEALTH SERVICE  
Rob Cunningham  
Operational Manager

- Following interviews for the post of Community Mental Health Nurse in Hereford City Team 2 CMHT agreement has been reached in relation to a preferred candidate. More information following checks and references available next month

**Contact Rob Cunningham 01432 262850**

**rcunningham@herefordpct.nhs.uk**

DEPARTMENT OF MENTAL HEALTH  
FOR OLDER PEOPLE  
Sue Bennison  
DMHOP Manager

- Due to a number of the DMHOP Ops group being unavailable for the June meeting it was postponed
- Things never stand still in DMHOP. Last month Tony Price, Social Worker in the South Team left us. Next month he's coming back !
- Mike Metcalf from the Planning and Partnership Unit at the PCT is in the process of establishing a Mental Health Task Group on behalf of the Older People's Local Implementation Team (LIT). This will bring together stakeholders from DMHOP, the statutory and independent sector together with service users and carers and/or their representatives.

Information paper will be distributed within the next four weeks.

- Information about HomeShare in the Carers Section of the Newsletter

**Contact: Sue Bennison 01432 262891  
sbenniso@herefordshire.gov.uk**

**INPATIENT SERVICES**  
**Who will replace Sister Reily?**  
**Interviews next week for a new name in the box.**

- The congratulations to Ian Bloore in the last Newsletter were a little premature in that he is currently absent from work having broken his arm playing football. Hope you are feeling better and back to work soon.
- If you didn't attend Margaret Reilly's farewell events you missed a treat. Finally out of the Stonebow Unit door to a waiting stretch limo she left in great style.

**HEREFORDSHIRE USER GROUP**  
Phil Pankhurst  
General Manager

- **OFFICE MOVE – IMPORTANT NOTICE:** Sadly, due to a lack of funds, HUG can no longer afford to keep the Bridge Street offices open. Therefore, Amanda will be moving to the Advocacy Offices at 89 East Street, Hereford (HR1 2LU) in the week beginning Monday 21st June. The Advocacy Offices will be closed during the week of the move. HUG will re-open for business on Monday 28th June. Amanda's 'phone number will change to 01432 370283. E-mails will also change – we will let you know in due course.

**Contact: Amanda Leighton: 01432 370283**

**(General/Administration) [amanda@hug.fsnet.co.uk](mailto:amanda@hug.fsnet.co.uk)**

**(Advocacy & Contact Phil Pankhurst: 01432 370283**

**(Management) [pp@advohug.fsnet.co.uk](mailto:pp@advohug.fsnet.co.uk)**

- (HUG Groups) Alison MacMahon  
01432 370283

**ALZHEIMER'S SOCIETY**  
Dr Nick Wagner  
Chair

- On Saturday, 29<sup>th</sup> May 2004, to celebrate the **15<sup>th</sup> Anniversary** of the founding of the Herefordshire Branch of the Alzheimer's Society, the Committee led a Memory Walk from Hereford Cathedral to High Town. Joining them, among others, were two people with dementia and a girl who had recently lost her great grandfather with Alzheimer's disease. The following day, a Celebration Tea was held at the home of our Patron, Lady Cotterell.
- The results of AD 2000 are to be published in the Lancet this month. Those in the know say that Aricept will be shown to have little effect in slowing down Alzheimer's disease or putting off the day when institutional care is needed. What of the other anticholinergics and the not inconsiderable budget put aside by Herefordshire PCT for these preparations, so loudly trumpeted on their introduction 5 years ago?
- On Wednesday, 30<sup>th</sup> June 2004 at 7.00 pm the Branch will hold its AGM at Hedley Lodge, Belmont Abbey. The Chair, Vice-Chair and Treasurer are standing for re-election as are some Committee members. There are, however, vacancies for more Committee members – we are hoping for an injection of new (younger?) blood, so please volunteer, you **could** make a difference.

- In June a carpet bed of flowers will be planted at The Prospect, Ross-on-Wye to mark the 15<sup>th</sup> Anniversary of the Branch. Herefordshire Council has also kindly donated a number of bedding plants for the Hereford day centre.
- Finally, our Campaign Committee presented a 745 signed petition to Paul Bates, Chief Executive of the PCT, calling on the PCT to review its strategy for daycare for Herefordshire people with dementia – this followed the forced closing of 3 of the Branch’s five weekly daycare sessions, owing to Charity Commissioners rules no longer allowing “statutory type” services to be paid for our of “charity” funds.

**Contact: Alzheimer’s Society on 01432 371137 :**  
[alzheimershford@lineone.net](mailto:alzheimershford@lineone.net).

HEREFORDSHIRE MIND  
 Andrew Strong  
 General Manager

- **Counselling & Psychotherapy** – listening and responding to people with mental distress: We enjoyed a successful launch of this new service in the company of the mayor on 13 May. Funded by the Community Fund, this is for people on low incomes offering trained counsellors and psychotherapists in purpose-built accommodation. We will be promoting the service across the PCT visiting CMHTS and others. Ian Kirkpatrick, tel. 01432 261493.
- **Sponsored walk – service users empowering service users:** To raise money, members and supporters of the Fishing Club will walk from Hereford to Ross on Saturday 17 July starting at 10am from Heffernan House. The mayor will wave them off. Support would be greatly appreciated. Malcolm Pitt, tel. 07969 878155

- **Out & About – getting people where they need to go:** This service enjoys high demand but some may not be aware of its existence. Tackling rural isolation and social exclusion we can provide door-to-door transport but also assist people to access regular public transport provision, enabling independence not sustaining dependence. We provide emotional support and information to build people’s confidence to go out. Contact Martin Watkins, tel. 01432 353442.
- **Our vision and values – what makes us ‘us’:** We’ll be talking to our service users and partners in the coming months as we consider our strategic objectives. What is distinctive about Herefordshire Mind? What do we stand for, how can we contribute to effective mental health services in the next three years, how should we target our resources? Your thoughts would be much appreciated. Tel. 01432 271643.

**Contact Andrew Strong on 01432 271643** [andrew.strong@herefordshire-mind.org.uk](mailto:andrew.strong@herefordshire-mind.org.uk)

MENTAL HEALTH PROMOTION  
 Roger Hanson  
 Mental health promotion manager

- **Mental Health Awareness** – education sessions are continuing in school/college based settings. During June all of year 9 and 10 at Bishops Bluecoat School will take part in interactive workshops covering mental and emotional well-being as part of their PSHE (personal, social and health education) and citizenship programmes. These sessions link with the Early Intervention in Psychosis framework, whilst being an essential part of the wider NSF Standard 1 programme of activities.
- **Mental Health Promotion Training** – the piloted programme consists of three sections:

- 1. Basic Awareness – Foundation day (starting point)
- 2. Developing Practice – further 2 days (optional)
- 3. Evaluated Practice – further 2 days (optional)

Dates and venues are currently being arranged for the 2004-05 Autumn/Winter programme of training. If you are interested in this opportunity to develop your mental health promotion skills, please contact Flyers will be available in due course and will be widely circulated.

The MHP training programme is delivered locally in association with UCE – University of Central England and NIMHE – West Midlands.

Contact: **Jayne Rogoff at MHP Office, Moor House. 01432-262881 or [jrogoff@herefordshire.gov.uk](mailto:jrogoff@herefordshire.gov.uk)**  
**Roger Hanson- 01432 262882**  
**[rhanson@herefordshire.gov.uk](mailto:rhanson@herefordshire.gov.uk)**

GUIDANCE DOCUMENTS  
CONSULTATIONS  
And  
OTHER EVENTS

- **New network for parents with mental health problems has been launched:** “The Parental Mental Health and Child Welfare Network is for social care and health workers who work with parents who have a mental health problem and/or their children. It is coordinated by the Social Care Institute for Excellence (SCIE). It will look at what steps need to be taken to improve joint working between adult mental health services and child care services. It will share and disseminate existing good practice in this area and, following a programme of research and development, publish national guidelines”

➤ **Mental health hospital staff need more and better training, says new practical guide :**

People working in acute mental health hospitals need more opportunities for training tailored to the work they do, says a guide published by the Sainsbury Centre for Mental Health (SCMH) and the National Institute for Mental Health in England (NIMHE).

The guide, **Adult Acute Inpatient Care: Training, education and continuous professional development for all**, aims to set the agenda for acute care training for the coming decade. It sets out the kind of training that all practitioners who work in acute hospitals need to offer service users better care and support. They need to be offered 'work-based learning' opportunities to undertake training relevant to their jobs, often with other members of their teams.

Steve Clarke, author of the guide and SCMH acute care programme lead, said: "Mental health hospital staff often receive little training once they qualify for their jobs. What they do get is frequently not tailored to the particular challenges of working in hospital care. It is vital they get sufficient time set aside for training, and that what they are offered is relevant to their work.

The guide calls for more opportunities for staff to receive training from service users, to help them see the role of hospital care in facilitating recovery and inclusion. Several useful tools are provided for practitioners, higher education staff, service users and commissioners.

- **More info [www.scmh.org](http://www.scmh.org)**

## CARERS

- **HomeShare** is a new service that Carers Action is piloting for three months in DMHOP. It provides a social alternative to traditional day care. HomeShare involves a small group of people, with care needs, meeting at someone's house to share their hobbies and interests – this may be for example, sharing a love of gardening or music, talking about army life or being creative with crafts. Their carer can then take a well deserved break, safe in the knowledge that the person they care for can enjoy their time apart.
- We have recruited a couple of 'hosts', who are happy to open their homes to people on a regular basis and create a social, friendly feel for their visitors. They will be paid for this and we will also arrange for a trained Crossroads care assistant to be present to provide any personal care that is needed.
- We will be requiring feedback from all participants during the project to ensure we can react to any issues and improve as necessary, before expanding to other areas throughout Herefordshire.

**Contact Jill Jones at Carers Action on  
01432 272724**

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

**Please send to:  
Sue Bennison  
Moor House,  
Widemarsh Common,  
Hereford HR4 9NA  
Tel 01432 262887  
[sbenniso@herefordshire.gov.uk](mailto:sbenniso@herefordshire.gov.uk)**

