

MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE
Mark Hemming
Manager of Mental Health Services

- The Management Team had **an away day and a half** to examine roles and functions of the various mental health service teams that we have. We also examined ways of increasing links between teams to facilitate quicker referral. I will be writing our thoughts and ideas up and circulating them for discussion and also for you to help fill in gaps that we might have missed.
- Congratulations to **Sue Bennison** who has been appointed to the position of Manager of DMHOP. This makes formal the role that she has been occupying for some time.
- There was an **SHA post CHI visit** to the PCT on 14th April, and the Stonebow Unit was visited, with a focus on Jenny Lind and Cantilupe Wards. The informal feedback has been very positive about mental health services, so well done and thank you for all of those involved.

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ADULT MENTAL HEALTH SERVICE
Rob Cunningham
Operational Manager

- Welcome back to **Yvonne Lane and Eleri Jones** who have returned from maternity leave.
- Welcome back to **Mo Clark** who is working as a social worker in Hereford City CMHT 2.

- The first meeting took place this month of the **Day Care services steering group**. This is a joint initiative between Herefordshire user Group (HUG) the day unit at Stonebow and Herefordshire MIND. The aim of the group is to plan and develop comprehensive, high quality day opportunities for users of mental health Services. –Updates will appear in the Newsletter.
- The first **Community Services Operational Group** will take place on May 19th. This development provides a formal opportunity for all adult service community teams to have structured involvement in consultation and the development of our services. One of the first agenda items will be the introduction of a monthly report from teams to inform management of key issues and activities. (This report will be introduced across the whole of the service)

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DEPARTMENT OF MENTAL HEALTH
FOR OLDER PEOPLE
Sue Bennison
DMHOP Manager

- Discussion in the **March DMHOP Operational Group** meeting included:
 - Re-provision of CPN Out of Hours Service
 - Bob Izon Unit
 - NSF Standard 7 Action Plan
 - SHA Rowan Ward Audit
 - Rowan Ward Audit Action Plan

- **Carol Criaisa** will be starting some work across older adult and adult services in relation to carers' assessments. More information coming out to teams within the next couple of weeks.
- Congratulations to **Tim Wallin** who has been appointed to the vacant Community Mental Health Nurse post in the South Team and has already taken up post.
- Farewell and many thanks to **Tony Price**, Social Worker in the South Team who leaves to take up a new post working as a social worker attached to two City Primary Care practices. Best of luck in your new post. Keep in touch and I'm sure our paths will cross in the future!
- The third **Dementia Awareness and Management Training day** for staff in the Acute Trust, PCT Community Hospitals and other interested parties takes place next week. This very successful course is now taking bookings for places right through to December. More info from Cheryl Poole on 01432 262850

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INPATIENT SERVICES
 Margaret Reilly
 Senior Sister
 Counting down in days now!

- The Stonebow Unit was one of the areas visited by the **Strategic Health Authority** on Wednesday 14th April. The purpose of the visit was to check on the progress that has been made in relation to clinical governance in the PCT.
- The interviews for the **Mortimer Ward Manager** post took place on Friday 23rd April. More info in the next Newsletter.

- Welcome to **Staff Nurses Dee Buxton and Lesley Davies** who have joined the team on Mortimer Ward and also to **Morna Myatt** who is job sharing the Team Secretary post with Lynne Handley.

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HEREFORDSHIRE USER GROUP
 Phil Pankhurst
 General Manager

- **New Advocate:** HUG has appointed a new salaried Advocate to replace Tracy Lock - who remains with us as a volunteer. Maria Cullen joined the team on 14th April. Welcome aboard, Maria!
- **AnamCara – Safe House:** On 31st March, Phil Pankhurst visited a safe house in Birmingham to see how it was run. Phil was very impressed – the facility was totally service user run and controlled! As we know, the provision of such a facility in Herefordshire is vitally urgent. The management expressed an interest in visiting Herefordshire to talk further about this. A meeting will be set up in due course.
- **Social Care & Housing Scrutiny Committee:** HUG now has reps again on this committee!
- **Mental Health Promotion - Workplace Setting Group:** Amanda Leighton attended a meeting of this group on 23rd April. Items for discussion included plans to hold a good practice Conference, involving employers, on the subject of supporting people with mental health problems in the workplace. We are thinking of holding the event on World Mental Health Day on 10th October – will keep you posted.
- **New HUG Groups!** *HUG is pleased to announce the establishment of*

some new Groups, set up by our Facilitator, Alison MacMahon:

- **South Wye Group:** This group has been set up to support service users in this impoverished area. Meetings will take place at the [Ch@t](#) café at The Oval.
- **Arts Group:** HUG members have expressed interest in being involved in more creative and social activities. These will include, for example, trips to art galleries, cinemas, museums, places of architectural interest etc. We are also intending to invite speakers on any creative subject – poetry, writing etc. A first meeting will take place in May to plan and arrange activities. *Do you know of anyone who could come and speak, give a demonstration, play a musical instrument...? If so, please contact Alison on 01432 370283.*
- **Special Interest Group:** The purpose of this group is to provide a slot / opportunity for service users to gain more in depth information on any subject that interests them regarding mental health and related matters. For example, our first meeting was about Early Intervention and proved very positive – see below:
- **Early Intervention** Eight service users from HUG met with Clive Appleby on 30th March to learn about, and have input into, the establishment of this new service, the purpose of which is to detect and treat psychosis at the early stages of its development, hopefully before the first episode! This dramatically improves the prognosis for recovery. We are pleased that the government is at last seeing the sense in taking preventative measures!
- *If anyone in the statutory services would like service users' views or input regarding a particular subject/service, the Special Interest Group could offer an ideal venue - please contact Alison on 01432 370283. (Alison is intending to run*

this group every two months from 12.00 noon – 2.00 pm at the Fred Bulmer Centre, Wall Street, Hereford).

- **ALL-Set Consortium – Managed by Alan Jones (01432 356626):** This is a consortium of key agencies such as Shaw Trust, Workmatch and Job Centre Plus. It was developed as a result of the Joint Investment Plan 2001 – 2004 and is the co-ordinating body for the above lead agencies in delivering Welfare to Work for people with disabilities in Herefordshire. Amanda Leighton has been elected as a HUG and service user representative to serve on the Operational Group.

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For Advocacy: Contact Phil Pankhurst: 01432 370283

pp@advohug.fsnet.co.uk

COMMUNITY ALCOHOL SERVICE
Brendan Sheehy
Co-ordinator

- The CAS user survey was part of the presentation on patient experience at the Strategic Health Authority visit to the Primary Care Trust on April 14th. The report, questionnaire and record of all responses can be accessed from intranet home page, then click on PCT and scroll down to CAS guidelines

Contact: Brendan Sheehy 01432 357825

Brendan.sheehy@herefordpct.nhs.uk

GUIDANCE DOCUMENTS
CONSULTATIONS
And
OTHER EVENTS

- **Sainsbury Centre begins pioneering Service User Empowerment Training Programme** :The Sainsbury Centre for Mental Health (SCMH) has begun to deliver a brand new pilot training programme for people using mental health services. The Service User Empowerment and Leadership Programme offers participants training in skills which can help them to achieve aims as diverse as getting employment and becoming involved in planning local mental health services. It provides people with leadership skills, such as the ability to run and participate in meetings. It also offers support to people who need to build up their confidence to go out and seek paid work or to take up the opportunities life can offer them.
- **More info from www.scmh.org.uk**
- The mental health charity Rethink have produced a report entitled Lost and Found which suggested that there needs to be a wake up call in relation to the needs of long-term mental health service users and carers left behind by mental health reforms. In particular they commented that :
 - Government reforms that **concentrate on the young and the most acutely ill** have left behind a generation of people whose condition is medically stable but who have a very poor quality of life
 - Services are **unavailable to people who are “too well,”** leaving them cut off
 - **Elderly family carers** are left to cope without proper support or long-term planning for when they are gone.
 - **More info from www.rethink.org**
- **“ At least five a week: Evidence on the impact of physical activity and its relationship to health”** – a

report from the Chief Medical Officer on the benefits of physical activity, sport, exercise to achieve health gain with specific information on physical activity, psychological wellbeing and mental illness. **More info on www.dh.gov.uk**

- **Elder Abuse** – an important Health Committee (a Select Committee of the House of Commons) is now available. Key points in the report relate to:
 - Abuse of older people is hidden and often ignored
 - Estimates suggest that at least 500,000 older people are being abused in England at any one time
 - Abuse occurs in institutional settings but more often in the home
 - Abuse can be perpetrated by carers, relatives and strangers
 - Abuse takes many forms including sexual , financial, through medication by controlling and sedating patients, physical abuse, neglect and behaviour designed to degrade and humiliate. More info on this report from www.parliament.uk

ALZHEIMER'S SOCIETY
Dr Nick Wagner
Chair

- This year, we celebrate the **15th Anniversary** of the inauguration of the Herefordshire Branch of the Alzheimer's Society.
- Celebration is a good term, as it means our understanding and love for Alzheimer's and dementia sufferers and their carers has strengthened over the years. We feel that we have made much progress and are able to help more and more sufferers and carers to cope with their problems and to enjoy a better quality of life.

- We are holding a **Memory Walk** to mark the occasion of the 15th Anniversary. Starting at the Cathedral Close, Hereford at 11.00 am, walking down Quay Street and Castle Green and returning via Cantilupe Street and St. Owen Street to High Town. The object is not primarily to make money but to let the public know that we exist and what we are able to do to help. All are welcome.
- Our **Annual General Meeting** will be held on Wednesday, 30 June at 7.00 p.m. at Hedley Lodge, Belmont, Hereford.

Contact: Alzheimer's Society on 01432 371137 :

alzheimershereford@lineone.net.

PSYCHOLOGY
Brian Kiely
Head of Adult Mental Health
Psychology Service

- Welcome to **Dr Sarah Halliday**, a new clinical psychologist, joining the service on 3rd. May, to work full time in the East Herefordshire CMHT, working out of Rose Cottage. Sarah previously worked in Birmingham.

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CARERS

- **£320,000 for Charity to Provide Better Information and Support to Carers:** Health Minister Stephen Ladyman, today announced the Government's support for the Carers (Equal Opportunities) Bill.

- Dr. Ladyman also announced a new funding boost of £320,000, over three years, for the charity StartHere. The charity provides carers with self-help electronic information via touchscreen kiosks, the internet, WAP phones and digital TV on benefits and services. This grant will enable the charity to develop a localised service for the whole of England.
- The bill will give carers new rights to opportunities for work, education and life-long learning. It was introduced as a private member's bill by Hywel Francis, Labour MP for Aberavon, and goes to its report stage on 14 May 2004
- The charity, StartHere, provides carers with information on benefits and services through devices such as the internet, WAP phones and digital TV. The grant will enable the charity to develop a self-help electronic information system that carers can access in a variety of locations such as health centres and supermarkets across England.
- **City & Guilds** launched a new qualification for unpaid carers to help them back into paid employment or on to further training. The Certificate in Personal Development and Learning for Unpaid Carers is the first qualification of its kind.

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

Please send to:

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