



MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE Mike Thomas Manager of Mental Health Services

- The Community Health Council has funded the **Mental Health Forum to carry out a survey of the Stonebow Unit**, comparing it with similar units elsewhere. Service users will be on the steering group to support the survey and the first meeting with Margaret Reilly, Senior Nurse and Mike Thomas has now taken place.
- Information is being collated for the **Mental Health Act Commission visit on January 15/16th 2003** and invitations to organizations including HUG, Herefordshire MIND, West Mercia Police, the Ambulance Trust, Approved Social Workers and other service providers have now been distributed.
- The **Joint Review** of Herefordshire Council Social Services division has now been completed. The formal report is not expected until next summer but initial feedback will be available very soon
- The Stonebow Unit has been under severe pressure recently because of service user demands. Despite this the in-patient team continue to provide their best efforts in an environment they would not normally be expected to manage. Many thanks to all staff.

Contact: Mike Thomas 01432 262003
mike.thomas@herefordpct.nhs.uk

ADULT MENTAL HEALTH SERVICE Simon Thompson Adult Operational Manager

- An appointment has been made to the **G grade CPN post in Hereford City Team 1 CMHT**. Interviews for a Team Secretary for that team are taking place on December 20th.
- The **CPA(Care Programme Approach) policy** will be available for consultation in the New Year
- No appointment was made to the Specialist Alcohol worker post in the Community Alcohol service (CAS). Further discussion will take place regarding this post.
- Building work should be commencing very soon at Rose Cottage, the East Herefordshire CMHT base. This will allow the co-location of **Eleanor Plant, Approved Social Worker and Ellie Baker Community Mental Health Worker** the final piece in the adult mental health co-location jigsaw.
- **Review and Development/Appraisal meetings** will be taking place in the New Year for adult mental health social care staff working within the PCT.

Contact: Simon Thompson: 01432 262850
sthompson1@herefordshire.gov.uk

MENTAL HEALTH DEVELOPMENTS Sue Bennison Mental Health Development Manager

- **No development groups in December. Next Adult Mental Health Group: 2.00pm on January 27th and Older Adult Mental Health Group a 10.30am on January 28th**
- The first meeting of the **Adult In-patient Mental Health Forum** is due to happen in late January. We have chosen to include Cantilupe Ward (for older people with mental health problems) in

this working group in order to achieve a whole in-patient service perspective.

- **NIMHE** (National Institute for Mental health (England) has produced the first **E-bulletin from the West Midlands Mental Health Development Centre**. "This bulletin is intended to be a short 'bullet-point' style information update giving hyperlinks / contact points for more detailed information to the end user. Our aim is to gain wide circulation and make this a valuable communications tool for mental health services."

All feedback, and any email addresses for people wishing to receive this first and future editions please contact :

alastair.mcintyre@nimhe.wmids.nhs.uk

I don't have the technical language to explain but efforts are being made for the NIMHE E-bulletin to be made available to us through a hyperlink. (Don't ask me to explain-just wait and see what happens!)

Contact: Sue Bennison 01432 262887

sbenniso@herefordshire.gov.uk

PLANNING AND PARTNERSHIP

Mike Metcalf
Partnership Officer

- Our Strategic Health Authority has sent a summary of how well their 5 Local Implementation Teams are doing in implementing the NSF. This uses a "traffic lights" system to rate us as red, amber or green on 41 aspects of service. So now we can compare our progress with our neighbours. On many things we are well ahead of the pack, for example -

- ❖ **Services to prisoners** (with mental health problems being released)
- ❖ **Carers plans** (for people on enhanced CPA)
- ❖ **Joint planning arrangements and pooled budgets** but there are other items where we are behind (allegedly), for example -
 - ❖ **CPA** - recording of employment, housing needs, crisis etc. and having services to respond.
 - ❖ **Workforce Planning**

- ❖ **Mental Health Electronic Records and the Minimum Data Set** - Worcestershire and Coventry are struggling too and there is a national exercise to push this forward.

It is interesting to find that 4 of the 5 LITs are in the same position (red) on single sex accommodation in the in-patient service. If you want to see the rest of this exercise, please contact Mike Metcalf .

Details and reports are all available from Mike Metcalf, 01432 344344
Mike.Metcalf@herefordpct.nhs.uk

INPATIENT SERVICES

Margaret Reilly
Senior Sister
19- and counting

- With sadness we report the death of Sheila James. Sheila has worked within mental health services for many years and was working as a Nursing Assistant on Cantilupe Ward. Sheila died suddenly on December 16th following an operation. Our condolences go to her family, friends and colleagues.
- We have been notified that **PEAT**, the Patient Environment Assessment Team will soon be making an unannounced visit to the Stonebow Unit. The purpose of the visit is to look at all aspects of the environment as it relates to In patient Services

Contact: Margaret Reilly: 01432 364433

margaret.reilly@herefordpct.nhs.uk

DEPARTMENT OF MENTAL HEALTH FOR OLDER PEOPLE

Rita Harrison
DMHOP Team Manager

- Following interview. the recommendation, subject to references, to appoint to a 0.5 wte social work post will bring **the social work establishment up to strength**. More news next month.

Contact: Rita Harrison 01432 263850
rharrison@herefordshire.gov.uk

HEREFORDSHIRE MIND
Ian Clements
General manager

➤ **South Wye User Led Project**

Hope to be moving into new premises at the Oval, Newton Farm, Hereford, in January.

➤ **Education (LEAP)**

Spring Programme now being distributed, includes course on Yoga, Creative Writing, Healthy Living, Mental Health First Aid Kit, Basic Skills, Introduction to Word Processing, Arts&Crafts, Cookery, Changing Rooms, Introduction to the Internet, Access to Study and Sports and Outdoor Activities. Copies available from the LEAP Office at 7 Barroll Street or on 359635, also from the mental health website:

www.herefordshirementalhealth.info, GP surgeries; Community Mental Health Team's also have copies available.

➤ The Tuesday afternoon Drop-In is starting to be well used and in the Spring it is to become an Information, Advice and Guidance Centre.

➤ **The Shires**

The Shires had its first Inspection by the National Care Standards Commission (NCSC) on 5th and 6th December. The NCSC has taken on this role from the Herefordshire Health Authority.

➤ **25th Anniversary**

2003 will be Herefordshire Mind's 25th Anniversary and a series of events is planned to celebrate this. If anyone has any information about or was involved in those early years, please let Ian Clements know.

Contact: Ian Clements 01432 271643

Ian.clements@herefordshire-mind.org.uk

GUIDANCE DOCUMENTS
CONSULTATIONS
And
OTHER INFORMATION

➤ **Primary Solutions: a Sainsbury Centre for Mental Health Executive Briefing on primary care mental health services**
This publication published in

association with the NHS Alliance reviews the development of mental health services in primary care. It looks at the different structures for how primary and secondary care work together and the skills required by the workforce to meet these challenges

www.scmh.org.uk

➤ **National Service Framework for Older People: age discrimination-benchmarking.**

Comments are invited on the initial version of the benchmarking tool and user guide, which are aimed at combating discrimination in access to, and delivery of, health and social care.

Consultation ends on January 31st 2003

➤ **Department of Health Statistical Bulletin – Inpatients formally detained in hospital under the Mental Health Act 1983 and other legislation during the period 1991/2 to 2001/2**

These documents can be accessed through the DoH website

www.doh.gov.uk or hard copy from:

**Department of Health
Richmond House
79, Whitehall
London
SW1A 2NS**

➤ **“Out of the Maze”** a report on three pilot Assertive Outreach sites in London working in conjunction with the King's Fund, Sainsbury Centre and the Department of Health to develop new ways of working that can bring about social inclusion of people with severe and long term mental health problems by helping them find housing, work and a social network is available from **the Sainsbury Centre for Mental Health on 020 7827 8352 or www.scmh.org.uk**, price £10. (Executive summary downloadable from Sainsbury Centre website)

➤ **“Schizophrenia: core interventions in the treatment and management of schizophrenia in primary and secondary care.”** NICE guideline that has been issued as guidance to the NHS in England and Wales.

Website address: www.nice.org.uk

If you are aware of documents/consultations that others may be interested in , please provide details to Sue Bennison for inclusion.

MENTAL HEALTH PROMOTION
Roger Hanson
Mental Health Promotion Co-ordinator

- The first **Mental Health Promotion Basic Awareness Training Day** has recently taken place. The day was led by Glenn Macdonald, Mental Health Promotion Workforce - Regional Development Lead and Kate O'Hara, Regional Lead - Mental Health Promotion. A second follow on,two day training package, takes place in January at which the majority of the initial training cohort have signed up for. If you are interested, please contact Roger Hanson.

Contact: Roger Hanson 01432 262851
rhanson@herefordshire.gov.uk

WRAP and RECOVERY FORUM
Caz Lithgoe or
Jeannine Alsop
Community Mental Health Worker

- A fourth series of workshops in **Wellness Recovery Action Planning (WRAP)** was held at the Shire Hall in October. The next series of workshops will be held at the Town Hall (note change of venue) , starting on Wednesday March 5th, at 10.30 am. All enquiries and bookings to Jeannine Alsop
- Any one wishing to work on a WRAP individually or outside the workshop setting can get a pack from Jeannine Alsop.
- **The Hereford Recovery Forum** held a recovery event onOctober31st with guest speaker Piers Allot and a follow up of the very successful and enjoyable

storytelling workshop 'telling a different story' by Lenny the Storyteller.

- Suzanne Robey, Robin Woodward and Caz Lithgoe gave presentations on the theme 'Recovery, why do it? Suzanne also presented her ideas about a Recovery/WRAP self help support group.
- **Representatives from the Hereford Recovery Forum have been invited to give a workshop in Manchester at the Pavilion Conference: 'Recovery, Daily Struggles and Shared Solutions' on Feb 6th 2003**
- On Nov.21st members from the Weston Super Mare Recovery Action Group visited to exchange ideas and discuss ways of working together, especially doing WRAP training. We have been invited by the Gwent Consumer Forum to do a presentation on WRAP and Recovery, which will go ahead on Jan 16th in Abergavenny.

Contacts: Caz Lithgoe :07944962252
or Jeannine Alsop, tel: 01432 265123.
25-27 St Owen Street, Hereford, HR1 2JB

jeannine.alsop@herefordpct.nhs.uk

HEREFORDSHIRE INFORMATICS SERVICE
Simon Hamilton
MH Project Manager

- **The CPA (Care Programme Approach)Newsletter** is attached to this document.

Comments to: Simon Hamilton
Simon.Hamilton@htr.nhs.uk
01432 262032/07816 536968

Any comments or items for inclusion in this newsletter ? Please send to Sue Bennison at Moor House (Address above)

MANY THANKS TO ALL OF THE CONTRIBUTORS TO THIS NEWSLETTER OVER THE PAST FIVE MONTHS. I LOOK FORWARD TO RECEIVING ALL OF YOUR CONTRIBUTIONS IN THE NEW YEAR.

THE MENTAL HEALTH SERVICE MANAGEMENT TEAM WOULD LIKE TO THANK EVERYONE THAT WORKS WITH US IN PROVIDING OUR SERVICE AND SENDS SEASON'S GREETINGS AND BEST WISHES FOR 2003

Rita Harrison, Department of Mental Health Team Manager

Margaret Reilly, Senior Sister, Stonebow Unit

Mike Thomas, Mental Health Service Manager

Simon Thompson , Adult Mental Health Operational Manager

Sue Bennison, Mental Health Development Manager

