

MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE
Mark Hemming
Manager of Mental Health Services

- Colleagues from Herefordshire attended a joint West Midlands South Strategic Health Authority and Workforce Development Confederation seminar at which mental health was presented as an entity across the whole of the West Midlands Region. It appears hopeful that there will be some benefits for our services in terms of an increase in resources focussed on mental health /Agenda For Change overlap with the possibility of the development of a Workforce Co-ordinator for the whole of the Herefordshire Health economy.
- There is ongoing concern about the difficulties in implementing the Patients Choice principle within mental health services. Work is continuing to address these problems and more information will be made available as soon as possible. (See Mike Metcalf's section)
- A senior member of the national Agenda for Change group is attending a meeting with a representative mental health service staff group with particular reference to in-patient services.
- The Crisis Resolution team has now been recruited : Edwina Greenhouse - team leader, Grace Harrison, Emma Tonry Webb, Tony Kulakowski (RMN's) and Sarah Frazer (ASW). Congratulations to all. Apologies to Margaret Reilly!!
- The team will begin induction and training on March 1st. Week1, training at the Castle Green training centre. Week2, visiting existing Crisis Teams in Newcastle and London. Week 3, consolidation, team building and finalisation of policies.
- By 31st. March, the team will provide assessment for people in mental health crisis (county wide) and intensive Home Treatment for city based service users. This will be a 6 month pilot, to monitor the effectiveness of the team and enable changes to mental health services at a more comfortable pace. The team will then provide the whole service to the whole of the county.
- Together with Mark Hemming, I recently attended the Sainsbury Centre National Conference for Crisis. Information from the day supported our developing service, and we now have a tremendous opportunity to develop a leading, high quality service which will attract attention and interest from other areas of the country.
- There are currently weekly meetings with the Acute Day Unit staff to plan for change, and monthly open meetings with Day Unit Service Users are underway.
- Congratulations and Good Luck to Verity Dearling (Community Mental Health Worker in Leominster Team) who has been successful in applying to do her nurse training. She will begin her course on Monday 22nd. March.

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ADULT MENTAL HEALTH SERVICE
Rob Cunningham
Operational Manager

We look forward to seeing you return on your placements, and in the future as a qualified RMN.

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

- Discussion in the **February DMHOP Operational Group** meeting included:
 - Proposed **North Team Occupational Therapist** post
 - **Performance Indicators – transfer from Adult to Older adult service**
 - **Management restructure proposal**
 - **CHI Rowan Ward Audit**
 - **DMHOP Strategy and Action plan** and relationship with NSF Local Implementation Team(LIT)
 - **Co-location of DMHOP Community service** in offices presently used by DASH
- If you require more information about these discussions please contact **Sue Bennison**
- Advertisement has been placed for a **Community Mental Health Nurse** position in the South Team
- Welcome to **Rachel Murray** who will be joining DMHOP as an assistant to Chris Willett.
- The second **Dementia Awareness and Management Training day** for staff in the Acute Trust and PCT Community Hospitals will take place on March 24th. More information from Cheryl Poole.
- Positive feedback from **Sandra Hudson**, Older Person's Lead for in the Strategic Health Authority who spent the day with us on January 30th. Plenty of work to do but she had no doubt that we could do it! Thanks to all staff involved in the day.
- Social Services Inspectorate in depth inspection of services for older people

in Herefordshire (including DMHOP) starts in a few days time. Inspectors will be meeting with DMHOP service users, carers, care co-ordinators and managers as well as many other individuals and organisation throughout Herefordshire. Thank you to all staff for the work undertaken thus far.

Contact: Sue Bennison 01432 262891
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INPATIENT SERVICES
Margaret Reilly
Senior Sister
Between 3 and 4

- Congratulations to **Dorothy Tutton**, Head 3 OT based At the Stonebow Unit on being awarded an MSC in CBT for psychosis Individual and Family Work.
- **Staffing changes** are taking place in the Stonebow Unit with significant movement of staff joining the Crisis Service. Best wishes to all staff that have been appointed to these posts. You will be very much missed.
- Welcome to **Hayley Hackley**, a new staff nurse appointed to a position at Oak House.

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MENTAL HEALTH PROMOTION
Roger Hanson
Mental Health Promotion Manager

- **Welcome to Jayne Rogoff**, Mental Health Promotion (including Alcohol and Drugs) Secretary: Following pilot phase and evaluation of the Mental Health Promotion training programme in Hereford, Dudley, South Birmingham and Worcester (with backing from West Midlands Regional Network and NIMHE West Midlands) - we are

now able to move forward and offer a rolling programme for 2004/05. Designed to develop capacity for developing mental health promotion activity across a locality network there are two sequential elements:

- MHP: *Basic Awareness* (1 day) followed by

- MHP: *Developing Practice* (2 day)

There will be four *Basic Awareness* and four *Developing Practice* days in 2004-05 starting from May onwards, dates to be confirmed subject to venue.

However, if you are interested in signing up for one of the MHP Basic Awareness Days please let us know at the MHP Office as soon as possible so that we can start allocating spaces.

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HEREFORDSHIRE USER GROUP
Phil Pankhurst
General Manager

- **HUG Development Meeting:** The most recent meeting took place on February 11th 2004 at which the subject of service user involvement was discussed in some depth. HUG's reps attend a multitude of committees and groups and are very actively involved in the planning, development and evaluation of mental health services. The meeting agreed there was an urgent need for a service user/volunteer co-ordinator. Subject to funding, HUG is seeking to fill this post by early summer 2004
- **CAB Information System:** HUG has a comprehensive database of contacts for help with virtually all of life's problems. Contact Phil Pankhurst for further details
- **Accreditation:** Amanda Leighton has now received the second and final certificate for the course she attended on training volunteers at Fircroft

College last year. She achieved the top grade! (Congratulations Amanda!!)

Contact: Amanda Leighton: 01432 270050

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For Advocacy: Contact Phil Pankhurst: 01432 370283

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PLANNING AND
PARTNERSHIP
Mike Metcalf
Partnership officer

- **"Bookings Targets":** All parts of the NHS have to introduce arrangements to give people more choice over the service they are offered. For mental health there are 2 stages to the targets - the first is to offer choice over the first out-patient appointment with a consultant, and the second to offer choice for any appointments with any professional. Stage 1 arrangements have to be in place by the end of March, and Stage 2 by December 2005.
- Initially, instead of being sent a fixed appointment in the post, people will be sent a letter asking them to phone the medical secretary to discuss a date and time. However, for Stage 2 people will need to be contacted within 24 hours of the Community Team's decision to offer a service, in order to discuss a convenient appointment with a team member.
- Introducing these targets in mental health services will not be easy, but a local group are working on the plans, and the Strategic Health Authority are funding extra staff hours to develop the systems needed.
- **Workforce Planning, Training and Education:** The mental health services in Herefordshire, Worcestershire, Coventry and Warwickshire have collaborated in a bid for almost £1 million of the Workforce Development

Confederation's funding next year. There is competition for funds from all parts of the NHS, and a decision has not yet been made on the final allocations. However, the main parts of the mental health bid are :

- **Increased Workforce Planning capacity** - in Herefordshire this will be generic and across the whole health community. It will overlap with some of the work on Agenda for Change. It will also look at the roles of carers and service users in the workforce.
- **Leadership Development** - for clinicians and managers as partners and ward managers.
- **Acute Care Development** - involving practice educators, nurse technicians, and more training opportunities
- **Nurse Prescribing**
- **M.A.P.A. Training** (control and restraint)
- **Integrated Service Training** - for services linked under Section 31 Agreements
- **A lead co-ordinator** - for these developments across the mental health network

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**GUIDANCE DOCUMENTS
AND
CONSULTATIONS**

- The Sainsbury Centre for Mental Health (SCMH) has published a briefing paper on Mental health Promotion. Mental health promotion can be of real and lasting benefit to both individuals and communities, says a new briefing paper published today by the Sainsbury Centre for Mental Health (SCMH) and its affiliate **mentality**.
- Mental health promotion aims to strengthen individuals and

communities, reduce barriers to good mental health, and promote inclusion for people with mental health problems. This briefing highlights examples of good practice across the UK to help those responsible for implementing mental health promotion strategies.

- **More info from www.scmh.org.uk**
- **Prescription charges:** There will be an increase in the charges for NHS prescriptions from £6.30 to £6.40 per item from 1st April 2004.

PSYCHOLOGY
Brian Kiely
Head of Adult Mental
Health Psychology
Service

- An **Assistant Psychologist** has joined the **North Herefordshire CMHT** in Leominster on 16th February 2004 to work with Clare Wright. Her name is Emma Woodward and she will be working 2 ½ days per week for 12 months.
- An appointment has been made to the vacant **psychology post in the East Herefordshire CMHT based at Ledbury**. Subject to references and checks it is hoped that May 3rd will be the start date for this appointment.

Contact: Brian Kiely on 01432 262408
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ALZHEIMER'S SOCIETY
Chair
Dr Nick Wagner

- **Daycare Manager:** Ann Howells has joined the Herefordshire Branch of the Alzheimer's Society as the new Daycare Manager. Ann has a background in various fields of caring and brings a wealth of experience. Ann will be working on Wednesdays & Thursdays, all

other times messages can be left with the Administrative Secretary or on the answerphone. Tel: 01432 371137.

- **Anniversary Year:** In May the Herefordshire Branch of the Alzheimer's Society will celebrate its **15th Anniversary** on Saturday, 29th with a Memory Walk starting at Hereford Cathedral at 11.00 am and on Sunday, 30th with an Afternoon Tea at 3.00 pm at Downhill House, Bishopstone.
- On Wednesday, 30th June the Branch will hold its AGM and celebrate the **25th Anniversary** of the founding of the Society at Hedley Lodge, Belmont Abbey starting at 7.00 pm; there will be a guest speaker and entertainment
- **Befriending Service & Companionship Clubs:** The Branch has been successful in its application for grants from the PCT Small Partnership Grant to support the Befriending Service and Companionship Clubs. It is planned to increase staffing hours so that the Branch can extend these services

Contact: Alzheimer's Society on 01432 371137 :

alzheimershereford@lineone.net.

CARERS

- Dr Hywel Francis MP (Aberavon), came second in the Private Members' Ballot and recently introduced **the Carers (Equal Opportunities) Bill**. It will focus on health, information, employment and life-long learning issues for carers and will have its Second Reading on **6 February 2004**.
- Carers UK have been working closely with Dr Francis on the content of the Bill and believe that, if successful, it will make a real difference to carers' lives. The Bill

is being launched on Monday 26 January 2004. Copies of the Bill are available from www.parliament.uk.

- **Why do we need a Bill for carers?** Society depends on the support that carers provide to sick and disabled people. Carers save the state £57 billion every year. However, in order to continue caring and live a more fulfilled life outside caring, carers own health and well-being needs to be positively considered.
- Research shows that caring can have a negative on the physical and mental health of a carer. Many carers also give up work to care and find it hard, once providing substantial amounts of care to then access learning and training opportunities and combine work with care. This Bill aims to put some mechanisms in place to give carers more opportunities to achieve these things.

Want more details? Contact Jill Jones at Carers Action on 01432 272724

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

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