

MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE
Mike Thomas
Manager of Mental Health Services

- Congratulations to **Mike Thomas** who has been successful in interview for the Deputy Director of Operations post in the Herefordshire Primary Care Trust (PCT). The Service manager post will be advertised nationally and interviews are anticipated for some time in August with the post holder probably commencing work in October/November. Mike will be retaining his involvement in the mental health service until his replacement is in position.
- Welcome to **Dorothy Tutton, Head of Occupational Therapy** based at the Stonebow Unit. Presently going through a period of induction, Dorothy will be making contact with services as soon as possible.
- **Team Leader Training** in the PCT. Team Leaders and Heads of Professions as well as co-ordinators in mental health are able to access a programme of training bringing knowledge of basic management techniques and PCT arrangements to staff. Details of the training programme have been circulated via Team Brief and are also available from Mike Thomas. Training commences on 3rd July at Trust HQ from 14.00 to 17.00 every 1st and 3rd Thursday.
- **Herefordshire Council Job Evaluation;** The Mental Health Service management wish to express recognition of the impact that the Job Evaluation exercise is having on many social care staff in mental health. Following the publication of JE results there is now a process to go through for council employed colleagues but all in the service are there to help and support as much as possible.
- As stated in the May Newsletter, **Rita Harrison**, DMHOP Team Manager leaves her post on 27th June. Goodbye and good luck in your new post.
- Welcome to **Mary Ann Thomas** who will begin work on 30th June as interim DMHOP Team Manager. MaryAnn will be working over four days a week. Prior to her start date, she will be working a number of days with Rita Harrison to "learn the ropes again".
- **Agenda For Change.** More information is now available. Please read the Central Team Brief document which will provide regular updates
- Welcome to **Brian Handford** new Director of Finance for the Primary Care Trust. Brian visited a variety of service sites on 4th June- a flying visit but appreciation to those involved.
- **Dr Darryl Watts** has now left the PCT. An advertisement for a replacement will be placed soon. Interviews are likely to be held in August.
- Simon Hamilton will become **Care Programme Approach Lead**. One of his first tasks is to liaise with University of Wolverhampton to provide some focused training.
- Interviews for the **Early Intervention Service** Co-ordinator post are taking place on July 18th
- After 31 years service as a Medical Secretary, **Mo Williams**, Dr Thomas' secretary, leaves her full time employment with the PCT on June 27th. Whilst Mo might have thought that she was due for a rest (and after 31 years I have to agree with her) she has been "persuaded" to continue in post for two days a week! The remaining three days have been advertised and an appointment will be made soon.

Contact: Mike Thomas 01432 262003
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ADULT MENTAL HEALTH SERVICE
Rob Cunningham
Operational Manager

- Welcome to **Jill Adams**, Community Psychiatric Nurse who will be working in Hereford City Community Mental Health Team 2 for six months providing maternity cover for Yvonne Lane.
- A loss for Herefordshire MIND (see below) but welcome to **Jane Abell** who has been appointed as CPN in the FACT Team (Forensic Arrest Community Team). Jane will join FACT in early July.
- The **Care Programme Approach** policy document will soon be distributed widely and made available to all staff and will be available on the Intranet. The CPA working group will be meeting again in July. The purpose of the group is to monitor, develop and promote CPA in Herefordshire.
- A working group to take forward discussions about the **Graduate Primary Care Worker** posts will begin within the next few weeks.
- A roll out of **computers**, currently stored in Simon Hamilton's Tardis like cupboard is currently happening in all clinical areas. This should support a more comprehensive access to email, eCPA and the Internet and Intranet.
**Contact : Rob Cunningham 01432 262850
rcunningham@herefordshire.gov.uk**

MENTAL HEALTH DEVELOPMENTS
Sue Bennison
Mental Health Development Manager

- Following the resignations and anticipated resignation of a significant proportion of the Mental health service management team **Sue Bennison** wishes it to be known that she is **not** leaving the Mental Health Service (unless somebody knows something that she doesn't) Neither is **Margaret Reilly** (see below) so apologies to all of you looking forward to a management clean sweep. Sue and Margaret will be establishing their own support group to help them cope!
- An outline proposal for the **development of a Crisis Resolution Service** has been

produced. The Acute Care Inpatient Forum will be leading on this development so please contact your service representative on that group if you wish to comment on the document. If you have not received a copy of the proposal and would like one, please contact Sue Bennison.

- Please note the information attached to this e-mail related to the **Learning and Mental Health Conference** arranged by Herefordshire MIND on July 15th. The content of the Conference relates to an important area of work undertaken by the LEAP Education Service with a variety of partners and contributors including service users, carers, the Herefordshire Further Education Colleges including HCT, Holme Lacey College, College of Art and Design and the Mental Health Service.
- **Access and Systems Capacity Grant 2003/4**. This newly announced grant is provided to "build up community based social care services, help more older people live at home and contribute to reductions in delayed transfers of care." The Mental Health Service has been allocated £215,000 of this fund which will be used to provide intensive home care packages
- **Performance Fund Grant 2003/4**. This one year funding provides resources to fund "locally developed and designed incentive schemes tailored to the particular needs of each area and aimed at supporting the implementation of the NHS Plan – focusing on improving Intermediate Care Services." The mental health service has been allocated £80,000 and initial discussions have started within DMHOP to ensure best use of this very welcome funding.
- Congratulations to **SWULP** (South Wye User Led Project) on the opening of [CH@T](#) on June 30th. A tremendous example of a service user led initiative. See details below.
- The draft report from the **Mental Health Act Commission** of the visit in January has now been produced. The report is very positive and the Commissioners were "very impressed by the standards of care and the facilities provided by the Trust."

Contact: Sue Bennison 01432 262887
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DASH
(Drug Services Herefordshire)
Angie Kelly
Operational Manager

- **DASH** offers a free and confidential service to drug users, families and friends. The service provides advice, information and a range of practical and therapeutic interventions that prevent and reduce drug related harm. These include long, short term and crisis counselling, assessment, community detoxification, substitute prescribing, GP liaison, young persons focused work, needle exchange, acupuncture and drop-in. DASH also provides consultation, training, liaison and joint working for other services whose work brings them into contact with drug related issues.
- Following changes within DASH:
- **Angie Kelly** is now the full time Operational Manager
- **Danny Morris** is Development Manager for two days a week
- **Rachel Borthwick** is the Senior Drugs Worker

Contact: Angie Kelly 01432 263636
Angie.kelly@herefordpct.nhs.uk

DEPARTMENT OF MENTAL HEALTH
FOR OLDER PEOPLE
Rita Harrison
DMHOP Team Manager

- Welcome to **MaryAnn Thomas** who has been appointed to an interim Team Manager post to replace Rita Harrison. MaryAnn will be based at Moor House, telephone number 01432 262891

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

INPATIENT SERVICES
Margaret Reilly
Senior Sister
13 - and counting

- **Margaret Reilly** is also **not** leaving the Mental Health Service ...yet (But watch out this time next year!)
- **Chris Bardon**, Occupational Therapist at the Stonebow Unit working with Hereford College of Technology has set up a **Basic Introduction to Computers** course for in-patients and service users attending the Day service. If this 3- week course is successful and there is a demand it is hoped to introduce an Advanced course.

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CHILD AND ADOLESCENT MENTAL
HEALTH SERVICE
(CAMHS)
Yvonne Clowsley
Localitv Manager

- On 4th June a CAMHS Away-day was held attended by clinicians and managers from across health, education, social services and the voluntary sector (including the Adult mental health service) facilitated by Helen Sorohan from the multi-disciplinary centre for mental health at the University of Birmingham. The aim of the day was to develop a common vision for supporting the wide spectrum of mental health needs of children and families in Herefordshire, including those who require the services of the specialist CAMHS team.
- The day focussed on the exploration of a number of case studies which provoked discussion about the ways in which services and support are provided. The outcomes of the Away-day, and of a follow up event planned for early autumn which will focus on more detailed action planning, will form the basis for a new **three year child and adolescent mental health and well-being strategy**

Contact: Yvonne Clowsley, Locality Manager on 01432 378910
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HEREFORDSHIRE MIND
To be appointed
General Manager

- Herefordshire MIND is seeking to **improve its drop-in services in the market towns of Leominster, Ledbury and Ross**. Rural Development Worker Helen Baws is consulting with existing service users and trying to identify potential users, to involve them in improving what's offered. MIND runs drop-ins two days a week in rented premises in each town, for people who need social and emotional support who are often excluded from mainstream services for a variety of reasons. Currently the type of services on offer – and what might be provided in future – is limited because the premises are either shared with other groups or very small.
 - Helen would like to hear the views of people with mental health problems living in the community
 - *who are not currently using MIND's drop-ins*
 - *from anyone who once used them and stopped*
 - *from carers whose family member or friend might use such a service*
 - *from professional workers with clients who would like to give their views*
- Anyone who wishes can be involved in the planning, and would receive support. Confidentiality is guaranteed
Helen can be reached on Thursdays and Fridays at MIND, 7 Barroll Street, Hereford HR1 2LY Tel: 01432 3596635 Mobile 07966071865- email: helen.baws@herefordshire-mind.org.uk
- Herefordshire MIND wishes to congratulate Jane Abell, Community Support Service Manager, on her appointment as a FACT CPN in the mental health service. Jane's last working day with MIND is June 20th.
 - Councillor Ursula Attfield, a Herefordshire MIND trustee, has recently been invested as mayor of Hereford and has chosen Herefordshire MIND as her charity for her mayoral year.

- An innovative intensive housing support partnership between Herefordshire MIND and the Mental Health Service for an individual service user begins in early July. This model may provide some different opportunities for expanding services to support people in the community rather than in residential or nursing home care.
- The interviews for the new Herefordshire MIND Chief Executive post will take place on July 11th.
- **SWULP** (South Wye User Led Project) are pleased to announce their first major development - the opening of **CH@T** a Drop In/Café at 14 The Oval, Newton Farm, Hereford on June 30th. Karen Dobson has been appointed as the volunteer co-ordinator at **CH@T** funded on a 3 year grant from the Opportunities for Volunteering Grant. Tony Hodder remains the Lead Co-ordinator for SWULP working over four days a week, two days co-ordination work/two days development work. **CH@T** will operate on an internet café style model providing internet access, information, signposting to other services and volunteers providing one to one time. Future developments include a telephone help line.
- **CH@T** will be open from 11-3 on Mondays, Thursdays and Saturdays.

Contact: Herefordshire MIND office on 01432 271643: admin@herefordshire-mind.org.uk

GUIDANCE DOCUMENTS
AND
CONSULTATIONS

- “**What To Do If You're Worried A Child Is Being Abused**” a helpful document to assist practitioners safeguard and promote the welfare of children. Available on: www.doh.gov.uk/safeguardingchildren/index.htm Hard copy from 08701 555455
- An inquiry into the **safety of antidepressant drugs** has been launched by the Medicines and Healthcare Products Regulatory Agency (MHRA) The review into drugs including Seroxat and Prozac is a response to growing public concern over the range group of drugs

known as selective serotonin reuptake inhibitors (SSRIs) An expert group will carry out an independent scientific assessment with particular emphasis given to potential withdrawal reactions. If you are prescribed these drugs and the information that you have read or heard about worries you, please contact your GP or your Community Mental Health Team.

➤ **Expert Briefings : 'putting research within your reach'** The Department of Health Policy Research Programme commissioned a set of scoping reviews in support of the National Service Framework for Mental Health and the NHS Plan. They have been published in partnership with NIMHE and cover the following topics:

- [Self-help interventions for mental health problems.](#)
- [Employment for people with mental health problems.](#)
- [Women-only and women-sensitive mental health services.](#)
- [Post-qualifying mental health training.](#)
- [Early intervention for people with psychosis.](#)

These will form the starting point for further research and development in each of the topic areas.

➤ 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

➤ **Website goes Plastic!** The Herefordshire Mental Health Information website is to be promoted widely following a collaborative development with Herefordshire County Libraries. Later in the summer the website title

and address will appear in a prominent position on new carrier bags. The bags will be used for library books by all mobile and fixed lending facilities. The website details appear as a banner and, it is hoped, will promote greater awareness of this ever expanding source of information on all aspects of mental health.

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Rachel Naya (01432 262881
rnaya@herefordshire.gov.uk

HEREFORDSHIRE USER GROUP
ADVOCACY SERVICE
Philip Pankhurst
Manager

➤ HUG Advocacy Service have appointed their third paid advocate. **Tracy Lock** hopes to take up post in early August.

Contact: Philip Pankhurst 01432 370283
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Any comments or items for inclusion in this newsletter ?

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