

# MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE  
Mike Thomas  
Manager of Mental Health Services

- **Rita Harrison** will be leaving the Herefordshire Mental Health Service to take up post as Programme Lead Older Adult Mental Health Service for Worcestershire Mental Health NHS Partnership Trust. Rita's leaving date is not yet finalized but a big thank you for all that you have contributed to the service and best wishes in your new post.
- Following a meeting with Dr David Shiers, Primary Care lead for the NIMHE West Midlands Development Centre and Terry Lewis, NIMHE Service User Champion a meeting will be convened in Herefordshire to take forward **the Mental Health/ (in)Primary Care agenda.**
- **Herefordshire Council Job Evaluation:** Results of Single Status/Job Evaluation will be made available to all Herefordshire Council staff on June 3<sup>rd</sup>
- **Agenda for Change:** A reminder to access road shows or any other source of information for up to date information. A newsletter is being produced and will be available soon.

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ADULT MENTAL HEALTH SERVICE  
Rob Cunningham  
Operational Manager

- **Welcome to Rob Cunningham** who took up post on April 28<sup>th</sup>. We really do mean that even if Simon Thompson's parting gift to Rob was an incorrect entry code to access Moor House. Rob is still recovering from the horror of a burglar alarm ten times louder than a wailing banshee!
- Congratulations to **Paul Kingston and Clive Appleby** on their six month secondment to Hereford City Community mental health team (CMHT)2. Paul is from DMHOP and Clive from Oak House.
- Welcome to **Mark Hemmings**, employed by the Sainsbury Centre for Mental Health but seconded to work with the Assertive Outreach Service providing clinical input for one day a week for a period of three months.
- Welcome to **Chris Cartwright**, Specialist Alcohol Worker in the Community Alcohol Service
- Congratulations to **Sarah Frazer** who, from May 16<sup>th</sup>, will provide an Approved Social Work response for Hereford City CMHT 2.
- Welcome back to **Trish Tresman**, Occupational Therapist. Trish will be re-establishing her groups at St Owens Street for long-term service users shortly.
- The co-location of adult mental health social work staff within CMHTs is now complete with **Eleanor Plant** and **Elly Baker** having moved from Moor House to join the East Herefordshire CMHT at Rose Cottage in Ledbury.

- Interviews for the vacant position in FACT (Forensic Arrest Community Team) will take place on June 5<sup>th</sup>.
- Congratulations to Eleri Jones, CPN in Hereford City CMHT2, on the birth of a bouncing baby boy.

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MENTAL HEALTH DEVELOPMENTS  
 Sue Bennison  
 Mental Health Development Manager

- Further on in this Newsletter you will read that **Ian Clements** has resigned from his post as General Manager of Herefordshire MIND. The development of the services that Herefordshire MIND has produced over the past 3-4 years has been tremendous and Ian has led by example in terms of partnership working to take forward the mental health service user agenda. Many thanks Ian for all of your hard work and best wishes for the future.
- **The Preventing Suicide (NSF 7) Task Group** has produced an Action Plan for development. The group has also produced an information booklet for family and friends bereaved by suicide. These documents will be sent to all CMHTs and the booklet to a much wider audience. If you would like copies of either document, please get in touch.
- About 90 people from a wide range of organisations came to the **DMHOP Education and Training Task Group Training Day** on April 30<sup>th</sup>. Presentations on subjects such as Managing Challenging Behaviour, Carers, Care Planning, Voluntary Sector perspective on training, and an

update on knowledge and developments associated with dementia illness were supplemented by workshops. The networking opportunities afforded by the day were tremendous and it was agreed that a half- day quarterly training event should carry on this initiative. Thank you to all the speakers and to everyone that participated in the day.

- Following a workshop with service users, carers and non-statutory organisations, separate meetings with CPNs and Social Work staff and a final joint meeting regarding the **development of a crisis service**, an options paper will be produced within the next four weeks.
- **Lyn Hodgman**, the new Vulnerable Adults Protection Co-ordinator will be joining Herefordshire Council on Tuesday, 27th May 2003.
- Social exclusion minister Barbara Roche has launched a new **consultation on employment and inclusion for people with mental health problems** and has said that mental health was to be one of the “major new projects for the social exclusion unit” The SEU consultation, which closes on the 5 September, is asking for feedback from professionals, service users, the community and businesses on the best way to enable people with mental health problems to get back into paid employment. The consultation’s results would, Roche said, “build on the new deal for disabled people and the national service framework for mental health”.
- An allied theme is how the same client group can get better access to other services such as leisure and education and regain

involvement in the life of local community.

- For the first time information related to the **National Service Framework for Older People** has been included in the Newsletter.

The Older People's Local Implementation Team (LIT) is of importance to mental health services because it has an overview of the strategic development for the DMHOP service as detailed in the NSF-Standard 7, Mental Health in Older People. It also supports links with, and involvement and knowledge of, developments, with the wider health and social care and independent sector communities.

The excerpts below are from the comprehensive LIT report that is produced on a quarterly basis. Sue Bennison, Dr Vince Staples and Rita Harrison represent DMHOP on this group with Cheryl Poole, CPN, acting as a Champion for older adults with mental health problems. Mrs Pat Wilks from the Herefordshire Alzheimer's Society is also a member of the LIT.

Full copies of the report can be obtained from Sue Bennison.

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NATIONAL SERVICE  
FRAMEWORK FOR OLDER  
PEOPLE  
MaryAnn Thomas  
Partnership Officer

- **The Nurse Lead – NSF, Older People** (Acute Trust) post is now a full-time, permanent post to which **Cath Holberry** has been appointed

- A Management Advisory Board has been set up to ensure an **integrated community equipment service** is in place by April 2004
- The DMHOP Team Manager has been invited to join the **Intermediate Care Task Group**.
- A **22-bedded assessment and treatment unit** (Wye ward) opened in February run by two consultants with half the beds designated for stroke patients and managed by Dr Colin Jenkins. The team consists of 2 consultant sessions, 1 occupational therapist, 3 physiotherapists (approx. 2 WTE), 2 generic rehabilitation assistants and 1 A&C (admin support). The team will treat up to 6 weeks.
- Louise Burke, Falls Nurse Specialist, has developed an **assessment form** that is currently being used in A&E, Minor Injuries Units and General Practice. There is also a screening checklist.
- Production of the Herefordshire Integrated Continence Services Strategy
- **Educational conference on falls** to be arranged for October.
- With the success of the Health Visitor for Older People post based in Ledbury, agreement has been reached that further funding will be sought to extend this service throughout the County.
- We continue to be on target to sustain continued improvement in relation to **flu immunisation, smoking cessation, and blood pressure management**
- **Annual medicines reviews for people over 75** was raised at the PCT Prescribing Committee on 1<sup>st</sup> April 2003 in relation to the need for a standardised system of read-coding and reporting. It was agreed to link the reporting of the medication reviews done in practices with the prescribing initiative scheme.

- The first steps towards **one stop dispensing for discharge** schemes have been successfully completed.
- At the April Prescribing Committee a session was dedicated to the implementation of the **NSF medicines management targets**.

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

Congratulations to **Paul Bayliss**, CPN in DMHOP North Team seconded to become a North Team G grade CPN from 9th June - for 6 months to the post made vacant by Paul Kingston's secondment to the Adult Service.

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INPATIENT SERVICES  
Margaret Reilly  
Senior Sister  
14 - and counting

- **New Appointments:** During the last three weeks the Stonebow Unit has been busy recruiting staff. Subject to the usual checks these new members of staff will be joining the service sometime in May or June - **Karen Palmer, Gillian Bayliss, Dave Greenhouse, Karen Preece, Diane Tozer, Rachael Davies, Stephanie Lowe and Sharon Davies**.
- **Congratulations to Helen MacNaughton** who has been promoted to Deputy Sister. Helen and Gordon Haynes will be rotating between day and night duty.
- **Security:** A CCTV link has been set up between Reception and Jenny Lind Ward. It is planned to install a

digital lock to the main door which will restrict access to the unit. The access code will be circulated prior to the lock going 'live'.

- Chris Bardon, OT in the Day Unit is involved in setting up a physical activity group based on the L.I.F.T. activity programme at the Leisure Pool. Following a meeting with Suzanne Gardener and Shirley Goodwin (Exercise Referral Physical Activity Development Officers - Herefordshire Council), Tiz Chapman (Leap Education Project) and Neil Hyatt (Fitness Suite Manager - Leisure Pool) it was agreed to provide a basic awareness raising and training session for Leisure service staff facilitated by Chris, Anne Haynes and Pat Banks. The session was well attended by ten members of staff from the Leisure Pool. The overall feedback was very positive and the group should commence in May, initially for out-patients attending the Day Unit

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WELFARE RIGHTS  
Mike Fry  
Welfare Rights Manager

- From May 9th 2003, the rules about **reducing benefits for people in hospital** change. Previously peoples' benefits were reduced after they had been hospital for 6 weeks. From 9th May benefits will only be reduced after a person has been in hospital for 52 weeks. Those people who will have been in hospital for more than 6 weeks but less than 52 weeks on 21st May will have their benefits increased to their normal rate for the remainder of the 52 weeks where this applies. There will be

no backdating of this new rule, and no arrears paid for periods prior to 21st May.

- The change will also apply in cases where a non-dependent deduction would be made after 6 weeks. The change will apply irrespective of whether the person enters hospital from their own home or from residential or nursing care.
- The exception to the changes are the 4 week rule for DLA, AA, and Carer's Allowance, which will remain as they currently are with benefit being stopped after 28 days in hospital. Rules linking different periods in hospital also remain unchanged.

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PLANNING AND PARTNERSHIP  
Mike Metcalf  
Partnership Officer

- **Welfare To Work**: The All-Set Consortium, a coalition of training and support providers in the employment field has had a funding bid agreed to appoint a part time development worker for 18.5 hours a week. Based at Workmatch the remit of the post holder will be to develop employment opportunities for people experiencing a range of disabilities including mental health problems.

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HEREFORDSHIRE MIND  
Ian Clements  
General Manager

- **Ian Clements** will be leaving his post as General Manager of Herefordshire Mind on 18<sup>th</sup> June. After more than 3 years in this post,

and almost 20 years in Senior Management roles in the Voluntary Sector, Ian has decided that he wants to move on and try something different; he has accepted an offer to be the Administrator of the British Society of Dowsers. As part of this job, Ian will be setting up the Society's first base, probably in the Malvern Area.

- Herefordshire Mind's Trustees will be meeting shortly to begin the process of appointing Ian's successor. Until the post is filled, please continue to direct enquiries to Herefordshire Mind's Central Office at 26a St Owen Street -01432 271643
- As you may have gathered from the local press Herefordshire MIND is celebrating its 25<sup>th</sup> Anniversary. As part of the **Jubilee celebrations** there will be :
- **Five a side football** tournament in July (Date to be announced)
- An all day **Garden party** at Heffernan House from 11.00am on July 10<sup>th</sup> with buffet lunch, bring and buy and live music
- **Learning and Mental Health Conference** at Hedley Lodge, Belmont Abbey on July 15<sup>th</sup>
- **Jubilee Concert** at The Courtyard in Hereford on August 2<sup>nd</sup>
- **Annual Ball** at Hereford Town Hall on November 8<sup>th</sup>

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- **If anyone in the Mental health service is interested in forming a Five a side team Captain Cunningham will be pleased to hear from you!**

GUIDANCE DOCUMENTS  
AND  
CONSULTATIONS

- [A Practical Guide for Disabled People or Carers](#) (2003 edition)

A huge amount of information available in this website

Contact: [www.doh.gov.uk](http://www.doh.gov.uk)

**General Practitioner with Special Interest (GPwSI) (Mental health)**

- This framework is one of a number which the Department of Health has commissioned the Royal College of General Practitioners (RCGP) to produce. It draws on good practice and experience nationally and is intended to be advisory for the development of local services, providing best practice and recommendations.  
<http://www.doh.gov.uk/pricare/gp-specialinterests/index.htm>
- **Commissioning Mental Health Services**, by Alan Cohen and Donald Light, argues that English Primary Care Trusts (PCTs) can benefit from understanding the different ways American health maintenance organisations (HMOs) commission mental health services.

**Available from the Sainsbury Centre for Mental Health**  
[www.scmh.org.uk](http://www.scmh.org.uk)

- National Institute for Clinical Excellence (NICE) **Guidance on the Use of Electroconvulsive Therapy** is available on [www.nice.org.uk](http://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.**

HUG  
Herefordshire User Group  
Steve Wheeler  
General Manager

- **HUG Publicity:** Amanda Leighton has negotiated an arrangement with A1 Taxis for the production of joint **Business Cards**. These are in the process of production and will be circulated by A1 to all their customers, thus promoting the name of HUG far and wide! A1 is a very innovative company and sympathetic to mental health issues. We thank A1 for their help and will be promoting the company throughout HUG in return.
- **HUG Development Meeting**  
HUG will be holding a meeting on 10<sup>th</sup> June at Advocacy House to discuss the future expansion of the charity. NB: This meeting is open only to Trustees, Staff, Volunteers, and Full and Group Members of HUG. However, we'll keep you posted!

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MENTAL HEALTH PROMOTION  
Roger Hanson  
Mental Health Promotion Coordinator

- **Mental Health Promotion Network Development:** The pilot education and training programme is currently being evaluated and written up as a one and two day training programme. The programme will shortly be discussed at the NIMHE West Midlands Mental health development Centre and relevant workforce development bodies. Once agreement has been reached on rolling out this programme future dates for training in Herefordshire will be circulated and those colleagues

already on the training list contacted.

- **Rollercoaster:** Work has been continuing with Simon Hamilton, Mental Health IT Manager and Richard Urbanski from Nomad Media in developing this educational resource for raising awareness and promoting debate about the spectrum of mental health and our understanding, or lack of it. The resource, at present available in video with additional teaching notes, will be piloted with Sixth Form groups later in the Summer before wider use in the Autumn. A related web based version will be trialled on our service website

[www.herefordshirementalhealth.info](http://www.herefordshirementalhealth.info)

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## CARERS

- **Herefordshire Council Directorate of Social Care and Strategic Housing Best Value Review of Carer Support Services:** The Review is a critical examination of how the Council is currently providing carer support services. The Review Group will make recommendations as a result of its examination of these services which has covered issues such as Carers Assessments; Spending of Carers Special Grant; working with voluntary organisations in provision of services – particularly through the Grant; ensuring the Council has a carers perspective; training of Council staff and how liaison between the different arms of the Council/NHS could be improved. The recommendations will be

presented to Scrutiny Committee and the Strategic Monitoring Committee and, if accepted, an Improvement Plan is written and implemented. The appropriate Scrutiny Committee will monitor the implementation of the improvement plan.

- **Carers Action** is launching Herefordshire Crossroads during Carers Week – on Thursday June 12<sup>th</sup> at The Chase Hotel, Gloucester Road, Ross-on-Wye. Everyone is invited to come along to the Take a Break tea party from 3.30p.m. onwards, with invited speakers (including Sue Fiennes and Dr Sylvia Dillon) on stage between 5.00p.m. and 6.00p.m. and culminating in the launch of a hot air balloon at around 6.30p.m. (See April Newsletter for details of the balloon flight). If you want to be involved by bringing along relevant information for Carers or demonstrate any equipment etc or just come along and take a break yourselves in some glorious surroundings we would be pleased to see you.
- Carers Action have funding from the Learning and Skills Council to work on a one to one basis with people to help them achieve their **NVQ level II in care**. These people may be unable to access training via usual routes, for example, because they have dependent / child care responsibilities, they may lack confidence in their own ability, may be recovering from mental ill health etc and as a consequence have been unable to progress their careers. If you know of anyone who may benefit from this scheme, or would like more information, please contact Pete Dunford on 01432 264143 **Contact: Jill Jones at Carers Action on 01432 272724**

[.carersaction@btconnect.com](mailto:.carersaction@btconnect.com)

- **Don't forget National Carers Week from June 9<sup>th</sup> - 15<sup>th</sup>** with a variety of events co-ordinated through Herefordshire Carers' Support.  
**More info from HCS on 01432 356068**

**Any comments or items for inclusion in this newsletter ?**

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