

# MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE  
Mark Hemming  
Manager of Mental Health Services

- Three weeks in and now that I have more of an idea about who's who and what's where I'm looking forward to getting on with the job. First impressions are very positive and thanks to everyone for the welcome and for being part of my induction "care plan." I'm looking forward to working with you all and I'm sure that I'll have much more to say in next month's Newsletter

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ADULT MENTAL HEALTH SERVICE  
Rob Cunningham  
Operational Manager

- Congratulations to Vicki Quartermain and Jill Adams who have been offered posts in Assertive Outreach and Hereford City Community Mental Health Team 2 respectively and are due to take up post in the next couple of weeks.
- Recent meeting with David Shiers, Primary Care Mental Health lead from NIMHE who is assisting us in implementing Primary Care "graduate" Mental Health Workers in the new year. We are also be looking at developing links with Primary Care and raising the profile of Mental Health through a series of MINDSET workshops and conferences. Thanks to everyone involved so far for feeding into this development process.
- In December, Christine Anderson is going to hold a 5 day training course in CBT (Cognitive-Behavioural Therapy) with follow up supervision sessions. This will be in Powys, with a colleague based there, and later in the new year they will

- offer this in Hereford. Info to follow in the new year..

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[rcunningham@herefordshire.gov.uk](mailto:rcunningham@herefordshire.gov.uk)

MENTAL HEALTH DEVELOPMENTS  
Sue Bennison  
Mental Health Development Manager

- **Acute Care Forum:** Information from the last meeting on October 15<sup>th</sup> includes:
  - Research to be undertaken related to providing Drug information for service users and carers in simple, understandable language
  - Feedback to be made available to the forum about the development of an inpatient psychology post following a visit to Sandwell
  - Two day risk assessment training on December 3<sup>rd</sup> and 4<sup>th</sup> provided to inpatient, day unit and Oak House staff to be cascaded to all other staff on a rolling basis
  - An audit of out of hours admissions is in process.
  - Use of a "Patient Journey" model that will underpin an operational policy through review of current practice, audit of present policies and production of new ones; agreement regarding sub groups to undertake work necessary e.g information leaflets, identifying training needs to support the introduction of new or revised policies/practices.
  - Revised Inpatient Aims, Philosophy and general criteria document made available.

**Contact: Sue Bennison 01432 262887**  
[sbenniso@herefordshire.gov.uk](mailto:sbenniso@herefordshire.gov.uk)

DEPARTMENT OF MENTAL HEALTH  
FOR OLDER PEOPLE  
MaryAnn Thomas  
DMHOP Team Manager

- Interviews for **H Grade Nurse and Senior Practitioner Social Worker** to lead the North and South DMHOP teams took place on 29th October. Appointments were made to both posts and, subject to references and checks, we hope that the two post holders will commence work on January 1<sup>st</sup> 2004.
- Sadly, **Cherie Hoare**, DMHOP Social Worker, is leaving and her last working day is December 9<sup>th</sup>. Cherie came for 3 months and, as with all good temporary appointments, stayed for 15. Many thanks for all of your hard work and best wishes for the future.
- Interviews have taken place for the **social work vacancy (Adrian Newton's post) in North Team**. An appointment was made to the position and, subject to references and checks, the recommended post holder will take up post in mid/late December.
- Interviews have also taken place in respect of a whole time **DMHOP Social Worker who will be based in the social work team at the County Hospital**. The main purpose of this post is to ensure timely discharges from the County Hospital for older adults with mental health problems who are in medical/surgical beds. Subject to references and checks, the recommended post holder is likely to take up post in the New Year.
- Welcome to **Elaine Mason** who is providing temporary admin support at Moor House.

**Contact: MaryAnn Thomas 01432 262891**  
[mathomas@herefordshire.gov.uk](mailto:mathomas@herefordshire.gov.uk)

INPATIENT SERVICES  
 Margaret Reilly  
 Senior Sister  
 8- and counting

- **Risk Assessment Training Days:** We have now confirmed the arrangements for the Risk Assessment training being provided by Gloucestershire Partnership Trust. As previously agreed the staff attending these training days will then be

expected to facilitate training sessions for all relevant staff currently working in their respective teams plus any new staff who are appointed in the future. The 2 day trainers course is being held on Tuesday 2nd and Wednesday 3rd December at Moor House. Staff will be attending from each of the three wards at Stonebow plus from Oak House and the Day Unit.

- Deputy Sisters **Lorraine Corrigan and Ann Tobin** will be acting up as Ward Managers for Mortimer and Jenny Lind following Jane Hooper's departure and during Dave Craig's absence.

**Contact: Margaret Reilly: 01432 364433**  
[margaret.reilly@herefordpct.nhs.uk](mailto:margaret.reilly@herefordpct.nhs.uk)

PLANNING AND PARTNERSHIP  
 Mike Metcalf  
 Partnership Officer

- **Autumn Assessment Stage 5:** The reports and information from our Autumn Assessment of mental health services were scrutinized and "validated" by the Strategic Health Authority and the Social Services Inspectorate at a meeting with LIT representatives in October. We concentrated on 2 parts:  
 Self-assessment (whether we are green, amber or red on 45 aspects of service) and a review of the Local Implementation Team  
 This is a very brief summary of the feedback  
 \*a strength for Herefordshire is the integrated approach to service developments ie. partnership working.  
 \*there were no areas of significant concern  
 \*there were 7 areas for development :  
 I. finalising the crisis resolution service plans with the Strategic Health Authority (StHA)  
 II. engaging more with primary care (although we plan to make connections with primary care over Early Intervention services and Graduate Primary Care workers)  
 III. secure services - to continue to resolve problems in gaining access to beds and outreach support from medium secure service providers

- IV. to rapidly improve our performance in completing carers' plans on the CPA system
  - V. to make links with the Workforce Development Confederation over workforce planning
  - VI. to clarify how the LIT relates to similar groups such as the Section 31 Board and the MH Operational Group
  - VII. to clarify the role of Gateway workers in relation to Herefordshire services
- \*the Herefordshire LIT "generally" matches up to the criteria for a "capable LIT" (as defined by NIMHE)
- The full feedback report is available from Mike Metcalf
- More information from Mike Metcalf**  
**01432 - 344344**  
 mike.metcalf@herefordpct.nhs.uk

**MENTAL HEALTH PROMOTION**  
 Roger Hanson  
 Mental Health Promotion Manager

- **RURAL STRESS SUPPORT – A DAY AT THE RACES:** Saturday 20<sup>th</sup> December is an important date for Herefordshire Rural Stress Support Network and its supporters across the county. Launched in February 2001 at the start of the national foot and mouth disease outbreak, the co-ordinated network of trained volunteers continue to provide a listening and befriending ear to those in need in rural areas, often acting as signposters to appropriate helping agencies. As part of the ongoing need to raise funds to assist the work of the charity locally – through provision of effective publicity materials and to ensure that the profile of the service is as high as possible – staff, volunteers and members of the local support committee have organised an exciting race day in association with Hereford Racecourse. If anyone reading this would like to help out on the day by assisting with the charity auction, collecting donations or giving out our information (*whilst enjoying the unique atmosphere of a festive race day*) please don't hesitate to contact either **Stephanie Carpenter, CMHT at 61 Etnam Street,**

**Leominster – 01568 613202 or Roger Hanson– 01432 262881.** We're sure you'll enjoy it!

- **Coming soon** – look for the Health Promotion section in next months 'Mental Health Matters' for 2004 dates for MHP training – Basic Awareness Days and Developing Practice Days. All contact and booking information in December:

**Contact: Roger Hanson on 01432 262881**  
**rhanson@herefordshire.gov.uk-**

**HEREFORDSHIRE USER GROUP**  
 Phil Pankhurst  
 General Manager

- **HUG AGM:** HUG is holding its Annual General Meeting on Tuesday 25<sup>th</sup> November 2003 at the Bishop's Palace, Hereford. Initial responses suggest that attendance will be good.
- **Mark Hemming:** The new Manager of Herefordshire Mental Health Services, Mark Hemming, visited HUG on 24<sup>th</sup> November as part of his induction. We wish him well in his new role!
- **Congratulations to Amanda Leighton** who has obtained an accredited qualification in training from Fircroft College in Birmingham. She will be attending the Awards Ceremony to receive her certificate on 19<sup>th</sup> December at Birmingham University.
- **HUG's Writer:** Amanda Leighton has had an article accepted for publication by Openmind Magazine. The article, on the subject of suicide, is due for release in the next issue.

**Contact: Amanda Leighton: 01432 270050**  
**amanda@h-ug.fsnet.co.uk.**

**For Advocacy: Contact Phil Pankhurst:**  
**01432 370283**  
**pp@advohug.fsnet.co.uk**

**PSYCHOLOGY**  
 Brian Kiely  
 Head of Adult Mental Health Psychology Service

- An appointment, subject to checks, of a **locum psychologist to work in the East Herefordshire CMHT** from late November has been made. More details in next month's Newsletter

**Contact Brian Kiely 01432 262408**  
[Brian.kiely@herefordpct.nhs.uk](mailto:Brian.kiely@herefordpct.nhs.uk)

HEREFORDSHIRE MIND  
 Carol Grant  
 Acting General Manager

- **Out and About Rural Transport**  
 Operating across the whole of Herefordshire, this new Community Transport Scheme operated by Herefordshire Mind will serve people with mental health needs and/or physical disabilities who are isolated either geographically or by their condition. The scheme aims to utilise existing local transport wherever possible, but will also have its own vehicles. There is a Client Travel Support Worker to help people to use public transport for the first time or to learn to re-use public transport.

**Contact Travel and Advice Service Manager -Martin Watkins on 01432 353442.**

**Contact: Herefordshire MIND office on 01432 271643: [admin@herefordshire-mind.org.uk](mailto:admin@herefordshire-mind.org.uk)**

GUIDANCE DOCUMENTS  
 AND  
 CONSULTATIONS

- **National Occupational Standards for Mental Health: Occupational standards for mental health have now been developed. They are statements of competence and describe good practice and can be used by:**  
**individuals - to help them develop their own knowledge and skills, to improve their own performance and to gain credit for their achievements**  
**people who offer education and training to identify individuals' learning needs**

**workers and agencies to improve their quality of the services they offer. More information available on**

[www.nimhe.org.uk](http://www.nimhe.org.uk)

**Consultation on choice :** The Sainsbury Centre for Mental Health (SCMH) has issued a short paper that sets out five principles that SCMh believes should underpin choice responsiveness and equity in mental health. It summarises the preconditions for choice, discusses the importance of expanding services to improve responsiveness and suggests ways in which alternative provision might be developed. This includes a proposal to introduce mental health 'diagnostic and treatment centres' helping to bring mental health services closer to the standards being introduced into acute medicine and surgery. **Download on [www.scmh.org.uk](http://www.scmh.org.uk)**

- **The draft Mental Health Bill: an assessment of the implications for mental health service organisations:** The Government's draft Mental Health Bill could dramatically increase the workload of key mental health service staff and could lead to a workforce crisis, according to a major report published today by the NHS Confederation. Read more on their website: [www.nhsconfed.org](http://www.nhsconfed.org)
- NIMHE has published a **toolkit** to assist mental health services in assessing their performance in addressing the recommendations of the **National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (2001)**. Download from [www.nimhe.org.uk](http://www.nimhe.org.uk)

TRAINING

- **STUDY SKILLS PROGRAMME 2004**  
 "Is it ages since you've studied and/or does the thought of Further Education scare you?" This programme is an introduction back into Further Education and is open to all Acute Hospital and

PCT staff of all disciplines – Clinical and Non Clinical. **For more information contact the Professional Development Centre on ext 5514**

- **Information from University of Central England.**
- Free Public Lecture on Tuesday 25<sup>th</sup> November 2003 by **Dr Kalyanasundaram (Australia)**

**Understanding Recovery from Schizophrenia from a Consumers Perspective – Some research**

To launch our new series of public lectures and seminars, we are pleased to welcome Dr. Kalyanasundaram from Australia. He has been an active and internationally influential contributor to research into mental health service user perspectives for many years. He is a senior psychiatrist & the director of clinical services for Bayside District Mental Health Services in Queensland, Australia.

**Venue Room 010, Bevan House  
University of Central England  
Westbourne Road  
Edgbaston**

**Date Tuesday 25<sup>th</sup> November  
Time 5.30pm**

**RSVP [sandra.hughes@uce.ac.uk](mailto:sandra.hughes@uce.ac.uk)**

NB “Dr Kali” known to Mark Hemming in his former life in Oz.

- “It is with great pleasure that we announce the return of **Thomas Szasz** to UCE .Since the publication of his paper ‘The myth of mental illness’ in 1960, further elaborated in his text of the same name, Dr. Szasz has attracted enormous attention to his views that have consistently challenged the the most basic of assumptions made by psychiatry about the concept of mental illness, and its consequences for the social status of individuals so labelled. His extensive and even recent writing on this and many related areas have continued to question the social role and paternalism of ‘mental health’ practitioners and services, as well as challenge the evidence base for defining madness as disease. Anyone wanting to know more about Professor Szasz can discover more on <http://www.szasz.com/>

- Dr Szasz’ free public lecture is at the above address on Tuesday, December 9<sup>th</sup>. Same time/venue applies.
- Perhaps not quite as exotic as psychiatrists flying in from Australia and the USA but equally as important, DMHOP are putting on a **series of training days in Dementia Awareness** for staff in the Acute Hospitals Trust and the Primary Care Trust Community Hospitals. First training event is on Wednesday, January 15<sup>th</sup> and flyers will be distributed with more information during the next fortnight. (I look forward to comments from Dr Staples )

ALZHEIMER’S SOCIETY  
Chair  
Dr Nick Wagner

- **Companionship Clubs:** The monthly Companionship Club in Breinton Road, Hereford is proving very popular.
- The Ross Group meets in Room 8 at the Ryefield Centre with the help and support of Carers Action. Information leaflets and other literature is available at this Club.
- The Bromyard Group is now meeting at Buttsfield House.
- The monthly **Drop-In** continues with carers able to attend both groups. (Dates for all clubs for 2004 are now available from the Alzheimer’s Society office in Breinton Road.)
- **Befriending Service:** Diane Ellaway has joined as the Society’s first Befriender and is linking up with clients in Hereford, Ledbury and Bromyard. She has also started work at the Hereford Day centre
- **Fred Bulmer House:** The opening of the **Alzheimer’s Society/Herefordshire Carers Support Drop In service** was well reported by the local press. Would all DMHOP staff please remember this service and inform carers that you are working with of its existence. Clients are welcome to drop in on Tuesdays and Wednesdays from 10.30 –3.30 or to make appointments for a longer session

with Lynne Drabble, Carer Support and Outreach worker on Wednesday afternoons between 1.30 and 3.30pm for carers of someone with a dementia related illness. The help line **01989 564456** can be used to make an appointment.

**Contact: Alzheimer's Society on 01432 371137 : [alzheimershereford@lineone.net](mailto:alzheimershereford@lineone.net).**

## CARERS

- **Information for Carers - please pass on to Family Carers**
- **Carers Rights Day, Friday 5<sup>th</sup> December** - Herefordshire Carers Support is hosting an Information Event at the Town Hall, Hereford on this day from 10 – 3, concentrating on information on carers' rights to Benefits, Carers Assessments and services/resources available to them. Any carer or professional welcome to drop in, if anyone has information they would like to display please contact HCS  
**Contact :Margaret James on 01432 356068.**  
**Herefordshire@carerssupport.fsnet.co.uk**

- **Carers Action HomeShare and Time Please Projects:** We are currently working with the adult placement scheme to identify people who are willing to act as host to 3 or 4 people with care needs during the day, in order that those people have an enjoyable time and their Carers get to have a break.  
If you know of anyone who may not enjoy current day care options, (or who indeed has refused to consider options or who needs to 'move on'), and would prefer to meet with a small local group of people, who would share common interests, then please let us know and we will give you more details. The only criteria is that the person must have a carer, but they themselves can be of any age and diagnosis. We are currently matching people to make up groups with wide ranging interests such

as bird watching, magic, history and music. We are also introducing a new scheme whereby participants can meet together at a local pub for a lunchtime get together and a game of cards / dominoes / pool – do you know anyone that might be interested?

Our trained Crossroads care assistants will co-ordinate the group and will be able to help with any personal care needs and we will also provide volunteers, who are part of our Take a Break scheme to help out, as necessary.

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

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

**Please send to:**

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