

MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE
Mike Thomas
Manager of Mental Health Services

- Congratulations to **Rob and Vanessa Cunningham** on the birth of their second son, David. (Another fan for Hereford United?)
- Terms of Reference have been agreed for the **eCPA** (Electronic Care Programme Approach) group.
- The Audit Commission has met with staff involved with the Health Act **Section 31 Partnership** budget arrangements in Herefordshire. A report on the Section 31 finance picture should be available soon.
- The **Supporting People audit** has now been completed and appeared to be a generally positive experience for those involved. Thank you very much to all staff who responded to the request for information. A report on the audit will soon be made available through the Audit Commission
- 4 members of staff have been involved in a meeting at **Raeside Medium Secure Unit**. The expectation of the meeting was that there would be discussion about how that service could be more easily accessed by our service. There was some discussion but with limited time available on the day, the detail of our requirements had to be postponed to a further meeting.

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

ADULT MENTAL HEALTH SERVICE
Rob Cunningham
Operational Manager

Congratulations to **Clive Appleby** on his appointment as Early Intervention Service Co-ordinator. Clive takes up post on November 3rd.

- **Sarah Frazer**, Approved Social Worker (ASW) in Hereford City Community Mental Health Team 2 (CMHT) is providing ASW cover for Hereford City CMHT 1 following **Claire Rouse's** reduction in hours.
Contact : Rob Cunningham 01432 262850
rcunningham@herefordshire.gov.uk

MENTAL HEALTH DEVELOPMENTS
Sue Bennison
Mental Health Development Manager

- Welcome to **Mark Hemming** who has been appointed to the Mental Health Service Manager post. Agreement has been reached about a period of induction for Mark which also becomes a handover from **Mike Thomas**. Mark takes up post on November 3rd and will be out and about meeting groups and individuals within the mental health service, and from partner organizations, attending meetings and generally finding his feet. Mike's last working day in the mental health service is Friday, November 21st when he takes annual leave before commencing in his Deputy Director of Operations post at Trust headquarters at Belmont Abbey.
- The **Mental Health Service** would like to say a big thank you to Mike for his work with us during the past 3+ years. Mike arrived at a time of huge change taking us forward to face the challenges of developments linked with National Service Frameworks and Integration (to name but two) and he leaves the service, still intact, but looking very different from when he came! So, **diolch yn fawr and pob hwyl** Mike, and may your career, like Welsh Rugby continue onwards and upwards. (Perhaps not – When do they play the All Blacks?!!!)

- Some background information about the life and times of Mark Hemming. Mark trained in Hereford at St Mary's Hospital (yet another of Margaret Reilly's students) and is looking forward to re-acquainting himself with colleagues from the good old days as well as getting to know lots of new faces. He has worked in some great cities including Bristol, Oxford, London, Sydney, Broken Hill. (Look it up on a map) and, of course, Hereford.
For the past six years he has worked for the Sainsbury Centre for Mental Health and his present post is Programme Lead for Assertive Outreach and Crisis Resolution Services.
- A successful **Crisis Service Development day** took place on October 16th with a cross section of staff from Community, In-patient and Day Unit services together with Primary Care, voluntary organizations and service users and carers. Information from the day will be shared throughout the service together with a plan to involve a much wider stakeholder group.
- Welcome to **Robin Bidwell**, Partnership Officer in the Planning and Partnership Unit at Belmont. Robin's particular brief relates primarily to Older People and we look forward to working with him on the Older People's Local Implementation Team and associated developments.
- Some of the groups happening during November include
- **Mental Health Local Implementation Team (LIT)** on November 10th
- **Mental Health Operations Group (MHOG)** on November 12th
- **Team Brief** on November 27th
- If you want information about the various groups/forums that are operating, please contact Sue Bennison/Rob Cunningham for the most recent minutes or reports.
- **Ged Cook**, known to you all as the DMHOP Social Work Team Administrator, is moving out from behind the telephones and PC to take up a temporary, half time post as a Social Work Assistant covering maternity leave. Congratulations Ged.
- Interviews for a permanent **Social Work Assistant** post take place on 24th October
- Interviews for **H Grade Nurse and Senior Practitioner Social Worker** take place on 29th October.
- It will be a relief to get all our vacancies filled and get on an even keel but that won't last long because **Adrian Newton**, Social Worker in the North Team, is leaving. Adrian is pursuing a completely different direction and has set up his own company, Writer's Eye, as a support service to anyone needing to use the written word in any media or format. (Whoever has suggested that he might do the write ups for papers for the Funding panel is showing a lot of initiative!)
- **WRVS** is now providing day-care specifically for DMHOP service users on a Tuesday.
- Liz Davies is organising **Christmas** early this year by sending round menus for DMHOP Christmas get together at the Spread Eagle on Tuesday 16th December. Get your orders in early to avoid disappointment.
- **Cheryl Poole** has had an initial meeting with managers and clinicians in the Acute Hospitals Trust regarding the need for mental health awareness and, in particular, dementia awareness training. Watch this space for further details.
- **Freshfields day centre**, which last year was Hillside day centre, is on the move again!The day centre will be moving from Quarry House to Elmhurst on 20th October.: Tel. 01432-274508
- Discussions have been taking place with a **Herefordshire domiciliary care service provider about the training requirements** of their staff. Having provided training to a number of their care staff we are now negotiating a Train the Trainers format through placements

Contact: Sue Bennison 01432 262887
sbenniso@herefordshire.gov.uk

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

within the DMHOP service for two Care managers who can then cascade their newly acquired knowledge through their organization.

Contact: MaryAnn Thomas 01432 262891
mathomas@herefordshire.gov.uk

INPATIENT SERVICES
Margaret Reilly
Senior Sister
9- and counting

- The **Mental Health Act Commission** visited the Stonebow Unit on 8th October. As on previous visits they were particularly interested in one area of practice which on this occasion was Section 17 Leave of Absence. During the course of their visit they checked our local policy and a selection of completed Section 17 forms. The policy was found to cover all the main requisites but they did find fault with a small number of the forms. We will be revising the form to try to overcome some of the problems. The general feedback was positive.
- On 25th September Shelagh Jones and Margaret Reilly spent a very jolly couple of hours at the Railway Club! We were there to receive a cheque for **£280 from the Herefordshire Charity Pool League**. The Golden Cross Inn at Sutton St Nicholas had selected us as their nominated charity for the second year running. We were pleased that on the night we were able to meet the team and to thank them personally. Thanks also to Shelagh's husband Ken who accompanied us.
- Best wishes to Sister **Jane Hooper** (Mortimer Ward) who will be leaving us shortly. Jane is moving to take up a community post in an Addictions Service in Devon. We all wish her well for the future.
- We are also saying cheerio and thankyou to **Daniella Arthur** (Night Staff), **Carol Criasia** (Mortimer Ward) who is transferring to DMHOP Community and **Sahra Lynch** (Day Care).
- The latest update on **Aileen Corbett** is that she will be having the pins removed

from her arm before returning to work. We all wish her a speedy recovery.

Contact: Margaret Reilly: 01432 364433
margaret.reilly@herefordpct.nhs.uk

PLANNING AND PARTNERSHIP
Mike Metcalf

- **Autumn Assessment - Stage 5:** The information for our Autumn Assessment of mental health services has been completed by the Local Implementation Team and sent to the Strategic Health Authority (StHA) on October 17th. This exercise has happened each year since the National Service Framework was published and this year is Stage 5. Once the information has been scrutinized and "validated" by the StHA at a meeting with LIT representatives on 28th October it is available to anyone interested. There are 4 parts :
 - Service mapping (details of all Herefordshire's services) on a dedicated website
 - Self-assessment (whether we are green, amber or red on 45 aspects of service)
 - Financial mapping of the investments by the PCT and Social Services
 - A review of the Local Implementation Team
- The Department of Health has arranged for all the Stage 5 information across England to be analysed by Mental Health Strategies and we will be able to compare Herefordshire's progress on the NSF with other areas and national trends later in the year.
- **All-Set Consortium:** Shaw Trust and the other Herefordshire organizations supporting people into employment have collaborated to form the All-Set Consortium. Alan Jones has now been appointed as the first All-Set Development Officer and is meeting employers in the search for new openings and opportunities for people

with disabilities or mental health needs. Alan also co-ordinates the approaches to employers from the All-Set member organizations. The intention is to increase the number and range of opportunities and to release time for the various agencies to provide support and training for their clients.

**More information from Mike Metcalf
01432 - 344344**

➤ mike.metcalf@herefordpct.nhs.uk

MENTAL HEALTH PROMOTION

- **WORLD MENTAL HEALTH DAY – 10TH OCTOBER 2003:** Thanks to all from the local network who displayed the activities of their organisations in the ‘Mental Health Information and Promotion Marketplace’ at the Courtyard last Friday, ie: Advance Housing, Community Alcohol Service, Herefordshire User Group, Manic Depression Fellowship (MDF), Involving People, MIND/LEAP Education Service, Herefordshire Carers, CLD Youth Counselling Trust, Holme Lacy Agricultural College – Student Support Services, The Rural Stress Support Network, Herefordshire Mental Health Services ICT, Smoking Cessation, 5 A Day and the Rural Media Company. Apologies were received from the West Midlands Mental Health Development Centre and [Ch@t](#) - South Wye User Led Project.
- In addition to those above, thanks are also due for the interest and support expressed by colleagues attending the ‘Rollercoaster’ film presentation during the morning, and finally for all help in organising the event to Pat Devereux, Advance Housing, on behalf of the Mental Health Forum.
- For more details of ‘Rollercoaster’ please contact Roger Hanson or Simon Hamilton (02432 262032) or go to www.herefordshirementalhealth.info.

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

**HEREFORDSHIRE USER GROUP
General Manager
Phil Pankhurst**

- **New General Manager:** Phil Pankhurst took over from Steve Wheeler as General Manager on 1st October following Steve’s retirement. We thank Steve for all his hard work for HUG and wish him a happy retirement. NB: Phil will continue to run the Advocacy Service as he now has an extended team with the appointment of a third salaried Advocate, Tracy Lock, who joined the team on 11th August 2003
- **World Mental Health Day – 10th October 2003 :** HUG had an exhibition stand at the Courtyard Theatre. HUG members had also taken part in the production of the film “Rollercoaster” which was shown twice on the day by Roger Hanson, Mental Health Promotion Co-ordinator for Herefordshire. This film was an educational resource aimed at raising awareness of mental health issues and reducing stigma. It was directed by Richard Urbanski of Nomad Media and received very positive feedback.
- **Fundraising - Sponsored walk:** HUG members have taken part in a sponsored walk between Worcester and Hereford on Saturday 18th October. The proceeds from the day will be split between HUG and fellow participants, the Rural Stress Support Network.
- **Advice to New User Groups :** Yet another fledgling user-group, this time in Cwmbran, asked HUG to visit and advise on the setting up of a user group and how to progress its work. Feedback was very positive and HUG will be continuing to visit the group for as long as its needs support.
- **Users-in-Partnership:** NIMHE has asked HUG to send a service-user representative to sit on the Users in Partnership Steering Group. The aim of the group is to strengthen the

involvement of local user groups in all the activities of NIMHE at a regional level. HUG will be sending a representative.

- **HUG Annual General Meeting:**
November 25th – 2.00pm at the Bishop's Palace – **ALL WELCOME**
Contact: Amanda Leighton: 01432 270050
amanda@h-ug.fsnet.co.uk
For Advocacy: Contact Phil Pankhurst:
01432 370283
pp@advohug.fsnet.co.uk

HEREFORDSHIRE MIND
Carol Grant
Acting General Manager

- Congratulations to Cath Eburne who took up post as manager of Day Services on October 1st.

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

CAS
COMMUNITY ALCOHOL
SERVICE
Brendan Sheehy
Co-ordinator

- **Dry House:** There seems to be a strong possibility that a Dry House may become part of a future new build in Hereford. Further information being sought from Strategic Housing.
- **Understanding Alcohol In Industry :** Roger Hanson informs us that there has been significant interest in our Understanding Alcohol Training, and the first course will be run towards the end of this year.
- **User Survey :** The User Survey has been launched and hopefully we will have some results early in the New Year.

Contact Brendan Sheehy on 01432 357825
Brendan.sheehy@herefordpct.nhs.uk

GUIDANCE DOCUMENTS
AND
CONSULTATIONS

- **[Mainstreaming Gender and Women's Mental Health](#)** “ Implementation Guidance on mainstreaming gender and women's mental health contributes to this broad approach in a key clinical priority area. It will help those planning and delivering mental health services to understand better what is meant by being “sensitive to the needs of women” and ensure that women feel better served by the mental health care system in terms of their individual experience.) Available from:

www.doh.gov.uk/mentalhealth/women.htm

- **[‘Improving Quality In Primary Care: A Practical Guide To The National Service Framework for Mental Health. Second Edition Autumn 2003.’](#)** The aim of this updated handbook is to provide a simple practical guide to the NSF for Mental Health. It is produced mainly for people working in Primary Care and has been revised with additional relevant information from the NHS Plan 2000. Available from

www.npcrdc.man.ac.uk

- A selection of responses to the **Mental Health and Social Exclusion consultation** initiated by the Office of the Deputy Prime Minister can be obtained on the following websites:
- NIACE –National Institute of Adult Continuing Education:
www.niace.org.uk
- Rethink (formerly the national Schizophrenia Fellowship) :
www.rethink.org
- Association of Directors of Social services: www.adss.org.uk
- Faculty of Public Health of the Royal College of Physicians in the UK:
www.fphm.org.uk

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

Please send to:

Sue Bennison

Moor House,

Widemarsh Common,

Hereford HR4 9NA

Tel 01432 262887

sbenniso@herefordshire.gov.uk

