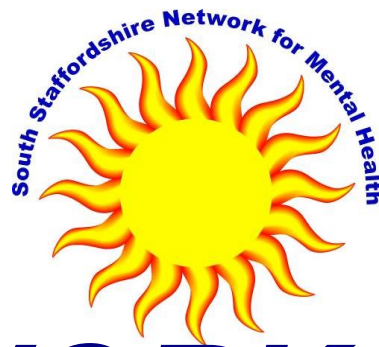


**ISSUE 48**  
**Autumn 2013**



# NETWORK NEWS

**NEWS FOR PEOPLE WITH AN INTEREST IN MENTAL HEALTH SERVICES THROUGHOUT SOUTH STAFFORDSHIRE**



Photo by Julia M.

Keri's Mumbblings	2	Cruse Bereavement Care	13
Gemma's Life on the Open Road	3	Making Space Work 4 You	14
Volunteer News	4	Network Member's Contributions	14
Rebecca: World Mental Health Day	5	Walnuts Music Group	15
Laughter Therapy Workshop	6	SSSFT Employment Works	15
Get Fit—Open Door of Hope	6	Konnektiv Dramatherapy	16
Staffordshire Parent Action Network	7	Changes Coordinators Wanted	16
SSNMH New Website	7	Right Advice First Time—Lichfield District	17
Message from SSNMH's Chair	8	Information on Physical Activity & Mental Health	18
Annual General Meeting Announcement	8	Cannock Chase CCG Patient Champions	19
Information Directory	9-12	Brendan House: Improving Customer Experience	19

# Keri's Editorial Mumbblings



Write to us at: South Staffordshire Network for Mental Health, FREEPOST MID 23594, Lichfield, Staffordshire WS13 6LL or email us on [sunetwork@ssnmentalhealth.co.uk](mailto:sunetwork@ssnmentalhealth.co.uk)

## Welcome to Autumn's Edition of Network News.

As always, we bring you a bumper edition and it looks like our decision to go to 20 pages is likely to stay!

## Right Advice First Time—Lichfield

With the launch of the Lichfield District RAFT Project (Right Advice First Time), I'm please to announce that we have recently recruited Tracey Hackett into the Outreach Worker role. Tracey has previously worked for the Network as a Rural Outreach Worker, so we know she's very well placed to help point people in the best direction to getting the best support for their situation. This is a fantastic project, aiming to ensure our members and members of other organisations in Lichfield District are aware of all the tools available to them. Last Wednesday, a lady visited to the office and described her 'dream service', completely unaware that Changes Health and Wellbeing could provide much of what she was looking for. Posters and leaflets have their place, however we know a project like this, where there is face to face contact is valuable. If you'd like to know more about the project, you can read about it on page 18.

## Network Nuggets Podcast

One of our volunteers, Sian, came to me a few weeks ago and talked about how she had been promoting Network News in the Cannock Chase area. She reported that one of our members, who receives the newsletter by post, told her that he can't read very well, and that

although he appreciates getting it four times a year, he can't make the best of it. We talked about Sian's idea of a spoken-word version of Network News and we agreed that a Podcast version of Network News would be in order! A podcast is like a radio show that you can listen to on the internet. We could also put this on CD and share with our members. Anyway, a group of our volunteers got together and recorded the last issue of Network News as a podcast, led by Chris (who is also working on our website). They called it **Network Nuggets** as in useful nuggets of information. Feedback so far has been wonderful and it has had hundreds of listeners! Edition Two, based on this Network News is not far behind.

If you want to really have your voice heard, what better way than being interviewed by our Network Nuggets Team. To listen to Network Nuggets, please go to our website and follow the link.

I really want to thank the team, Sian, Chris, Mike, Catherine and Rehana for the work on this. This was a gap identified by members for members, and solved by members for members – and this is really what the Network is about!

## Surveys

Thanks to all who sent in **Barriers to Involvement surveys**, we had 66 in total. We are still working on the report, and we'll report in the edition of Network News.

However, we are making some real headway on the Barriers to

Employment report with presentations made to the *Service User Reference Forum*, *Service User Employment Meeting* and *South Staffordshire & Shropshire Healthcare NHS Trust's Employment Conference*. Local representatives of Job Centre Plus are also working with us to find out more about local opinion regarding their services based on some of the findings. We have started seeing a larger response to our online surveys too. At the moment, we have these on *Making Space Work4You*, *Richmond Fellowship's Brendan House* and *Life Links* services. If you use these services and wish to have your thoughts heard, anonymously and privately, this is a great way of doing this. Please look at our website for more information.

## SSNMH Annual Survey

Yes, I know... Surveys, surveys, surveys... But this one is about us...

## What's working? What's not working? What's missing?

With this issue of Network News, you'll find a paper survey to send back using free post. Alternately you can use the online version, see our website.

As you can see by the production of Network Nuggets, we do listen and change things based on your thoughts so please do share them!

**Please don't forget our Annual General Meeting –see page 8**

**Yours—Keri**

**Our NEW Website:**

**Online Surveys:**

**Facebook:**

**Twitter:**

**Easy Fundraising:**

[www.ssnmentalhealth.co.uk](http://www.ssnmentalhealth.co.uk)

[www.ssnmentalhealth.btck.co.uk/OnlineSurveys](http://www.ssnmentalhealth.btck.co.uk/OnlineSurveys)

[www.facebook.com/ssnmentalhealth](https://www.facebook.com/ssnmentalhealth)

[@ssnmentalhealth](https://twitter.com/ssnmentalhealth)

[www.easyfundraising.org.uk/causes/ssnmentalhealth](http://www.easyfundraising.org.uk/causes/ssnmentalhealth)

# Life on the Open Road...

**Gemma Giles, Development Worker—Involvement Lead**  
[gemma.giles@ssnmentalhealth.co.uk](mailto:gemma.giles@ssnmentalhealth.co.uk)



It has now officially been six months since my first day at the Network. I've enjoyed every minute of it, not only have I had the opportunity to meet many of you but also had the chance to see what is being offered to you all over the South Staffordshire area. I have attended many meetings and I've found that the challenge of stigma and discrimination has been on many agendas, which I have found to be a huge step forward in the right direction.

I have also seen more of you being more aware of how you should be treated when using services and what your rights are. Even better I have seen you step forward and flag up when you feel discriminated against. It is amazing that many of you now are starting to be aware that you do have a voice and you do not have to just put up and shut up any more. For those of you still unsure of what stigma and discrimination means and whether you have experienced it, here are some definitions.

**STIGMA** is a mark of disgrace associated with a particular circumstance, quality, disability or person "the stigma of mental disorder".

**SOCIAL STIGMA** can occur in many different forms. The most common deals with culture, obesity, gender, race, and diseases. Many people who have been stigmatized feel as though they are transforming from a whole person to a tainted one. They feel different and devalued by others. This can happen in the workplace, educational setting, health care, the criminal justice, and even in their own family.

**DISCRIMINATION** means the unjust, prejudicial (harmful/detrimental) treatment of different

categories of people or things, especially on the grounds of race, age, sex or mental health diagnosis.

The one thing that I have noticed filtering through to me over the last few months is uncertainty of what we can actually help with. I have now developed an Involvement Workshop that is available for groups, which is about your involvement on services and the Network's involvement with you, it explains why we are here and what we can do to help you.

We receive lots of brilliant positive comments about services, it's great to know they are working for people. But, here is my own analogy of how I see the Network when it comes to helping you if you are having a negative experience with a service and how we can help.

Imagine you paid £500 to go on your first ever holiday not knowing what to expect. You get to the hotel and you are told all you are allowed to do is sit in your room for 7 days, and only to come out for dinner. You believe this is a good service as you don't know anything different. But then an independent representative informs you of the standard you should expect, and tells you of your rights and gives you a better understanding of what the service you paid for should be. This information then empowers you to make a complaint and help you get what you need/want from the holiday, not what the hotel wants to give to you. South Staffordshire Network for Mental Health are your independent representatives for the services you are part of.

Over the last few months, I have been out and about presenting workshops. The latest one is my Masked Perceptions Workshop. It

seems to be a good hit with people and I have walked away with some great comments and many stories of why you 'wear masks'. I have found the main reason is to prevent being discriminated against. This shows how cemented this issue is, especially inside families of people with mental health issues, but we have come so far with introducing a better understanding so I am confident we are moving forward quickly in the right direction.

## What I am up to over the next 3 months:

- ⇒ **Group visits over all South Staffordshire**
- ⇒ **Attending the Carers Roadshow in Burton Library**
- ⇒ **Attending the service user forums for the mental health day services**
- ⇒ **Attending the Network AGM and presenting my involvement workshop**
- ⇒ **Presenting my masked workshop to groups over the South Staffordshire area**
- ⇒ **Presenting a shortened involvement workshop to the Chadsmoor community brunch**

Please remember if you see me out and about, don't be shy and come chat to me. Tell me about your day what you found has helped you stay well, what services you enjoy attending, if you are looking for work or if you are volunteering anywhere. I would love to know this as it may help someone else in their recovery.

# Volunteer News



**The Network Team currently has 20 people on volunteer roles, contributing to our great work in different ways. Here's a selected update on what's going on...**

## **Rehana, Involvement Champion**

*There has been lots of interesting things going on! I am trying to organise a mental health awareness talk/day at my village hall. Fingers crossed that this will happen very soon! I am also hoping to redefine my role in the Network. I am moving on from Involvement Champion work and onto different things within the Network.*

## **Sian, Involvement Champion**

*Hi, I've been enjoying being out and about in Cannock and Rugeley, visiting Richmond Fellowship peer support meetings as an Involvement Champion for the Network. It has been great having discussions with the different groups about 'involvement' and 'physical activity and mental health', and getting to hear how Richmond Fellowship, as a service provider, is successfully meeting the needs of the service users who attend these groups. I have also been delighted to be a part of our pioneering new 'Network Nuggets' which is our new Podcast providing the Network News in audio form. To listen to our Podcast just log on to the Network website. I've also been part of a focus group, led by Gemma, about what masks we wear as*

*people with mental health difficulties. How easy is it to let the mask down and let people see the real you? Interesting stuff!*

## **Jason, Involvement Champion**

*Hi, my name is Jason and I recently joined the Network as an Involvement Champion for the Stafford area. I was looking for a volunteering opportunity when I met Gemma who suggested I apply to be a volunteer for the Network and as the saying goes, 'that was that'; I attended the induction and have really enjoyed the meetings and events I have been involved with.*

*So far I have been working with Gemma to establish my role within the Network and have supported her at events at Asda Stafford and at Lichfield library as well as attending the SURF meetings at Cannock and being part of the team working on the Time to Change bid. In the near future, I will be supporting Gemma with upcoming promotional events in Stafford and establishing regular contact with service users at Quest – Gemma and I have already held a positive meeting with Quest regarding this. I look forward to meeting lots of new people and helping the Network to support service users and*

*providers and have also pledged to attend the SURF meetings whenever possible*

## **Chris, Office Support**

*Well I'm relatively new to the network as a volunteer, but I've been around the Network since before it began! I have spent most of my time heading up the website redesign and the podcast projects (if you haven't listened – do! It's well worth it!). But I've also done a fair amount of involvement work in a couple of places. I love working with the network, and look forward to what's to come this next quarter, particularly the podcast*

## **Max, Philippa and Issie, Awareness Champions**

*Max is a student film maker, and with the help of Philippa and Issie, is working on a series of short films to help challenge stigma and discrimination. Although just a few minutes long, the pilot film we've seen is very personal and hard hitting.*

## **Julie, Office Support**

*Julie has again been the editor of Network News, her contribution to this has come on leaps and bounds - Thanks Julie. Additionally Julie has been voted as Volunteer Representative to the Board of Trustees.*

## **Staffordshire Community Wellbeing Fund**

Our volunteer programme is part funded by the Staffordshire Community Wellbeing Fund. We are proud to announce that we have been granted an extension to February 2014 to this project to help pay for volunteer's training and out of pocket expenses. **Thanks to the funders for this opportunity.**

### **SSNMH's Volunteer Programme is supported by:**

Staffordshire Cares:  
Community  
Wellbeing  
Fund



# World Mental Health Day 2013

Rebecca Toney, Development Worker



This year's **World Mental Health Day** on Thursday 10th October 2013 has the theme: **Mental Health and Older Adults**.

Depression affects 1 in 5 older people living in the community and 2 in 5 living in care homes. (*Adults In Later Life with Mental Health Problems, Mental Health Foundation quoting Psychiatry in the Elderly, 3rd edition, Oxford University Press, 2002*)

Dementia affects 5% of people over the age of 65 and 20% of those over 80. (*NICE, 2004*)

About 700,000 people in the UK have dementia (1.2% of the population) at any one time. (*NICE, 2004*)

Whilst the Network supports and signposts people to services which address people's functional mental health needs - difficulties such as depression, anxiety, panic, loss and adjustment—older people often experience a disabling combination of functional and organic difficulties which means that their care needs to be integrated and delivered by practitioners who have an awareness and understanding of mental health in its broadest sense.

My Dad was diagnosed with Alzheimer's and Vascular Dementia 12 years before his death last autumn. What was the impact of these diagnoses and how did he experience the early symptoms of forgetfulness, disorientation and memory loss? It will come as no surprise that he was at times depressed. Fear, anxiety at times became hellish terror at the nightmarish prospect of what was to come. His established sense of pride and dignity battled with an increasing dependency and helplessness. But no-one ever talked to us about any of this. Dementia drugs were prescribed and aids and equipment installed. Pads for incontinence stacked shelves where Dad's gardening gloves and assortment of hats used to be. The only people who seemed to notice, and care about, the emotional impact of Dad's illness - on him and us - were our fabulous and truly 'family' GPs whose home visits and support were invaluable.

There are older people's mental health services across our region within primary and secondary care. We are also fortunate to have *The Centre for Ageing*

*and Mental Health* at Staffordshire University. However, a recent Select Committee report from the House of Lords addressed Public Service and Demographic Change and makes a number of challenging recommendations including, paraphrased for brevity:

- The NHS will have to radically transform to deal with the increasing demand and costs that result from an ageing population.
- This radical transformation will require health and social care to function effectively 24 hours a day and seven days a week.
- Health and social care must be commissioned and funded jointly, in order to facilitate joint working and use resources efficiently.

## Improving Access to Psychological Therapies

Notably, despite the long-awaited Improving Access to Psychological Services (IAPT) programme, there is a considerable under-representation of older people using these services.

The estimated prevalence of common mental health disorders for adults over the age of 64 in England is 18% (*Adult psychiatric morbidity survey, 2007*). Access rates to IAPT nationally for this group are an average of 5.2% compared with a rate of at least 12% set out in the 'Talking therapies: four year plan of action' (*DH 2011*).

Obviously the percentage of older people in a local population will vary but the universal message for IAPT services in England is that older people are not accessing IAPT in expected numbers.

So if IAPT is available to older people and the psychological interventions provided are effective why are there so few older people accessing the service and what can be done?

A very simple barrier is the historical situation where specialist mental health services existed for older people and so health and social care professionals forget that IAPT is an all age adult service.

A significant barrier is one of perception.

The perception being that talking treatments are not

as relevant for older people's problems: this can be on the part of the older person themselves or the health and social care professionals who work alongside them.

A third set of barriers are practical, in terms of the type of mobility issues or sensory problems that are more common in older people, and may require flexibility from services about the venue, timing and format of the service delivery.

Also cited, generically trained staff lack understanding of the issues for older people accessing treatment, and thus older people are 'put off'. There is no evidence of higher drop-out rates of older people from IAPT services. However, it is noted that IAPT workers express a lack of confidence in working with older people and so the national IAPT group are planning future Older People training and will be available to provide top up training for existing staff.

**National Older Person's Day: 1 October** Shortly before World Mental Health Day it is National Older Person's Day. The main aim for the day is to share a national celebration of the contributions and achievements that older people make to our society.

Sadly I have found no information about any events that are taking place locally to celebrate World Mental Health Day. Happily, Age UK in South Staffordshire are celebrating older people and their skills, wisdom, health and wellbeing with two special events.

**1 October 2013:** Heritage Centre in Lichfield from 9.30am with games, recipes, quizzes, lots of information, etc

**23 October 2013:** 'Treat Yourself, Learn and Enjoy' day at a new Day Opportunities Centre, Sir Julian House, 258 Walsall Road, Bridgetown, Cannock. Free of charge to attend with a small donation requested for refreshments. Please phone 01785 788 496 for further information.

# My Experience at the Laughter Therapy Workshop, Lichfield Library, 4<sup>th</sup> July 2013

By Jason Middleton

Being interested in and open minded to the potential benefits of all types of therapy, I was intrigued by the advertisement I saw in the summer edition of Network News for a Laughter Therapy workshop to be held at Lichfield Library, and as I was already in Lichfield having supported Gemma at the library in the morning, it seemed an ideal opportunity to see what it was about.

I was made to feel very welcome by Lichfield library, which to me was very important as I did not know anybody else who attended the workshop although all the other attendees were very friendly. This really helped me to relax and not feel so anxious. The chairs were arranged in a circle so as to help create a group atmosphere.

Robin, who was running the workshop, then introduced himself – I looked at him and thought to myself “he reminds me of someone – Father Christmas”! He also had a very loud, infectious laugh which only served to add to my initial impression and helped to lighten my mood – you couldn’t help smiling when he laughed!

We began by introducing ourselves and some relaxation exercises. Pretty standard fare for most therapy workshops you may think, but it was then that things changed and the exercises began to take an unexpected twist.

Robin encouraged us all to get involved in the different exercises all designed with the aim of leaving us with a smile on our faces and they didn’t disappoint. These included more expected exercises such as laughing in turn and walking over to each other, smiling and saying ‘hello’ but also more bizarre ones such as throwing paper ‘balls’ at each other (you may be surprised how good that can feel), bumping into each other and saying ‘sorry’.

For me though I would say the most bizarre (and to be honest it still leaves me shaking my head when I think of it as if I had imagined it) the ‘haa haa, hee, hee’ exercise. Here Robin produced two toys, one he called ‘haa’ and the other ‘hee’. He proceeded to pass them around the group in different directions and when passing on the toy you had to make the sound the toy represented and so did each person before you. It is difficult for me to do justice to how bizarre this felt.

We were also encouraged to say what behaviour we would like to change about ourselves, mine was to try not to overcomplicate everything. I am aware that my own anxiety results in me trying to make more of things than is necessary especially when they are very simple but admitting and confronting this felt like

a step forward for me.

I felt that my mood had lifted as a result of attending the workshop. I had even chatted with others in the group and not felt anxious at all, the experience had helped the whole group to bond and everybody seemed to benefit from having attended.

Even now, two months afterwards, when I think of the workshop and Robin, I can’t help but smile – his friendly approach and big laugh definitely made the experience memorable. If anybody is fortunate enough to be able to attend a workshop, I would encourage them to give it a try.



# Get Fit

**OPEN DOOR OF HOPE** has just started a great Exercise Class – exercise with a real FUN element. Stretching, light cardio vascular work & lots of endorphin release! No need to feel self conscious, it is new to everyone. Please come along and give it a try. You won’t regret it.

**Mondays 3-4pm. Methodist Centre, Backcester Lane** (Car Park opp. & Nr. Bus Station). For further info. contact: Jane Taylor EXTEND Teacher 01543 263704 e-mail: [info@janebusybee.co.uk](mailto:info@janebusybee.co.uk)

## easyfundraising

.org.uk

If you shop online, you can raise money for South Staffordshire Network for Mental Health without it costing you a penny.

Simply sign up at [easyfundraising.org.uk](http://easyfundraising.org.uk) and select South Staffordshire Network for Mental Health as your cause.

Whilst signed into easy fundraising, search for your retailer, click on ‘go shopping’ for that shop, and when you’ve got to their website shop as normal. Lots of the online shops you might already use have signed up to this scheme. A percentage of what you spend will be donated to us by the company.

Our fundraising page is [www.easyfundraising.org.uk/causes/ssnmentalhealth](http://www.easyfundraising.org.uk/causes/ssnmentalhealth)

eBay .co.uk

Argos

amazon.co.uk

YOUR M&S

vodafone

AND LOADS MORE!!!

DEBENHAMS

LOVEFILM.COM



## By **Camilla Freeman**

The Staffordshire Parent Action Network helps parents and carers of disabled children under the age of 18 make a difference to the services offered to them in Staffordshire. The group is run by parents and carers of disabled children so they have a wealth of knowledge gained through personal experience.

I met S.P.A.N. members at an event in Tamworth and was very impressed with the amount of help they gave to the parents and carers of disabled children who attended. Although S.P.A.N. is not a support service my friend, who has a disabled child, found the S.P.A.N. members very supportive and left the event with a lot of useful information and the knowledge that she had met a group of people who really understood her situation, could point her in the right direction for help and were happy to listen to her views and pass them on to service providers.

S.P.A.N. members attend meetings held by many service providers where they pass on the views they

have collected from parents of disabled children in Staffordshire to help shape the services so that they work for the people that use them. If you would like to meet a member of S.P.A.N. a good place to go would be one of the SUN (Staffordshire Umbrella Network) meetings which are held once every school term in each of the five Staffordshire districts.

You can join S.P.A.N. by visiting their website at [www.span-info.co.uk](http://www.span-info.co.uk) where you will also find links to their E-Forum, Twitter and Facebook pages and a list of the groups in Staffordshire that parents and carers can attend for support.

You might wonder why I thought an article about S.P.A.N. would fit in a publication aimed at people interested in mental health services. I thought it fits because throughout my years as a service user, volunteer and staff member of mental health services I have met many service users who are parents or carers of disabled children and I strongly believe that the work of organisations like S.P.A.N and the SSNMH who help get the voice of service users heard are essential if local services are going to continue to improve.

**Camilla, Involvement Champion, East Staffs**

# *We Have A New Website!*

By the time this edition of Network News goes out, the Network will have a fantastic new website! Following discussions within the staff and volunteers, it was decided that it was time to have a look at the website and think about ways of improving it. The end decision was to completely start again to build something that is ready for the 21<sup>st</sup> Century, and makes it easier for our members to add their thoughts. The address is still as it's always been ([www.ssnmentalhealth.co.uk](http://www.ssnmentalhealth.co.uk)). Please take a look around. There's some new features up there that you may find helpful:

- ◆ ***A regularly updated map of the services within the area***
- ◆ ***Our new podcasting service will be available shortly***
- ◆ ***The ability to make comments about articles (this will be moderated)***
- ◆ ***A form to fill in to join the network or update your existing membership***
- ◆ ***The ability to make the text bigger or smaller with one click of a mouse***
- ◆ ***The ability to email the network directly from the website***
- ◆ ***Access to all the reports, surveys, questionnaires and volunteering opportunities***
- ◆ ***Regularly updated blogs from some of our staff and volunteers***

The website was designed by one of our volunteers, **Chris Miller**, who has many years of experience as a self-employed web designer, and was more than happy to give his time to the project.

If you have any ideas of things you want to see on here, drop us a line through the new website at [www.ssnmentalhealth.co.uk/contact-us](http://www.ssnmentalhealth.co.uk/contact-us).

**Why not share the address with as many people as you can?  
It's a great opportunity for us to raise awareness of the Network, and what we do.**

[www.ssnmentalhealth.co.uk](http://www.ssnmentalhealth.co.uk)

A Message from the Chair of South  
Staffordshire Network for Mental  
Health, Pauline Wright

I am sure we all know the saying "If you want something done ask a busy person" - and I am certain that a number of you reading this now recognise yourself – but what follows is not only for you but for people with time to spare who may volunteer already or are interested in becoming a volunteer and giving some time to improve the lives of people affected by issues relating to mental health.

I am the current Chair of the Trustee Board overseeing the Network (SSNMH). The Board at the moment consists of myself, Maureen as Vice-Chair, Tony as Treasurer and four Trustees, April, Avril, Bob and Clare – a small group of seven individuals all equally committed to the Network and its aims and objectives – to ensure that people in the South Staffordshire area are properly equipped to access and obtain the very best services available in the area to promote mental health wellness. The constitution enables us to have a Trustee Board of up to 15 members – so we have room for you! In addition to the seven Trustees we invite a representative from the volunteers, currently Julie, and before that Mandie, who represented the volunteers for a number of years.

I've always had an interest in Mental Health from many quarters. My sister is a Registered Mental Nurse and prior to her recent retirement had worked for 35 years as a Psychiatric Nurse in areas of Staffordshire. I have worked in the voluntary sector since the mid 1970's for Adult Literacy and Citizens' Advice. I initially gave face to face advice at the Bureau but then joined the Trustees and served as both Vice Chair and Chair for a number of years until 2004. It was during my time as Chair at Tamworth Bureau that I was involved with the setting up of the CAB service within

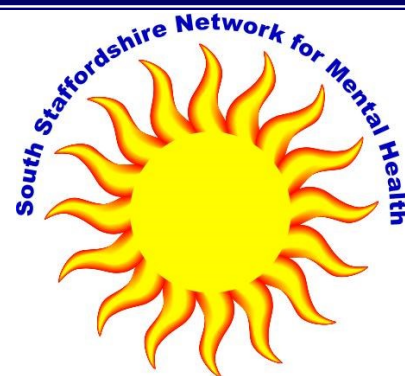
Margaret Stanhope Centre in Burton-upon-Trent and the George Bryan Centre in Tamworth giving advice to patients at the two locations.

My working life was spent within Magistrates' Courts in Staffordshire and Leicestershire as a Legal Adviser and during that time I became familiar with some of the issues facing individuals affected by mental health. I also sit as a Mental Health Hospital Manager – within South Staffordshire – independent from the Trust dealing with panel reviews for people detained under the Mental Health legislation.

My association with SSNMH began when I joined the Trustee Board in November 2010. I replaced Sean Hambridge as Chair in September 2012. So, as I write this I have been Chair for almost a year – and am gaining experience in the role. I find the work stimulating and interesting – and cannot emphasise the value of the role of a Trustee. On finding myself as Chair I was given an A4 sheet of paper setting out the Role of Chair – describing the role as "First Amongst Equals" – and that is what all members of the Board are – equal!

The work of the Board wouldn't and couldn't happen without the work of our dedicated staff – they might be small in number – but they all work for the Network with enthusiasm to improve the lives of the people of South Staffordshire.

**So if you feel you could become a Trustee – the time commitment is around five 2 hour meetings a year and attendance at the Annual General Meeting in November. Please feel free to come along to the AGM on November 12<sup>th</sup> at Wade Street Church, or contact us – Maureen, my Vice-Chair is happy to meet with you and give you some further information.**



## ANNUAL GENERAL MEETING

Tuesday 12 November 2013  
1.00pm—3.00pm

Wade Street Church, Frog  
Lane, Lichfield, WS14 9AA

*Afternoon Tea provided*

*The Brendan Commons*

*Lectures welcomes*

*Guest Speakers on:*

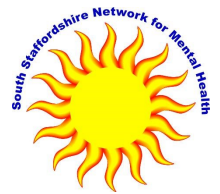
**Care Programme Approach  
and  
Involvement**

**Remember to nominate  
people for trusteeship—see  
your individual invitation for  
instructions.**

If you are planning to attend please let us know by 1 November 2013 for catering purposes—telephone us on 01543 301139 or email us at [sunetwork@ssnmentalhealth.co.uk](mailto:sunetwork@ssnmentalhealth.co.uk)

If you are a member, remember to bring along your individual invitation letter as proof of your voting right.





Please note: If a service is listed as Referral Only, please contact your GP or Care Coordinator in order to access the service. All times & venues subject to change, please check with Service Provider before attending for the first time.

Note— The Info Directory is in the middle so you can pull out and keep

## **Mental Health Helpline — Brighter Futures**

Freephone from landlines and most mobile phones. Time provided for you to talk about your worries and concerns in complete confidence. Ring Out Service also available through referral.

**0808 800 2234**

Weekdays 7pm– 2am Weekends 2pm—2am

## **Mind Advice Line**

Able to provide information on a range of topics including types of mental distress, where to get help, drug and alternative treatments and advocacy. Mon-Fri 9am –6pm 0300 123 3393 [info@mind.org.uk](mailto:info@mind.org.uk)

## **Cruse Bereavement Helpline**

Monday-Friday 9.30-5pm

**0844 477 9400**

**Samaritans Helpline 24 hours, 7 days a week, 365 days a year 01785 243333 or 08457 909090**

## **Work4You Employment Service — Making Space**

A mental health employment service, covering Staffordshire to help individuals who wish to gain or retain paid work. We will support people who are not yet in employment but wish to do so. Also support individuals who are at risk of losing their job because of mental ill health to maintain that role. Offers training to employers to raise awareness and reduce the stigma associated with mental ill health in the workplace.

01785 887813

Staffordshire Business Village, Dyson Way, Stafford. Staffordshire, ST18 0TW

## **Employment Works — SSSHFT**

Supporting a stepped approach to employment for people with mental health problems or learning disabilities.

Referral through Care Coordinator only

3 Tipping Street, Stafford, ST16 2LL. Tel 01785 249251

## **Brendan House Short Term Intervention Service — Richmond Fellowship**

Provides a safe space and support in a non medical setting for a short period of up to 3 nights. Offers service users who are in personal crisis help, support and the opportunity to talk. First stay is Referral Only.

01543 899465 5 Locketts Court, Cannock, Staffordshire, WS11 5FZ [brendan.house@richmondfellowship.org.uk](mailto:brendan.house@richmondfellowship.org.uk)

## **Asist Advocacy Service**

One to one support in having your views and opinions heard and understood

Chadsmoor: 01543 468588

Burton on Trent: 01283 564772

Stafford: 01785 246709

CVS Buildings Arthur Street, Chadsmoor, Cannock, WS11 2HD

[www.asist.co.uk](http://www.asist.co.uk)

## **Carers Association South Staffs (CASS) Mental Health Project**

Supporting carers caring for someone with mental illness. Offering free and confidential advice and information, both general and specific to the carers situation, including emotional support, signposting and providing a voice for carers.

Stafford (covering South Staffs District, Chase District and Stafford Borough): 01785 606675

Lichfield (covering East Staffs District, Lichfield District and Tamworth Borough): 01543 301140

## **Quest Day Opportunities**

Providing Recovery orientated services and volunteer opportunities across the South of Staffordshire—Referral Only

3 Tipping Street, Stafford, ST16 2LL. Tel 01785 783078 (new number) Office open Mon – Fri 8.30am – 4.00pm

Tamworth contact – Matthew Hocking on 07837643335

Burton & Uttoxeter contact – Carl Slater on 07891871928

Lichfield contact – Janice Pacey on 07792370678

Cannock contact – Anita Sumner-Smith on 07792370718

Wombourne & Codsall contact – Lily Rodberg on 07792398581

Stafford contact – Duty Officer on 01785 249251

## **Patient Advice and Liaison Service (PALS) for SSSHFT**

Ensures Service Users and carers receive information and confidential support when they need it and that their views and suggestions are used to shape the way the Trust is run. PALS also listen to concerns and work towards their resolution.

01785 221469

01785 221490

01785 221499

**South Staffordshire Network for Mental Health**, Office Open Mon—Thu 9am-5pm, Fri 9am –4.30pm

Mansell House, 22 Bore St, Lichfield, WS13 6LL, Tel 01543 301139

[sunetwork@ssnmentalhealth.co.uk](mailto:sunetwork@ssnmentalhealth.co.uk) [www.ssnmentalhealth.btck.co.uk/OnlineSurveys](http://www.ssnmentalhealth.btck.co.uk/OnlineSurveys)

[www.ssnmentalhealth.co.uk](http://www.ssnmentalhealth.co.uk)

[www.facebook.com/ssnmentalhealth](http://www.facebook.com/ssnmentalhealth)

Twitter @ssnmentalhealth

**Donate whilst you shop:**

[www.easyfundraising.org.uk/causes/ssnmentalhealth](http://www.easyfundraising.org.uk/causes/ssnmentalhealth)



# INFORMATION DIRECTORY - from October 2013

## West Staffordshire

If a service is listed as Referral Only, please contact your GP or Care Coordinator in order to access the service. All times & venues subject to change, please check with Service Provider before attending for the first time. Richmond Fellowship's services by appointment and referral only, 1:1 sessions & additional support available outside of times shown.

Stafford Borough		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
<b>Mid Staffs Mind</b> You can drop in to Peer Support on weekdays	Trinity Church, Mount Street, ST16 2BZ Highfields Signposts Centre, Auden Way, ST17 9TX	Work Club 10am—1pm Signposts Centre	Peer Support Creativity 10am—1pm Trinity Church		2pm-4pm Women's Group Trinity Church		Out of Hours Plus 10am—4pm <b>Referral only</b>	
<b>Richmond Fellowship Life Links</b>	Stafford Office: Suite 2, St. Johns House, Weston Road, Stafford ST16 3RZ 01785 227 020 Service also at Stone, Frank Jordan Centre, Lichfield Street, Stone, ST15 8NE		<i>Evening out and about</i>	Out and about day every other Wednesday meet at trinity church	<b>Stafford</b> 10am-1pm Structured Session St Johns House <b>Stone</b> Peer 11am - 2 pm	10am—1pm <b>Stafford</b> Art Expressions and Peer Support St Johns Church		
Cannock Chase		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
<b>Mid Staffs Mind</b> You can drop in to Peer Support on Weekdays	<b>Main Office; South Point at Park Plaza, Heath Hayes WS12 2DD</b> <b>Asda supermarket Cannock-community room.</b> <b>Out of Hours</b> at Cannock Community Fire Station Out of Hours/ Plus are Referral Only	12-1.30-music 1.30-3-- drama @ ASDA 1pm-4pm women's group <b>Out of Hours</b> 5.30pm-8.30pm	2pm-4pm Badminton at Cannock Leisure centre	10am —1pm Work Club Cannock Library	10am—1pm Oasis -Appointment needed, Office <b>Out of Hours</b> 5.30pm-8.30pm	Women's Group 12noon - 3pm Women's group held at Cannock fire station		
<b>Birth Art Group</b> <b>Fresh Start</b> <b>Friendship Group</b>	Brereton & Ravenhall Parish Hall, Main Rd, WS15 1DS, 07707 392 993 Barns Hotel, Cocksparrow Lane, WS12 4BP	<b>Fresh Start</b> 8pm				<b>Birth Art Group</b> Alternative Thursdays 1pm—3pm		
<b>Richmond Fellowship Life Links</b>	Cannock Office: 16 High Court, Newhall Street, WS11 1GR, 01543 500 969 Services also at: Avon Community Centre, Avon Road, Cannock, WS11 1LH (near Asda) Rugeley St Pauls Church, Lichfield St, WS15 2EH	<b>Cannock</b> Avon Centre 11am-2pm Structured Session <b>Rugeley</b> 9.30am-1.30pm 1-1 support meetings		<b>Cannock</b> <b>Evening out and about</b>	<b>Rugeley</b> 9.30am-1.30pm Peer Support	<b>Cannock</b> Avon Centre 11am—2pm Peer Support and Arts		
South Staffs District, inc Seisdon		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
<b>Richmond Fellowship Life Links</b>	Wombourne Community Fire Station Giggety Lane WV5 0AX Great Wyrley Community Centre, Landywood Lane, WS6 6JX Codsall Village Hall, Wolverhampton Rd WV8 1PW Penkridge: Hailing Dene Centre, Cannock Rd, st19 5dt	<b>Wombourne</b> Structured Session 10am—2pm <b>Great Wyrley</b> Peer Support 1pm—4pm	<b>Codsall</b> 9.30am—1.30pm Structured Session last Wed of month: Hailing Dene Centre, ST19 9SD	<b>Penkridge</b> Peer Support 2pm-4pm		<b>Codsall</b> Peer Support RF 10am - 12noon	<b>Wombourne</b> <b>Peer Support</b> 10am—2pm	
<b>Mid Staffs Mind</b> Peer Support	Wombourne Community Fire Station Giggety Lane WV5 0AX			<b>Wombourne</b> 1pm-4pm				



# INFORMATION DIRECTORY - from October 2013

## East Staffordshire

If a service is listed as Referral Only, please contact your GP or Care Coordinator in order to access the service. All times & venues subject to change, please check with Service Provider before attending for the first time.

Burton On Trent		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
<b>Open to all</b> <b>A Plus Self Help</b>	Salvation Army Citadel, Mosley Street, DE14 1DR Call Michael on 07833282137	'Craft and Chat' All Saints Church Branston Rd 1pm - 3pm		<b>New Baptist Church</b> Derby St. Burton 10 am to 4 pm	<b>A Plus Self Help</b> Activities & support 11am to 3pm Snacks & Hot Food at cost	<b>All Saints Church</b> Branston Rd, 11am to 3pm		
<b>All Saints Church</b> <b>New Baptist Church</b>	Branston Road, Burton on Trent, DE14 3DD Derby Street, Burton on Trent, DE14 2LE							
<b>Changes—Burton</b> Office Open Mon– Fri 10am–3pm  All activities at office unless stated	Main Office: Burton on Trent 222 Branston Road, Burton on Trent, DE14 3BT, 01283 500805 burton@changes.org.uk Services at: The Hawthorn Resource Centre, 200 Horniglow Rd DE14 2PY Stretton: Priory Centre Church Rd DE13 0HE Stapenhill: Waterside Advice Shop, 104 Short St, Stapenhill, DE15 9LT Winshill Resource Centre, Canterbury Rd, DE15 0HD Burton Fire Station, Moor St, DE14 3SU	<b>Stretton Mutual Support Group</b> 11am–1pm	<b>Social Activity Walk</b> 10:30am at Stapenhill Bandstand <b>Mutual Support Group</b> 12.30- 2.30pm Burton Library DE14 1AH <b>Winshill Mutual Support Group</b> 6.30-8.30 pm	<b>Mutual Support Group</b> 10am–12pm Hawthorn resource centre Work 4u information hour 11am–12pm <b>Social Activity</b> 1pm—3pm	<b>Wellness Work-shop</b> 10.00–12.30pm <b>Stapenhill Mutual Support Group</b> 12.30-2:30 Waterside advise shop <b>Mutual Support</b> 6.30-8.30pm Main office	<b>Mutual Support Group</b> 10am–12pm <b>Mutual Support Group</b> 12.00–2.00pm Burton Fire Station	<b>Mutual Support Group</b> 10.30am— 12.30pm	
<b>Task Works</b>	Unit 20, Imex Business Park, Shobnall Road, DE14 2AU, 01283 546754. <b>Referral Only</b>	9am—3pm	9am—3pm	9am—3pm	9am—3pm	9am—3pm		
<b>Burton and District Mind</b>	Wood Street, Burton on Trent, DE14 3AA, 01283 566696 info@burtonmind.co.uk	<i>Burton and District Mind run counselling services by appointment and referral only</i>						
<b>Uttoxeter</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
<b>Art &amp; Soul Friendship Group</b>	Hawthorne House, 45 Market Place, ST14 8HF Drop-In, staff & peer to peer support, art & craft room, Complimentary Therapies for stress & relaxation available.	9. am—3.45pm	9. am—3.45pm	9. am—3.45pm	9. am—3.45pm Reiki 11am-12noon <b>Women's Group</b> 6pm –9pm	9. am—3.45pm		
<b>Abbots Bromley Friendship group</b>	Church House, Baggot Street, Abbots Bromley, WS15 3DA	12.30pm—2.30pm						
<b>Changes</b> Office Open Mon– Fri 10am–3pm  All activities at office unless stated	23 Carter Street, Uttoxeter, ST14 8EY 01889 567436 Uttoxeter@changes.org.uk  Rocester Children's Centre, High Street ST14 5JU Abbots Bromley Village Hall, off Baggot St  Ashbourne Waterside Centre	<b>Rocester Mutual Support</b> 10.30am–12.30pm <b>Wellness Work-shop</b> Open to All 12-2.30 pm <b>Mutual Support Group</b> 18-25years 6.30pm -8.30pm <b>Ashbourne Mutual Support</b> 6.30pm—8.30pm	<b>NOCN Training</b> 10am—12.30pm <b>Abbots Bromley Mutual Support</b> 10.30am -12.30pm  <b>Social Afternoon</b> Call for details 1pm—3pm at Office	<b>Mutual Support Group</b> 6.30pm -8.30pm at office	<b>Social Afternoon</b> Call for details 1pm—3pm At Office Wellness work-shop 6.30-8.30	<b>Mutual Support Group</b> 10am–12pm  <b>Coffee Afternoon</b> 1pm—2.30pm At Office	<b>Mutual Support Group Adult/PY</b> 10.30am- 12.30pm Office closes at 1pm	

# INFORMATION DIRECTORY - from October 2013

## South East Staffs

If a service is listed as Referral Only, please contact your GP or Care Coordinator in order to access the service. All times & venues subject to change, please check with Service Provider before attending for the first time.

Lichfield and Burntwood		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
<b>Open Door of Hope</b>	Lichfield Methodist Church, Backcester Lane, Lichfield, WS13 6JH Mike on 07779 980741	1pm-3pm			1pm-3pm			
<b>Bi Polar Group</b>	Jigsaw, 72 Dimbles Lane, WS13 7HL 0845 434 9907 Every Second Monday of month	7pm-9pm	9am -12noon					
<b>Drop Inn</b>	St John's Community Church, Chase Terrace Burntwood	1pm-3pm	10am-3pm					
<b>Community Café Grow Well</b>	Curbourgh Community Centre WS13 7NY Beaudesert Park Farm-transport provided if needed.							
<b>Changes Lichfield</b>	Pavilion, Beacon Park, Beacon Street, WS13 6QZ 01543 309770 Service also at: Jigsaw, 72 Dimbles Lane, Lichfield Mansell House, 22 Bore Street, WS13 6LL	<b>NOCN Coord's Training</b> 10.30am - 12:30pm <b>Foundation Programme</b> Jigsaw 1-3pm	<b>Yoga @ the Pavilion</b> 10.00am-11am <b>Peer Support Group</b> Adult / PY 1pm-3pm	<b>Social activities &amp; Time for Art</b> 1pm-3pm <b>Adult Peer Support Group</b> 6pm -8pm Mansell House	<b>Adult Peer Support Group</b> 10.30am-12.30pm	<b>Wellness Programme</b> Office 10:30am - 1pm	<b>Adult/PF Peer Support Group</b> 10.30am-12.30pm	
<b>Burntwood</b>	Burntwood: Unit 8, Old Mining College, Queen St, Chasetown, Burntwood WS7 4QH 01543 679000 burntwood@changes.org.uk Service also at: Chase Terrace Methodist Church, Princess Street, Chase Terrace, WS7 8JW	<b>Wellness Programme</b> 12noon-3pm	<b>Support Group</b> Adult / PY 10am-12.00noon <b>WAP Peer Support</b> 12.30 -2.30pm	<b>Social Activities</b> 10am-12noon <b>Adult Peer Support Group</b> 12.30- 2.30pm	<b>Office Closed</b>	<b>Wellness Foundation Programme</b> 10am -12noon <b>Peer Support at Methodist Church</b> 12.30pm-2.30pm	<b>Social Activities</b> 10.00am-1.00pm	
<b>Tamworth</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
<b>Starfish Project</b>	07947 957155 www.starfishtamworth.org Crypt at St Editha's Church B79 7BX St Martins Church, Stoneydelph St Andrews Church, Leyfields	St Editha's 2pm - 4pm & 7.30pm - 9.30 pm		Stoneydelph 7.30-9.30pm	St Andrews 2pm -5pm			
<b>Changes</b>	Office 6 Lady Bank, Tamworth, B79 7NB 01827 311006 Service also at: The Arch, Amington B77 4EW Fire Station, Marlborough Way B77 2NW	<b>Male Mutual Support Group</b> 10.30am-12.30 <b>Foundation Wellness</b> 1pm-3pm <b>Amington Peer Support</b> 10am-12noon	<b>Lady's Mutual Support Group</b> 10am-12noon <b>Art Session</b> 1-3pm	<b>WAP Peer Support Sessions</b> 1pm -3pm	<b>Wellness Programme</b> 10am-1pm <b>NOCN Training</b> 1.30pm-4pm <b>Mutual Support Group (Adult)</b> 5pm - 7pm	<b>Peer Support Fire Station</b> <b>Social Afternoon</b> 12noon -3pm Inc. Meditation 1pm-3pm	<b>Mutual Support Group</b> 10.30am-12.30pm	
<b>Trust's Peer Support Service</b>		Referral from Care Coordinator Only for more information—C/O Amanda Warman-Bennett, 01827 308820 ext 8626						

## *Cruse Bereavement Care celebrate record successes at Annual Business Meeting*

Sue Williams, Chair of Cruse Bereavement Care South Staffs, thanked and congratulated the 60 volunteers who have worked as a great team to ensure that a record number of locally bereaved adults and children have obtained the free, quality support that they need.

During the year over 400 people contacted the local Cruse Helpline. In particular, Sue emphasised the many volunteers who have completed 5 years with the charity as well as Shirley Robinson who has been volunteering for a magnificent 15 years!

Clive Gunner, who has recently left Cruse, was awarded a special certificate for his input over the last 12 years, both as a bereavement support volunteer and then as a Supervisor. Sue read out a glowing testament from Clive's team regarding his unique abilities.

Special certificates also went to:

- Val Brabazon for her work with a bereavement group who meet in Heath Hayes
- Becky Peach and Paula Wakefield for their impressive skills at a training day on creative approaches for supporting the bereaved
- Maureen Hillman for her sterling work on Allocations
- Fiona Gillespie for her Fund raising and PR achievements

The ABM was attended by over 40 local people including the Deputy Mayor of Tamworth and representatives from the Cannock Clinical Commissioning Group and the Lichfield Ladies Circle.

Guest Speaker Dodie Graves, (Bereavement Service Co-ordinator Compton hospice, Wolverhampton) talked inspirationally about her book, 'Talking to the Bereaved' and how to help a bereaved adult or child to celebrate a loved ones life and to find a meaningful life without that person. Her personal reflection gave her talk a special poignancy.

Finally, Dodie congratulated Sue on her leadership and input, 'Today is a testament to your skills in creating a team that's lively and committed. The work we do is sad but also uplifting at times.'

Cruse Bereavement Care offers the free one to one support of trained bereavement volunteers. If you feel you need help, or want to volunteer or make a donation, **please ring the Helpline on 01543 433479**

Fiona Gillespie  
South Staffs Cruse Bereavement Care Communications  
and PR Officer                      07786803455 or 01543 318644



## Work4You, Making Space is awarded Centre of Excellence

Making Space have been around for 30 years now helping many people to take part in stimulating everyday activities and many others, step by step, towards their personal ambitions Making Space embrace *personalisation* - helping the people who use our services to be in control of their own lives.

Our employment service Work4You works across Staffordshire (excluding Stoke on Trent). The service supports people with or recovering from mental illness who wish to gain and retain paid employment. For many reasons people with mental health problems find it difficult to engage in employment. Our service aims to address this problem so, if you're aiming for part - time or fulltime employment or maybe self employment - we can give you expert advice you need to get back into work.

Using our service - you will be allocated a named Employment Advisor who will meet with you at a location within the community of your choice and work together with you to agree an action plan to help and advise you on your journey back into employment. The service will continue to provide support once you're successful in gaining a job by providing time unlimited in work support.

Working according to the Individual Placement Support model (IPS) which is an extensively researched model of supported employment. The team at Work4You decided, a few months ago to see how closely we worked to this by applying for a Fidelity Review which covered the twenty five principles of the model. The review was carried out in July 2013 by the Centre of Mental Health. We worked hard as a team making sure we covered and



Making Space Employment Service  
Staffordshire

put into practice all twenty five principles. We believed this would demonstrate not only to ourselves but to the people we support how committed we are at Work4You in providing a high standard of service and individually tailored support according to these principles. The review was evidenced based which included interviews with our partners at the various Community Mental Health Teams, Job Centre Plus and also the JCU who commission our service through the County Council. Our service users were also there to be interviewed and provide feedback and to tell their own stories of how Work4You has worked in partnership with them in meeting their employment goals and help them in retaining paid work.

In August 2013 we received the news we had been certified as a UK 'Individual Placement Support, Centre of Excellence'. As you can imagine the team were very pleased and this has motivated us even more to strive and develop the service to help those we support into employment.

Centre for  
Mental Health



IPS Centre of Excellence 2013 - 2016



## *A Thought on Stigma and Discrimination*

After being a NHS service user for over 40 years I think that when you first become diagnosed with an illness similar to mine you are given an imaginary tattoo that can be seen. People who have not experienced a mental illness may never know how much pain and anxiety it causes.

—MW 2013

## GLOOM

BY JOAN LAINTON

I sit alone in my room staring out full of gloom.  
Seeing nothing but the wall closing in - will it fall?

Husband in the other room - why can't he see my  
gloom? Telly on, fire lit, all he seems to do is sit.

I want to talk about my day.

Why doesn't he have anything to say?

I go into another room, there on the table  
stands daffodils and jasmine.

Look what they've done! They've lifted me up  
Right out of myself. I'm so happy now!

Full of good health, fears subside, in fact they've  
gone!

Forward looking little by little day by day.

## THE WALNUTS MUSIC GROUP

Mid Staffs Mind Music Group has been running successfully in Cannock for over 15 years. It was started informally by two service users bringing in their guitars and having a bit of a jam together. Other service users soon became interested and the group began to grow in popularity to become the Music Group we have today. People of all differing ability levels were welcomed to the group and in an encouraging environment we worked towards putting on performances at Mind's Xmas Parties, and Summer Fetes. (Including a couple of dodgy ones during thunderstorms lol!) Together we put on over 12 performances with all given their chance to get involved and shine!

The Music Group today has gone back to its roots and plays mostly acoustic guitars and keyboard with a little percussion thrown in!

It doesn't matter if you have never played an instrument or are not the world's greatest singer, whether you are a guitar genius, or somewhere in between! We encourage

everyone at the group to get involved to whatever level they feel comfortable with. Our staff and dedicated volunteers and helpers can also teach basic guitar to those wishing to learn.

Our styles vary from Pink Floyd to The Rolling Stones to Robbie Williams. But if there's a song you would like to play or sing we will have a go at anything!

So if you fancy getting involved with our group all you need is an assessment with one of our Out of Hours Support Workers.

Please contact me by E-mail at [chrispeters.midstaffsmind@gmail.com](mailto:chrispeters.midstaffsmind@gmail.com) or phone me at 07535107734 or call Head Office at 01543496876 for more information



I can't believe it's only 4 months since I wrote our last article for the Network News, where do I start to share everything that's been going on with Employment Works?

Barbara Wollaston, our Senior Employment Advisor, is currently going to Cannock twice a week, Tuesdays at Park House and Fridays at the Cannock Library. This arrangement works well, it means that the people she works with feel familiar with the library and can make use of the facilities independently if they want to.

Barbara's recently started going to Burton, only a few referrals at the moment so it's giving her the chance to become familiar with the team and the area.

Mark Edwards, Employment Advisor, now covers the Lichfield area and splits two days a week between Tamworth and Lichfield depending on how many referrals he has at the time for each area.

Mark still spends most Fridays at Codsall although he had a failed attempt the weekend of the V Festival and turned back to Stafford after sitting in traffic for over an hour!

I'm continuing to work to raise the profile of Employment Works. I recently met with Angel Homecaring as part of my employer engagement work. Angel Homecaring has a very proactive approach to their recruitment and support of employees. I have a few other employers in the fire so to speak, and I'll continue to chip away to improve opportunities for all the people that are referred to us.

If you work for and/or have worked with an employer that you think has a positive approach, let me know and I'll add them to my list.

I am very relieved to report that we now have our own accounts on Facebook [www.facebook.com/employmentworks](http://www.facebook.com/employmentworks) and Twitter @EmploymentWork1. I try to keep up to date with information relating to Staffordshire and anything nationally and internationally that's relevant. I've set the accounts up so that information is shared on both. Please 'like' our Facebook page and/or 'follow' our Twitter account. If you think that there's information that we're missing, let me know.

On Monday 2 September, we had a Service User Focus Group. The Trust had it's Annual General Meeting on Thursday 12 September and the theme is 'Recovery'. A few of our service users are going to help us record their recovery journey so I'll let you know how that goes. If you'd like to speak to one of us from Employment Works, please call 01785 249251

Claire McHugh  
Employment Works Team Manager  
Mobile: 0797 265 8469





Staffordshire  
County Council



Hello All

The current Stafford dramatherapy group is continuing. We would like referrals for the next Stafford group as soon as possible please. The project is running behind schedule & we need to get the next Stafford group underway as quickly as we can.

We also need referrals for the next Cannock group so please offer the service to any of your customers that you feel might benefit. It may be the only chance they get to have free dramatherapy! We are now open to people who wish to self refer.

There are two groups, each lasting for 9 weeks, in Stafford, and two in Cannock. Anyone who has experienced signs of anxiety and /or depression is welcome.

We've started work on our project for the Staffordshire Youth & Community Service in Great Wyrley.

Finally, the next Mental Health Awareness workshop will be at the West Midlands Samaritans regional conference in October.

Mervyn Price  
Project Development Worker

*For more information contact Nicky on:  
07832 122 844  
or by email to [Konnektiv@googlemail.com](mailto:Konnektiv@googlemail.com)*

Feedback from previous group members includes:

*"I enjoyed the sessions, I liked how we talked about things freely"*

*"It helped me build my confidence, and helped me to learn to voice my feelings/opinions better"*

*"It was good to get out and interact with others. It was fun and therapeutic"*

## VOLUNTEER CO-ORDINATORS WANTED!

Changes - a local mental health charity - is looking to recruit enthusiastic and committed volunteers of all ages to enrol on their Co-ordinators Training Programmes. Volunteer Co-ordinators are required to deliver Changes' recovery focused Mutual Support Groups for adults who are experiencing mental distress. Anyone who feels that they are able to encourage and support people in this challenging and rewarding area would be suitable - especially those who have personal or secondary experience of mental distress.

In addition to being personally rewarding, training as a Volunteer Co-ordinator provides certificates and credits with the National Open College Network West Midlands Region. As well as Coordinating and Assisting Mutual Support Groups, there are also a variety of Volunteering opportunities at a later date if learners wish.

**Full support will be given during the course, and the training sessions are flexible, with learners able to attend in the daytime or evening (dependant on numbers).**

*For more information and to book your place on one of the presentation events below, please contact Changes:*

**Burton -**

**Tel: 01283 500 805**

**Email: [burton@changes.org.uk](mailto:burton@changes.org.uk)**

**Uttoxeter**

**Tel: 01889 567 436**

**Email: [uttoxeter@changes.org.uk](mailto:uttoxeter@changes.org.uk)**

**PRESENTATION EVENTS THROUGHOUT EAST STAFFORDSHIRE**

**Burton:**

**222 Branston Rd (rear),**

**Burton-upon-Trent, DE14 3BT**

**Wednesday 9<sup>th</sup> October**

**Daytime: 12:00 noon – 2:00 pm, or**

**Evening: 6:00 pm – 8:00 pm**

**Uttoxeter:**

**23 Carter Street,**

**Uttoxeter, ST14 8EY**

**Tuesday 8<sup>th</sup> October**

**Daytime: 12:00 noon - 2:00 pm,**

**Evening: 6:00 pm – 8:00 pm**





# Right Advice First Time RAFT

**A project provided by the Lichfield District Advice Partnership**

Over the last few months, the Network has been working together with a number of local organisations on a partnership bid under a government and National Lottery scheme called Advice Services Transition Fund. The following organisations signed up to the partnership:

- South East Staffordshire Citizens Advice Bureau
- Lichfield District Council
- Lichfield CVS
- Age UK South Staffs
- Pathway Project
- SES & Seisdon Clinical Commissioning Group
- Beat the Cold
- South Staffordshire Network for Mental Health

From Autumn 2013, the two year project will increase the partnership working of the organisations by using a cross-referral tool, allowing us to refer people to the right organisation to meet their needs, both inside and outside of the partnership.

The Network is recruiting a small RAFT team, led by Tracey Hackett, Outreach Worker (working Wednesdays). We are also looking for one more committed volunteer, based in Lichfield and surrounds, to support the project, giving a few

hours a week to meet demand. Full training will be provided throughout the project, including access to a qualification in Advice (NVQ LV3).

**One of the barriers for many people with experience of mental illness is not knowing about the range of services available.**

**Another barrier is that people do not know how to access, be referred or start using a service.**

An example, a member of the public has an appointment with CAB, or one of the other organisations signed up to the project. During their appointment, it is disclosed, or obvious that the person has a mental health or emotional health need. Perhaps they are extremely anxious or low, perhaps they mention they are not coping well. They might even talk about their mental illness.

The organisation they are with will book a 20-30 minute session with our RAFT team. This session will be one to one (but the person can bring someone with them), and will explore with the person some of their needs and we will signpost and refer to the relevant organisation and service for them.

It will be clear throughout that the session will be non-therapeutic – (i.e. RAFT will not provide counselling or treatment), however the team will steer people in the right direction when this is requested.

Our service might also refer people back into the other partnership organisations as above.

Sessions will be held at Mansell House or at CAB offices.



**What else is happening in RAFT?**

We will promote the RAFT project across social media, such as Facebook and Twitter, as well as the traditional routes, such as Network News and the promotion the other organisations use.

All partners have signed up to deliver training on their services and useful topics. Our team will have access to all this training and will also deliver training in turn for them.

As part of the funding the Network will apply for and work towards the *Investing in Volunteers* quality standard.

A long term project plan will be developed by the Lichfield District Advice Partnership using the project to inform the plan.

**If you want to know more, including how to be involved, contact:**

**Tracey Hackett  
RAFT Outreach Worker  
Office: 01543 301139**

[tracey.hackett@ssnmentalhealth.co.uk](mailto:tracey.hackett@ssnmentalhealth.co.uk)



Example of how Network's Raft Team might help

# Rebecca's Information on Physical Activity and Mental Health

There is a 20-30% lower risk for depression for adults participating in daily physical exercise

Mental health problems can be experienced as crippling, sometimes paralysing. When low, it's usual for us to feel tired and sluggish. Finding the energy to make a cup of tea can feel like a huge effort or something we just can't face. You may scoff then at the suggestion that you undertake some physical exercise. "I can't", you may say. "Why should I?"

## **Regular physical activity increases self-esteem and reduces stress and anxiety.**

Physical activity means any kind of activity where you are moving your body, as much as you are able to, in such a way that you *feel* as if you are doing something. It should not be as easy as pressing a button on the remote control!

Housework, cleaning, dancing, gardening or walking a dog are all examples of physical activity.

Locally, you may be able to access an "exercise on referral scheme" where on referral from a Health Professional, you can take part in a programme of exercise - at a significantly

reduced fee - at your local leisure centre. Ask your Health Professional for more information. And check out what your local Council might be offering such as Stafford's "Walkwise" programme of free weekly walks.

## **It's hard to get active when feeling low but remember:**

**The less you do the worse you'll feel – this is called the "lethargy spiral"**

**Don't overthink getting active – most of us are experts at talking ourselves OUT of physical activity, especially when feeling low and preoccupied with negative thoughts.**

**Remember Nike's slogan, *Just Do It.***

**Physical activity is a fantastic way to practise grounding (connecting with the world around you when overwhelmed by distress) and is an effective distraction technique**

Much more information about physical exercise and mental health can be found on the

Mental Health Foundation's website at [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk).

Here you will also find the 2013 report, ***Let's Get Physical: the impact of physical activity on wellbeing.***

## **Ideas for questions – to help prompt a discussion**

Do you do any exercise? What kind and how often?

Can you describe the benefits?

Do you feel that there are any obstacles to you taking part in physical activity?

What has been your experience of organised physical activity in the past, for example, at school or at a leisure centre?

Has your Health Professional - CPN or GP - encouraged you to participate in physical activity in order to improve your mental health and emotional wellbeing?

**Article by Rebecca Toney, Development Worker & Volunteer Lead**

Even a short burst of 10 minutes brisk walking increases alertness, energy and positive mood. The recommended level of physical activity for adults is at least 2-and-a-half hours of moderate intensity activity in chunks of 10 minutes or more each week.

## Patient Champions

Cannock Chase Clinical Commissioning Group (CCCCG) are looking for members of the public to act as Patient Champions to support its engagement with the local community.

This is your chance to contribute to health services in the area by making sure the views of residents are represented and able to influence any decision making by the CCG.

The CCG is responsible for managing some £151million of your money and is committed to delivering high quality, integrated and value for money services that meet the needs of the local population.

We can only do that, however, through effective engagement with the public. The role of the Patient Champions is to create a two-way flow of information between the CCG and the residents of Cannock Chase.

Patient Champions will represent the public voice by tapping into existing community and voluntary groups and reporting back to the Communications and Engagement Committee. They will each take responsibility for one of five geographical localities and report to the Lay Member for Patient and Public Involvement.

No formal qualifications are required, just a balanced and objective approach and a genuine interest in making sure the public is both informed and engaged in the planning, development and delivery of local health services.

If anyone is interested or would like to find out more, please contact Adele Edmondson at [adele.edmondson@northstaffs.nhs.uk](mailto:adele.edmondson@northstaffs.nhs.uk)



## Improving Customer Experience Sharing Your Views on Local Services

- Do you use or have used Richmond Fellowship Brendan House?
- Can you spare an hour to share your thoughts?
- Do you want to help to make services better?

Staffordshire County Council, with South Staffordshire Network for Mental Health are running a **Mental Health Service Evaluation** called **ICE**. We are looking for people to share their views on Richmond Fellowship's Brendan House Short Term Intervention Service in a short and friendly informal interview with trained volunteers lasting around 30 minutes.

The Project will start in October 2013 at Brendan House Open Day and run into 2014.

If you would like to book an interview near to where you live, please speak to staff at Brendan House or the Network

For more information, contact either:

South Staffordshire Network for Mental Health

01543 301139

[sunetwork@ssnmentalhealth.co.uk](mailto:sunetwork@ssnmentalhealth.co.uk)

Or

Richmond Fellowship Brendan House

01543 899465

[brendan.house@richmondfellowship.org.uk](mailto:brendan.house@richmondfellowship.org.uk)



Staffordshire  
County Council

facebook

follow us on  
twitter

Search for *South  
Staffordshire  
Network for  
Mental Health*

@ssnmentalhealth

**Staffordshire Mental Health Helpline**

Worried? Stressed? Feeling low?

**0808 800 2234**

Online - [www.brighter-futures.org.uk](http://www.brighter-futures.org.uk)

Text - 07860 022821

Email - [staffordshire.helpline@brighter-futures.org.uk](mailto:staffordshire.helpline@brighter-futures.org.uk)

FREE and CONFIDENTIAL

7pm - 2am weekdays

2pm - 2am weekends

365 days a year



brighter futures  
creative support, housing and employment



SSNMH

Mansell House, 22 Bore Street,  
Lichfield, Staffordshire WS13 6LL

01543 301139

[sunetwork@ssnmentalhealth.co.uk](mailto:sunetwork@ssnmentalhealth.co.uk)

[www.ssnmentalhealth.co.uk](http://www.ssnmentalhealth.co.uk)

Registered Charity: 1097461

Company Ltd by Guarantee: 4693666

*Network News is published by SSNMH. The views expressed by contributors do not necessarily reflect the policies of SSNMH or the views of the current Board of Trustees. We have gone to considerable lengths to check the accuracy of contributions and, as far as we know, details are correct at the time of going to press. Whilst every effort has been made to check the content of websites mentioned in this publication, no responsibility can or will be taken by SSNMH for their content or that of any external links from them.*

**Comments, Compliments & Complaints**

We are always trying to improve on our great work here at the Network, that means making our ears bigger and our voices louder!



If you think we can improve on what we do in any way, this could be regarding the Network News, our visits to services, the way in which we capture your views or feedback, or whatever! We would very much welcome your thoughts.

Please call the office on

01543 301139 or email:

[sunetwork@ssnmentalhealth.co.uk](mailto:sunetwork@ssnmentalhealth.co.uk)

**Walk a Mile in Her Shoes**



Sponsored walk to stand against Domestic Violence

2.00pm 19<sup>th</sup> October 2013

Lichfield Town Centre

All proceeds to Pathway Project - Domestic Abuse Charity  
Entry Fee £5

Sponsorship form available on request

Or Donations to [www.justgiving.com/pathwayproject/Donate](http://www.justgiving.com/pathwayproject/Donate)

**WANTED - Men, Volunteers & High Heel Shoes in Big Sizes PLEASE!**

Please help us raise funds and awareness for this worthy cause!



CONTACT:



Pathway Project  
Hope Centre

73 Upper St John Street

Lichfield WS14 9DT

T: 01543 442610 / 442612

Email: [jenniferh@pathway-project.co.uk](mailto:jenniferh@pathway-project.co.uk)

[www.pathway-project.co.uk](http://www.pathway-project.co.uk)

**WANTED**

**NEWS ITEMS, VIEWS, CONCERNS, IDEAS AND STORIES**

This newsletter is the mouthpiece of the Network, which is read by people with experience of mental illness and providers. Contributions can be made anonymously if you wish. We reserve the right to amend contributions for clarity, objectivity and length. Contributions for the next issue of Network News must be received by:

**Friday 6 December 2013**

**THANK YOU TO OUR 'NETWORK NEWS' PROOF READERS FOR YOUR TIME AND PATIENCE!**



When you have finished with this magazine PLEASE pass it on or recycle it.