

FEEDBACK

March/April 2010

by **Carer and Service User representative members**
to the Lancashire Mental Health and Social Care Partnership Board (LPB)

Issue No. 13

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The LPB was established in 2005 to lead and support a programme of change within mental health services across Lancashire

 HM Government

 Department of Health

New Horizons

Working together for better mental health

Good mental health is important to us all. New Horizons is a cross-government programme of action to help improve everyone's mental well-being and the services that provide mental health care.

The New Horizons consultation document, published in July 2009 sought views on improving the well-being and mental health of individuals and the population. The New Horizons: A Shared Vision for Mental Health document published in December 2009 sets the vision towards improving understanding, changing attitudes and promoting mental health across all ages.

The vision replaces the 10-year National Service Framework for Mental Health, which only covered people of working age. It sets out the expectation that mental health services will be accessible to all who need them, based on the best available evidence and focused on recovery. It also suggests twin goals - high-quality clinical care and social justice for people with mental illness, and better mental health and well-being for individuals and communities.

The social and financial costs of mental health problems are immense. The burden on individuals, families, communities and society as a whole includes the psychological distress, the impact on physical health, the social consequences of mental health problems, and the financial and economic costs. Recent estimates put the full cost at around £77 billion, mostly due to lost productivity.

Under New Horizons, the value of good mental health will be better recognised – as a stepping stone to a range of benefits for the individual, for families and for wider communities.

The consultation identified four key guiding values for New Horizons:

- **Equality and justice**
- **Reaching our full potential**
- **Being in control of our lives**
- **Valuing relationships**

It also grouped actions under a number of key themes:

- **Prevention of mental ill health & promoting mental health**
- **Early intervention**
- **Tackling stigma**
- **Strengthening transitions**
- **Personalised Care**
- **Innovation**

Effective strategies are also to tackle these themes in a **multi-agency commissioning and collaboration approach, whilst achieving value for money.**

Information about New Horizons can be found on the Department of Health website - <http://www.newhorizons.dh.gov.uk/index.aspx>

Mental Health News



North West Mental Health Improvement Programme

A collaborative development programme between the NHS, Social Care, the Third Sector and Users and Carers to improve mental health across the North West


NHS
North West

Bite size mental health news brought directly to your in-box

This regular bulletin issued by the Mental Health Improvement Programme (MHIP) tells you about mental health service improvement & innovative projects underway in Mental Health across the North West, and to encourage you (the reader) to act as vehicle for ensuring that you or your organisation is engaged with the work where applicable.

If you would like to receive the MHIP's regular email news bulletin, please call 0161 625 7456 or email mhipnews@northwest.nhs.uk

The Lancashire Mental Health and Social Care Partnership Board



Alternative Therapies

Service User Reps Personal Experience



You may be aware that in the first week of the New Year NICE (the National Institute for Clinical Excellence - the body which endorses the use of meditations/treatments with approved Government funding), announced that '**Mindfulness Meditation**' is now available on the NHS as an enhancing treatment/therapy for those people who suffer from depression. Whether such a therapy is going to be accessible to others who suffer from different elements of mental distress is not clear to us just yet.

However, we - Rod (Service User Representative Lancaster) and Maureen (Service User Representative East Lancs), thought this would be an ideal time for us to share with you our experiences of attending a course last June relating to 'Mindfulness Meditation'.

The course took place at 'Samye Ling' - a Tibetan Buddhist Centre located near Lockerbie in Scotland. 'Samye Ling', although home to both Annis (Tibetan nuns) and Monks, is renowned throughout the world for its teaching. As such, a high percentage of people who attend courses there work within mental health services throughout the world. Simply chatting with these professionals with so many different perspectives proved to be interesting, refreshing and enlightening.

We began the course on the Friday evening and it ended late afternoon the following Sunday. The cost of the course plus single accommodation, inclusive of three high quality vegetarian meals per day was £134.00 per person (costs may now vary). NICE have approved up to £300.00 per person.

The venue is set in stunning countryside and on site there is a shop and Tibetan tea rooms. There is a beautiful river that runs alongside these facilities and a temple which is open to

the public, and all are welcomed to attend daily prayers and corporate meditations with the community (Sangha).

Both the Annis and Monks work on site and questions, if asked by the visitor, will be answered as fully as possible - it's worth remembering though that like their visitors, those who wear the robes of their faith are from all around the world so English is rarely their first language.

We found the teachings of this course a very helpful tool to place alongside our existing toolkit of positively managing and living with our diagnosis (both having a diagnosis of Bipolar), i.e. medication, professional support, balanced diet, exercise and occupation.

In essence this form of medication is based on focussing on oneself and one's place in the here and now, with the mind recognising and acknowledging inner as well as outer pain, and then transforming this into positive emotion. This entails learning about different body postures within meditation i.e. sitting, lying, kneeling, and walking. In addition to this, helpful techniques on clearing ones mind of many thoughts to a position of staying focussed in the reality of ones own environment in every sense, is at the heart of 'Mindfulness Meditation'.

Since attending the course we have continued to practice the teachings. We feel as a result that this has helped us greatly on our journey of recovery. Our worlds on the surface haven't changed very much and neither has our diagnosis but what has changed is how we perceive our world and our diagnoses. We have learnt to empower ourselves to make our worlds and how we are perceived by others within them much more positive, and this in itself makes the fight to recover much more interesting!

Maureen and Rod

Please contact Kagyu Samye Ling Monastery and Tibetan Centre with any enquiries

Kagyu Samye Ling Monastery and Tibetan Centre, Eskdalemuir, Langholm, Dumfriesshire DG13 0QL, Scotland
Tel: 013873 73232 - Fax: 013873 73223 - Email: scotland@samyeling.org - Website: <http://www.samyeling.org>

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Bulimia	Giving up smoking	Nutrition

For further information please visit the horsesmouth website - www.horsesmouth.co.uk

Lancashire Mental Health and Social Care Partnership Board (LPB)

* **Future topics for discussion in 2010**

* **New Members** - Lancashire Constabulary & Jobcentre Plus

LPB - Discussion Topics

The LPB will be holding discussions on set topics at their board meetings throughout 2010. Would you like to contribute your views on the following issues?

March 2010 - **Prevention of crisis & alternative services**

June 2010 - **Employment and worklessness**

September 2010 - **Stigma and discrimination**

December 2010 - **Housing**

If so, you can individually contact your local LPB service user/carer representative or alternatively you may wish to hold discussions with your local service user/carer group and submit a joint response. LPB members include senior executives from NHS Trusts, Local Authorities, the third sector, Lancashire Constabulary, Jobcentre Plus, as well as your 9 service user and carer representatives from across Lancashire.

Lancashire Constabulary
welcome the opportunity to become part of the Mental Health and Social Care



Lancashire Constabulary
police and communities together

Partnership Board. Police Officers, by the very nature of the role they undertake, have frequent contact with individuals who are suffering from mental health and other issues and often this contact with the Police is at a time of extreme crisis.

It is therefore important that we build on the experience of other agencies and service users to ensure that we can identify good practice, consider and listen to the experience of those who have had contact with the Police and criminal justice system so that we can ensure we treat people with dignity and respect as well as seeking to improve in areas where it is appropriate to do so.

Tim Ewen

Head of Criminal Justice - Lancashire Constabulary

DWP Department for Work and Pensions

jobcentreplus

As Jobcentre Plus District Manager for Cumbria and Lancashire, I am pleased to be able to inform you of new national policy initiatives which have been introduced within our District in order to develop:

1. improved mental health and well-being support and advice for JCP customers with mental health conditions/experiencing emotional distress
2. improved support and advice for carers through Jobcentre Plus as part of 10 year Carers Strategy.

Jobcentre Plus Mental Health and Well-being Support

During 2008 and 2009, a series of significant internal and independent reviews were conducted into delivery of mental health interventions. As a result, policy has been introduced which is designed to strengthen and focus the links between health and employment in order to add further cohesion, depth and understanding to the support offered for Jobcentre Plus customers with mental health conditions or who are experiencing emotional distress.

Each Jobcentre Plus district now has a Mental Health Co-ordinator (from 07 December 2009) who will:

- build practical links between health & employment services
- encourage an employment focus in locally commissioned working-age health & mental health services
- identify & build links with local organisations providing support for those with mental health conditions & gather information about services
- provide mental health & well-being service information & advice to advisers.
- increase awareness & knowledge among Jobcentre Plus advisers of health-related support available so they can, where appropriate, signpost new jobseekers entering Jobseeker's Allowance.

The Mental Health Co-ordinator within Cumbria and Lancashire JCP District is Jan Dixon - Janet.Dixon1@jobcentreplus.gsi.gov.uk

"Find Your Way Back to Work" campaign now incorporates simple self-help health and well-being messages and advice for newly unemployed people. Additional information can be found at <http://backtowork.direct.gov.uk>.

Jobcentre Plus Carers Strategy

The Carers Strategy contains specific commitments for Jobcentre Plus to improve the help, advice and support available to carers wishing to enter or re-enter the Labour Market.

Jobcentre Plus' Short Term Commitments are to

- Provide a Care Partnership Manager in every Jobcentre Plus District
- Provide specialist training for advisers who work with Carers
- Fund replacement care for participation on approved activities
- Ensure Carers have access to appropriate employment programmes.

By making these commitments Jobcentre Plus are aiming to

- Make combining paid work with caring responsibilities a real choice for carers
- Reduce financial hardship for carers
- Ensure that the rising demand for care does not reduce the number of people active in the labour market

Each Jobcentre Plus District has a Care Partnership Manager who will

- Act as a strategic focal point for local carer employer issues
- Build and maintain relationships with local carer organisations
- Assess customer demand for support
- Work with other Jobcentre Plus Partnership Managers
- Ensure that Jobcentre Plus Advisers have relevant information

The Care Partnership Managers within Cumbria and Lancashire JCP District are: Shirley Piggott - Shirley.Piggott@jobcentreplus.gsi.gov.uk and Cathy Ross - Cathy.Ross@jobcentreplus.gsi.gov.uk.

My staff and I look forward to working with members of the Lancashire Mental Health and Social Care Partnership Board. This will provide the opportunity for further development of the existing relationships which have already been built and maintained between Jobcentre Plus and organisations offering help, support and advice to our customers. Where links do not currently exist, it will help us to establish new working relationships which will benefit people in need of our services in order to help achieve positive outcomes in their lives.

Best Wishes,

Steve Johnson - District Manager for Cumbria and Lancashire

NHS Constitution



From 19 January 2010, following the successful passage of the Health Act through Parliament, all care providers and commissioners of NHS care are under a new legal obligation to have regard to the NHS Constitution in all their decisions and actions.

What is it?

The NHS Constitution sets out for the first time the principles, values, rights and responsibilities that underpin the NHS. It is designed to make sure that the NHS and its founding principles are protected and clear.

The NHS Constitution states the principles of the NHS – a service for everyone, paid for out of taxes, based on clinical need not ability to pay, and without discrimination of any kind.

What is in it?

It contains 25 rights for patients and the public, covering all aspects of care from access to services to quality of care. These cover the areas:

- Access to health services
- Quality of care and environment
- Nationally approved treatments, drugs & programmes
- Respect, consent and confidentiality
- Informed choice
- Involvement in your healthcare and in the NHS
- Complaint and redress

It also includes 14 pledges to patients and the public.

How has it been created?

The NHS Constitution is the result of almost a year of discussions, research and consultation with staff, patients and the public. No Government will be able to change the Constitution without full involvement of staff, patients and the public.

Where can I find out more?

- You can go to the Department of Health Website

http://www.dh.gov.uk/publicationsandstatistics/publications/publicationspolicyandguidance/DH_085814

Why do we need it?

It tells staff, patients and the public what they are entitled to and lets all parties know what is expected of them. It aims to secure high quality, free NHS services.

Is it just what NHS can do for patients?

No. It also outlines the responsibilities for patients and the public. It is considered there are things that we can all do for ourselves and for one another to help it work effectively, and to ensure resources are used responsibly.

Is there anything about staff?

The NHS Constitution does explicitly state the extensive legal rights as employees under employment law, but the NHS has furthermore committed to a set of pledges towards their staff.

In addition there are legal and expectations of staff in their responsibilities to their patients, colleagues and the public.

What are the NHS values?

Patients, public and staff have helped develop this expression of values that inspire passion in the NHS and should guide it in the 21st century. These are summarised as:

- Respect & dignity**
- Commitment to Quality of Care**
- Compassion**
- Improving Lives**
- Working together for patients**
- Everyone counts**

New Project Manager for the Partnership Team

Welcome to Tracey Callaghan-Hayes in her new role as the Partnership Team's Project Manager. Tracey joined the team from the beginning of January 2010, having left her previous position with NHS Central Lancashire, working in Mental Health Commissioning.

Tracey is a fully qualified mental health nurse and in the past has held various clinical posts.

We wish Tracey good luck in her new role and look forward to working with her in the future.



Angela

Carer - Fylde Coast

**LPB Service User
and Carer
Representatives**

Brian

Service User - Central Lancs



Ian

Carer - North Lancs

Marjorie

Carer - Central & West Lancs

Maureen

Service User - East Lancs

Phil

Service User - Fylde Coast

Rod

Service User - North Lancs

Valerie

Carer - East Lancs

Waheda

Carer - Lancashire BME

If you would like to make contact with your area representative or register your details to be kept informed of our current work, please contact **The Mental Health Partnership Team**, Guide Business Centre, School Lane, Blackburn BB1 2QH - Tel:01254 282229 Fax: 01254 282233

Email: lancashirementalhealth@bwdpct.nhs.uk - your details will be held in the strictest confidence

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