

FEEDBACK

Aug/Sept 2010

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

Issue No. 14

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



Equity and Excellence: Liberating the NHS



The NHS White Paper published on 12th July sets out the Government's long-term vision for the future of the NHS

Proposed reforms within the 'White Paper' will simplify the existing structure of the NHS, moving commissioning functions from Primary Care Trusts (PCTs) to GP Consortia. This aims to provide greater alignment between clinical decision-making and the financial consequences of these decisions. As a result of the changes, Strategic Health Authorities and PCTs will be phased out by 2013.

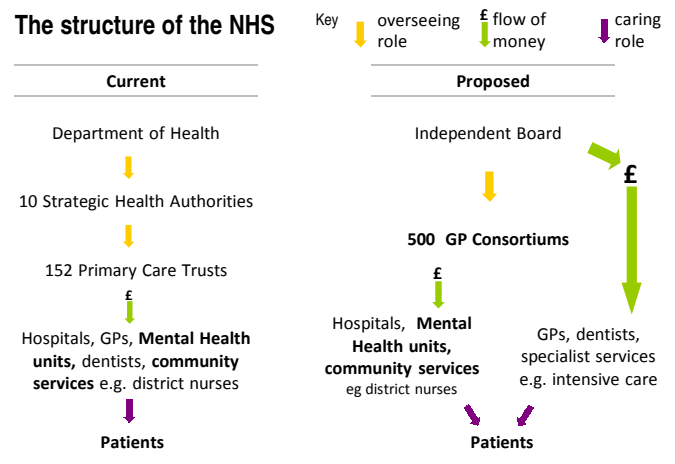
The Department of Health suggest key priorities within the reform which include: strengthening the patient's ability to exercise extended choice, manage their care and have their voice heard within the NHS; increased autonomy for clinical staff, with greater accountability to patients and the public; shifting focus and resource towards better healthcare outcomes, including patient experience measures.

A significant feature of the 'White Paper' to meet the vision is for organisations to work co-productively. That is, implementation of proposals must be designed and decided in partnership with the NHS, Local Authorities and key stakeholders.

The Department of Health is consulting on elements of the above proposals. Each SHA will undertake an engagement process in their region on the key issues in *Liberating the NHS*, the associated consultations and the transition. This process concentrates on clinicians, partner organisations, including Local Authorities, staff, and the voluntary sector. Future publications and guidance are expected soon together with further draft legislation anticipated to enter Parliament in the Autumn and a new health Bill could receive Royal Assent by the summer of 2011.

Full details available at: - www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_117353

The structure of the NHS



Carers strategy



Launch of the Carers Strategy

On Friday, 18th June 2010, Lancashire Care NHS Foundation Trust (LCFT) launched their new Carers Strategy at an afternoon event held at the Gujarat Centre in Preston. The event coincided with 'Carers Week' for 2010.

Developed by carers, for carers, the strategy has the full support of the LCFT Board of Directors. The needs of carers are often forgotten and yet it must be remembered that the vast majority of support provided to people with mental health problems is in fact provided by friends, family and carers. Much has been achieved in improving the help provided to carers but much more needs to be done.

The strategy is fundamentally for service users, the purpose being to provide optimum care, by ensuring carers are enabled to do the right thing, whatever that may be in each individual case. This is part of LCFT's commitment to improving the experience of service users and carers and it is underpinned by a detailed implementation plan. The success of the strategy will be judged by LCFT's actions and the outcomes for service users and carers.

The Carers Strategy is underpinned by three key principles; 1) the right relationship between carers and staff, 2) information, 3) quality of services.

Copies of the strategy are available from:- Lancashire Care NHS Foundation Trust, Sceptre Point, Sceptre Way, Walton Summit, Bamber Bridge, Preston PR5 6AW. Tel: 01772 695300.

Email: lct.enquiries@lancashirecare.nhs.uk Website: www.lancashirecare.nhs.uk

The Lancashire Mental Health and Social Care Partnership Board



Self Directed Support

This is a new system of meeting a persons social care needs, aiming to offer more choice, flexibility and control over the support and who provides it. Under **Self Directed Support** most people assessed as needing social care services, will be allocated a **Personal Budget**. This is an amount of money agreed by social services, following an assessment, which will meet the individuals social care support needs. **Direct Payments** for example is one way in which a Personal Budget may be used, where all or part of the Personal Budget can be given as a Direct Payment of money to arrange and purchase individual care and support services.

To be eligible a person has to be aged 18 or over and qualify for social care support. There are some exceptions, such as if residential care or emergency support is needed, being subject to continuing health care or some statutory mental health orders.

An assessment of needs and approval of a budget allocation will take place and a support plan will be devised to detail how the support will be provided. The budget may be managed entirely by the service user or others, such as a carer or provider agency to manage this on their behalf. If already receiving support for social care needs, it is possible to discuss with the social worker transferring services to Self Directed Support and an assessment can be made. To ask for an assessment or discuss eligibility for Self Directed Support please contact your local authority (as below) or to gain more information, visit the 'in-control' website at www.in-control.org.uk.

Lancashire County Council - tel: 0845 053 0009

Blackburn with Darwen Council - tel: 01254 584417

Blackpool Council - tel: 01253 476869



The LTSC has over 40 members across Lancashire. Its members come from smaller local agencies to the Lancashire element of national charities and include service users and carers and other parties that believe in the value, strength and importance of third sector work on mental health in our communities.

Why not join the LTSC now!

Visit the LTSC's new website www.LTSCmentalhealth.org.uk or for more information email: info@LTSCmentalhealth.org.uk or call Katharine on: 07884 295399

Phil McGladdery

Service User - Fylde Coast

The Partnership Board has had to say goodbye to Phil McGladdery, its volunteer service user representative for the Fylde Coast.

Phil has recently been successful in securing permanent employment and as a result decided to tender his resignation.

Since August 2007, Phil has brought a wealth of knowledge and experience to the Board. He has been able to represent the views of other service users, meeting regularly with Senior Executives from Local Authorities and NHS organisations helping to develop mental health services across Lancashire.

Members would like to thank Phil for all his hard work and contributions and wish him all the very best for the future.

rethink

Social Tariff for gas and electricity

How to save money is often an issue that comes into the Rethink Advice and Information Service. One way of saving money is to access a social tariff and pay less on your gas and electricity bills. A social tariff is a cheaper rate of fuel offered to people who are in 'fuel poverty'. Depending on who supplies your fuel and your household income you may be able to make savings each month by accessing a social tariff.

There are a variety of social tariffs available from different energy suppliers. A list of suppliers and tariffs can be obtained from Rethink or you can find out more by contacting suppliers directly.

Rethink Advice and Information Service tel: 0845 456 0455 email: advice@rethink.org



Get the most out of life

0303 333 111

Help Direct



Help Direct is working with a number of organisations & community groups to provide & develop support to help people get the most out of life in the following areas:-

- Health and fitness
- Home and garden
- Feeling safe in the home and community
- Learning and leisure
- Managing finances
- Mobility and transport
- Community groups and involvement
- Getting the right help and support
- Relationships and families
- Employment, volunteering and training

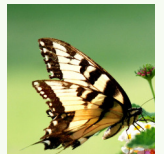
Help Direct is funded by



For more information contact
Help Direct on 0303 333 1111

rethink

Following our successful short workshop in April - **Rethink Carers Lancashire** are pleased to invite you to a **FULL DAY WORKSHOP**



Key legal issues for carers of people with mental health conditions

- * Implications for carers of recent changes to mental health law
 - * Section 117 aftercare provision incl. housing & rental agreements
 - * Legalties of individual budgets
 - * Wills, trusts & inheritance
 - * Power of attorney
 - * Care home funding
 - * Deprivation of liberty laws
- Specialist team of barristers and solicitors
Opportunity to have your questions answered
FREE TO CARERS PROFESSIONALS £50
Lunch/refreshments included

Friday 1st October 2010, 10.30am – 4pm

Oswaldtwistle Mills Conference Centre BB5 0EY

(easy access by road or public transport, ample parking)

For further information or to book a place please contact Rethink Carers Lancashire on 07968 990614 or email: rethinklancs@yahoo.com

Working together to help everyone affected by severe mental illness recover a better quality of life.
Rethink, 0845 4560455 - www.rethink.org - Registered Charity Number 271028
Registered Office 89 Albert Embankment London SE1 8TP



Lancashire Commissioners and Lancashire Care Foundation Trust are working with the North West Mental Health Improvement Programme to apply an outcome focused approach to service delivery. Collectively the Recovery Star was chosen as a tool to demonstrate improvement in core areas of individual recovery and attainment of personal goals.

What is the Recovery Star?

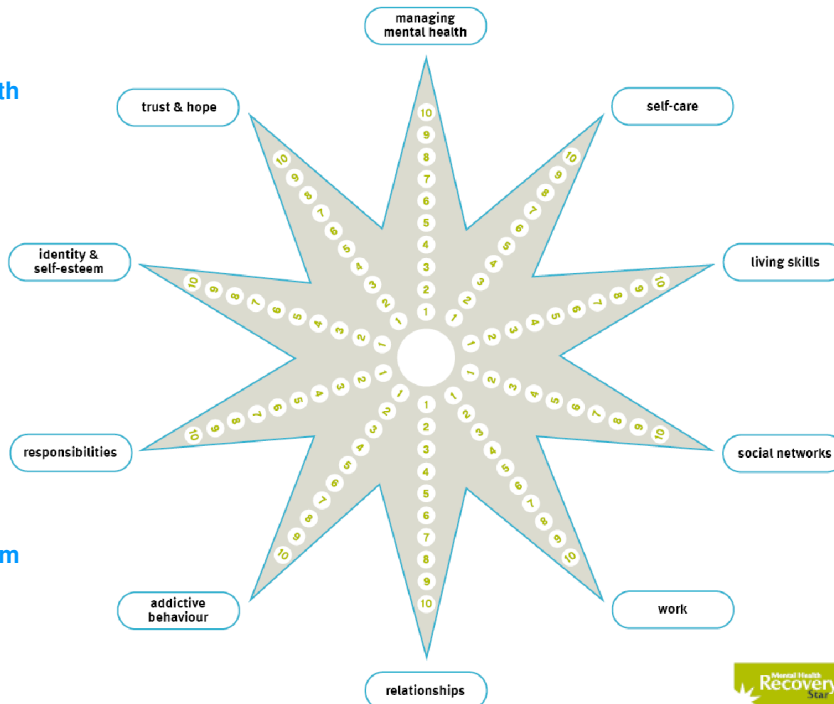
The Recovery Star is an outcome focused tool for supporting and measuring change for adults of working age who experience mental health problems.



It aims to help organisations measure and summarise change, whilst also providing a service user with a map of the journey and a way of plotting progress and planning the actions they need to take.

The Recovery Star focuses on the ten core areas considered to be critical to recovery. For each area there is a ladder to help work out where a person is in that area of their life. The points or numbers can then be connected to create a personal star graph to display their current stage.

- ~ Managing mental health
- ~ Self-care
- ~ Living skills
- ~ Social networks
- ~ Work
- ~ Relationships
- ~ Addictive behaviour
- ~ Responsibilities
- ~ Identity and self-esteem
- ~ Trust and hope



Developed by Joy MacKeith and Sara Burns of Triangle Consulting with the Mental Health Providers Forum

The Recovery Star measures the relationship a service user has with any difficulties they are experiencing in each of these areas and where they are on their journey towards addressing them.

It is not to say that everyone must be a '10' to indicate recovery but rather a means of measuring individual progress and identifying where a person may want help.



Self-reliant and I don't need services from specialist mental health organisation	10
Self-reliant - I know how to use support if I need it	9

I am feeling reasonably robust. Learning to effectively manage life's ups and downs	8
I am re-building my life - learning to effectively manage my mental health	7

How we change things that aren't working for us? The Ladder of Change

Everyone is different and it's important to understand each person's individual circumstances but the pattern of recovery is often similar.

At one end of the ladder is a feeling of being **stuck** - of not feeling able to face up to a problem or accept help.

From being stuck we move to **accepting help**. At this stage we want to get away from the problem and we hope that someone else can sort it out for us.

Then we start believing - that we can make a difference ourselves in our life. We look ahead towards what we want, as well as away from the things we don't want. We start to do things ourselves to achieve our goal as well as accepting help from others.

The next step is **learning** how to make our recovery a reality. It's a trial and error process. Some things we do work, and some things don't, so we need support through this process.

As we learn, we gradually become more **self-reliant** until we get to the point when we can manage without help from a project.

Managing the Mental Health Ladder

The ladder is about how a person manages mental health issues. This is not necessarily about not having any more symptoms or medication, though this may happen, it is about learning how to manage oneself and one's symptoms and building a satisfying and meaningful life, which is not defined or limited by them.

I believe a different future is possible for me - It's scary but I want to make it happen	5
I am feeling the fear and doing it anyway	6

I am engaging with treatment and support to help me manage	4
Reaching out for help - sustained awareness things are not okay	3

Stuck. Feeling the full force of symptoms. No sense of control	1
Feeling full force of symptoms but I have moments of awareness	2

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Lancashire Mental Health & Social Care Partnership Board

Public services are now in a time of change. Local Authorities will take on new responsibilities for public health and prevention. Some organisations will be dissolved including Primary Care Trusts, but there will be new opportunities for engagement with GP Consortia.

It has been agreed that the Partnership Board should take time to review its purpose and form, and that this should be led by the Partnership Team.

It is anticipated that 2011 will continue to build on multi-sector engagement in mental health and hearing the voice of service users and carers in Lancashire.

VOLUNTEER DIRECTOR VACANCY



Challenging Stigma and Discrimination in Mental Health

Music and the Mind CIC is an anti-stigma project and a Community Interest Company (not for profit) organisation set up and run by Mental Health Service Users, Carers and interested professionals. The organisation is looking to expand its Directorship and we have a volunteer director post available.

What could you offer? Music and the Mind are looking for candidates with a Mental Health Service User or Carer background, able to work with others in helping to make our aims possible. Candidates should have one to all of the following work experience or skills.

Management, Administration, Music, Business Studies or Marketing or IT (Are you or were you a musician, music teacher or are you interested in creating, updating websites?). Candidates must be reliable and able to work alone or as a member of a small team.

What can Music and the Mind offer you? Satisfaction of helping to guide a new organisation become better established and ensuring a worthwhile project continues to flourish. A good working environment working with a small friendly team. All out of pocket expenses can be recovered.

If you are interested please contact info@musicandthemind.co.uk or telephone on 07930 234274.

GIFTED MUSICAL INSTRUMENTS

Donations of unwanted musical instruments would be gratefully received

LOCAL INVOLVEMENT NETWORKS - LINKS

You have the right to say what you think about local health and social care services - what is going well and what is not! You have the power to check how care services are planned and run! **Give your feedback - so that things can change for the better!**



Blackburn with Darwen LINK

Blackburn Enterprise Centre, Furthergate, Blackburn BB1 3HQ.

Tel: 01254 504985 Text: 07525 237716 Website: www.blackburnwithdarwenlink.org.uk

Blackpool LINK

Community Resource Centre
29-35 Ripon Road, Blackpool FY1 4DY

Tel: 01253 622 222

Email: linkadmin@groundwork.org.uk

Website: www.blackpoollink.org.uk

The Lancashire LINK is supported by a 'Host' Organisation, which is Black Health Agency, working in partnership with Age Concern Lancashire.

Lancashire LINK, Black Health Agency, Hamilton House, Leyland Business Park, Centurion Way, Farington, Leyland PR25 3GR

Headquarters & Central Office is in Leyland Business Park. Tel: 01772 431195

East Office is based in Northbridge House in Burnley. Tel: 01282 714384/5/6

North Office is based in Age Concern's office in Lancaster. Tel: 01524 387835/6

LPB Service User and Carer Representatives



Angela

Carer - Fylde Coast

Brian

Service User - Central Lancashire

Ian

Carer - North Lancashire

Maureen

Service User - East Lancashire

Marjorie

Carer - Central & West Lancashire

Rod

Service User - North Lancashire

Valerie

Carer - East Lancashire

Waheda

Carer - Lancashire BME Communities



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@bwd.nhs.uk - your details will be held in the strictest confidence

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