



CARERS' NEWS

A newsletter for Families, friends & all people interested in mental health

This is an invitation to carers/professionals/volunteers and all people interested in issues concerning adult mental health

WINTER OPEN MEETING

WEDNESDAY 12 DECEMBER 2018

From 1 pm to 4 pm

At the NOTTINGHAM MECHANICS

3, North Sherwood St, Nottingham NG1 4EZ

WE WELCOME - WELLNESS IN MIND

To Talk About Their Organisation and Services

SPEAKERS / GAMES / BUFFET

Although booking is not essential, if possible please contact Geoff Curtis on 0115 9631916 or email: geoffcurtis@ymail.com to confirm attendance

▶ ▶ ▶ STOP PRESS ◀ ◀ ◀

We are **INCREASING** the frequency of our Open Meetings in 2019

There will be **SIX** meetings in 2019. There will be **TWO** in the spring

Wednesday 20 February 2019

Wednesday 17 April 2019

Venue: The Nottingham Mechanics 3, North Sherwood St, Nottingham NG1 4EZ

Put these dates in your diary. See back cover for complete list of 2019 Open Meetings

SEE CENTRE PAGES FOR USEFUL CONTACTS INFORMATION

Registered Charity No. 1073466

Articles written in this newsletter do not necessarily represent the view of the Carers' Council.

CARERS COUNCIL AGM 2018

This year's Annual General Meeting was held as usual prior to the Autumn open meeting on Wednesday 12th September. On this occasion attendance was low. The Chairman reported on the years activities and thanked your committee for their work during the year. The annual statement was circulated giving an overview of the year's activities. The Treasurer's report gave details of the procedure adopted this year for examination of the financial position of Carers' Council and detailed income expenditure and losses for the year. Retiring officers and committee members were re-elected en-block with few exceptions.

AUTUMN OPEN MEETING

Well this meeting was a very jolly affair. There was lots of food due to the low attendance and the fact that I overestimated numbers to be fed. We started with a sound walks taster session from Isabel Jones, indeed I am writing this after spending the afternoon at Beeston Lock doing the real thing (see article below) a perfect setting and a tranquil afternoon. I think most people at the meeting thought this was very relaxing. This was followed by charades with a difference. Some hilarious fun with this. Finally the free raffle where most members won a prize I think. *Geoff Curtis*

CARERS' COUNCIL WINTER MEETING – 12th DECEMBER 2018

We welcome a speaker from 'Wellness in Mind' (see next page) to our Winter meeting and then taking ideas from those at our autumn meeting we have seasonal social activities planned plus a free buffet. Do come and join us. See front cover for details.

SOUNDWALK INTO WELLBEING: Salamanda Tandem. Canalside Heritage Centre on 16th October hosted by Beeston Carers. 45 carers and loved ones took a journey into wellbeing, becoming the source for live commentary and music as they walked, rested, moved, explored, took notice of, gazed at and breathed in the healing fresh air generated by the waters of the River Trent. The sounds of bird song, water flowing, rustling autumn leaves, orchestral sounds, tabla, singing, and voices of canal boat people; seldom heard carers act as catalyst for a unique live sound score for wellbeing transmitted via radio headphones. *"I really feel therapeutic effects, all carers should have access to this, I'd recommend to anyone!"* Geoff Curtis. This project was supported by Nottinghamshire County Council Better Carers, developed by Salamanda Tandem, Biant Singh co-production social worker, & composer /singer Isabel Jones. Interested in hosting or participating in our next Soundwalk Into Wellbeing? Do get in touch.



NEW FOR 2019

INCREASED NUMBER OF OPEN MEETINGS

The Carers Council have decided to have **SIX** Open Meetings in 2019. See back page for all 2019 dates.

*Please note the **February Open Meeting** will take place **before you receive your next newsletter** so make a note of the date and if possible **please** confirm attendance at Open Meetings with Geoff Curtis (contact details on back page) – or we may run out of food!*

WELLNESS IN MIND

Wellness in Mind is a friendly and informal mental health service for people age 18 or over who live in Nottingham City or have a GP in Nottingham city.

If you want to talk about your mental health difficulties or those of someone you care for – maybe to find out more about what might be causing the problem, maybe to find out where you might be able to get help – we're here to help.

We will help you identify the problem, help you plan how to deal with it, and give you information about specialist services that might be able to help. If you need it, we'll also support you through the process of getting the help you need, and support you while you're waiting for specialist help.

We have a **free telephone helpline** for brief emotional support and guidance (phone 0800 561 0073 and choose option 1 when prompted) which is **available 9.00 a.m. to midnight 7 days a week**.

If you prefer to speak to someone **face to face** and get more in depth help, you can phone **9.00 a.m. – 5.00 p.m. Monday – Friday for an appointment** (phone 0800 561 0073 and choose option 2 when prompted), or just drop in to see us at **Nottingham Wellbeing Hub, 73 Houndsgate, Nottingham NG1 6BB**. We're here Monday-Friday 9.00 a.m. – 5.00 p.m. We'll take up to an hour to talk things through with you, so we suggest you arrive before 4.00 p.m.

We also have a website (www.wellnessinmind.org) where you can get lots of useful information. If you want to refer yourself (or someone else) to us through the website, you can do that too.

To sum up, if you are 18 or over and live in Nottingham city or have a Nottingham City GP and want some advice or help with your mental health or someone else's, we're a great place to start. **Wellness in Mind – 0800 561 0073**

Wellness in Mind website - www.wellnessinmind.org

COUNTY COUNCIL CARER SUPPORT PROPOSALS EXPLAINED'

In response to the need to make carer support funding work better, the Nottinghamshire County Council have been working with staff and a small group of carers to develop ideas for a new approach. The Carers' Council are involved in the group through Geoff Curtis and Peter Robinson. The group supports the approach to be taken by the Council which was agreed by the Adult Social Care committee on 8th October. The proposals can be seen in detail on the Council web site at:

<http://www.nottinghamshire.gov.uk/dms/Meetings/tabid/70/ctl/ViewMeetingPublic/mid/397/Meeting/4141/Committee/514/Default.aspx> The papers are at Item 11.

Here is a summary of the Council proposals which are intended to be implemented by March 2019. Public meetings were held in March 2018 to tell people the reasons why changes were needed. The working group looked at Carers Assessments; carers respite support; commissioned services and a County communication and information plan to ensure that carers understand what support is available to them. The proposals include new principles of support and a new model of delivery. There will be a further round of public meetings to explain the proposals and discuss details.

NEW CARERS SUPPORT OFFER PRINCIPLES

These proposed principles underpin the development of the new carers support offer. They are included in the new Carers Strategy. The Council will:

1. use an integrated approach to developing and delivering services, considering all support available including wider community resources as well as those services directly delivered or commissioned by the Council.
2. make use of existing resources, including carers' own capacity for supporting each other, and provide opportunities to share experiences.
3. help carers to navigate a complex health and social care system to better understand and meet the needs of the person that they care for and to plan for the future, including planning for a crisis.
4. consider carer's own wellbeing and life aspirations and enable carers to access activities or resources to promote this.
5. use a personalised approach to assessment and support planning.
6. consider the varying situations and requirements of all family carers at differing stages of life with different health and social care needs.

CARERS SUPPORT OFFER

This is a new model that outlines a different way of supporting carers based on their level of need rather than a standard payment. A carer's discussion with the Council will depend on what the carer wants and will focus on how best to support the carer there and then and what they need for the future. A three tier approach will mean funding will be focussed more towards those with greater need.

- **Tier 1 – Help to help yourself – Information and advice** – Tier 1 focuses on information and advice with carers having their needs met on that first contact. Carers might come back to this point as and when further information, advice and support is needed.
- **Tier 2 – Help when you need it – short term interventions.** Tier 2 focuses on providing further short term help to carers when they need it. In addition to information and advice, it could be that a carer would benefit from some face to face support or equipment or a therapy referral is needed. Support could be provided by a 'Carers Hub' or other forms of Council Adult support teams.
- **Tier 3 – Ongoing help – Long term support with ongoing review.** Tier 3 is aimed at additional support for carers who need ongoing long term help in order to live their lives and continue in their caring role and would include assessment, support planning and review. It may also include support for the cared-for through a range of other services such as carer direct payments or access to respite care. The intention is to make the process simple; that it works well; and is as flexible as possible to ensure carers and their families don't get lost in different systems. It is early days yet for the new services and a lot of detail about how the new systems will work has to be developed. Carers will be involved in giving views and working with the Council to develop services that will meet a whole range of needs.

CARERS TIME TO TALK

Drop in sessions, every Wednesdays 4 - 6pm

Liaison service and opportunity to chat/network with other carers and staff/enquire about care given.

Every Tuesday and Thursday, Learning and Support Sessions 5 - 6pm

Support dealing with difficult emotions/being understood and listened to/setting new goals/coping strategies/upskilling and learning

Contact Rowan 1, Highbury Hospital on 0115 8760120

USEFUL CONTACTS FOR CARERS

(Keep this newsletter for future reference)

LOCAL MENTAL HEALTH TEAMS

Bassetlaw LMHT Hospital, Worksop,:	01909 502 011
Broxtowe and Hucknall LMHT, Hope Centre, Beeston, :	0115 854 1271
Gedling LMHT, Manor Road, Carlton,:	0115 952 4098
Rushcliffe LMHT, 93 Musters Road, West Bridgford,	0115 945 5990 (Op 1)
Newark & Sherwood LMHT, 65 Northgate, Newark,:	0115 854 2216
Mansfield LMHT, Millfields,:	0115 9560858
Ashfield LMHT, Millfields,:	0115 9560858
CITY CENTRAL LMHT	0115 9560841
CITY EAST LMHT	0115 8760153
CITY NORTH LMHT	0115 9555360
CITY SOUTH LMHT	0115 8440525

CRISIS RESOLUTION HOME TREATMENT CONTACTS

- Nottingham City: **0300 300 0065** (24 hours)
- Nottingham County South: **0300 123 2901** (24 hours)
- Mansfield and Ashfield: **0115 956 0860** (24 hours)
- Bassetlaw: **0300 123 1804** (7.30am – 9pm) or **0115 956 0860** (9pm – 7.30am)
- Newark and Sherwood: **0300 3000 131** (9am-5pm, Monday - Friday) or **0115 956 0860** (5pm - 9am Monday - Friday, and weekends)

CARERS FEDERATION	0115 962 9310
NOTTINGHAMSHIRE CARERS HUB	0115 8248824

If you live in the **CITY** of Nottingham - For a carers' assessment phone the **Nottinghamshire Carers HUB** on **0115 8248824** for advice and information.

If you live in Nottinghamshire **COUNTY** - For a carers' assessment phone the County Council on **0300 500 80 80**

For advice and information call **the Carers HUB** on **0115 8248824**

Nottinghamshire Healthcare NHS Foundation Trust:	0115 969 1300
The Trust's Involvement Centres:	0115 956 0845
Involvement Experience & Volunteering Team:	0800 052 1415
The Recovery College:	0115 9560827

PALS (Patient Advice and Liaison Service) – Mental Health	0800 015 3367
Rethink: General Enquiries: 0121 522 7007 Advice/information	0300 5000927
Central Notts Mind	01623 658044
Samaritans:	116 123
Bassetlaw Mind	01909 476075
Wellness in Mind	0800 5610 072
Nottingham Co-production Network	0115 8043816
Smokefree Life	0800 2465343
Trent Psychological Therapies Service	0115 896 3160
Nottinghamshire Customer Services Centre	0300 500 80 80
Nottingham City Council	0115 9155555

CARER GROUPS AND OTHER GROUPS OF INTEREST

CARER GROUPS – where main focus is Mental Health Carers

Carers' Council Allies in Adult Mental Health,	Geoff Curtis 0115 9631916
Nottingham City Carer Support MH,	Jude / Emma 0115 844 0525
Rushcliffe Mental Health Carers Group,	Colin Diana 0115 923 2357
Mansfield & Ashfield Carers, Cleo 07824 838574 Joy 01623 459681 Peter 01623 512607	
Beeston Carers in Mental Health,	Judith 0115 9179025, David 0115 9284725
Bassetlaw Carer Support Group,	Francesca 0115 9691300 Extension 12062
Bassetlaw Mind Coffee Morning,	Bassetlaw Mind 01909 476075 (Admin)
Bassetlaw Mind Dave's Advice Clinic,	Bassetlaw Mind 01909 476075 (Admin)
Nottingham Rethink Group (Carers & Service users),	Bob Aston 01823 365308
Black Carers Group	Colleen Scott 0115 969 1300 Ext 16024
Radford Care Group	0115 9786133.
Time To Talk	0115 8760120

OTHER MENTAL HEALTH GROUPS

Arnold Methodist Church MH Befriending & Support Group 07514 775514

GENERIC CARER GROUPS

Carers in Hucknall Jim Radburn **0115 9530746**

For information on numerous Carer Support Groups, Drop-ins and other services throughout the Nottinghamshire County and City phone:

The Carers Hub (Carers' Trust) **0115 8248824.**

The Carers Federation **0115 962 9310 or 962 9369**

LOVING MY ROLE AS A PEER FAMILY WORKER AND TRAINER!

I have worked as the Trust's first Peer Family Worker/Trainer in the Family Interventions Team (FIT) for nearly 2 years now. I feel privileged in this role and can honestly say that the carers, families, volunteers and the staff, I have met both at Bracken House Rehabilitation Unit and at the Rosewood Involvement Centre have gotten me where I am today.



I have a passion for teaching and learning and my transferable skills from being a Further Education college English language tutor, led me to successfully completing the 5 day Behavioural Family Therapy (BFT) course. I then was encouraged by the FIT coordinators Alyson Leeks and Andrea Emmens to do the 5 day Train the Trainers residential training in Bourneville. This training has equipped me with the necessary skills and confidence to be able to support clinicians and to facilitate BFT in local mental health teams throughout Nottingham city and county. Family Work is inclusive of all, having a staff team made up of carers, service users and professionals, really role models this ethos. BFT has been found to reduce stress within families and can help to reduce relapse in service users. It supports people to move forward, working together to increase understanding, build coping strategies, communication and problem solving skills.

I would like to think that I am making a difference to the lives of many carers, families and service users by championing their importance in care and recovery at a local level. My role is creative and I love the opportunity to use my initiative to develop innovative ways of implementing family work. These ideas benefit the trainees on the BFT training programme, the trainers facilitating the programme and enable families to feel better supported and more involved in the care of their loved ones.

I feel that the little day-to-day considerations and acts of kindness that someone does make a difference in someone's life. Carers and families require a 'listening ear', a helpful attitude, warmth and you must have a genuine interest in whatever they are saying. I appreciate and value this role (even if I am having a bad day!) For instance, one piece of feedback I received recently from a Carer Lead read 'Thank you so much, this has meant the world to me having your help and support on this booklet ... I'm feeling a bit overwhelmed by all support and help I've had, so once again a massive thank you to you.'

I am looking forward to working with more families, carers and staff as the work in the Family Interventions team grows!

Tracy Turland, Peer Family Worker

HOW TO ACCESS BEHAVIOURAL FAMILY THERAPY OR FAMILY WORK

Behavioural Family Therapy or family work is an intervention offered to Service Users and their families under secondary care within adult mental health.

It can be accessed via their named Nurse or keyworker within an inpatient setting and Care Co-ordinator / lead professional in the community.

If you are uncertain or to find out more
email bft.enquiries@nottshc.nhs.uk or phone 01909 572025

OCCUPATIONAL THERAPY AVAILABLE WITHIN LOCAL MENTAL HEALTH TEAMS (LMHTS)

Carers often express concern about the seeming lack of Occupational Therapy and meaningful activities for those with mental health issues. Did you know that all the Local Mental Health Teams have Occupation Therapists and that there are OT services within each team? The type of OT opportunities varies from team to team but if you want to know what might be available to those who are receiving services from a LMHT - either in the City or the County then is worthwhile contacting the LMHT in question to find out.

See page 6 for contact numbers.

DEMENTIA INFORMATION PROGRAMMES FOR CARERS OF PEOPLE WITH DEMENTIA

NEXT PROGRAMME - Saturday 19th January 2019 – Saturday 2nd March 2019
10.30 - 12.30 pm at Radford Care Group Prospect Street Radford Nottingham NG7 5QE

These free programmes consist of 7, 2-hour weekly sessions, covering a different aspect of dementia at each session. The groups are facilitated by specialists in dementia group work and will consist of about 12 carers. Help with respite services and transport may be available. The carers are asked to contribute £2.50 per session towards refreshments.

We are happy to take referrals from both Nottingham City and County

To book a place on either programme, refer a carer or for further information please call **Radford Care Group on 0115 9786133. Or visit www.radfordcaregroup.org.uk**

We hope you find this newsletter useful but you will appreciate it is costly so PLEASE let us know if we send you a newsletter but it is no longer required

BLACK CARERS GROUP FOR FAMILY, FRIENDS AND SUPPORTERS

Are you supporting someone with a mental illness?

Do you want someone to talk to who knows what you are going through?

This group meets on the last Thursday of every month 1 - 3pm

Maple Suite, Highbury Hospital, Nottingham NG6 9DR

If you need more information phone Colleen Scott **0115 969 1300 Ext 16024**

TRENT PSYCHOLOGICAL THERAPIES SERVICE (TRENT PTS)

Trent PTS is an independent psychological therapies service commissioned by the NHS, delivering quick and easy access to a range of psychological therapies for those suffering mild to moderate mental health problems. Referrals are processed quickly and treatment is usually completed within 3 months of your first appointment.

Our service is FREE of Charge

It is easy to self-refer by either:

- Picking up a referral pack from your local GP and posting the form to us
- Completing an on-line referral form by visiting www.trentpts.co.uk

Visit www.trentpts.co.uk to find out full details of therapies offered plus address details of our clinic bases where therapy is conducted or you can telephone **0115 896 3160** with queries or for more information.

SMOKEFREELIFE NOTTINGHAMSHIRE

Smokefreelife Nottinghamshire is the County Council commissioned stop smoking service for all county residents.

The service provides **FREE** nicotine replacement therapy and support for 6 weeks.

You are 4 times more likely to quit with support.

If you would like help to stop smoking, either face to face or over the phone, please contact **0800 2465343**



**Registered carers are entitled to a FREE Flu vaccination.
Speak to your GP Surgery today**

LOOKING FOR FREE IMPARTIAL ADVICE ON BENEFITS?

NOTTINGHAMSHIRE COUNTY COUNCIL BENEFITS TEAM

This service supports vulnerable adults and their carers to maximise their income. Free and impartial advice is delivered over the telephone. Please note the team is not able to provide a home visit.

This service can be accessed by phoning **0300 500 8080** and asking for the Benefits Team. Enquiries are dealt with in a chronological order.

Help with Tribunal Representation - Referrals for help with tribunal representation are made to the Free Representation Unit. Referrals are made by calling the Customer Services Centre on **0300 500 8080**.

Fact sheets are also available on the benefits and finance pages of the Nottinghamshire County Council website and on Notts Help Yourself.

NOTTINGHAM CITY COUNCIL – WELFARE RIGHTS SERVICE

Nottingham City Council Welfare Rights Service offers free, confidential and impartial advice and advocacy on the following matters:

- Benefits and Tax Credits
- Debt

To access the Service

Telephone: 0115 915 1355

Lines open: Monday to Friday 8:30am to 4:50pm

Email: welfarerights@nottinghamcity.gov.uk

We also run advice sessions at convenient locations across the city. Home visits can also be arranged if you are unable to attend an appointment because of mobility problems. Also, for more information you can visit <https://nottinghamcity.gov.uk/benefits/welfare-rights-service/>

AskLiON

AskLiON is a community directory helping you to find activities and support in Nottingham. This online resource provides information on services, groups and events that can help people to improve their health and wellbeing and find health and social care services. **AskLiON** also promotes all the great community activities that happen in the city that can hugely improve a person's wellbeing if accessed at the right time. To access **AskLiON** go to www.asklion.co.uk or if you have any questions or feedback on the site then please email lion@nottinghamcity.gov.uk to let us know



If you would like to become a member or for information contact
Geoff Curtis on 0115 9631916 or email: geoffcurtis@gmail.com

▶ ▶ ▶ NEW FOR 2019 ◀ ◀ ◀

INCREASED NUMBER OF OPEN MEETINGS
Put these dates in your diary

We are having **TWO** Open Meetings this Spring

▶ ▶ ▶ Wednesday 20 February 2019 ◀ ◀ ◀

▶ ▶ ▶ Wednesday 17 April 2019 ◀ ◀ ◀

We will have **four further** Open Meetings in 2019

Wednesday 19 June ★ Wednesday 21 August

Wednesday 16 October ★ Wednesday 11 December

All Open Meetings held at The Nottingham Mechanics3, North Sherwood St,
Nottingham NG1 4EZ from 1 p.m. – 4 p.m.

OUR CONTACT DETAILS:

Geoff Curtis, Chair To notify attendance at Open Meetings & for all general enquires
Tel: 0115 9631916 or email: geoffcurtis@gmail.com

Peter Robinson – Treasurer, Membership queries and forms Tel 01623 512607 or email:
peter.robinson930@ntlworld.com

Sandra Vanner – Newsletter Tel: 01773 776739 or email: sandravanner@gmail.com

CARERS' COUNCIL COMMITTEE MEETING DATES for 2018/2019

You are most welcome to join us - All Committee Meetings are held at
Christopher Cargill House, 21-23 Pelham Rd, Nottingham NG5 1AP 10 a.m. – 12 noon

Friday 30 November 2018

Friday 25 January 2019

Friday 29 March 2019

Friday 31 May 2019

Friday 26 July 2019

Friday 27 September 2019

Friday 29 November 2019

LET US HAVE YOUR NEWS / VIEWS FOR OUR SPRING NEWSLETTER

We welcome brief articles/letters from **individuals** and **organisations** alike.

Closing date Tuesday 5th February 2019

Email sandravanner@gmail.com or phone 01773 776739