



Nottinghamshire Healthcare
NHS Foundation Trust

Members' e-bulletin

May 2018

Countdown to NHS 70!

The Involvement, Experience & Volunteering Team are counting down the 70 days to the NHS's 70th Anniversary with a blog a day. We're asking for contributions to help us celebrate The NHS and our Trust. If you have a story to share about the NHS, please email membership@nottshc.nhs.uk

Follow us for the countdown:

Twitter: #NHS70 #70BlogsTo70

[Blogs](#)

Please be aware that submissions will be publicised externally on our Twitter and blog.

[Find out more at the NHS England Website](#) and the [NHS 70th birthday website](#)

NHS70: Celebrating 70 years of the NHS

It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise and thank the extraordinary NHS staff – the everyday heroes – who are there to support and care for us, day in, day out.

Arnold Methodist Church Befriending Group

Providing help and support to people with mental health problems.

This group takes place every Friday from 11am to 2pm
Arnold Methodist Church, Front Street, Arnold NG5 7EL

Dementia: Discover the Power of Research

Thursday 24 May 3pm to 6pm

Nottingham Central Library

Dementia Awareness Week runs from 21 to 27 May 2018.

This event aims to promote key dementia research developments with short talks and interactive activities.

To book your free place, phone 0115 9152825 or email
enquiryline@nottinghamcity.gov.uk

NHS Personal Health Budget Survey

All personal health budget and integrated personal budget holders, whether current or historical, are invited to share their feedback about their experiences.

This will enable NHS England and Clinical Commissioning Groups to use this feedback for monitoring purposes and to improve how personal health budgets and integrated personal budgets are being offered and delivered.

[Click here to access the survey](#)

Mental Health and Pregnancy Research

The University of Nottingham are inviting women to take part in a research project about Mental Health and pregnancy. They are asking for women to share their experiences of mental health problems before or after pregnancy. Travel, child care reimbursement and a gift voucher will be offered to those who take part.

More information can be found [here](#).

Carers Roadshows

This year is the sixth year of the Summer Road Shows for Carers. Each year they are bigger and better with more and more people visiting.

The Carers Road Show offers free support for all unpaid carers, no matter what the circumstances of the person they are caring for.

With 17 venues and 250 stalls there is a vast diversity of support on offer. This enables the unpaid carers to make a good informed choice about the kind of support they need.

All 10am to 2pm

Tuesday 15 May at The Mary Potter Health Centre, NG7 5HY

Friday 18 May at Arnold Methodist Church, NG5 7EL

Tuesday 22 May at Stapleford Care Centre, NG9 8DB

Visitors Guide to Rampton Hospital

Nottinghamshire Healthcare have made a short film to inform families and friends of patients about the hospital.

[You can view the film here .](#)

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

Institute of Mental Health Blog

[Click here](#)

Public Face

[Click here](#) for the latest edition of 'Public Face', brought to you by the East Midlands Academic Health Science Network.

Healthwatch News

Healthwatch Nottinghamshire and Healthwatch Nottingham have now merged into one organisation.

Visit the Healthwatch website: www.healthwatchnottinghamshire.co.uk

Phone: 0115 963 5179

Email: info@healthwatchnottinghamshire.co.uk

The Carers' Council - Allies in Mental Health

The Carers' Council is a charity and offers support across Nottinghamshire to families, friends and carers of those experiencing mental distress by providing:

- Someone to talk to about experiences
- Quarterly Open Meetings with speakers and social activities
- Quarterly Newsletter of events and information
- Outings for members and family
- Promoting a partnership approach - working with NHS healthcare staff, Councils and other organisations

If you would like to find out more contact Geoff Curtis: Tel: 0115 9631916 or email: geoffcurtis@ymail.com

Involvement Blog

[Read our Involvement Blogs](#) as we count down to the NHS 70th anniversary
Twitter: #NHS70 #70BlogsTo70

Your Feedback Matters

Nottinghamshire Healthcare is committed to listening and responding to the views and experiences of service users, patients and carers.

We want to hear about your experiences of our services. We want to hear your stories about your care and treatment. We will listen to what you have to say and respond.

If you have used our services and would like to leave your feedback please go to:

feedback.nottinghamshirehealthcare.nhs.uk

Or you can leave us your story at [Care Opinion](#). Care Opinion is an independent site where you can leave your experiences of health services in the UK, good or bad. Your stories are passed on to the appropriate people to make a difference.

Contact Us

You can contact the Membership Office in the following ways:

Phone: 0115 9691300 extension 11153 or
0800 012 1623

Email: membership@nottshc.nhs.uk

Web: www.nottinghamshirehealthcare.nhs.uk

Facebook: www.facebook.com/nottinghamshirehealthcare

Twitter: [@nottshealthcare](https://twitter.com/nottshealthcare)
[@involveT1](https://twitter.com/involveT1)



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