

Members' e-bulletin

June 2018

Countdown to NHS 70!

The Involvement, Experience & Volunteering Team are counting down the 70 days to the NHS's 70th Anniversary (July 5) with a blog a day. Follow us for the countdown:

Twitter: #NHS70 #70BlogsTo70
Blogs

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.



Come and join us!

Thursday 5th July

11am - 3pm

Drop in to the Involvement Centre, DMH
for a chat to help us celebrate the
NHS "Big 7tea"

We'll provide the coffee and cake or you can bring your lunch.

All welcome!

Annual General Meeting /Annual Members' Meeting (AGM/AMM) 2018

Nottinghamshire Healthcare NHS Foundation Trust's Annual General Meeting and Annual Members' Meeting will take place this year on **Thursday 19 July, 2.00pm-3.15pm** in Conference Rooms 1 and 2 at Duncan Macmillan House, Nottingham, NG3 6AA.

At the event the Council of Governors will present:

- a report on the proceedings of its meetings held since the last annual meeting
- a report on the progress since the last annual meeting in developing the membership strategy
- a report on any change to the Governors which has taken place since the last annual meeting
- a report containing such comments as it wishes to make regarding the performance of the Trust for the preceding Financial Year and the future service development plans of the Trust.

At the meeting we will also:

- formally agree the notes of the Annual General Meeting for 2017; present the Financial Summary of Accounts for the past year and highlights of the year; present the Trust's Annual Report and invite questions from attendees.

If you plan to attend please email agm@nottshc.nhs.uk to register. Please also let us know of any special requirements. You can also call 0115 993 4530 for further information.

Do you have a question you would like to ask?

If you have a question you would like to put forward for the day you can email this to agm@nottshc.nhs.uk

[To find out more about the event visit: www.nottinghamshirehealthcare.nhs.uk/events](http://www.nottinghamshirehealthcare.nhs.uk/events)

Hopewood is Now Open

Nottinghamshire Healthcare have opened a new £21 million mental health facility for children, young people and families. The 40 bed site on Mansfield Road in Nottingham offers specialist inpatient care and support for adolescents and perinatal women experiencing acute mental health difficulties that can no longer be managed in the community. It is also the base for the Trust's community Child and Adolescent Mental Health Services (CAMHS) and perinatal services. Have a look around by watching this short film at .

Involvement, Experience and Volunteering Annual Report

The 2017/18 Annual Report is available on our Trust website. The report sets out our progress over the year against each of the seven areas of our strategy. You can read the report at www.feedback.nottinghamshirehealthcare.nhs.uk/latest-news

Adult Mental Health Feedback Survey

Thank you to those who completed the feedback survey for Adult Mental Health Services last month. The results of the survey were used in the patient feedback report which went to the

Trust Board. You can read the report at
www.feedback.nottinghamshirehealthcare.nhs.uk/latest-news

Free Events for Carers During Carers Week

Wednesday 13 June
The Crossing
Newcastle Street
WORKSOP S80 2AT
10am – 12pm plus free buffet!

Carers Week session at Worksop Carer Support
Group for a fun get-together with other carers and local support worker.

Thursday 14 June
Castle House
Great North Road
NEWARK NG24 1BY
10am – 12pm plus free tea and cakes!

Carers Week session at Newark Carer Support Group
Samantha Hey from Home Direct (Together is Better)
will discuss the benefits of an NHS Personal Budget for those in receipt of direct payments.

For more information or to book, contact NOTTINGHAMSHIRE CARERS HUB
on 0115 824 8824 www.carerstrustem.org/hub

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

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 an informed choice about the kind of support they need.

All 10am to 2pm

Friday 15 June Cornerstone Health Centre NG11-8EW

Friday 29 June Newark Market Place Notts NG24-1EA

Friday 6 July Mansfield Market Place Notts NG18-1HZ

Friday 13 July Valley Health Centre St; Annes Nottm NG3-3GG

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

For the latest news and updates from the Institute of Mental Health, go to www.institutemh.org.uk/news

Public Face

Go to www.emahsn.org.uk/news-and-blog/newsletters/ 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

Positive Newsletter

To read the latest newsletter from Nottinghamshire Healthcare, go to www.nottinghamshirehealthcare.nhs.uk/publications

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:

www.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
@involveT1