

Members' e-bulletin

July 2018

Trust AGM and Annual Members' Meeting

Nottinghamshire Healthcare's Annual General Meeting and Annual Members' Meeting will be held on **Thursday 19 July, 2.00pm-3.15pm** at Duncan Macmillan House in Conference Rooms 1 and 2.

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

More information about the event can be found on our website:
www.nottinghamshirehealthcare.nhs.uk/events

June Patient Voice Report

The Nottinghamshire Healthcare Patient Feedback Report which went to the Trust Board last month focused on Low Secure and Community Forensic Services.

The main issues identified in the report are:

- Waiting times
- Leave cancellations
- Information to families/carers
- Use of electronic style cigarette products
- Staff attitude

You can find the report at www.feedback.nottinghamshirehealthcare.nhs.uk/content/what-are-people-saying-about-our-low-secure-and-community-forensic-services

Nottinghamshire Pride

Nottinghamshire Pride will take place on Saturday 28th July in the Creative Quarter/Lace Market of Nottingham City Centre.

Everyone, inclusive of their sexual orientation and gender identity, is welcome to join in the march which starts at 11.30am from Castle Gate in Nottingham City Centre (across from Marks & Spencer) and ends at Broad Street. We ask that anyone participating in the march is ready to do so by 11:15am at the latest.

The main event will feature the Trust, including Child and Adolescent Mental Health Services. The Gender Clinic market stalls will be open from 12pm to 5pm in the Hockley/Lace Market area of the City Centre known as the Creative Quarter.

Pride is a family friendly, fun-filled day and there will be food, live music, raffles and face painting. For more information see www.nottinghamshirepride.co.uk or @nottspride You can also follow us on the day at @equalnotts

Harmless Photography Project

Harmless (self-harm and suicide prevention and support organisation) are currently recruiting individuals to our suicide awareness photography project.

If you have been touched by suicide in some way, either through your own battle of lived experience, supporting someone you love in this battle or tragically lost someone to suicide and want to take part, please get in touch.

All you need to do is send your name and phone number and a sentence about your experiences and Harmless will put you in touch with the photographer.

Email: info@harmless.org.uk

The images will form part of an exhibition to mark world suicide prevention day and shoots will happen in and around Nottingham. More information can be found at www.harmless.org.uk/

Short films launched for NHS 70

Nottinghamshire Healthcare staff have spoken about what makes them proud, what motivates them and their hopes for the future of the NHS, in a series of short films produced to celebrate the NHS at 70.

Colleagues from a range of roles took part, to talk about what the NHS means to them and showcase the diversity of staff within the NHS.

You can view the three films on our website www.nottinghamshirehealthcare.nhs.uk/latest-news/short-films-launched-for-nhs-70-2045

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

Carer 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 huge range of support on offer. This enables the unpaid carers to make an informed choice about the kind of support they need.

All roadshows are open between 10am to 2pm

Thursday 26 July, Retford Market, the Square, Retford

Wednesday 1 August, Southglade Park, Top Valley, Nottingham *and* Lark in the Park Festival, West Bridgford

Thursday 9 August, Kings Mill Hospital, Mansfield

Friday 10 August, Cornerstone Health Centre, Clifton, Nottingham

Tuesday 14 August, Mary Potter Health centre, Hyson Green, Nottingham

Benefits Awareness Sessions

Nottinghamshire County Council and The Carers Hub are running benefits awareness and advice sessions for carers on the following dates:

Thursday 20 September at Keyworth Carer Support Group

Wednesday 26 September at Retford Carer Support Group

Places are limited and must be booked in advance.

Call the Carers Hub on 0115 8248824 for further information and to book your place.

Black Carers Group for family, friends and supporters group

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

Beeston Carers Support Group

An opportunity to meet other carers and access information, support and training. Relax and make new friends.

Manor Surgery, Middle Street, Beeston NG9 1GA

Third Monday of the month 1-3pm

For more information contact Nottinghamshire Carers Hub on 0115 8248824

Carers Time to Talk

Drop in sessions, **every Wednesdays 4 - 6pm**

Liaison service and opportunity to chat/network with other carers and staff and to 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

See www.institutemh.org.uk/news for the latest news and updates from the Institute of Mental Health.

Public Face

See <http://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

The latest newsletter from Nottinghamshire Healthcare is available to read at www.nottinghamshirehealthcare.nhs.uk/newsletters

Involvement Blog

Read our Involvement Blogs <https://involvementvolunteeringexperience.wordpress.com/> and our celebration of the NHS at 70.
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 at www.careopinion.org.uk/
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 Nottinghamshire Healthcare's 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

