

Members' e-bulletin

August 2018

Review of the Year

The Trust's Annual General Meeting and Annual Members' Meeting was held on Thursday 19 July. You can view the Trust's AGM/AMM [here](#).
You can read the 2017/18 Annual Report [here](#).

New Study Shares Stories to Improve Mental Health recovery

The NEON research study (Narrative Experiences Online) seeks to understand how online access to stories of personal recovery journeys through mental health challenges can benefit others. The Nottinghamshire Healthcare NHS Foundation Trust research team are looking for volunteers to share their stories with them.

Do you have experiences that others see as unusual (e.g. hearing voices, seeing or believing things that others do not)?

Are you living without NHS support (other than your GP)?

Would you like to use your experience to help others?

To find out more about getting involved in the NEON research study please contact Jo on 07920453729 or email: research@nottshc.nhs.uk

NEON is funded by the National Institute for Health Research under the Programme Grants for Applied Research Scheme (Funder reference RP-PG-0615-20016).

Expert People's Panel

In order to strengthen their Equality Analysis process, the East Midlands Academic Health Science Network have established an independent group of lay members to review each Equality Analysis.

Expert People Panel (EPP) members are from diverse backgrounds, with lived experiences and insight of one or more of the protected characteristics and live or work in the East Midlands.

Applications are open for people to join the EPP. For more information and how to apply [click here](#). Applications close at midnight 31 August 2018.

Service User Views Wanted

CLAHRC (Collaborations for Leadership in Applied Health Research and Care) are undertaking a study and asking for people in Nottinghamshire, Leicestershire and Northamptonshire with a diagnosis of Bipolar Disorder to complete a survey about the care they have received. For more information about the study (with no obligation to take part) please email james.roe@nottingham.ac.uk or call 0115 8232476

Secure Hospital Care - A Guide for Carers

A recent project supported by The University of Nottingham's ESRC Impact Acceleration Account, Nottinghamshire Healthcare NHS Foundation Trust and the Institute of Mental Health has produced a new guide to give carers additional support and information to help them navigate the processes and terminology involved. The guide is being promoted to carers and families and is available to [download here](#).

Silva Lining's Care Plan

Silva Lining's Care Plan is a new play about caring for someone with dementia. There will be two performances of the play on 21st September, in the Nottingham Contemporary. Tickets are only £5, and the first 50 carers to book get a free coffee and home-made biscuit.

A link to book tickets and further information can be [found here](#).

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/

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

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

Friday 7 September, Riverside Health Centre, Bulwell, Nottingham

Thursday 13 September, Kings Mill Hospital, Mansfield (BSL Sign Language Interpreters will be at this event).

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

