

Members' e-bulletin

September 2018

New Carers Quick Guide

A quick guide for carers has been created by Nottinghamshire Healthcare. It can be found on the [Trust website](#).

OSCARS Now Open for Nominations!

If our staff or volunteers have made a difference to your experience of our services and provided outstanding care, then what better way to say thank you than by nominating them for an award?

Our Outstanding Service Contribution and Recognition Scheme (OSCARS) is now open for nominations.

The OSCARS is our awards scheme to celebrate the outstanding work of our staff and volunteers providing high quality mental health, intellectual disability, substance misuse and community health services. Award categories include Unsung Hero, Team of the Year, and Outstanding Care and Compassion.

[Click here](#) for further details and to make a nomination. We will accept hard copy nomination forms from patients, service users and carers who don't have access to a computer. Ask our staff to print a form for you or contact us on 0115 993 4530 or oscars@nottshc.nhs.uk and we will send out a printed copy to you. The closing date for nominations is Friday 2 November.

Carers' Council – Allies in Adult Mental Health Annual General Meeting

Wednesday 19 September 2018, 1 pm to 4 pm
At the Nottingham Mechanics, 3 North Sherwood St, Nottingham NG1 4EZ

Speakers/games/buffet Including demonstration of 'SOUNDWALKS'
Although booking is not essential, if possible please contact Geoff Curtis on 0115 9631916
or email: geoffcurtis@ymail.com to confirm attendance

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](#).

Carer Roadshows

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

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.

Thursday 13 September 10am to 2pm, Kings Mill Hospital, Mansfield (BSL Sign Language Interpreters will be at this event).

Tuesday 2 October 9:30am to 1:30pm
The Bonington Theatre (above Arnold Leisure Centre)

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, 11am – 12:30pm at Keyworth Carer Support Group
Wednesday 26 September, 10:30am – 12:30pm at Retford Carer Support Group

Monday 8 October, 1pm – 3pm at Ashfield Carer Support Group
Tuesday 9 October, 10.30am – 12.30pm at Gedling 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.

LGBTQ+ Health and Wellbeing Event

Saturday 29 September 10am - 2pm

Community House, Wood Street, Mansfield NG18 1QA

More information about this event can be [found here](#)

The Power of Music in Health and Social Care Conference

Friday 12 October at the East Midlands Conference Centre, NG7 2RJ

The conference is for anyone who wants to learn more about the role music plays in care, including care providers, family and volunteer caregivers, care receivers, care workers, musicians, faith-based and community agencies, students, researchers, policymakers and the community. Bringing together care partners interested in the role music in quality of living and care, featuring interactive workshops showcasing local performers / projects.

Key Speakers include Dr Corene Hurt-Thaut, Dr Ming Hung Hsu and Gareth Gates.

For more information or to register a place go to www.nottingham.ac.uk/go/powerofmusic or phone 0115 7487076

Information Leaflet

[Click here](#) to read the NHS leaflet about dedicated mental health services for Armed Forces personnel approaching discharge and veterans.

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

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

Institute of Mental Health

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

Public Face

Visit <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

