

## Members' e-bulletin

October 2018

### **Involvement, Experience and Volunteering 6 Month Update**

Nottinghamshire Healthcare's Involvement, Experience and Volunteering (IEV) 6 month update (September 2018) is now available. It provides an update against the Trust's IEV Strategy. It is available to download from the [Your Feedback Matters Website](#)

### **Invitation to Seldom Heard Carers Soundwalk Into Wellbeing: Salamanda Tandem**

**16 October 2018**

13:00 – 13.45pm or 15:00 - 15.45pm

Beeston Lock, Canalside Heritage Centre, Nottinghamshire NG9 1LZ

For Further Information visit: [www.salamanda-tandem.org.uk](http://www.salamanda-tandem.org.uk)

To book: contact Nicola Wood: [nicolaw@canalsideheritagecentre.org.uk](mailto:nicolaw@canalsideheritagecentre.org.uk)

On the day collect a free headset from Salamanda Tandem sound artist volunteers in Canalside Heritage Centre back garden just before the start. The event is audio described, accessible for wheelchair users, and anyone with mobility challenges. Soundwalk Into Wellbeing at Beeston Lock has been developed by Salamanda Tandem, in partnership with Better Carers and Co-Production Team Nottinghamshire County Council, Canalside Heritage Centre Beeston Lock, the Carers' Council and Beeston Carers. Celebrating Mental Health Awareness Weeks: [www.mhaw.org.uk](http://www.mhaw.org.uk)

# Empowering People Through Advocacy Event

**Friday 19 October 2018 9am-3pm**

The Pearson Centre for Young People, 2 Nuart Road, Beeston NG9 2NH

The Pohwer Nottingham Your Voice Your Choice team are hosting an event to showcase their advocacy services, raise awareness, discuss current health and social care issues and to provide a networking platform for clients, professionals and the wider community.

The theme of the event is how individuals can be empowered through advocacy. Workshops will include empowerment through advocacy in relation to the Mental Health Act, Mental Capacity Act, self-advocacy and through a carers assessment.

To register your place, [click here](#)

## Radford Care Group Information Programmes for Carers of People with Dementia

**Wednesday 17 October 2018 – Wednesday 28 November 2018 2pm - 4pm** (East Bridgford)

**Thursday 18 October 2018 – Thursday 29 November 2018 10.30am - 12.30pm** (Radford)

These free programmes consist of seven, two hour weekly sessions, covering a different aspect of dementia at each session. The groups are facilitated by specialists in dementia group work. Help with respite services and transport may be available. We are able to take referrals from the city and county.

To book a place, refer a carer or for further information, please call Radford Care Group on 0115 9786133 or visit [www.radfordcaregroup.org.uk](http://www.radfordcaregroup.org.uk)

## Hate Crime Awareness Week

**13 - 20 October 2018**

Join us in our social media campaign to make it clear that Nottingham and Nottinghamshire is #NoPlaceForHate #NottinghamTogether @NottsHealthcare and @equalnotts

What is a hate crime or incident?

A hate crime or incident is any incident where someone is targeted because of their identity. Hate crime can take any shape and isn't always illegal behaviour, but it is always motivated by prejudice, often in the following areas:

- Race
- Religion
- Sexual orientation
- Disability
- Transgender
- Misogyny

- Alternative sub-culture e.g. goth

To report a hate crime, either anonymously or non-anonymously:

- In an emergency, call 999
- Non-emergency, call 101
- Report online: <https://beta.met.police.uk/true-vision-report-hate-crime/>
- Report anonymously to Crimestoppers on: 0800 555 111
- Victim CARE: 0115 934 2605

## Rosewood Involvement Centre - 10th Anniversary

It's 10 years since the Rosewood Involvement Centre in Ollerton opened. To mark the occasion, there will be a celebration event next month.

For more details, contact [membership@nottshc.nhs.uk](mailto:membership@nottshc.nhs.uk)

## 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](mailto:oscars@nottshc.nhs.uk) and we will send out a printed copy to you. The closing date for nominations is Friday 2 November.

## 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 Wednesday 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](http://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](http://www.healthwatchnottinghamshire.co.uk)

Phone: 0115 963 5179

Email: [info@healthwatchnottinghamshire.co.uk](mailto: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](mailto:geoffcurtis@ymail.com)

## Positive Newsletter

The latest newsletter from Nottinghamshire Healthcare is available to read at

[www.nottinghamshirehealthcare.nhs.uk/newsletters](http://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](http://www.feedback.nottinghamshirehealthcare.nhs.uk)

Or you can leave us your story at Care Opinion at [www.careopinion.org.uk/](http://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](mailto:membership@nottshc.nhs.uk)

Web: [www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)

Facebook: [www.facebook.com/nottinghamshirehealthcare](http://www.facebook.com/nottinghamshirehealthcare)

Twitter: @nottshealthcare  
@involveT1

