

# Members' e-bulletin

November 2018

## Clinical Strategy Survey

Thank you to members who filled in our recent survey regarding the Trusts Clinical Strategy. This will be looked at in the Trust's Leadership Council event on Thursday 15 November. We will be sending further updates in due course.

## Social Care and Support Guide

[Click here to access the guide at the NHS website](#)

## Carers Rights Day

**Friday 30 November**

Know your rights as a carer, find out how to get the help and support you are entitled to by visiting one of the following venues, from 10am:

Newark Hospital, NG24 4DE  
Hucknall Library, NG15 7BS  
Co-op Food, NG2 6AP  
Arnold Library, NG5 7EE  
The Crossing Church and Centre, S80 2AT

## Evening Support Group for Carers

Room 2, Broadway Cinema, Hockley, Nottingham, NG1 3AL  
Disabled access available.  
6-8pm  
Thursday 13 December 2018

Thursday 10 January 2019

For more information, please contact Nottinghamshire Carers Hub on 0115 824 8824

## **Every Mind Matters Campaign**

The NHS website has information, expert advice, practical tips and more about how to take care of your mental health.

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

## **New Carers Quick Guide**

A quick guide for carers has been created by Nottinghamshire Healthcare.

[It can be found on the Trust website.](#)

## **Information Leaflet**

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

## **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

## **Black Carers Group for Family, Friends and Supporters**

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.

At 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  
There is a 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

[Click here](#) for the latest news and updates from the Institute of Mental Health.

## Public Face

[Click here](#) for the latest edition of 'Public Face', brought to you by the East Midlands Academic Health Science Network.

## Healthwatch Question of the Month

In November and December, Healthwatch are asking about local dental care  
[Click here to answer the question of the month](#)

Visit the Healthwatch website: [www.hwnn.co.uk](http://www.hwnn.co.uk)  
Phone: 0115 956 5313  
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

