



Members' e-bulletin

December 2018

Social Care and Support Guide

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

Volunteer Respiratory Mentor Programme Volunteers wanted!

The Respiratory Mentor Programme is a volunteer-led programme which aims to enhance the Pulmonary Rehabilitation Service. People living with respiratory conditions in Nottinghamshire who are attending Pulmonary Rehab can receive non-clinical support and information about living with their respiratory condition.

As a Respiratory Mentor, you must have completed Pulmonary Rehab, and be able to talk about some aspects of your lived experience/story to strangers in a confident, professional manner. You will also be required to undergo a Disclosure and Barring Service (DBS) check and provide two references.

Further information and contact details can be found in this [volunteer leaflet](#).

Location : Hucknall, Netherfield or Arnold

Time Commitment : Up to 3 hours, twice per week

Full induction programme will be provided, and reimbursement of travel expenses.

Evening Support Group for Carers

Room 2, Broadway Cinema, Hockley, Nottingham, NG1 3AL
Diabiled access available.

6-8pm

Thursday 10 January 2019

Thursday 14 February 2019

For more information, please contact Nottinghamshire Carers Hub on 0115 8248824

Networking Event

The East Midlands Academic Health Science Network are planning a free Nottinghamshire Patient, Service User, Carer and Public Networking Event on **Thursday 14 February 2019 from 10 – 4pm** (registration from 9.30am), Trent Vineyard Conference Centre, Nottingham. The event aims to inform, inspire and motivate local people to get involved in their local health and social care services.

Travel expenses will be reimbursed for patient/carer/citizens. for more information please contact the EMAHSN on 0115 8231300 or email: emahsn@nottingham.ac.uk

East Midlands Patient Leadership Programme

This free programme aims to improve knowledge and skills on patient safety, quality improvement and how to understand improvement data. There are 5 places for Nottinghamshire. People must be nominated by a health or social care organisation. For more information or to apply, please go to www.emahsn.org.uk or contact the EMAHSN on 0115 8231300 or email: emahsn@nottingham.ac.uk

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

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

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 December, Healthwatch are continuing to ask about local dental care

[Click here to answer the question of the month](#)

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

[Click here](#) to read the latest newsletter from Nottinghamshire Healthcare

Involvement Blog

[Read our Involvement Blogs](#)

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:

feedback.nottinghamshirehealthcare.nhs.uk

Or you can leave us your story 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 the 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](https://twitter.com/nottshealthcare)
[@involveT1](https://twitter.com/involveT1)

