



Nottinghamshire Healthcare
NHS Foundation Trust

Members' e-bulletin

January 2019

Happy New Year to all our members!

Would you like to have an input into research into restrictive practice in adult mental health services?

Adult mental health services are conducting research on how restrictive practices impact on how men access our services. "Restrictive Practices" include physical or chemical restraints or seclusion. They aim to compare the quality of care given to men of different backgrounds and to identify whether there are gaps in our services which require improvement.

They are running a focus group to get feedback about their study design, get ideas about recruitment to their study and help identify any pitfalls.

They are then running a follow up session to feedback what changes they have made since the initial focus group session.

Focus Group Session: Tuesday 22nd January 1pm-3pm
Feedback Session: Tuesday 19th March 1pm-2pm

Where:

Involvement Centre, Duncan Macmillan House

To attend, it is recommended that you:

- have been under the care of adult mental health services. or
- have friends or family who have received care from adult mental health services, or
- regularly volunteer in adult mental health services

They are particularly interested to hear from:

- Men
- People with experience of restrictive practice
- BME groups

If you're interested in attending, please reply by email or contact Laura Ingham or Lyndsy Jones in the Involvement, Experience & Volunteering Team on 0800 052 1415 or by email to volunteering@nottshc.nhs.uk.

You do not need to attend both sessions, however, to attend the second session on 19th March it is expected that you will have attended the first on the 22nd January.

NHS Networking Event

You are invited to attend a free networking event for patients, carers, service users and citizens.

The NHS Five Year Forward View, local Sustainability Transformation Partnerships and Integrated Care Systems highlight the importance of involving patients, service users, citizens and communities directly in decisions about health and care services.

This networking event aims to inform, inspire and motivate public involvement in the NHS and care services in Nottingham and Nottinghamshire. NHS organisations will be available to share information about services and how the public can get involved. Local Patient Leaders will share their involvement experience and the impact they are making.

There will be information stalls and workshops.
Lunch and refreshments are provided, and travel re-imbusement will be offered to non-staff.

Event details:

Date: Thursday 14 February 2019

Time: 9:15am to 3:30pm

Venue: Trent Vineyard Conference Centre, Nottingham NG7 2PX

If you are interested in attending, please visit www.bit.ly/involveNotts to register, or call 0115 748 4216.

Dementia Friendly Cinema Screenings

Broadway is pleased to announce the dates of our upcoming Dementia Friendly Screenings.

Dementia Friendly screenings aim to make cinema more accessible to local dementia communities by providing a fun and inclusive experience to enable people living with dementia, their families and carers to attend the cinema in a safe and welcoming environment.

They will take place bi-monthly on the final Monday of the month at 1.30pm. The programme will be a combination of specially selected classic movies and musicals. wheelchair spaces are limited, so please contact the box office for information.

The screenings are enhanced to suit the needs of people living with dementia: the lights are left on low, there are no adverts or trailers and the audience is allowed to move around – or sing along to any musical numbers! – should they wish to. Visitors will be supported by Dementia Friends trained staff.

The cinema will be open for an hour before the screening starts so that people can familiarise themselves with the space, and there will be an interval halfway through the film for free tea, coffee and biscuits to be served.

The next showing is Meet Me In St Louis on Monday 25th February. Tickets are £3.90, with a free place for an accompanying carer.

For more information contact Adam Byrne a.byrne@broadway.org.uk or
call 0115 952 6611

Social Care and Support Guide

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

Lonliness Groups

at Nottinghamshire Healthcare, Duncan Macmillan House, NG3 6AA
Aiming to teach skills and techniques to reduce loneliness.

Eligibility is for all adults:

- aged 18-65;
- diagnosis of depression (doesn't need to be an index/primary diagnosis of depression e.g. can be PTSD with depression as secondary);
- isolated/lonely

Times: All sessions are on a Wednesday afternoon running until 13th February (For the next group all sessions will be 12.30-2pm. Times for following group cohorts may differ)

Locations: Rooms are booked at Duncan Macmillan House for the sessions

If you are interested in the study (or want to refer a person into the group or want further information) please contact
laurie.hareduke1@nottingham.ac.uk or 07595034458.

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 14 February 2019

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

East Midlands Patient Leadership Programme

This free programme aims to improve knowledge and skills on patient dsafety, 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



Make the right decision 

	Only in an emergency: loss of consciousness severe breathing difficulties heavy bleeding	Emergency Department
	When it's urgent but not life threatening: sprains fractures minor burns skin infection	Urgent Care Centre
	For symptoms that don't go away: ear pain back pain stomach pain	GP Surgery
	Feeling poorly and need advice about: fevers stomach upset aches & pains headaches	Pharmacy
	Need help fast and its not an emergency? Unwell? Confused? Need help?	NHS 111
	For common ailments and illnesses: hangover grazed knee sore throat cough	Self-care

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

Visit the Healthwatch website: www.hwnn.co.uk

Phone: 0115 9565313

Email: info@hwnn.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 [Care Opinion](#). 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)

