



**Nottinghamshire Healthcare**  
NHS Foundation Trust

## Members' e-bulletin

**February 2019**

### **Patient and Public 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 10am – 3:30pm (registration from 9.30am), Trent Vineyard Conference Centre, Nottingham NG7 2PX.

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/carers/citizens. For more information please contact the EMAHSN on 0115 823 1300 or email: [emahsn@nottingham.ac.uk](mailto:emahsn@nottingham.ac.uk)

### **Carers Council Open Meeting**

Carers Council will be hosting an open meeting on Wednesday 20 February, 1-4pm at The Nottingham Mechanics, 3 North Sherwood Street, Nottingham, NG1 4EZ

Please confirm your attendance by calling 0115 963 1916

# **Carers Federation Counselling Service**

Carers Federation offer a free counselling service to people who care for or support a family member, friend or neighbour. If you are not a carer, you can still access the service for a contribution of £5 -£10 per session.

Counselling can help you understand your feelings and help you make sense of what is going on in your life.

Carers Federation provides the confidential counselling service at their offices in Carrington, Nottingham.

To arrange an initial assessment, call 0115 962 9310

or email [info@carersfederation.co.uk](mailto:info@carersfederation.co.uk)

[www.carersfederation.co.uk](http://www.carersfederation.co.uk)

## **Nottingham City Carers Strategy Consultation**

Nottingham City's Carers Strategy, which is a joint strategy across Health and Social Care, is being refreshed in line with the Adult Social Care Strategy @Better Lives, Better Outcomes'. The Carers Strategy will be aimed towards all carers who live in Nottingham City, including young carers who are under 18 years old. Nottingham City Council and NHS Greater Nottinghamshire Clinical Commissioning Partnership would like to hear from all carers in Nottingham, on what should be included in the new strategy. You can give your views online here.

## **'Parentline' New Health Texting Service for Parents and Carers**

A new text messaging service offering Nottinghamshire parents and carers of children aged 0-19 access to confidential health advice has been launched by the Trust's Healthy Family Teams.

The texting service, called 'Parentline', is an easy way for parents and carers to confidentially ask for help about a range of issues, such as feeding and nutrition, emotional health and wellbeing, child development, behaviour difficulties and family health. They can also find

out how to access other local services for example, School Health Team, breastfeeding support or health visitor led sessions.

The service does not replace face-to-face contact with Healthy Family Teams but aims to offer an alternative, accessible method of contact and a flexible way to support people.

The Parentline number is 07520 619 919.

Parentline is available from Monday to Friday 9.00am - 4.30pm excluding bank holidays.

Texts are usually replied to within one working day. Automatic replies will be sent to any messages received out of hours explaining where to get help if their question is urgent, and when they can expect a response.

## **Ask Lion**

(Local Information Online Nottingham)

Lion is an online community directory to help you find activities and support.

Find everything you need at your fingertips.

[www.asklion.co.uk/kb5/nottingham/directory/home.page](http://www.asklion.co.uk/kb5/nottingham/directory/home.page)

## **February is LGBT+ History Month**

This year's theme is Peace, Activism and Reconciliation. Nottingham City Council, in partnership with Life at the Centre, will be hosting an LGBT service.

Friday 15 February 6-7:30pm

Life at the Centre, 22 Lower Parliament Street

Please contact Life at the Centre on 0115 950 1428 for more details.

## **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](mailto:a.byrne@broadway.org.uk) or call 0115 952 6611

## **Khushi Self Help Group**

For Asian women in Nottingham city with experience of mental health problems.

Offering the chance to meet others in similar situations, share experience, coping strategies and information.

Tuesdays 1pm to 3pm

Contact Self Help UK Nottingham for more information on 0115 911 1661

## **Social Care and Support Guide**

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

# Evening Support Group for Carers

Room 2, Broadway Cinema, Hockley, Nottingham, NG1 3AL

Disabled access available.

6-8pm

Thursday 14 February 2019

Thursday 14 March 2019

Thursday 11 April 2019

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

## New Carers Quick Guide

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

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

## 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 824 8824

## **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 876 0120

## **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](http://www.hwnn.co.uk)  
Phone: 0115 956 5313  
Email: [info@hwnn.co.uk](mailto: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 963 1916 or email: [geoffcurtis@ymail.com](mailto:geoffcurtis@ymail.com)

## Positive Newsletter

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

## Involvement Blog

[Read our Involvement Blogs](#)

Twitter: @InvolveT1

## 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. 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](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](https://twitter.com/nottshealthcare)  
[@involveT1](https://twitter.com/involveT1)

