



Nottinghamshire Healthcare  
NHS Foundation Trust

## Members' e-bulletin

March 2019

### **Mental Health Awareness Training for Sport and Physical Activity**

Mental Health Awareness in Sports and Physical Activity is a free 3-hour workshop designed to give you the practical tools to help you better support those of us with mental health problems to be more active. This short course is aimed at anyone working within sports and physical activity—from coaches to front of house staff—who would like to increase their knowledge and understanding of mental health in the context of their work.

Lammas Leisure Centre, Mansfield — 27th March 2019 10am-2pm  
Idle Valley Nature Reserve, Retford — 10th April 2019 10am-2pm  
The Aura Centre, Newark — 17th April 2019 10am-2pm

For further information and bookings contact-  
Email: [haleyberrybassetlawmind@hotmail.com](mailto:haleyberrybassetlawmind@hotmail.com)  
Tel: 01909 476075

### **Information Drop in Event**

This event is open to service users, carers, volunteers and staff are are interested in local organisations and community services. It will include information on recreation and leisure, support groups, energy efficiency and many more!

Wednesday 27 March  
10:00 to 12:30  
Main Reception, Millbrook Hospital, NG17 4JT

## **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)

## **Liaison and Diversion Volunteer Representatives Needed**

At the request of NHS England, our Liaison and Diversion service are looking for volunteers who have a lived experience of a custody setting. The volunteer would attend meetings to give insight and be included in service change that may benefit patients in the future.

This is suitable for people who:

- Have lived experience of a custody setting
- Are carers of people who have been in a custody setting
- May have previous work experience with relevant organisations, for example NACRO
- Have knowledge of the criminal justice setting and the impact on a person's wellbeing

Commitment:

One Tuesday a month 2pm-4pm and one Wednesday morning every three months.

The Liaison and Diversion Team will meet with anyone who's interested in this role in privately to discuss the role, expectations of you attending meetings and what support you may need.

If you're interested, please contact Laura Ingham or Lyndsy Jones within the Involvement, Experience & Volunteering Team by calling 0115 9691300

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

A 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)

## **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 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)

