



### At a county wide level via a Review Group

Our county wide review group consists of locality representatives and members specialising in specific areas such as:

- **In-patient provision**
- **Crisis resolution and home treatment**
- **Community services**
- **Recovery services**
- **Individualised services**
- **Developing non NHS services**

The group collates the information generated from the locality level, investigates and researches further into areas of service development and takes the lead on key strategic objectives.

The work at the local and county level enables users and carers to provide important help for the NHS, Cumbria Adult Social Care and others developing services.

**“Our overall aim is to make meaningful changes that have a real and positive impact on the lives of local people.”**

## How To Contact Us

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Please note: To help keep your phone bill down please call our mobile and request a call back.

CMHG is currently majority funded on a contracted commissioned basis, however, it is our vision to become a sustainable charity funded through a number of sources allowing us to work on a long term basis in the community.



**Cumbria  
Mental Health Group**  
*Speaking up for the  
Mental Health Community*



**Making a positive impact**

## Who is the Cumbria Mental Health Group?

Cumbria Mental Health Group (CMHG) is a service user and carer owned charity. We work at a grass roots level with people whose lives are affected by a range of mental health problems. Our main aim is to help influence and change the way mental health services are delivered in Cumbria.

The management of the charity is the overall responsibility of the elected committee of Trustees and we employ a team of highly skilled and experienced Development Workers and an Administrator.

The Cumbria Mental Health Group works in partnership with a whole range of statutory and voluntary organisations. It plays a constructive role across the county, vigorously pursuing key issues and concerns to seek practical solutions by working at three levels in our community:

- **Community Level**
- **District Council Level**
- **County Wide Level**

**“It’s not just about participating; it’s about having a voice and shaping things.”**

The Picture from left to right: Nigel Maguire - Director of Operations NHS Cumbria, Jill Stannard - Chief Executive Cumbria County Council, Stephen Dalton - Chief Executive Cumbria Partnership NHS Foundation Trust, Liz Wilson - At the time Chair.



## How do we work?

### At a community level via informal local involvement

Our small, informal, community based meetings are held regularly in community centres throughout Cumbria. These are run by and for local people concerned with Mental Health Services. Attendees are usually previous or current users of services, families, friends, carers and/or other interested people. The meetings are also attended by one of our Development Workers.

The friendly environment enables a highly beneficial exchange of views at a local level. Key issues that emerge as being important to people are documented and taken forward for further discussion to the ‘Locality Meetings’. It goes without saying that when urgent action is needed, the relevant issues are brought to the attention of the appropriate managers. Confidentiality and discretion is assured at all levels.

### At District Council level via the locality meetings

Cumbria Mental Health Group also facilitates bi-monthly ‘Locality Meetings’ which are hosted by one of our three Development Workers. These are also accessible to both service users and professionals at a District Council level. Usually in attendance is the lead GP for mental health services, the lead manager for the provider trust, County Council and Primary Care Trust (PCT) representatives as well as managers from other relevant statutory bodies like housing and employment. The aim of these meetings is to discuss key issues that can be researched and implemented locally or taken forward to a county level for more strategic development.

**“Listening to service users and their carers about their experiences of using our Mental Health Services is extremely important to us.”**