

Welcome back

Victoria

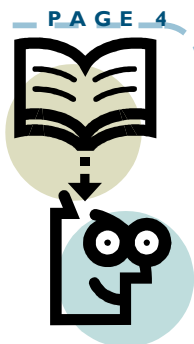
After maternity
leave Victoria Dean
has return to work
jointly with Wendy
in Furness

Books, Videos, DVDs

Patients on Becksides are in need of books.

Any videos, or DVDs you can spare?

Please contact Wendy or pop into the Barrow office Tel 01229 827870



The Forum is an independent charity that exists to help you to have your voice heard by the people who care and can make a difference to mental health services in South Cumbria. There are many ways that you can get involved in the Forum, contact your nearest local office find out more...

Kathryn Haigh for South Lakes

Stricklandgate House, 92 Stricklandgate, Kendal, LA9 4PU

Tel: 01539 737012 Mob 07796 513539

Kathryn.Haigh@scmhforum.org.uk

Wendy Kolbe and Victoria Dean for Furness

Prospect House, 3 Prospect Road Barrow in Furness, LA13 9AA

Tel: 01229 827870

Mobile: 07799 653548

Wendy.Kolbe@scmhforum.org.uk

Victoria.Dean@scmhforum.org.uk



Dates for your diary

AGM

Tuesday

17th July

Supper room, Coronation Hall
Ulverston

Lunch and afternoon meeting—be there, make your vote count!

Regular forum meetings

Furness July 12th

South Lakes August 9th

11 am—3 pm

With thanks to..

COMIC RELIEF



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Also thanks to Barrow Community Foundation, Frieda Scott Charitable Trust, Barrow Neighbourhood Forum and the Hadfield Trust.

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Shout It Out



ISSUE NO 15

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Future development of Mental Health Services

The statutory sector organisations have agreed to have a Mental Health Care Stream Board. The group will decide the strategy for developing mental health and social care services including primary care, work of the Community Mental Health Teams, hospitals, specialist services and funding voluntary organisations. Within a financial budget the group will decide how to implement the services strategically. They will need to ensure national and local standards are met and agree models of care across Cumbria. At the same time Cumbria PCT, the County Council and Partnership Trust are reorganising services and looking at more partnership working. There will be six local implementation teams to decide on the detail of delivering services in each local area. The Local Teams will be chaired by local GPs, including Dr Jim Hacking for South Lakes.

Service Users and Carers will be members of both the Cumbria wide Board and the Local Teams. On the Board there will also be managers from the PCT, Cumbria Social Care, and the Partnership Trust; and a voluntary sector representative. Jim Bradley from south Cumbria and Emily Prier from west Cumbria go to represent Service Users and Carers for now. We have the chance to discuss further the Service User and Carer membership.

Stephen Dalton the Chief Executive of the Partnership Trust, is a member of the board. Stephen said that commissioning decisions would be made by this Board and not elsewhere. The Board covers working age adults, older people but excludes Learning Disability

Services and probably Drug and Alcohol. A decision still needs to be made about the Children & Young People's Strategy and Care Stream. Stephen Dalton and Janice O'Hare thought the Board should deal with all age ranges including children, particularly adolescents.

The next meeting of the Board will be on 28 June and will discuss further the method of working. Nigel Maguire Director of Market Development (commissioning) will be there.

More Views from Beckside.....

Ivor Sexton:

Activities Co-ordinator

Ivor started working for the service as a Nursing assistant/support worker. His background was that of a professional illustrator, and he was happy to become involved with the setting up of art and craft, writing and relaxation sessions with the patients.

Unfortunately with building works on the Ward, and the need to cover shifts when the ward is busy, Ivor's involvement with activities for patients is often curtailed.

When asked what he would do with patients in warmer weather he replied, "When the weather was good last year we went down to the beach, had a picnic and built sand-castles.

Sometimes we would go to the woods and build dens. Doing childlike things can relieve stress and patients get motivated to join in. One sunny afternoon I took a group of patients down to the Abbey and we drew, sometimes people who have never drawn before really get into it and carry on, it's very therapeutic".

Ivor believes the new Partnership is keen to promote the role activity plays in patient's recovery, and hopes that by the end of Lean week the need will be recognised for full time activities, "no more 'We are too busy we can't do it'". His ideas for the Activities Room include a plan which is dictated to by patients, "It's theirs, why not have a say!"

His plans for the future include Badminton in the garden and a chance for patients to become involved in gardening which many of them are keen to do.

Ivor plans his activities for the week around the nature of the problems which patients have at that time. For the future he says, "I would like the job to be properly defined".

Wind chimes at Beckside



Latest Post Kiazen Update

Since writing this article the Kaizen event has been held as part of the Lean Project and some positive changes are beginning to happen, some of which affect Ivor's role.

Ivor's post of Activities Co-ordinator is now given proper recognition; he is being supported and given guidance from an O.T. Between them they are working up a programme of activities for patients. There is now some funding being made available, and two computers should soon come on stream for patients' use. Most importantly Ivor's role is protected in that he is no longer called upon to cover shifts, which is a real bonus for patients. Wendy Kolbe

User and Carer Involvement

The South Cumbria Forum is committed to the development of service user and carer involvement. It is supporting the Cumbria Mental Health Group (of all forums in Cumbria) and presses for local forums across the county, speaking up for the mental health community.

The Cumbria Mental Health Group (CMHG) is meeting with Social Care & the PCT, and with the Partnership Trust to discuss the

future. CMHG will take the strategic aims document agreed by all the local Forums to help their input into the meetings.

Money matters: it is clear that funders would be looking to support work with a broad Cumbria scope. The forum is developing a plan for joint action by the local groups across Cumbria.

Management changes for Cumbria Partnership Trust

The Mental Health Directorate management structure is being revised. There will be six Local Managers for all services in their patch. Within south Cumbria there will be two, one for Millom, Barrow & Ulverston areas, the other for South Lakes.

The Forum is relieved that these boundaries reflects those of the Community Mental Health Teams, and are sure that the service users and carers in Millom will be pleased to be linked to Barrow. The structure will be in place in the autumn. Users and Carers will be involved in choosing the local managers.

*Sorry no more pictures this time—more in the next issue!
Kathryn*