



NETWORK NEWS

Issue 55

Summer 2015

News for people with an interest in
Mental Health across South Staffordshire



Picture By Ian Pyke

**it's time to talk. it's
time to change**
let's end mental health discrimination

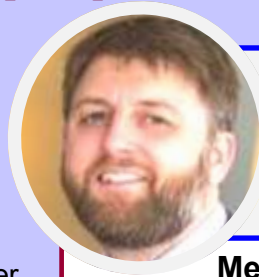
INSIDE THIS EDITION....

P.2	Your Voice: Editor's Column	P.12	Lisa's Story
P.2	Keri's Mumblings	P.13	Creative Writing
P.3	Life on the Open Road - Naila	P.13	Healthwatch Survey
P.4	Volunteer's Update	P.14	Sophie's Projects
P.5	Network Nuggets and Gill's News	P.15	Mental Health Self Help Guides
P.6	Service User Reference Forum	P.16	Mental Health Awareness Week
P.7	Your Rights	P.17	Five Ways To Wellbeing
P.8	Network's Annual Away Day	P.17	Member's Poems
P.9	Lichfield & Stafford Toolbox	P.18	Emotional Wellbeing Event 3 July 15
P.10	Tamworth CMHT (2 Pages)	P.19	Directory
P.11	Tamworth CMHT	P.20	Notices

Your Voice

Welcome from the Editor...

Julie Atkinson



Keri's Mumbblings

Keri Lawrence, Operations Manager
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Hello - welcome to your Summer edition of Network News!

I have to say this one was so much easier to do than the last edition - mainly due to the fact that I feel it is in really good shape now and I haven't felt the need to change anything around too much this time.

Your Voice staff and volunteers have been extremely busy over the last three months and you can read all about the fun and exciting things we have all been up to throughout this edition together with what the service has achieved so far.

We have had some fantastic contributions from service members in the form of personal stories and poetry.

There are also lots of helpful tips and advice on how to manage your mental health, as well as news and current updates on other services in the Staffordshire area.

As always, please keep your contributions coming in - I am always very impressed with the quality and the content of the articles I receive.

Thanks to Ian for the front page picture on this edition - if you would like to see one of your pictures on the next one, then please do send them in! I will be looking for photographs with an Autumn theme.

Thank you!

Julie

Membership!

Membership!

Membership!

I cannot stress enough how vital it is for you to complete and send us the Your Voice leaflet to re-join our service if you haven't done so already.

We want to have accurate and up to date information on yourself. This will make sure we are tailoring our services to your needs.

Please see the letter that came with this Network News for more information.

Participation Plans

The next stage of your membership will be to have a conversation with a member of the Your Voice team to see how you can be more involved with the Your Voice service, such as letting you know when we have workshops local to you, or seeing when you would like to talk to us about the services you use.

It's a really exciting time to be a member of SSNMH and the Your Voice service.

Annual Survey 2015

Your response to the Annual Survey is really important. It helps us understand how you feel about the mental health services you use and shows us

where the work we do is most vital.

It also helps us to monitor how well we are doing. We use the findings to plan for next year's work, so we focus on what's important to you.

With these points in mind, I would be really grateful if you could spend just a few moments going through it and getting it back to us.

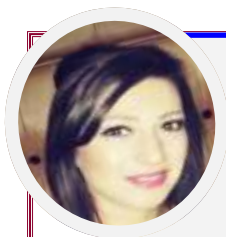
'The Island With Bear Grylles'

A bit off topic, but did any of you catch The Island? A reality show about average people enduring the hardest of times stuck on a deserted island, dealing with all the things that nature could hit them with.

I was really inspired by the strength and courage of people on the show. There were mistakes made and people did things some may consider odd. But together, they pulled through by accepting their situation, building a team, adapting and developing their skills. It got me thinking a lot about myself and our members, and how far we have all come over the last few years!

It really is worth watching if you have the ability to watch on 'catch-up'...

Please send your articles for the next edition to: julie.atkinson@ssnmentalhealth.co.uk



Life on the Open Road...

Naila Ahmed, Participation Worker
naila.ahmed@ssnmentalhealth.co.uk

This quarter, I have been working on the Young Voices research together with Stewart, Sian, and Kayleigh (a student on university placement with Richmond Fellowship Life Links) who represented on the young people. We conducted a very successful consultation event with five young people in Rugeley.

I am currently working on my Young Voices report looking at mental health for young people. This will be available on our website shortly.

I have also been planning and hosting our Annual Away Day with Gill, which was a great success, **see page 8 for more information.**

Also we have delivered mental health awareness workshops at a secondary school in Burton on the 18 and 19 June 2015 with my team of dedicated volunteers – Trudy, Stewart, Mandie, and Anna. We spoke with over 300 pupils about self harm and wellbeing.

Young Voices Report – Summary so

This quarter the focus of research was on young people and mental health. I sent out a survey in April 2015 collating information about what young people think about mental health and what barriers, if any, do they face when seeking support for mental health. We received a total of 37 responses so far...

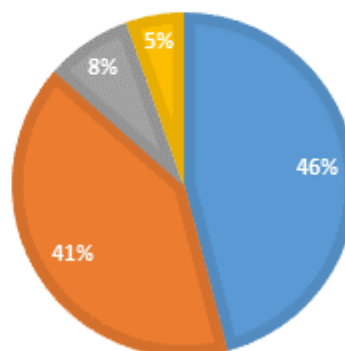
I conducted a small consultation with a group of five young people in Rugeley, to gain a deeper understanding of what young people understand about mental health. Some of the comments received during the consultation were:

- ***I enjoyed this as it didn't scare me to make me think I might have mental health problems!***
- ***We learned without being taught***
- ***I would like to see more of these workshops for young people as I think***

***they could really learn from this
I think schools and colleges would
really benefit from something like this***

HAVE YOU EVER EXPERIENCED A MENTAL ILLNESS OR POOR MENTAL HEALTH?

■ Yes ■ No ■ Unsure ■ No Answer



The results from the survey have been really interesting. For example, when asked what was a form of mental illness in a list of options, 18 young people out of 37 told us that Asperger's Syndrome and Epilepsy were a form of mental illness, which is not how we see this.

Other interesting results when asked what had the biggest impact on young people's mental health, were that they told us the following three factors had the biggest impact in order of importance:

1. **Family environment or home life**
2. **Relationships and pressure of exams**
3. **Being out of education, training and employment**

We also asked participants where they would go, or signpost someone else to go who was suffering from poor mental health - 29 people out of 37 told us that they would go to their doctor. Please keep an eye out for the full report which will be completed very soon! If you are interested in paper copies of the report, please contact the Your Voice Hub.

Volunteer's Update

The Network Team is supported by 20 volunteers who all contribute to our great work in different ways. Here is a selected update on what's going on...

Sian West , Involvement/ Awareness champion

It's been a busy few months! I've thoroughly enjoyed helping to devise and deliver two workshops with Naila and some fellow volunteers. 'Respecting Others' (for Richmond Fellowship), looking at challenging personal attitudes towards others, especially those with mental health difficulties was my first experience of helping to present a workshop for the Network. 'Young Voice' is looking at mental health awareness and where and how could young people best access information about mental health, was also a first experience because of the specific age bracket. I found working on these projects both very positive experiences. As the 'Network Nuggets' lead volunteer, it's been great to have spear headed the new style podcast which is now up on line (**see page 5**). At the moment I'm in the process of creating the 'Network Nuggets' logo which will be launched in a few months and I've just completed the ICE training, so will be out conducting interviews in the near future.

Ian Pyke, Website Volunteer

I have been working with the Network since the start of this year looking after our website and social media.

My role within the Network is ideal for me in a number of ways. Whilst I consider myself fortunate not to have suffered mental illness, I have experienced, at close quarters, the effects they can have on people's lives and have a strong interest in the whole area of mental health. In addition, web development is something that I have worked on in the dim and distant past and the tasks are such that I can complete them anytime and anywhere. The role is to raise the profile of the Network online and this can be done in a number of ways. Firstly we have the website that details what we do, events that we are involved in, support group events, links to surveys, and any reports

we publish. As with any website it is important that the content is regularly updated in order to keep people coming back. Fortunately the staff send me a steady stream of information which helps to keep the site fresh. I have also been doing some work on updating the site to remove old "events" and check for any links to other sites that may be "dead". One of the problems with a website is how do you attract visitors? This is where Social Media can play a part. My thoughts are that we use Twitter and Facebook to publicise updates to the website to drive traffic there. I also try and post links to any interesting articles that may appear on news sites, (the BBC or The Independent are always quite good). My intentions are to explore other websites such as **MIND**, **SANE** and **RETHINK** as well as Mental Health blogs.

Your feedback as to what type of articles you would like to see would be most welcome. Although people find social media appealing due to its immediacy, just having a Facebook or Twitter account doesn't mean that people will flock to your page. This is where you



come in. Where you feel it is appropriate can I ask you to share our Facebook posts, re-tweet any tweets or recommend our social media to friends. Hopefully this will, over time, increase our profile.

Rachel Craven, Awareness Champion

My first W.I. talk of the year was a great success. I was very fortunate to be supported by Pauline, Chair of the Board and by Tracey, Toolbox staff. The ladies at Cannock Wood & Gentleshaw Women's Institute made us feel so welcome and really engaged with the topic of mental health. Also, as part of mental health awareness week, Sarah and myself handed out leaflets in the cold and rain in Stafford town centre. We made contact with many people, so lets hope, that the literature handed out will have reached those who may be struggling with mental health in Stafford. Sarah kindly travelled from Wolverhampton, I really appreciated that. Until my next talk, I will tick over with proof reading for the Charity.

A New Volunteer!

By Stewart Robertson

I am 39 years of age and I have had mental health issues for over 30 years. I have been bullied, mentally abused, physically abused, had suicidal thoughts, self-harmed, had anxiety, self-esteem issues and self-medicated. Apart from the Network, I have spent 2 years with Changes in Lichfield where I am a Co-ordinator, and have spent a year with Healthwatch Staffordshire where I am a Healthwatch Champion. I still volunteer for both organisations. I was head hunted by Naila from Your Voice, who was running a workshop at Changes and she thought I would be excellent at running workshops. That was a couple of months ago

and I haven't looked back since. As a result, I was inducted as a Network volunteer a few months ago. My main role is an Awareness Champion (delivering workshops) but I have also been part of the Young Voices Project that Naila has been working on. I am also going to be helping Sian West (Network Awareness Champion) with the Podcast project in the near future as well as helping Naila with a new project at a local school. The reason I do all the volunteering is because I'm so passionate about mental health and am keen to get rid of the Stigma behind it. I also want to show people that there is a light at the end of a tunnel and you can turn your life around. My long term goal is to hopefully move into paid employment within mental health.

The New Look 'Network Nuggets' Has Arrived!

By Sian West

Following on from the podcast article in the Spring edition of Network News, I am delighted to announce that the new look 'Network Nuggets' is now on line!

The old style format of reading out an edited version of the Network News has gone and in its place we have a more interactive and engaging, conversational radio-style broadcast. This innovative pilot edition is focussed on the Network's newly launched 'Your Voice' service. In it, Mike Wetson and I are talking with Keri Lawrence and Gill Wootton about their individual roles within the new service; how is the 'Your Voice' service funded and what do they do are just two of the questions discussed.

We would love to receive your feedback! What

do you think of the new approach? Did you find the topic interesting and informative? How could we have done it better? What issues would you like us to discuss in future podcasts? To leave us your feedback, please either email or phone the Network office (details on the back page of Network News)

In the next edition of 'Network Nuggets' we'll be focussing on the role of the volunteers within the '**Your Voice**' service and discovering what it is they actually get up to and also we'll be launching the 'Network Nuggets' logo so watch out for that!



To access the podcast you can either log on to the Networks own website at:

www.ssnmentalhealth.co.uk

and click on podcast or use the podcast garden address at:

www.podcastgarden.com/podcast/ssnmh

You won't want to miss it!

Gill's News...

Gill Wootton, Volunteer Lead-
gill.wootton@ssnmentalhealth.co.uk



Well I'm really pleased and want to thank SSNMH for extending the role of the volunteer lead, this will help support the work towards Investors in Volunteers, future recruitment, and developing our work in the South Staffordshire area of our District.

The work volunteers are getting involved with continues to grow. You will see on **page 16** our work for Mental Health Awareness Week, where volunteers gave out over 100 leaflets in three days. We were lucky the sun came out for us that week and I would like to thank all the volunteers for their contribution. To Julie for arranging the event in Burntwood, and Lorraine for attending her first promotional event with the Network in Cannock with Sophie on the Wednesday afternoon. I would also like to thank Rachel Craven and Sarah Latham for giving up their time to promote the Network in Stafford town centre on the Thursday morning, as

well as Stuart and his determination in Tamworth on the Friday where he was shaking his bucket raising funds for the Network.

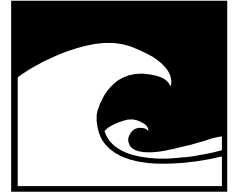
Thank you to all the Volunteers who attended our annual away day (**see page 8**). I hope you had fun, ate and drank plenty of the refreshments. The away day was a brilliant opportunity for Staff and Trustees to see what our volunteers actually do - which is an awful lot! Volunteers are now leading and supporting talks and workshops as well as leading the recording of our podcast so please take a listen where you can hear staff talking about our 'Your Voice' service and further regular podcasts have been planned.

Our away day showed what a massive contribution 20 volunteers can make in signposting people to support, challenging perceptions, increasing awareness in society and being there for each other, not to mention experience in chocolate making too after the away day antics. I'm so proud of all our volunteers and the time they give to something they are so passionate about.

Service User Reference Forum

SURF will be coming to a place near you very soon.....

“Service users and staff in South Staffordshire and Shropshire Healthcare NHS Foundation Trust working in partnership to improve mental health services locally”



Over the course of the last few months the Mental Health Division of South Staffordshire and Shropshire Healthcare NHS Foundation Trust has been building on the work previously undertaken to develop and widen participation in service user and carer involvement across South Staffordshire

Service User Reference Forum meetings currently take place once a month in Cannock; while **SURF** has met successfully for a long time it has been difficult to get representation from across all localities. So that everyone no matter where they live has an opportunity to contribute and have a voice it has become apparent that there needs to be a forum for service user and carer involvement in each of the six localities.

For the past few months we have been working with the Trust's **Involvement and Experience Team** and **South Staffordshire Network for Mental Health** to explore with **SURF** members how best to take this forward while getting the best out of available resources but still increase involvement across South Staffordshire.

Through the meetings, focus groups and the away day there were some key themes of things that were highly valued and some areas of work that needed to be done. These are as follows:-

SURF members highly valued the way in which meetings had been conducted, they describe them as; Empowering, Equitable, Co-productive, Fostering Partnerships, which upheld Dignity and Respect.

SURF members felt that they had been able to ensure everyone who attended the meetings had a voice to, influence, and challenge, share information, scrutinise policies, and share ideas. **SURF** also gave people opportunities to engage in discussion, all of which were all highly valued.

The area that they felt most needed improvement was clearer communication structure and greater understanding the roles of governors, committee, Surf board and external partners, local and national issues, topics, policies.

Members wanted a clear flow of information up and down from **SURF** to the Service User and Carer Committee, through to the governors and the board. Meeting venues, frequency, service user expenses, support and training for service user chair, refreshments all need to be agreed.

Taking this into account we have now devised an action plan to support the development of surf in each locality...

SURF will be coming to a place near you very soon...



Your Rights: Choice of Mental Health Provider

- Extract from NHS England Guidance

Did you know...

You now have a legal right (in some circumstances) to choose who provides your mental health services.

The introduction of patients' legal rights to choice in mental health from April 2015 are part of the drive to achieve parity with physical health and increase patients' direct control over their care.

The legal rights to choice of mental health provider and team apply when all the following apply:

- the patient wishes to be referred for a first outpatient appointment (not on a mental health ward)
- the patient is referred by a GP
- the referral is clinically appropriate as directed by NICE guidelines
- the service and team are led by a consultant or a mental healthcare professional
- the provider has a NHS Standard Contract with any CCG or NHS England for the required service, such as Community Mental Health Teams.

There are exceptions and things to consider:

If people choose a service that requires a lot of travel, it is up to themselves to cover the costs.

Primary Mental Health services are not covered by the legislation.

Once a choice is made, it cannot be 'unmade' for that period of care, unless the nature of the illness changes.

The law does not cover Crisis services or when someone has been detained under the Mental Health Act or in secure settings.



CHOICE IN MENTAL HEALTH CARE

Guidance on implementing patients' legal rights to choose the provider and team for their mental health care

So what services are covered?

Potentially, the rights cover (this list is not exhaustive):

- Services provided in the community under NHS contracts—such as Community Mental Health Services
- Children's Services (for patients 16 and over, or where the Gillick competency test has been used)
- Learning Disability Services
- Services covered under Personal Health Budgets

So where can the Right be used?

The right could be used by someone who would like to receive services in Staffordshire but currently cannot because they live out of the area. Under the way mental health services are now funded, this means the costs for their services won't be picked up by Staffordshire. This challenges our local mental health services to be attractive to ensure people living in the area continue to choose their services, and to gain new business from people out of area.

The right can also be used for people

who are aware of a service more suited to their needs that might not be provided locally (you may remember the report on Brief Recurrent Depression in our Winter 2014 edition of Network News as an example of where this right may have been helpful).

Where can I find more information?

Your local GP should be aware of the Right for Choice in Mental Health Care, as should a member of the Community Mental Team assessing your needs.

You can also find more information at the NHS England Website and the published guidance found at:

www.england.nhs.uk/wp-content/uploads/2014/12/choice-mhc-14.pdf



Network Away Day - 8th June

by Julie Atkinson



This year's Network Away Day was held at the beautiful location of Whitemore Lakes in Alrewas, Lichfield. It was decided to make this more of a 'celebration day' rather than a day where we discuss the business side of things. The purpose of the day was to give everyone an opportunity to meet together, interact, and to recognise what the organisation, staff and volunteers have achieved over the last twelve months - and more importantly - to have fun!

In attendance were four Trustees, four members of staff and fifteen volunteers, which was a fantastic turn out on the day! Pauline Wright (Chair for the Board of Trustees) kicked things off by thanking everyone for coming and gave a brief introduction to the day. After that, we engaged in a 'fun' ice breaker exercise in order to get us all talking to each other. Then we spent about 40 minutes in our individual groups, putting our thoughts and ideas down on paper based mainly around '**what has the Network achieved?**' and '**what have we achieved for the Network?**'. That was a very positive exercise and everyone had an opportunity to have an input. Several sheets of paper were used so it



Mandie & Rachel

was very productive. During this task, Keri came round and spoke to everyone to make us aware of other volunteering roles that were available outside of the Network.

Gill and Naila then moved on to a presentation which was focussed on the volunteers. They gave a brief description of what each individual is involved with and the progress they are making by volunteering for the Network. We were then all presented with certificates or miniature trophies with our names on as a '**thank you**' for all that we

do - which were totally unexpected, very much appreciated and gratefully received.

Maureen Turfrey (Vice Chair of the Board of Trustees) then spoke about what the Network expected to achieve in the future and shared what the vision was for the Network.

We then had a break for a wonderful buffet lunch when we all had the opportunity to socialise and have a good natter!!

Then came the fun part of the day! For the afternoon session we were joined by some ladies from the **Kandy Factory** in Burton. They were teaching us how to make Belgian truffles and florentines and we had the opportunity to be creative by decorating a chocolate plaque. We all had great fun, there were lots of laughs, lots of mess and we got to take our chocolates home! Pauline commented on how much she had enjoyed the day and pointed out that this away day was the best one we have had. Keri then brought the day to a close.



Team Photo

To summarise - the day was a huge success, everyone was in good spirits and really enjoyed themselves. It was a great opportunity to spend some quality time with the staff, Trustees and the other volunteers on a social level. They are all wonderful! A big **THANK YOU** to Naila and Gill for all of their hard work in organising the day for us and for making everyone feel part of a team. **Well done!!**

Keri's Artwork!





Toolbox: Lichfield and Stafford



Tracey Hackett, (Pictured) RAFT Outreach Worker (Lichfield)

tracey.hackett@ssnmentalhealth.co.uk

Sophie Phillips, Project Manager (Stafford)

sophie.phillips@ssnmentalhealth.co.uk

Hi readers! Here's my Summer update on the Lichfield district Toolbox project. We have now met with 58 people since the project began and completed 'Toolboxes' with them so they can see the support that is available and when they may need to make use of that support. We attended a RAFT celebration event last week at Wade Street Church which was great. Donna and I gave a presentation about TOOLBOX and explained how the process works. We showed the film that we made when we first started the project (Have a look on YouTube, it's well worth a watch! Go to: https://www.youtube.com/watch?v=euR_POW5J3A

Mark, one of our Toolbox volunteers came along too and joined in with the group work with the partners and associates when we looked at how to make referrals and when we would make a referral or signpost. There are now 18 associates who are part of the RAFT project including Staffordshire Fire and Rescue and Homestart which is great as there are lots more brains to pick and referrals we can make. Donna and I have now completed our Level 2

QCF qualification in legal advice and are waiting for our certificates. I've promoted the project at a team meeting at Pathway, a careers event at the Guildhall with the help of Mark and Stewart and Fazeley work club. Donna also promoted the project at Lichfield Job Centre to members of staff at a team meeting and we've already had a referral from them. I went to Cannock Wood and Gentleshaw WI with Pauline to finally see Rachel's talk on Obsessive Compulsive Disorder, and it was well worth the wait! It was one of the most inspiring, touching talks I've ever seen and Rachel was a fantastic, composed and thought provoking speaker.

Tracey Hackett, Right Advice First Time Outreach

Please note that I work Wednesdays only

Mobile: 07806 637522



STAFFORD TOOLBOX

Contact Sophie Phillips
07549 960233



The Stafford project has been really well received by both Stafford residents and local Stafford based organisations. Recently, I have been training staff from other organisations on how to utilise a Toolbox in their everyday work. This has been really beneficial because it has given staff the confidence to tackle wellbeing issues with people head on without worrying about what to say. The Toolbox has helped them stay focused on the person's issues and keep the conversation on track. The project has been successful in preventing individuals from relapsing in their recovery. So far myself and Sarah have worked with 38 individuals and trained five organisations on the Toolbox technique. The staff are actively using Toolbox in their day jobs. Feedback received has been really positive:

"The Toolbox training has definitely helped me with my role, I now have the confidence in supporting my clients with mental health issues without the fear of making things worse."

"Since using the Toolbox I now have the ability to put things into perspective for my clients helping them make positive life choices in the mist of chaos".

Getting Toolbox embedded into other professional's work has probably been the most worthwhile part of this project as it is important to ensure that these simple techniques are being used even when project funding ends. I would like to extend this training to other advice services, family services and residential care homes. That is why we are hopeful that our request for an extension to the project will be accepted. If you are an organisation who works within the Stafford area and would like to know more about Toolbox training give me a call. But be quick - the project is due to end soon.

Tamworth Community Mental Health Team - A Recovery Focussed Approach to Mental Health

**Jan Simkins ,
(Psychotherapist)**

**Diane Thain,
(Operational Team Lead – Tamworth)**

In November 2014 due to Cherry Orchard House being identified as no longer fit for purpose with numerous issues and poor heating the Tamworth Community Mental Health Team relocated to Andrew Ward at Sir Robert Peel Hospital.

This article explores the journey the team has made since the initial move and its focus on what it means to offer a 'Recovery Focussed' approach to its Service Users.

Despite the obvious environment of the new venue being used previously as a ward, Andrew Ward has endeared itself to the team and those service users that attend there to be a spacious, clean and well-appointed area which offers excellent assessment and psychotherapy rooms. It has a treatment room, which is light airy and well equipped.

There is a large group room which can accommodate larger groups, a variety of different workshops, and be utilised for education and development sessions. The ward is air conditioned with adjustable temperatures, is surrounded by a green landscape, has easy and free parking, (parking is waived by notifying admin upon arrival of your car details), it is on a main bus route and has a pleasant cafeteria and seating areas. All of these amenities help us to embrace the concepts underpinning 'recovery'

The positive physical environment allows the team to further develop its commitment to treatment options and along with a full and robust assessment of mental health needs, individual team members offer Cognitive Behavioural Therapy clinics, which connect well to NICE Guidance and Evidence Based Practice, a 'raft' of psychological

interventions offered by psychotherapy and psychology.

The Team also comprises of many other skilled clinicians such as community psychiatric nurses, non-medical nurse prescriber's, Psychotherapists, Consultant Psychiatrists, Mental Health Middle Grade Doctors, Occupational Therapists, Psychologists, Community Support and Peer recovery workers who have special interests in a range of different mental health problems and who are able to **work with you** to offer an individual 'tailor made' care package which promotes your health and well-being.

The older adult living in Tamworth, with a functional illness such as a depression, anxiety related illness or an enduring mental health need other than Dementia are also well catered for by the Team as we have two excellent community psychiatric nurses who offer mental health assessments both at the team base and where required and in the community.

Additionally, monitoring individual mental health issues, including medication efficacy, continuing to educate, de-stigmatise and encourage positive mental health is all in a day's work for the team and is supported by the 'frontline' reception staff who always greet you with a smile and the administration team who 'beaver' away behind the scenes.

What is a Recovery Approach?

The recovery model aims to help people look beyond just surviving and existing and encourages them to develop goals, do things, engage in new experiences and above all offers them 'hope' the belief that it is possible for someone to salvage a meaningful life despite serious mental illness.

The Mental Health Foundation (2015) suggests that "Recovery is often referred to as a process, outlook, vision, conceptual framework or guiding principle" and Repper and Perkins (2003) offers a model for mental health practice and one that we have embraced wholeheartedly.

1 2 3 4 5
Living our values
This is how we do things around here. This is how we Live Our Values.

Model for Mental Health Practice in more detail:

Facilitating Personal Adaptation

- Helping the person to mobilise internal resources for recovery, confidence, self-belief and recognition of skills and ambitions.
- Helping the person to reach an understanding of what has happened in a way that makes sense and allows possibility of growth and development.
- Promote access and inclusion
- Helping the person to access the roles, relationships, activities and resources necessary for recovery.
- Facilitating access to material resources including enough money, decent clothing, housing and material possessions.
- Helping the person to maintain roles, relationships, and activities, work, friendships, social activities, and developing new ones

Creating Hope-Inspiring Relationships:

- Valuing the person for who he/she is
- Believing in the person's worth
- Seeing and having confidence in the person's skills, abilities and potentials
- Listening to and heeding what is said
- Believing in the authenticity of the person's experience
- Accepting and actively exploring the person's experiences
- Tolerating uncertainty about the future
- Seeing problems and set-backs as part of the recovery process; helping the person to learn from and build on these

A Recent Example:

The recent 'Keeping Well Programme' a community based educational workshop designed, developed and offered by Occupational Therapist Naomi Potter and supported by Support

Worker Zoe Warren and Peer Recovery Worker Laura Morris demonstrates how valuable it is to keep recovery at the focus of our work.

With a six-week workshop packed full of interesting topics including myth busting, managing anxiety, developing healthy lifestyles and much, much more this educational based learning course prepares people for discharge from mental health services and as one of our service user reminds... "It's really surprised me that I don't need to be symptom free before discharge" a true testament to the benefits of a recovery based approach to treatment. If anyone would like to come and look round we would be more than happy to organise an open afternoon for you.

**Please contact Maria Pawliw on
01827-308820 or e-mail:**

Maria.pawliw@sssft.nhs.uk

References:

www.mentalhealth.org.uk

Repper, Julie and Perkins Rachel (2003) social Inclusion and Recovery – A Model for Mental Health Practice. Bailliere Tindall

Website Links:

www.nice.org.uk

www.sssft.nhs.uk

Keeping Well Programme



Photo source: freefoto.com

Aims:

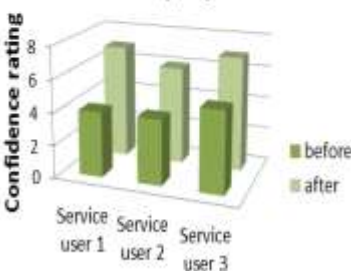
- To help build service users confidence to manage mental health needs post discharge.
- To enable service users to take control of their recovery and develop keeping well skills
- To develop an individual pack that will become a recovery 'toolkit' to help continue personal recovery

Outcomes:

- plan to submit write up for Trust newsletter
- "It has given me more positivity on self-help"
- "I've wanted to knock the door of Changes for ages and now that I have come here for the programme it's really helped me and I feel I can come here again"
- "It has given me the confidence to educate myself, learn more about myself and my actions and behaviours"
- "It's really surprised me that I don't need to be symptom free before discharge."

<p>6 Week Programme</p> <ul style="list-style-type: none"> • 2 Hours per week • Joint working with Changes-Mental Health Facility • Collaborative working between locality CMHT'S • Co facilitation between occupational therapy and health care support worker 	<p>WEEK 1-</p> <p>Myth busting and Breaking down the Fear</p> <ul style="list-style-type: none"> • Introduce keeping well packs • Discussion of common myths and fears around discharge • Confidence Rating scale • Guest speaker: Peer Recovery Worker 	<p>WEEK 2-</p> <p>Relapse planning</p> <ul style="list-style-type: none"> • Early/later warning signs • The importance of relapse planning • Group discussions • Introduce the traffic light system as a form of a relapse plan 	<p>WEEK 3-</p> <p>Managing anxiety</p> <ul style="list-style-type: none"> • Goal setting • Stop techniques • Relaxation exercise • Use of the 'Traffic Light system' 	<p>WEEK 4-</p> <p>Managing stress</p> <ul style="list-style-type: none"> • Identifying stressors • Thinking differently • Making use of the traffic light system • Incorporate coping strategies into a plan 	<p>WEEK 5-</p> <p>Healthy Lifestyle</p> <ul style="list-style-type: none"> • Eating well • Sleep • Exercise • Use of the 'Traffic Light system' • Guest speaker: Works for You 	<p>WEEK 6-</p> <p>Community profile</p> <ul style="list-style-type: none"> • Use of websites and apps as tools to keep well • Useful contacts after discharge • Confidence rating scale • Guest speaker: Changes
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How confident are you about keeping well?



Confidence rating

Service user 1 Service user 2 Service user 3

Participants

■ before ■ after

NAOMI POTTER (O.T) Tamworth CMHT

Lisa's Story - Inspiring Futures

Lisa is a former member of Quest Day Opportunities.

Hello - my name is Lisa; I am 47 and I have clinical depression and bi-polar affective disorder. Since I was at school I have been a loner and felt alone and different. I have toyed with the idea of suicide on many occasions – never actually trying though. At 18 I was on my first lot of anti-depressants, and began abusing alcohol as I felt I needed it to fall asleep at the beginning. Even though all this was going on I gained employment fairly easily but I could never actually hold down a job. I always messed up in some way, usually through self sabotage, not feeling as though I was good enough or not deserving the job that I had got. This went on for years, with long spells of unemployment in between. I carried on with the alcohol dependency, even going to AA a couple of times. I never drank during the day and I didn't get the shakes if I couldn't drink but I was highly dependent. At twenty three the panic attacks started and at one point I became house bound and I couldn't eat or even swallow my own spit. I lost three stone as a result. My parents were beside themselves with worry, not having a clue what to do. I had anti-depressants coming out of my ears! I would spend 9-12 months on one, then another with none of them seeming to help me. During this time I worked sporadically and whilst still working at one of my jobs, my panic attacks were building and building until at one of my doctor visits, I had a break down in my doctor's office. He sent me to Park House in Cannock where I was allocated a Psychiatrist, a Psychologist and a Community Psychiatric Nurse,

where it was discovered that apart from clinical depression, I also had bi-polar affective disorder, which was sending me spiralling one way and then the other. When my medication became fixed, the difference in me was miraculous. I felt more calm with almost no suicidal thoughts (not on the surface anyway). Then one day my CPN introduced me to Quest. I remember my first day as being furiously sick with stomach cramps. I was terrified to take the bus alone, to meet new people alone and just generally being alone. Still I went and as they say, I have never looked back. I was immediately put at ease and as time went by I can only describe it as being part of a big caring family.

Firstly I joined a Rambling Group which I enjoyed so much that when my time came to leave and move on I cried. I started out at the back of the group, cap pulled down and keeping my distance, but I really enjoyed being outside in the fresh air. Before, unless I had to go out, I kept myself locked up alone in my flat. The walking led to me joining a Farm Group where I looked after animals, cleaning them out, laying new bedding, feeding them and lots more. I took an Animal Care Course which I loved. Quest introduced me to CARE (Chase Aqua Rural Enterprise), again I was petrified of my first few sessions, always sitting at the rear of the classroom and awkwardly taking part in the activities, but as time went by I settled in and began to really enjoy myself. I attended three sessions of 12 weeks before it was put to me to undertake the next block as a volunteer. I took

some time to think about it and decided I would give it a go. I helped out with the sessions, helping to guide the new attendees all under the guidance of the two tutors and Katy and Lily from Quest. I seemed to take to this role quite well, I had a natural affinity towards the other people on the course, or so it was said by people in charge. I am still volunteering with CARE and as an added bonus I have gained one day a week employment at CARE as a Trainee Tutor alongside Carol Parks, a Director. I have had an interview for full time work with Quest and was unsuccessful on that occasion but I will keep looking and when the right opportunity presents itself, I will apply again. A lady called Barbara, who holds a job with Employment Works within Quest, helped me put together my application - which was a job in itself!

So, this is my story so far – oh, may I add, I have been five years clean from alcohol abuse, to the stage where I can now go out and have wine or spirits without the need to go way over the top like the crazy person I once was. I can put my good mental health down to a combination of drugs and Quest. The drugs have equalled out my chemicals and Quest has given me confidence, friends, a job and a complete new outlook on life. Anyone thinking of joining Quest, I would thoroughly and highly recommend it! If you treat it as I intended you will be able to move on in the right direction, leaving Quest a happy, healthier person.

Thanks for reading my story!



For more information about Quest, please telephone: 01785 783 078



By Martin Wall

Involvement Champion, Your Voice

About 11 years ago I suffered my first really serious episode of mental ill-health. Suddenly I was unable to work and had a lot of time on my hands, and I also wanted a creative outlet. So ... I began to write a historical novel. It took me about 8 months to complete and although it wasn't commercially publishable, it was a coherent, exciting and well researched story which many of my friends enjoyed reading.

Democratic publishing was just in its infancy then, so I decided to publish and be damned! Incredibly I sold over 100 copies to total strangers online! I went on to write two more books, one historical non-fiction and the other a sequel to the first story. Over the years I learned quite a lot about publishing and marketing, but crucially, about creative writing. Last year I got a commercial publishing contract for my fourth book, and I am now working on another for the same publishing company. Like any project, if you stick with it long enough you do improve, but my main reason for writing is that I have a notion that writing is a really effective way of managing mental ill-health on many levels.

My Patient Model of Recovery, a mental health management plan drawn up between my former CPN and myself, utilised my creative writing as a central plank of my recovery plan. What I believe is, that for many rurally isolated people, writing could be a crucial tool to express themselves, learn new skills or develop existing ones, to share their work with like-minded people in a non-judgemental and positive atmosphere, and to provide a work-structured day. Who knows, you might even get it published! There has been a consistent evidence base for the value of creative writing from academics but what I believe is that it certainly helped me in my recovery. Of course, it is not for everyone, but if you think you have the necessary skills and equipment, the time to spare for yourself, and maybe an idea you have always wanted to set down in writing, then get in touch with me on **07900 274 401**.

If there is sufficient interest I would be happy to try to get a Creative Writing group started!

healthwatch Staffordshire

Engaging Communities are currently rolling out a survey to patients and carers using South Staffordshire and Shropshire services. The survey has been built on the findings of our previous work undertaking 12 focus groups across different protected characteristics in both the Shropshire and southern Staffordshire areas.

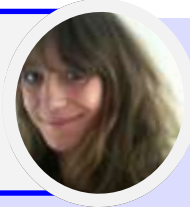
The main purpose of the survey is to evaluate whether SSSFT are achieving their Equality Delivery System 2 objectives.

The main themes we have found so far are built around accessibility, info and advice, continuity of care, social isolation and stigmatisation, medication, dignity and respect and support networks.

To complete the survey online, visit the link: http://bit.ly/SSSFT_DR
If you require a paper copy of the survey, please contact **Craig** on: **01785 221 706**
The deadline for completing the survey is the end of August 2015.

Sophie's Projects

Sophie Phillips, Project Manager
sophie.phillips@ssnmentalhealth.co.uk



Since my previous article in the last edition, so much has happened:

Investing In Volunteers

I am pleased to announce that South Staffordshire Network for Mental Health has completed all stages of the Investing In Volunteers programme. I would like to thank all the volunteers for their support, especially on the 28th April when you all turned out in your droves to be interviewed. These interviews were so important giving you, the volunteers, an opportunity to share your experiences of volunteering for the Network and what volunteering means to you. The interviews demonstrated how heavily our organisation relies on volunteers and how important it is to support them as well as contributing to their personal development. The work that our volunteers do on a day to day basis has helped us get through to the final stage of this process. I have been informed by our assessor that he has now submitted his final report to The Investors In Volunteering Quality Assurance Committee. We should know the outcome very soon.

I will update you on the results in the next edition. Bill, our lovely assessor, has also asked me to thank everyone on his behalf for giving up their time to be interviewed. He said that it has been his pleasure to work with the Network over the past few weeks and has met some fantastic people. I would also

like to personally thank all of our volunteers. All of you were happy to assist and support on this, so thank you all for that.

Staffordshire County Council Health & Wellbeing Board Mental Health Strategy: "Mental Health Is Everybody's Business"

A brief update: As I mentioned in the last edition, I was asked to consult with different sectors and communities across the South of the county.

This has already been a huge task for everyone involved, especially the Commissioners. I'm pleased to report that we have had our first of many Mental Health Strategy Planning Meetings. It was great to see so many agencies around the table, including the police and ambulance service. Through this meeting, it was agreed that SSNMH would lead on the engagement. We have already started this work through speaking to the general public, asking them '**what is mental health?**' and '**what does mental health mean to you?**'. I have also been in touch with some of the colleges to consult with students and young people.

I have a meeting with *Carers Association Southern Staffordshire* coming up to continue this work with carers both young and old and I am also consulting with employers thanks to Work4You. But this is just the tip of the Iceberg. We want to hear from community

groups, residents in housing associations and current service users. If you would like to get involved or find out more on how the mental health strategy fits within your service, organisation, place of work or company, then please do get in touch.

Partnership working

The Network is no stranger to partnership working, forming strong relationships with a variety of organisations. At the beginning of June 2015, I was asked to attend the Tamworth partnership meeting, which I was very excited about. We are already part of the Lichfield partnership and the Network has seen the benefits of working in collaboration. I would like to thank Eddie for inviting me to attend, and all the other members for making me feel welcome and listen to me rabbiting on! I know that the residents of Tamworth will benefit from this partnership over the next 12 months.

Funding Bids

The Dreaded "F" word! I know that some of our older projects are coming to the end of their funding and many are asking 'what's happening next?' - especially our Board of Trustees. I am pleased to advise that a bid and an extension to one of our projects has already been submitted to local commissioners, and another funding application is set to go out at the end of June to an external grant provider. Phew - it has already been a busy 6 months for the Network and I'm sure that the next six months will be no different!!

Mental Health Self Help Guides



Abuse
Alcohol and You
Anxiety
Bereavement
Controlling Anger
Depression
Depression and Low Mood
Domestic Violence
Eating Disorders
Food for Thought
Health Anxiety
Hearing Voices
Obsessions and Compulsions
Panic
Post Traumatic Stress
Postnatal Depression
Self Harm
Shyness and Social Anxiety
Sleeping Problems
Stress

Download for free at
www.sssft.nhs.uk/selfhelp

Mental Health Awareness Week

Between the 9th and the 15th of May, members of staff and several volunteers from Your Voice were actively involved out in the community as part of Mental Health Awareness Week. The primary objective was to promote services and to make people more aware about mental health.

Here are just a few of the things we got up to!



Keri writes.. On **Saturday 9 May 2015**, myself and Julie had a stand at the St John's Community Church Spring Fayre, in Burntwood. The fayre was buzzing with lots of happy people going around the stalls enjoying the entertainment.

I went with a mission to get some of Naila's and Sophie's surveys completed (I didn't do too bad!). We met up with two of our members, made some new friends and had some really helpful conversations with 13 other people, talking about things such as the **5 Ways to Wellbeing** (see **page 17**), Crisis Services and how faith can play a part in mental health recovery. It was a positive and rewarding day!

Sophie writes.. At the end of April, my lovely colleague Gill, in her energetic and motivated way, asked for some support to help her deliver four events during Mental Health Awareness Week, so of course always one to lend a hand, I offered to help! I agreed to standing in Cannock Town centre on **Wednesday 13 May 2015** to do some promotion with the help of a new volunteer whom I had never met and Gill explained in passing 'don't worry, she's really nice and I've told her to wait for you outside Greggs'. A little unsure and not knowing what I had let myself in for, equipped with information, leaflets, badges and pens, I set off to Cannock still concerned whether or not I would meet up with our newly recruited volunteer. I was really pleased that we did meet up outside Greggs as arranged (I think that my bright yellow Network bag was a big giveaway!). A smartly dressed lady with a beaming smile

approached me and said apprehensively "Are you Sophie? - I'm Lorraine". I was so pleased we had found each other. We sat on a bench and discussed the best ways of promoting mental health. She helped me to collate 20 information packs and as we chatted on where to stand and what to say, Lorraine admitted that she was a little bit nervous. I told her not to worry and to follow my lead. Within 10 Minutes, Lorraine was in full flight handing out leaflets and speaking to members of the public, answering any questions and quite honestly making me look like the beginner! We had a fantastic afternoon and had some really positive feedback from the residents of Cannock, speaking to 38 people in total. The stigma around mental health is changing. Events like these are so important and the more people that are around the subject matter, the more they understand it - which in my opinion can't be a bad thing!

Tracey writes... I met the HR manager from IMI (formerly Norgren) which is a large factory in Fradley while I was at Lichfield Foodbank 1 year celebration and chatted to her about the work that the Network do. She mentioned that she would like to do something to promote mental well-being for the staff at the factory as part of Mental Health Awareness Week and I offered to go along on **Thursday 14 May 2015**. I took a pop up banner and lots of information leaflets with me and planted myself in the cafeteria and used the opportunity

to chat to staff while they were on their break. I wasn't sure how well received I would be but I was really pleased! Lots of people completed Mental Health Awareness Surveys for me and 6 people came and chatted to me about their experiences. 3 people from a range of positions in the factory asked me for advice and I emailed them the following day with the information they wanted. If you are an employer or an employee and feel that our presence would be of benefit, then don't hesitate to get in touch.

Gill writes... Our volunteers were actively involved towards the end of the week. On the Thursday morning Rachel Craven and Sarah Latham gave up their time to promote the Network in Stafford town centre and on **Friday 15 May 2015**, Stewart Robertson headed to Tamworth. Over about four hours, they handed out

leaflets and informed people about the Network and what the charity is all about. This was really useful as we are hoping to increase awareness of our existence in the Tamworth area. In addition, we had a licence to collect donations for the Network, so Stuart was busy shaking the bucket!

Over the week a total of **140** people had some kind of contact with the Network about mental health.

What a fantastic result - well done to everyone involved!!

Tips For Improving Health And Wellbeing

Many of us are keen to look after our physical health and keep in shape by eating a balanced diet, or by exercising but many of us forget to look after our emotional and mental wellbeing. Evidence suggests that with positive mental and emotional well-being one is more likely to achieve or reach their full potential whether that's a job interview, exam at college, home life or a project at work.

The weather is getting warmer and the nights are getting longer. Let's get our physical and mental health in shape for the summer so we can look and feel great with 5 simple steps to mental and emotional wellbeing.

The 5 Ways To Wellbeing:

Connect

Connecting with people around you (family, friends and neighbours) keeps your mental wellbeing in shape. You are more likely to know about things happening locally and around you. Keeping in touch with people at school, home, work or in your local community may help with job prospects, information to improve other aspects of your life for example, shopping bills, childcare or even information for an assignment at university. Building connections will support you.

Take Notice

Notice the world around you such as the climate, weather, or even the scenery. Whether you're

walking through the park to get to work, or walking by the lake to the car park. Be aware of what is happening around you and what you are feeling. Reflecting on your experiences will help you appreciate the life around you.

Be Active

Walk or cycle to work or your usual trip to town instead of catching the bus or driving. Spend some time in the garden cleaning or mowing the grass. Studies show that keeping active through activities and exercising help improve concentration and are good for your emotional and mental well-being.

Keep Learning

Try something new. You are never too old to learn something and we learn something every day. Sign up to that course that you have always wanted to do, or rediscover a new interest. Fix something in your house, or read that book on how to motivate others that you didn't have time to read. Spend some quality time in the kitchen on that new recipe that you been wanting to try for weeks or challenge.

Give

Do something for someone no matter how big or small. It could be a smile, or opening the door for someone in the supermarket. Do some volunteering or join a Charity group. Giving something can be incredibly rewarding and creates connections with the people around you.

Member's Poems

For The Love Of Mike

Out of the darkness, into the light
For the future is now looking bright
No more tears, enough is enough
Through all the past it has been tough

I'm not going back, I'm not going back
If I did I would get the sack!
Our Father gave it up for me
So I'll wear his crown continuously

I have friends who have made their mark
And are now ascending like the lark
No more reasons to dislike
All for the love of Mike.

By Mike Wetson (Your Voice Member)

A birthday around the corner,
Another year older, more than you,
It's not been a good one,
Most of it feeling 'blue'.

I was dead in the head,
mind, body and soul too,
Nowhere to turn,
someone suggested you.

So now I am on the up,
Resurrection and sunshine.
The days are getting brighter,
The futures looking fine.

To be able to feel myself again,
And have a life to live,
Whether to the full is a choice
I can not miss.

I've turned this all around
A sense of achievement and pride
Along a rocky path with
'Changes' by my side.

By Sonia Prosser (Changes Member)

**Patients, carers,
professionals...**

THIS EVENT IS FOR YOU!

Emotional Wellbeing Event

3 July 2015, 5.30 - 8.30 PM

GUEST SPEAKERS

KERI LAWRENCE
LYNNE HUNT
PAUL BOWERS
+ patient stories

**Are you a
mental health
patient or
carer?**

**What changes
would you like
to see for mental
health services?**

**What are your
experiences with
the mental health
services that
already exist?**

Discuss your experiences of the mental health services that already exist, what changes you'd like to see and how we can make it happen.

Location:

 **The De Ferrers Academy** (Trent Campus)
St. Mary's Drive, Burton, DE13 0LL

For more info contact **Ann Tunley** or **John Bridges**

 **07753 672627** or **07590 379892**

 **anntunley@me.com**

HAVE YOUR SAY ON FUTURE SERVICES.



INFORMATION DIRECTORY

Organisation	Website	Telephone
South Staffordshire Network for Mental Health - Your Voice Hub	www.ssnmentalhealth.co.uk	01543 301 139
Richmond Fellowship Life Links	www.richmondfellowship.org.uk	Stafford 01785 227 020 Cannock 01543 500 969
Changes	www.changes.org.uk	Burton 01283 500 805 Uttoxeter 01889 567436 Tamworth 01827 311 006 Lichfield 01543 309 770
Mid Staffs Mind	www.midstaffsmind.co.uk	01543 496 876
Mind Info Line		0300 123 3393
Carers Association South Staffordshire	www.carersinformation.org.uk	01785 606 675
Brighter Futures Mental Health Helpline	www.brighter-futures.org.uk	Tel:0808 800 2234 Text: 07860 022 821
Making Space Work 4 You	www.makingspace.co.uk	01785 887 813
Quest Day Opportunities	www.sssft.nhs.uk	01785 783 078
Healthwatch Staffordshire and Community Advocacy	www.healthwatchstaffordshire.co.uk	0800 051 8371
Patient and Liaison Advice Service (PALS)	www.sssft.nhs.uk	01785 783 026 Freephone 0800 318 850
Richmond Fellowship Brendan House	www.richmondfellowship.org.uk	01543 899 465
Asist Advocacy	www.asist.co.uk	01543 468 588 01283 564 772 01785 246 709
Grow Well Seeds of Hope	seedsofhopebeaundesert.wordpress.com	Support and Referrals 07724 591 568
Cruse Bereavement Helpline	www.cruse.org.uk	08444 779 400
Samaritans Helpline 24hrs	www.samaritans.org	01785 243 333 08457 909 090
SSSHFT Employment Works	www.sssft.nhs.uk	01785 249 251
Starfish Project Tamworth	www.starfishtamworth.org	07947957155
Open Door of Hope Lichfield		Peter: 07971 113 505
Bi Polar Group Lichfield	www.facebook.com/lichfieldbipolargroup	0845 434 9907
Art & Soul Uttoxeter	artandsoulfriendshipgroup.com	01889 359243
Directories		
Brighter Futures Mental Health Directory	staffordshirementalhealth.info/	
South Staffordshire The Good Life	southstafforshire.thegoodlife.uk	01902 696 000
Staffordshire Marketplace	www.staffordshiremarketplace.co.uk	0300 111 8014

NOTICES



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www.ssnmentalhealth.co.uk
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Company Ltd by Guarantee: 4693666



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The Board of Trustees for SSNMH as of 9 June 2015

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Maureen Turfrey - Vice Chair
Tony Guest - Treasurer
Bob Attwood
Shelagh McKiernan
Avril Sellick
Kay Clayton
Christopher Wardle

The Board of Trustees act as company directors and volunteer their time and skills to:

- Contribute to the strategic aims of the organisation.
- Make key decision affecting the financial position of the organisation.
- Ensure that the organisational policies and procedures are relevant and comply with all current legislation.
- Provide human resource support and lead on all relevant recruitment.
- Ensure insurance and legal requirements are met.



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www.facebook.com/ssnmentalhealth

Comments, Compliments & Complaints

We are always trying to improve on our great work here at the Network, that means making our ears bigger and our voices louder!

If you think we can improve on what we do in any way, this could be regarding the Network News, our visits to services, the way in which we capture your views or feedback, or whatever! We would very much welcome your thoughts.



Please call the office on
01543 301139 or email:
sunetwork@ssnmentalhealth.co.uk

Staffordshire Mental Health Helpline

Worried? Stressed? Feeling low?

0808 800 2234

Online - www.brighter-futures.org.uk

Text - 07860 022821

Email - staffordshire.helpline@brighter-futures.org.uk

FREE and CONFIDENTIAL

7pm - 2am weekdays

2pm - 2am weekends

365 days a year



brighter futures
Mental Health Support & Advice

Our Website:

www.ssnmentalhealth.co.uk

Online Surveys:

<http://www.ssnmentalhealth.btck.co.uk/OnlineSurveys>

Easy Fundraising:

www.easyfundraising.org.uk/causes/ssnmentalhealth

Office Email:

sunetwork@ssnmentalhealth.co.uk



Or write to us at:

South Staffordshire Network for Mental Health,
FREEPOST MID 23594, Lichfield,
Staffordshire WS13 6LL

Thank you to the team who have helped with this edition, especially Julie, for making Network News so special!

Contributions for the next issue of Network News must be received by:

Friday 4th September 2015



When you have finished with this magazine PLEASE pass it on or recycle it.