

**South-West Devon  
Service User/Carer  
Network**

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## **MENTAL HEALTH, SOUTH-WEST DEVON - NEWS & VIEWS!** **30th July 2007**

### **POEMS and ARTICLES WELCOME !**

**"How my Attitude to 'Care' has changed", by Nick Hewling**

You'll find this second short article from Nick attached to our newsletter this month - we really welcome other pieces too, so do get in touch if you'd like to share something with other readers, and also if you'd like to respond to Nick with your own thoughts. Do ring/email us - contact details above.

#### **Local Writer Ken Harris**

Ken has had a diagnosis of bipolar disorder for 10 years - during that time he's produced three books in spite of his problems: a novelette, an autobiography 'The Best Day of My Life is Today', and a book of his paintings. He wants to let people know that *they* can achieve things too - in spite of suffering from ill-health. Ken's happy to share his books with people in the hope of encouraging others in their recovery. Ring Janet or Pennie to find out more.

### **JANET & PENNIE'S MONTHLY SERVICE USER/CARER NETWORK GATHERINGS**

These meetings are usually held at our offices in Dartington in the afternoon, all welcome! We normally have a speaker who tells us about what they do and takes feedback, questions, comments and ideas; then we have a chance to catch up with what everyone's doing and what's going on. Light refreshments are available, and we help organise lifts for people. This is a paid meeting, with travel expenses. Next 3 dates:

**TUESDAY 7TH AUGUST, 1.30 - 4.15**, with guest **Ruth Riley**, **researcher employed by the Peninsula Medical School**, to have an informal discussion with people about their experiences of medications and of their side-effects. People's views will feed into the design of a research study exploring experiences of reporting side-effects of meds to GPs, psychiatrists, etc., which will have an impact in the longer run on service developments in this area.

**TUESDAY 4TH SEPTEMBER, 1.30 - 4.15** - with guest **Maureen Casey**, **who's overseeing the redesign of services in the Devon Partnership Trust**, and who will take views and questions about this and also explain more about the new 'Professional Expert Groups' across Devon.

**FRIDAY 12TH OCTOBER, 11 - 2.30 [NOTE EARLIER START]**, including sandwich lunch, courtesy of our guest speaker **Simon Francis**, who leads the National Employment & Benefits Reference Group, as part of the national 'Social Inclusion' programme. Simon wants to hear people's views & ideas around employment and benefits, to feed into his discussions with the Dept of Work & Pensions.

Also a **SPECIAL ONE-OFF MEETING WITH 'WEST HUB', UK MENTAL HEALTH RESEARCH NETWORK, on MONDAY 17TH SEPTEMBER, 12.30 till about 3.00**, West Hub is offering a sandwich lunch & £10 to service users & carers for sharing their ideas for research projects & ways of getting involved in research.

### **SERVICE USER INVOLVEMENT REVIEW**

A group of Devon-wide service users, involvement workers and managers is now meeting to look at the best ways of taking 'involvement' forward - so that people currently using mental health services as well as the general public can have their say in shaping services. There's an update of the review from Ian Pearson attached to this newsletter - please let us have your views/ideas to take forward.

## **MORE OPPORTUNITIES TO GET INVOLVED / HAVE A SAY**

### **CONFIDENTIALITY & CARERS GUIDELINES**

We have a copy of the latest (July) draft of the Devon-wide 'Confidentiality & Carers' Guidelines, put together by a working group of carers, carer support workers and staff, with service user views fed in. Contact us if you'd like a copy and/or to feed in your own views.

### **TAKING PART IN TRAINING FOR NEW STAFF, DEVON PARTNERSHIP TRUST**

The Trust is redesigning its 'induction' training for new staff - if you've been involved in the service user/carers part of this training in the past (or would like to be), or if you simply have good ideas to share, get in touch with Janet/Pennie to take your views to 9th August meeting.

### **'NEW DEAL FOR CARERS' IDEAS TREE - YOUR VOICE COUNTS**

[www.newdealforcarers.org](http://www.newdealforcarers.org) This new Dept of Health website has an 'ideas tree' where you can post your own ideas or read those from other carers - it's 'live' till mid-September, and is part of a wider consultation aimed at individuals which ends in October. Why not take a look and add your own views and ideas?

### **MEETINGS WITH THE SENIOR MANAGEMENT TEAM IN SOUTH-WEST DEVON**

Beginning on 20th September, we're setting up regular meetings again between managers from the Senior Management Team in South-West Devon and local service users & carers - these were put on hold last year with all the changes taking place across the Devon Partnership Trust. **Do get in touch to find out more, or to let us know the issues that matter to you most so that local service users and carers can take these forward.**

### **'FOUNDATION TRUST' CONSULTATION - DEVON PARTNERSHIP TRUST**

Devon Partnership Trust are applying to become an NHS Foundation Trust, and are running a public consultation until the end of September. For more info or to get a consultation booklet, call 0800 0730 741 or email [pals@devonptnrs.nhs.uk](mailto:pals@devonptnrs.nhs.uk), or go to [www.devonpartnership.nhs.uk](http://www.devonpartnership.nhs.uk).

## **INFORMATION & NEWS**

### **'WALKING THE TALK' in SOUTH HAMS: Write-up of Dartmouth Meet 12th July**

Write-up now available from Cool Recovery of this informative day about talking therapies. Call 01803 299511 for a copy. Speakers included local psychologists, psychiatrist, therapists.

### **ARTICLES ON CHILD DEPRESSION**

The Times national newspaper recently ran a series of articles on child depression - thanks to David for flagging this up! Please ask Janet or Pennie for copies if you're interested.

### **PLYMOUTH 'PAVE' NEWSLETTER**

This one-page monthly newsletter, 'Paving the way to better mental health care', is put together by Tony Day on behalf of Plymouth Primary Care Trust, and often contains useful snippets of information. Call Tony for a copy on 01395 268653 or [tonyday@exmouth.demon.co.uk](mailto:tonyday@exmouth.demon.co.uk). The July issue includes an update on new psychology posts.

### **TORBAY BIPOLAR SELF-HELP GROUP - 01803 292295**

The Torbay Bipolar Group runs inspiring courses on self-management, life-skills and recovery. The next one was scheduled for late September but has been postponed. The Group is currently taking their summer break, but do ring in September to find out more - office normally opens Tuesday mornings, or leave a message and they'll get back to you.

### **POETRY & PHOTOGRAPHY COMPETITION ON THE THEME OF 'DISCOVERY'**

Linked to the 'Speak Up Somerset' one-day free festival 'Discovery' to celebrate World Mental Health Day 2007 - open to all, closing date 1st September. For more info, contact Maureen Street on 01935 850979, email: [info@artofrecovery.com](mailto:info@artofrecovery.com), or ask Pennie for a leaflet.

### **SELF-HELP / SUPPORT IN SOUTHWEST DEVON**

Please ring Janet/Pennie if you'd like a copy of our latest list of self-help/support in SW Devon.

### **COOL RECOVERY, SOUTH DEVON**

Do get on the mailing list for the monthly 'COOLNEWS!' - ring Cool Recovery on 01803 299511.

## **INFORMATION ATTACHED**

- OUR AUGUST PLANNER
- "HOW MY ATTITUDE TO 'CARE' HAS CHANGED", AN ARTICLE BY NICK HEWLING
- SERVICE USER INVOLVEMENT REVIEW - UPDATE FROM IAN PEARSON
- DEVON PARTNERSHIP TRUST 'REDESIGN BULLETIN', JULY 2007