

**Carers (Mental Health) Communication Networks (as at March 2006)
information 19.7.06**

3rd DRAFT following revised

Locality	East Devon	West Devon	North Devon	Torbay	Torbay	Torbay	Exeter	Mid Devon	South Hams	Teignbridge	Devon DAAT
Name/ group	Meg Compton and Jo Moore MIND east Devon Carer Support service, MIND 59 Magdalen St Exeter EX24HY 01392 204498	Lucy Finch, Carers support worker, West Devon CMHT, The Quay, Plymouth Rd, Tavistock PL19 8AB 01822 610159	Carolyn Hill Carers development worker, Alex Link Centre, 19c Alexandra Rd, Barnstaple. EX32 8BA 0127131491 4	John Davidson, carers support worker, Waverley CMHT 01803 214597	Sera Blewitt Culverhay and Brixham Torbay carers support group (MH) 01803 854 657	Martin Smith, Claudia Benzies Cool Recovery 17 Morgan Ave Torquay TQ2 5RP Info@coolrecovery.org.uk 01803 712669	Mel Chamberlain Exeter carer support service, 59, Magdalen St. Exeter EX2 4HY 01392 204498	Lorraine Mee /Jan Adkins Mid Devon Carer Support Service, SSD, Market Street Crediton EX17 2AJ 01392 384179	Maxine Kennedy, CSW based at Butterpark, Brook Road, Ivybridge. PL21 0AX 01752 891016	Liz Hodgson, Teignbridge CSW based at Teign View. 16, Orchard Gardens, Teignmouth TQ14 8DS 01626 775951	Gill Unstead to Devon Drug and Alcohol Action Team 01392 687177
One to one support?	Yes	Yes	Yes but only at point of crisis as 1 or 2 off sessions	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Carer support Groups?	Yes 3 x monthly (Honiton am & evening, Exmouth pm)	Yes meets 4 weekly Thurs 10-12, TLC Carers Group, Kingdon House, Pym St, Tavistock New evening	Yes Ilfracombe self support group meets fortnightly at The Gables CMHT and starting Torridge-side self support group	Yes Riviera Carers Group 2-4.30 fortnightly St Mathias Church, Wellswood, Torquay. Cool House Project, 17 Morgan	Yes, Torbay carers support group (MH) Held at Culverhay CMHT, Paignton, Tues 5-6.30 fortnightly	Yes Dual Diagnosis (MH, Drug & Alcohol) Cool House Mondays 2 -3.30pm	Yes, Relatives Forum-monthly independent meeting 2 hrs covers campaigning, information and support with guest speakers;	Yes (2) First Wednesday each month 7-9pm in Tiverton. Also held monthly alternating between Okehampton	COOLGroup 1 st Tuesday Of month 10.30-12 Harbour Hse Kingsbridge New COOL group starting in Dartmouth	Yes, St Michaels Carers 6.30-8.30 every 3 rd Monday monthly. Held at day treatment, St Michaels, Newton Abbott Hospital	EDP support group weekly – Exeter, East and Mid Devon Silver Lining in South Hams – 07817 951552 or

		group started in March. Tuesdays, monthly to 6 weeks. Tavistock based	19.4.06 to meet weekly for 8 weeks	Ave, Torquay 12-3.00 surgery type group			Monthly: evening mutual support/social group meets in pub- Mill on the Exe. Daytime coffee meeting in hotel (informal support group) regular outings and special events. Approx twice annually we include family, friends and those cared for	- Ockment Centre & Crediton- Weatherspoons 10am – 12	on 27 th April 1.30-3.30 The Clinic, Mayors Avenue	Teign Valley Carers 2-4.30 3 rd Monday of Month at Shaldon At private house Tel Pat Becker 01626 873477	07817 951877
Training sessions?	Yes: Assertiveness relating to carer role Speaking Up focussing on personal interest	Yes; positive life skills sessions held from time to time in TLC carers group	No	Yes: Understanding Bi polar disorder, “A, Taster course on recovery, self-management and life skills for	Yes, Understanding bi polar disorder “A taster of the recovery, self management and life skills course available for	Yes, whatever is wanted & where; Solution focused training, Health & Hygiene, Carer awareness,	Yes, training groups, special one off sessions e.g. coping skills, legal issues, medication, WRAP, interview	No	As required or via Cool House	Yes, Wellness, Recovery Action Plan (WRAP) specifically designed for carers. 6 week family education	Not yet - much work to be done to identify needs

	DPT induction on carers issues WRAP training			carers", first aid course and manual/patient handling for carers	carers and others. First aid and manual handling course specifically designed for carers; Service User/Carer involvement training	Nutrition, Tai chi etc see Coolnews for details Service user/Carer Involvement training	training. Sometimes combined with service user groups.			group outlining psychosis Wed 3-4.30 Scout Hut Newton Abbott	
Involvement in planning or strategy groups? ie Are carers involved in planning processes?	Yes: LIG, LAG, DMT service user/carer meeting, GEMS, CMHT Dev Gp, Generic carers info pack, Generic carers forum, inpatient clinical governance	Yes. Acute care forum, Glenbourne Development Group, Tavistock CMHT	Representation on carers management groups that span all client groups.	Yes: LAG, steering group for confidentiality and carers guidelines, steering group for carers assessment form and re-appraisal Additionally as in the next Torbay column	Yes – LAG, LIG, BAG, NSF (6), Acute care forum, Sainsburys monitoring group, Senior mgt. Team, CSIP, New build project, Sainsbury Implementation Overseeing Group	Yes, Cool Recovery members involved with DPT, SH&WD & Teignbridge PCTs & Torbay, University of Plymouth & Exeter, SH CVS,	Yes, includes Acute Care Forum, Development project for older adults MH services, DMT, Exeter Strategy Group, Inpatient Service Governance, LAG, LIG, Rehab and Recovery Group, ASW training, training in new BSc (MH)course	Yes (Jan) Acute Care Forum: LAG: Generic Carers Forum Board, MH Carers reference Group, Carers advisory group. (Lorraine) Acute Care Forum, Inpatient Project Board, MH Carers reference Group, Carers advisory	Representation on carers management groups that span all client groups	Yes, steering group for confidentiality and carers guidelines MH Carers reference Group CMHT Dev, Carers Information Pack Carers awareness check lists	Beginning – DAAT has a strategy for involvement of Service Users and Carers which details Carers' participation in all management processes (attached to this email)

							, Ward Staff, GP and others awareness training. Steering groups including PALS and Early Intervention . Also respond to consultation on draft policies and reps on Interview Panels One carer has been a trainer on WRAP and ST&R courses	group			
Supporting carers providing representation?	Yes, currently carer on inpatient services steering group	Yes, at meetings as required, prepare and debrief	Not as yet	Yes, at all meetings, team meetings, LAG and project meetings	Yes, those carers attending LAG meetings who require support	As required or refer to user/carer participation	Yes by CSW and including feedback and consultation with existing groups	Yes, will attend with the carer is required, prepare and debrief	As required or refer to user/carer participation project	Yes will attend with the carer if required	Yes – will offer 1:1 or group preparation prior to meetings as necessary
Carer representation for	No, requests received but not	Yes, liaison and support with this	No	Yes, liaison with carers and support	Yes , liaison and support with this	As required or refer to user/carer	Yes, recent examples- student	Yes –as required and requested	As required or refer to user/carer	As required or refer to user/carer	In future as appropriate

interview panels?	sufficiently resourced to provide. However plans underway to rectify this	also provided		them with the process of interview	also provided	participation	doctor degree course, appointments in DPT in Exeter and CMHT	Would welcome more involvement	participation . CMHT have a pool of carers providing this.	participation . Have provided carers in the past	
Links with other carer groups?	Yes, E Devon young carers support worker East Devon Carers (generic support team)	Yes, Carers Link, Occasional liaison with local generic Carers group in Tavistock;	Carers Link, Care Wise, Torridge Caring.	Yes, with other CSW's, COOL House, Carers and cared for support in MH Network meeting	Yes, link with the generic carer support workers based in all Torbay surgeries Bi-monthly network meetings held	Yes, S. Devon Carers Consortium, Young Carers Torbay, Carers Links in S Devon, Rethink U/C Worker NIMHE Carers Worker	Yes Monthly all Devon CSW and Involvement workers including COOL plus links in Cornwall and Somerset Supporting carers Better Network, NIMHE/CSIP, MERIDEN (W Midlands Family Programme) Also Service User links: Exeter SUG, Saplings and Rethink Advocacy	Yes Unite: Mid Devon Young Carers Dvpt. Worker: Okehampton Carers Support Group (Rowenna Lane):All MH Carers Support/Development Workers:	Yes, S. Devon Carers Consortium, Young Carers Torbay, Carers Links in S Devon, Rethink U/C Worker NIMHE Carers Worker	Yes, Young carers dev worker (Teign) Family education Group (Psychosis); S. Devon Carers Consortium, Young Carers Torbay, Carers Links in S Devon, Rethink U/C Worker NIMHE Carers Worker	Planned - at present through Gill

							Project				
Written Communication?	Yes, monthly diary mail out to 100 carers. Carers page in Mind's Eye, published quarterly Carers News produced by Exeter carers Forum, inc. in monthly E. Devon mail out	No specific newsletter for Tavistock but distribute other relevant newsletters – South West Devon Newsletter produced MH Involvement workers based at Lescaze offices, Dartington. Cool News.	Including section in Carers Link Newsletter ¾ times per year	Cool News Brochure (Monthly) Local newsletter of the MH Involvement workers based at Lescaze offices, Dartington, Bi-Polar News, Torbay MH Information officer, Torbay carers network newsletter	No specific newsletter for Culverhay however other relevant newsletters distributed ie Cool News (monthly), Torbay Bi-Polar Gp Quarterly, MH Involvement workers quarterly newsletters	Coolnews monthly (for past 7 years)	Yes Monthly carers news (edited by carers) to 200+ and approx 45 Professionals Carer has produced Relatives Forum Website and another compiles Mine of Information Ward Information leaflets with SUG and Staff	Yes, (Lorraine) usually three monthly depending on quantity of news or information to cascade to carers Yes- (Jan) Newsletter sent to approx 60 carers; usually every two months	Coolnews monthly(for past 7 years) If carer registered with carers link then receive their written information	Coolnews monthly(for past 7 years)	Copies of DAAT quarterly reports, DAAT general newsletter etc sent out to those known at present
Carer representation requests but unable to provide?	Yes, many-difficulty finding people with the time/inclination. Insufficient time to support carers with this	Yes when events are held in Exeter as local people are reluctant to travel to Exeter	No		No	Yes, occasionally due to time scale or unavailability of carer or relevance of request	Yes, occasionally due to time scale or unavailability of carer	Yes Usually too short notice/tight timescales	Yes, occasionally due to time scale or unavailability of carer or relevance of request	Yes, occasionally due to time scale or unavailability of carer - increasingly difficult to find carers with the time as more are limited by employment	Yes – hope to remedy this after the Carers Questionnaire as hopefully more people will put themselves forward!
Generic	See above,	Liaison with	Yes Liaise			Yes, S.	Exeter	See above	Yes, S.	Yes, S.	

Carer Links?	links with other carer groups. nhs	Youthwize Young Carers worker. Occasional liaison with CSW in Adult Team	with Carers Link, Carewise and Torridge Caring			Devon Carers Consortium, Young Carers Torbay, Carers Links in S Devon, Torbay Carers UK	Generic Carer Support and Link workers-attending Exeter Carer Focus days, Young Carers workers and Carers UK	Also County Carers Forum: Mid Devon Locality Carers Forum	Devon Carers Consortium, Young Carers Torbay, Carers Links in S Devon, Torbay Carers UK	Devon Carers Consortium, Young Carers Teign&Torbay Carers Links in S Devon, Torbay Carers UK	
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