



NHS Experts by Experience (Mental Health)
SOMERSET RECOVERY PARTNERS



DECEMBER 2024 BULLETIN

Dear Recovery Partners

As Christmas approaches, I want to take this opportunity to thank everyone for all their involvement and willingness to share personal experiences in order to improve mental health services for those that follow you.

Christmas is a time to appreciate that kind of generosity and collectively you have all made a difference to this part of the NHS!

Merry Christmas,

Paul

Paul Milverton

Team Leader, People Participation Support Team (Mental Health)



PAYMENTS AND BENEFITS SPECIAL

On

Tuesday 17th December 2024

AT THE CONNECTIONS GROUP

We will be welcoming one of our professional friends, Jessica Jefferies from the Department of Work and Pensions, who will be doing a presentation about how your benefits will NOT be affected if you are claiming for your involvement time.

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 353 996 458 20

Passcode: 92yiYm

[Download Teams](#) | [Join on the web](#)



An Informal Festive Connection Group on **Tuesday 24th December at 2.00 pm**

We are having a casual MS Teams meeting, just to chat, tell jokes and funny stories, and a chance to wish each other a Merry Christmas.

**The wearing of Christmas hats welcome,
come and join us for an hour.”**

2 pm – 3 pm

Please join us using the link below:

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 353 996 458 20

Passcode: 92yiYm



CURRENT OPPORTUNITIES TO GET INVOLVED AND HAVE YOUR SAY:

**** Please let us know if you are interested in these assignments below ****

Email: EbErecoverypartners@somersetft.nhs.uk

Phone: 07387 014265 (Tues, Weds, Thurs)

A Rehearsal Audience for Complex Emotional Needs Training

We have the opportunity for some Recovery Partners to be in the audience of some staff training for Complex Emotional Needs, to give feedback and constructive criticism, before the training goes live.

You don't have to have a diagnosed CEN, and as many Recovery Partners as possible are needed. The training will take place in January, and will either be on Teams, or face to face, whichever is suitable for you. Dates to be confirmed. Thank you to those of you who have signed up already. If you are interested, please email EbErecoveryPartners@somersetft.nhs.uk

New opportunity to join a project aimed at improving care for people with Severe and Enduring Mental Illness:

Jane Yeandle (Service Group Director, Mental Health & Learning Disabilities) is to lead an improvement project and wants to hear the voice of people with lived experience of severe and enduring mental health conditions. Essentially the group will be shining a light on approaches to assessing and treating people with severe mental illness and looking to shape improvements. We realise it is not always easy to speak up and get involved if you are living with an enduring mental health condition but remember our team is here to support people in having a say in any way we can.

This project is soon to start so please contact us now if you wish to find out more or get involved!

Where? MS Teams

Use your lived experience to help improve the quality-of-care inpatient and crisis mental health services.

A reference group has been set up for Experts by Experience to have their say on all the important issues relating to good quality care. We already have some Recovery Partners joined up to this, but we are looking for more. The meetings are held on MS teams and the full details are contained in the attachment below. We would like as many Recovery Partners as possible to get involved. If you are interested, please email the EbE inbox:

EbErecoverypartners@somersetft.nhs.uk



Terms of Reference
Expert by Experience F

Have you ever been placed on "Special Observations" as part of your care?

We are looking for people with lived experience of this aspect of care to join up with our Learning and Development Team in order to provide training to staff colleagues. Involving patient stories and views can greatly enrich staff training and the quality of care they subsequently provide.

Please step forward for this if you can, by emailing EbE Inbox: EbErecoverypartners@somersetft.nhs.uk

Where you can use your experience of receiving Mental Health care to help improve services



Recovery Partner Expert by Experience Training Programme 2025

Induction	Co-Production	Confidentiality	Being on Interview panels	Telling your story
Delivered by the team alongside Karl and Sky Format: MS Teams meetings One Wednesday a month – 3pm-4pm	Delivered by Lou and Alex Format: MS Teams meetings	Delivered by Candida and Sky Format: MS Teams meetings	Delivered by Danielle and Alex Format: MS Teams meetings	Delivered by Candida and Carl Format: In person *Exact dates, times and venues to be confirmed
Wed 15th Jan 2025 Time: 3 pm - 4 pm	Thurs 24th Mar 2025 Time: 2 pm	Tues 4th Feb 2025 Time: 12 pm -1 pm	Wed 5th Feb 2025 Time: 2 pm – 3 pm	Thurs 23rd Jan 2025 Time: 10 am – 2 pm Venue: Street – Crispin Hall
Wed 19th Feb 2025 Time: 3 pm – 4 pm	Thurs 29th May 2025 Time: 2 pm	Tues 6th May 2025 Time: 12 pm -1 pm	Wed 7th May 2025 Time: 2 pm – 3 pm	April 2025 Venue: Frome - Rise Building
Wed 19th March 2025 Time: 3 pm – 4 pm	Thurs 28th Aug 2025 Time: 2 pm	Tues 5th Aug 2025 Time: 12 pm -1 pm	Wed 13th Aug 2025 Time: 2 pm – 3 pm	July 2025 Venue: Yeovil – St Peters Community Centre
Wed 16th April 2025 Time: 3pm-4pm	Thurs 30th Oct 2025 Time: 2pm	Tues 4th Nov 2025 Time: 12-1pm	Wed 5th Nov 2025 Time: 2 pm – 3 pm	Oct 2025 Venue: Taunton - Quaker Building

If you are interested, please email the EbE inbox:

EbErecoverypartners@somersetft.nhs.uk
Phone: 07387 014265 (Tues, Weds, Thurs)

Where you can use your experience of receiving Mental Health care to help improve services



RECOVERY PARTNER FACEBOOK GROUP – Please join!!

This group, which is only open to Recovery Partners and the support team, is becoming increasingly popular and a sense of community is beginning to build. This is another way of joining up with new co-production opportunities as they arise as well as suggesting ideas for improving mental health services based on your experience. Lou, Danielle and Paul from the support team are part of the group and will respond to your ideas, comments and suggestions.

If you have not already joined, please send us a request through this link and we will welcome you in! <https://fb.me/g/3KTiT9tcQ/TKOIPWkS>

SOMERSET RECOVERY COLLEGE RADIO SHOW: **Please see link to the latest SRC radio show here:**

<https://www.mixcloud.com/FromeFM/15-somerset-recovery-college-on-the-air-281024/>

Important Message - Your Email Address:

Since Recovery Partners began nearly 5 years ago the support team has undertaken to not make participants email addresses apparent to others.

In the wake of the pandemic, we are all using Information Technology platforms such as MS teams much more, this helps to reduce travel and to make cross county working much easier. Rather than posting hyperlinks in bulletins and within group emails as we do now, we would like to send invitations to join MS Teams meetings and learning events to everyone *directly*, this means you will be able to accept or decline the invitation once the email message arrives with you. Knowing what numbers of attendees, we can expect will help us greatly in managing our time and resources.

This does mean however that the email addresses of all invitees will be visible to everyone involved. You do of course have the option of creating a (perhaps more anonymous) email address especially for your Recovery Partner activity and should you choose to do that please let us know your new email address so we can update our information. From April onwards we would like to move to a position where, unless a Recovery Partner specifically expresses a wish to the contrary, we will make participants email addresses visible in MS Teams invitations for this reason. The team are keen to hear your views on this, either through discussion at your locality forums, at the Tuesday Connection meetings or by email: eberecoverypartners@somersetft.nhs.uk

Where you can use your experience of receiving Mental Health care to help improve services



PEER MEETINGS

In-Person Recovery Partner Meetings

IMPORTANT: These meetings are peer led and open to everyone however if you would like to attend an 'in-person' meeting for the first time, please [contact us in advance](#). This is so I can ensure you are expected by the peer chairperson and that you are joining at a suitable time for the group.
Thank you.

Venue	Times	Forthcoming dates	ST&R Worker Supporting :
FROME GROUP: Cheese and Grain Market Yard Frome BA11 1BE	Fortnightly 12.30pm to 2.30pm	19 th December 2024 2 nd January 2025 16 th January 2025 30 th January 2025	Candida and Martina
WELLS GROUP: Coxley Village Hall (side door) Glastonbury Road Wells BA5 1QZ	Fortnightly 11 am to 1 pm	12 th December 2024 9 th January 2025 23 rd January 2025	Louise and Martina
TAUNTON GROUP: ONLINE	Fortnightly 11am to 1pm	Dates to be confirmed.	Danielle
YEOVIL GROUP: St Peters Community Hall, Coronation Ave, Yeovil, BA21 3DY	Fortnightly 11 am to 1 pm	19 th December 2024 2 nd January 2025 16 th January 2025 30 th January 2025	Danielle
BRIDGWATER GROUP: ONLINE		Dates to be confirmed	Louise
MINEHEAD GROUP: COMING SOON 2024		VENUE AND DATES TO BE CONFIRMED	Louise

Please get in touch if you are interested in starting a regular Peer Meeting in your area

We are looking to start some new groups – Bridgwater, Minehead and Glastonbury.

If you are interested in joining any of these, please let us know beforehand, so that we can ensure the groups will be well attended.

Where you can use your experience of receiving Mental Health care to help improve services



Recovery Partners Connection Group (Online):

UPDATE ON CONNECTIONS MEETINGS:

Given the decreased level of attendance to the Connections Meetings which we have been holding fortnightly (on MS Teams), these will be **changing to a monthly pattern in 2025**. We will also be asking people to RSVP if they are intending to join the meeting. In order to make the best use of team resources, if we have less than 5 people confirmed to attend, it will be cancelled.

If you have ideas for how we can change the nature of the Connections Meetings, in order to approve attendance, we would love to hear from you.

If you have difficulties using MS Teams, we will try to help you overcome these.

Speak to any member of the team or email us at eberecoverypartners@somersetft.nhs.uk.

Using MS Teams this is a forum to:

- Organise ourselves as a group.
- Hear about new opportunities for involvement and take on new assignments.
- Report back ('De-brief') on activities and assignments that you have been involved in a supportive group.
- Put forward suggestions for which aspects of mental health service provision could be improved.
- Meet guest speakers on relevant topics.
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-17th December 2024

**Payments and benefits special with guest speaker Jessica Jefferies
(see above news item)**

- 24th December at 2.00 pm

An Informal Festive Connection Group

-31st December 2024

-14th January 2025

-28th January 2025

2 pm – 3 pm

Please join us using the link below:

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 353 996 458 20

Passcode: 92yiYm

Everyone is welcome to join online meetings without prior notice,
just click on the blue link above when the time comes!

How to use MS Teams:

If you have not used Microsoft Teams before click on the link below to download the app to your PC or Smartphone: [Download Microsoft Teams Desktop and Mobile Apps | Microsoft Teams](#)



USEFUL NUMBERS IF YOU NEED TO CONTACT NHS SERVICES:

Mindline: 01823 276 892 or 0800 138 1692

First Response Service: 0300 124 5016 - Option 1 for East (Mendip and Yeovil area) or Option 2 for West (Bridgwater and Taunton area)

Samaritans: 116 123

NHS 111

NHS111 callers now have the option of pressing option 2 for mental health.

You will then be transferred to MINDLINE.

Callers can also continue to contact MINDLINE directly –
(Freephone – 0800 138 1692 Local Number – 01823 276 892)

Community Mental Health Services:

The Bridge (Wells, Mendip area): 01749 836600

Holly Court (Yeovil and Chard area): 01935 428420

Glanville House (Bridgwater, Somerset Coast area): 01278 720220

Foundation House (Taunton area): 01823 368350

Barnfield (Minehead area) 01643 701735



LINK AND QR CODE TO RECOVERY PARTNERS SURVEY:

Have you been on a Recovery Partner assignment recently? – Don't forget to feedback your experience here!



If you do not have a smartphone with a camera on, then you can follow the link below on other devices:

https://response.questback.com/isa/qbv.dll/bylink?p=JKZlpgTkTVO3SPYZ1cHI8HQzpWlleggYzBEN9RspCmMUZzroH_xe8Syhw5GsyDqA0

If you are interested in anything listed in the bulletin, please let me know.

If you would like some support or someone to accompany you, I may be able to organise that, just let me know.

With best wishes,

Paul Milverton

OUR CONTACT DETAILS:

Email: eberecoverypartners@somersetft.nhs.uk

Phone: 07387 014265 (Tues and Weds) and 07979 701247 (Tues, Wed, Thurs)

For more information, please visit the Recovery Partners own website:
[Somerset Recovery Partners \(godaddysites.com\)](http://Somerset Recovery Partners (godaddysites.com))