

NHS Experts by Experience

Mental Health Service Group Recovery Partners

FEBRUARY 2024 BULLETIN

RECOVERY PARTNERS' FACEBOOK PAGE

We are pleased to announce we now have a Recovery Partners Facebook page where you can find out about new opportunities that are coming in and keep up to date with all the latest. This is a closed group especially for Recovery Partners, if you would like to join, contact us on: EbErecoverypartners@somersetft.nhs.uk


[Come and join us on Facebook!!](#)


CURRENT OPPORTUNITIES TO GET INVOLVED AND HAVE YOUR SAY:

EVENT/ACTIVITY	DETAIL	WHAT THE OPPORTUNITY INVOLVES
<p>Here is an opportunity for EbE's to be involved with the Exeter University Programme for Training Clinical Psychologists:</p>	<p>. Project background: The research project aims to understand factors associated with burden in minority ethnic caregivers of dementia. It is hoped that research findings will help policy makers and commissioners deliver services that are inclusive, non-discriminatory, and sensitive to the diverse needs of minority ethnic communities. It is hoped that this will encourage caregivers to access services.</p>	<p>EBE task - Research participation/consultation: Seeking experts with expertise in dementia and/or are from minority ethnic backgrounds. Consulting on aspects of the design of the study, in particular: Wording of documentation such as study information and consent form. Feedback for further development of a draft interview schedule. The proposed study design, along with proposed plans and ideas. Time Commitment: We are anticipating this would require up to three 1x hour consultation groups (3 hours total), involving 2 or 3 EbE's. Date and time: to be determined.</p>
<p>New Service Model Inpatient and Urgent Care Consultation Group: (With Clinical Psychologist, Helen Schur)</p>	<p>As you may have seen in the recent Recovery Partner bulletin, major changes are being planned for how Inpatient and Urgent Mental Health Services (for example, Crisis Team and First Response Services) are being delivered; a new service model is being developed.</p>	<p>The group which will be conducted through a series of MS teams meetings over the next few months. If you are interested in becoming involved with this project, please contact our ST&R Worker, Danielle Treleaven on Danielle.Treleaven@SomersetFT.nhs.uk or EbErecoveryPartners@SomersetFT.nhs.uk</p> <p>Date and times: to be determined.</p> <p>We can offer remuneration for your time at £12 per hour for your involvement in the project.</p>
<p>Help train mental health staff in the new service model for Somerset.</p>	<p>Should you undertake this exciting opportunity you will be required to attend 5 separate sessions at a conference centre in Somerset. There will be an event before this to help prepare you for the experience.</p> <p>You will be part of a group of eight Recovery Partners supporting this event.</p>	<p>Taking part in a small group discussing the new service model and contributing the service user/patient view on a series of topics.</p> <p>We know that this is being planned for April and we are awaiting specific details on the venue and dates.</p> <p>We will be offering payment for this assignment for anyone who takes part.</p> <p style="text-align: right;">Con/d....</p>

Please note: only pick one colour with the assigned dates and venue:

Green Tuesday	Pink Wednesday	Purple Thursday	Blue Friday	Yellow
Bridgwater RFC	North Petherton RFC	North Petherton RFC	North Petherton RFC	East Huntspill Village Hall
16-Apr	24-Apr	18-Apr	26-Apr	Tues 21 May
23-Apr	01-May	25-Apr	10-May	Thurs 23 May
30-Apr	15-May	02-May	17-May	Tues 04 June
07-May	22-May	09-May	24-May	Thurs 06 June
14-May	05-Jun	16-May	07-Jun	Tues 11 June

<p>Forthcoming Conference Recovery Partner Review Event</p>	<p>We are planning a conference to take place in the Summer 2024. We are hoping to host this at a conference centre somewhere in Somerset and plan to showcase all the good work that has been taking place over the last year by people like yourselves, with lived experience of receiving mental health care, working in partnership with mental health professionals.</p> <p>The audience will be made up of mental health professionals, commissioners, and Recovery Partner/EbE's.</p>	<p>We are looking for people who would be prepared to speak at this event, perhaps giving an account of an assignment they have been involved with or by simply telling their own story about being involved has helped their personal recovery.</p> <p>We would also welcome submissions of video clips (made on a smartphone) should you prefer to use that method of contributing. If you have any other ideas about how we can make this event a success, please get in touch.</p>
<p>Dual Diagnosis Steering Group</p>	<p>Within mental health, the term "Dual Diagnosis" usually relates to people who have a substance misuse problem alongside a mental health condition. The steering group will oversee how services for this group of people are delivered.</p>	<p>If you have lived experience of dual mental health and substance misuse problems, you will have the opportunity to join the steering group and represent the patient's perspective in the matters being discussed.</p> <p>We are looking for at least two Recovery Partners who can take up this opportunity. The meetings will be held over MS teams.</p>
<p>Occupational Therapy Project</p>	<p>Siobhan Millar is a Senior Occupational Therapist who would like to hear your views and have your ideas with regards to new developments and evolving changes in how OT's work in mental health settings. This will be another great opportunity for our Recovery Partners to help shape service delivery.</p>	<p>Start date: to be confirmed but will be Mondays.</p>
<p>Valproate Prescribing Group</p> <p>Is there anyone with lived experience of taking Valproate medication?</p>	<p>There's been a recent national alert around the drug valproate (see below attachment). We at Somerset Foundation Trust are working with the ICB to ensure we make prescribing as safe as possible.</p> <p>Part of the alert is that a group (led by the ICB) and Lead Mental Health Pharmacist, Georgina Boon, is designated to co-ordinate the new measures for valproate throughout Somerset and that the group should include a mechanism by which the group can involve and be informed by patients with lived experience.</p>	<p>We would be interested to hear from anyone with lived experience of valproate who would like to be involved with this group.</p> <p> NatPSA-2023-013-M HRA.pdf</p>

<p>How well do we meet people's spiritual needs when they are in hospital?</p> <p>The Rev'd. Robin Pfaff Chaplaincy Team-Leader for Community and Mental Health Somerset NHS Foundation Trust</p> 	<p>If you have been treated on a mental health inpatient ward, you might have come into contact with the Hospital Chaplaincy Service The Chaplaincy Service offers:</p> <ul style="list-style-type: none"> • a friendly face and a listening-ear. • support for all patients and visitors. • support for your spiritual and / or religious needs. • support for those of all faiths and none. • regular visits to wards. • access to faith leaders. <p>The Rev'd. Robin Pfaff is the Chaplaincy Team-Leader within the Mental Health service group, and he is planning to undertake a quality improvement in relation to the work of his team. As a first step Robin will be exploring to what degree his team are meeting the spiritual needs of patients on Holford Ward, but the scope of the project will extend to other inpatient wards.</p>	<p>How you can help...</p> <p>If you have lived experience of receiving mental health care in an inpatient setting and would be willing to respond to surveys/questionnaires and/or be willing to join a group discussion, please let us know at eberecoverypartners@somersetft.nhs.uk and we will put you in touch with Robin. We are keen to hear from people who have not used the chaplaincy service, who have benefitted from chaplaincy, who have declined chaplaincy and those who can think of ways in which chaplaincy can be improved. For those of you able to receive payment under our Expert by Experience arrangement this project counts as a commissioned assignment, whether you wish to receive payment or not the opportunity to get involved is open to anyone with inpatient experience.</p> <p>As always, your help and involvement is greatly appreciated.</p>
<p><u>The NHS Talking Therapies LGBTQIA+ Positive Practice Guide</u> is currently in development and the authors are looking for 10 patients to be part of focus groups about the guide. Patients must a) identify as LGBTQIA+ and b) currently being treated in an NHS Talking Therapies service or have previously accessed an NHS Talking Therapies service.</p>	<p><u>About the LGBTQIA+ Positive Practice Guide:</u></p> <p>The LGBT Foundation is working with NHS England to develop a Positive Practice Guide to support staff to deliver high quality treatment to LGBTQIA+ (lesbian, gay, bisexual, transgender, queer, questioning, Intersex and asexual) individuals accessing NHS Talking Therapies services (formerly IAPT). We are looking for people who identify as LGBTQIA+ and are currently receiving therapy in an NHS Talking Therapies service, or have previously accessed an NHS Talking Therapies service, to take part in 2 focus groups.</p> <p><u>Dates of the focus groups:</u></p> <p>6th March 2024, 13:00 - 14:30pm</p> <p><u>Location:</u></p> <p>The sessions will be held as hybrid: Microsoft Teams and for people who can attend in person, Fairbairn House (2nd Floor), 72 Sackville Street, Manchester, M1 3NJ</p>	<p><u>Aim of the focus groups:</u></p> <p>In the focus group we will review plans for the Positive Practice Guide and the content as it is developed. Focus group participants will be asked about their experiences of using the NHS Talking Therapies service (formerly IAPT): what went well and what could be improved.</p> <p><u>Eligibility Criteria:</u></p> <ul style="list-style-type: none"> • Identify as LGBTQIA+ • Have current or previous experience of using an NHS Talking Therapies service (formerly known as IAPT) <p><u>Payment:</u></p> <p>Participants will be paid £30 per hour. Payments will be made as bank transfer (unless a gift card is preferred). We cannot offer cash or PayPal/Venmo/etc.</p>
<p>**Please let us know if you are interested in these assignments **</p> <p>Our Contact details:</p> <p>Email: EbErecoverypartners@somersetft.nhs.uk</p> <p>Phone: 07387 014265 (Tues and Weds) and 07979 701247 (Tues, Wed, Thurs)</p>		

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	Pattern and times	Forthcoming dates	ST&R Worker Supporting Meeting:
FROME GROUP: Cheese and Grain Market Yard Frome BA11 1BE	Fortnightly 12.30pm to 2.30pm	29 th February 2024 14 th March 2024 28 th March 2024	Candida
WELLS GROUP(S): Coxley Village Hall (side door) Glastonbury Road Wells BA5 1QZ	Fortnightly 11 am to 1 pm	22 nd February 2024 7 th March 2024 21 st March 2024	Louise
TAUNTON GROUP: <u>Quaker Meeting House</u> 13 Bath Place, Taunton TA1 4EP	Fortnightly 11am to 1pm	20 th February 2024 5 th March 2024 19 th March 2024	Danielle
YEOVIL GROUP: (Please note the venue will be changing from <u>7TH March, onwards, to St Peters Community Hall, Yeovil</u>)	Fortnightly 11 am to 1 pm	22 nd February 2024- Yeovil Methodist Vicarage Church 7 th March 2024 – St Peters Hall. 21 st March 2024 – St Peters Hall.	Danielle
BRIDGWATER GROUP		CLOSED: Stood down group due to lack of interest.	

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.

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

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

Recovery Partners Connection Group (Online):

(Open to everyone) 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.

The meetings happen every other Tuesday:

27th February 2024

12th March 2024

26th March 2024

**Please note change of time to the afternoons:
2 pm – 3 pm**

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](#)

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](#)

Recovery Partners Training Workshops

Please email: EbERecoveryPartners@Somersetft.nhs.uk
if you would like to book a place any of the training workshops below.

CONFIDENTIALITY TRAINING WORKSHOP:

(Led by Paul)

Thursday 29th February 2024 2.00 PM- 4.00 PM
ONLINE (MS Teams)

CO-PRODUCTION TRAINING WORKSHOP:

(Led by Louise and Alex)

Thurs 25th April 2024 2.00PM – 4.00PM
Fri 26th July 2.00 PM – 4.00 PM
Thurs 24th October 2.00 pm – 4.00 PM

INTERVIEW TRAINING WORKSHOP:

(Led by Danielle and Alex)

March, June, September, December - Dates: TO BE Announced

FINDING YOUR VOICE WORKSHOP:

(Led by Candida and Paul)

Dates: TO BE Announced

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)

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