



NHS Experts by Experience

Mental Health Service Group Recovery Partners

JANUARY 2024 BULLETIN - HAPPY NEW YEAR

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
Help train mental health staff in the new service model for Somerset.	<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>
Forthcoming Conference Recovery Partner Review Event	<p>We are planning a conference to take place in the Spring. 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>
Dual Diagnosis Steering Group	<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>
Guest speaker at the forthcoming Connection online meeting.	<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>Please join us on Tues 16th January, when Siobhan will be our guest speaker.</p>

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

<p>Valporate Prescribing Group</p> <p>Is there anyone with lived experience of taking Valporate 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>NatPSA-2023-013-M HRA.pdf</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>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>Volunteer to Career Programme:</u></p> <p>Our Guest speaker at the last Recovery Partners Business Meeting was GILLIAN COOK, the Neighborhood Service Lead, Taunton.</p> <p>Gillian presented the “Volunteer to Career Service”, for anyone who may be interested in becoming a volunteer and/or to further a career within the NHS.</p>	<p>Gillian described the Neighbourhood teams are part the Somerset Foundation Trust's organisation and divided into four teams across the county - Taunton and West Somerset, South Somerset, Mendip area, Bridgwater and North Sedgemoor area.</p> <p>Providing a service within lots of different areas, such as primary care, community hospitals, older persons services and mental health services.</p> <p>Link to the YouTube video about the Volunteer to Career Programme: https://youtu.be/DxHYfDB8VsE Please note, the email address for the programme is: VolunteeringSFT@somersetft.nhs.uk If you are interested in applying or have any questions, please email above.</p>	 <p>Somerset NHS Foundation Trust Volu</p> <p>For more information, please click on the link above – Gillian's slide show presentation</p>

<p>The NHS Talking Therapies LGBTQIA+ Positive Practice Guide 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>About the LGBTQIA+ Positive Practice Guide:</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	18 th January 2024 1 st February 2024 15 th February 2024 29 th February 2024	Candida
WELLS GROUP(S): Coxley Village Hall (side door) Glastonbury Road Wells BA5 1QZ	Fortnightly 11 am to 1 pm	11 th January 2024 25 th January 2024 8 th February 2024 11 th February 2024	Louise
TAUNTON GROUP: <u>Quaker Meeting House</u> 13 Bath Place, Taunton TA1 4EP	Fortnightly 11am to 1pm	23 rd January 2024 6 th February 2024 20 th February 2024	Danielle
YEOVIL GROUP: Yeovil Methodist Vicarage Church (Please note the venue may be changing in February to be confirmed)	Fortnightly 11 am to 1 pm	25 th January 2024 8 th February 2024 22 nd February 2024	Danielle
BRIDGWATER GROUP: <u>St Georges Parish Centre Church</u> Road, Wembdon, Bridgwater TA6 7RR	Fortnightly 11 am – 1 pm	23 rd January 2024 6 th February 2024 20 th February 2024	Louise

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

Recovery Partners Connection Group (Online): (Previously named: Recovery Partners Business Meeting)

(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:

16th January 2024
30th January 2025
11:00 am – 12:00 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

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](#)

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

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