

NHS Experts by Experience Mental Health Service Group Recovery Partners

MARCH 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>Proactive Care- An opportunity for our RPs with experience of being an inpatient.</p>	<p>We are currently looking for Recovery Partners who may have had experience of certain restrictive practices whilst being an inpatient. This would include being on a locked ward, having personal effects confiscated or may have been the subject of physical restraint.</p> <p>We understand that this can be quite a sensitive subject, and therefore may be too difficult for some people, however this is potentially an opportunity to bring about positive change in this area.</p>	<p>If you are interested, we would like, initially, to invite you to a meeting of the Proactive Care Steering group on 20th March, on Teams, and following that you will be involved in co-producing the training they offer if this is something you feel you would like to do.</p> <p>If you are interested in becoming involved with this project, please contact our ST&R Worker, Louise Flower on:</p> <p>Louise.Flower@SomersetFT.nhs.uk or EbERecoveryPartners@SomersetFT.nhs.uk</p>
<p>Here is an opportunity for EbE's to be involved with the Exeter University Programme for Training Clinical Psychologists:</p>	<p>Project background:</p> <p>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:</p> <p>Seeking experts with expertise in dementia and/or are from minority ethnic backgrounds. Consulting on aspects of the design of the study, in particular:</p> <p>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.</p> <p>Time Commitment: We are anticipating this would require up to three 1x hour consultation groups (3 hours total), involving 2 or 3 EbE's.</p> <p>Date and time: to be determined.</p>


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

<p>New Service Model Inpatient and Urgent Care Consultation Group:</p> <p>(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;">Cont/d below....</p>

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

Green Tuesday Bridgwater RFC	Pink Wednesday North Petherton RFC	Purple Thursday North Petherton RFC	Blue Friday North Petherton RFC	Yellow 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.</p> <p>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 likely to be on Mondays.</p>
<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>We would be interested to hear from anyone with lived experience of valproate who would like to be involved with this group.</p> <div style="text-align: center;">  NatPSA-2023-013-M HRA.pdf </div>

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

Our Contact details:

Email: EbErecoverypartners@somersetft.nhs.uk

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

Cont/d below...

OTHER NEWS:

[Important - 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

[SOMERET HOUSEHOLD SUPPORT FUND:](#)

The Household Support Fund is designed to provide short-term urgent financial help to Somerset residents who are struggling to afford household essentials such as buying food, help with energy bills, school uniforms/trips etc. Please click on the link below to find out more. Just a few minutes to complete the form to apply for help.

[Somerset Household Support Fund](#) (Press "Ctrl" and then left click to open this link)

[SPARK iT \[sparksomerset.org.uk\]\(http://sparksomerset.org.uk\)](#)

Spark iT aims to provide support to anyone in Somerset who wants to access the internet but can't currently get online. They do this by:

- Operating and supporting Digital Cafés and other drop-in services in key towns across the county.
- Partnering with community organisations and businesses to help low-income families access digital devices and data.
- Training and supporting staff and volunteers from community organisations to deliver digital support in their own groups and meetings.

To find out more please click on the link below:

[Spark iT | SPARK \(\[sparksomerset.org.uk\]\(http://sparksomerset.org.uk\)\)](#) ("CTRL" and then left click to open this link)

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	14 th March 2024 28 th March 2024 11 th April 2024 25 th April 2024	Candida
WELLS GROUP(S): Coxley Village Hall (side door) Glastonbury Road Wells BA5 1QZ	Fortnightly 11 am to 1 pm	7 th March 2024 21 st March 2024 4 th April 2024 18 th April 2024	Louise
TAUNTON GROUP: <u>Quaker Meeting House</u> 13 Bath Place, Taunton TA1 4EP	Fortnightly 11am to 1pm	5 th March 2024 19 th March 2024 2 nd April 2024 16 th April 2024 30 th April 2024	Danielle
YEovil GROUP: St Peters Community Hall, Coronation Ave, Yeovil, BA21 3DY	Fortnightly 11 am to 1 pm	7 th March 2024 21 st March 2024 4 th April 2024 18 th April 2024	Danielle
BRIDGWATER GROUP		CLOSED: Stood down group due to lack of interest.	Louise
MINEHEAD GROUP		COMING in April 2024 VENUE AND DATES TO BE CONFIRMED	Louise

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.

Every other Tuesday:

26th March 2024

9th April 2024

23rd April 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

CONFIDENTIALITY TRAINING WORKSHOP:

(Led by Paul)

ONLINE (MS Teams)

(More dates in May, August, and November, to be announced)

CO-PRODUCTION TRAINING WORKSHOP:

(Led by Louise and Alex)

ONLINE (MS Teams)

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)

ONLINE (MS Teams)

WED 3rd APRIL at 3.00 PM

TELL YOUR STORY (IN-PERSON WORKSHOP):

(Led by Candida and Paul)

16th April 2024 (tbc)

Further details to follow shortly.

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)