



**NHS Experts by Experience (Mental Health)**  
**SOMERSET RECOVERY PARTNERS**

**SEPTEMBER 2024 BULLETIN**



Dear Recovery Partners,

It is with deep sadness that I must inform you of the passing of Clare W who the Support Team recently discovered had died on 15<sup>th</sup> August. This news comes as a shock to us all. As many of you will know Clare had struggled with a breathing condition for many years and we understand that this had led to a crisis which sadly led to her death.

Clare was not just an active Recovery Partner, but peer friend to many of you. Clare's use of her lived experience to help others and the contributions she made towards improving mental health care for others was invaluable. Clare will be deeply missed. Our thoughts are also with Clare's family and loved ones in light of this sad news.

We understand that this news may be difficult to process and if it would help to talk please do not hesitate to contact any member of the Support Team or email us at [somersetrecoverypartnersebe@somersetft.nhs.uk](mailto:somersetrecoverypartnersebe@somersetft.nhs.uk) and one of us will call you.

Sincerely,

Paul

**Paul Milverton**

**Team Leader, People Participation Support Team (Mental Health)**



## 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](mailto:eberecoverypartners@somersetft.nhs.uk)

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

## CURRENT OPPORTUNITIES TO GET INVOLVED AND HAVE YOUR SAY:

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

### **OUR CONTACT DETAILS:**

**Email: [EbErecoverypartners@somersetft.nhs.uk](mailto:EbErecoverypartners@somersetft.nhs.uk)**

**Phone: 07387 014265 (Tues, Weds, Thurs)**

### **Severe Mental Illness assignment:**

Involvement requested for Severe Mental Illness assignment with Jane Yeandle (Service Group Director, Mental Health & Learning Disabilities). Essentially the group will be shining a light on approaches to assessing and treating people with severe mental illness and looking to shape improvements. Further details to follow.

### **Core Skills and Knowledge Workshops:**

Involvement requested for Core Skills and Knowledge Workshops, run by Claire Munt. (Head of Community Mental Health Services Mental Health and Learning Disabilities Service Group) - Building on our current CMHS Induction programme to create a series of 'Core Skills and Knowledge' workshops. Further details to follow shortly.

### **Sensory Awareness and Sensory Strategies Workbook:**

A workbook about sensory awareness and sensory strategies for improved wellbeing is being developed. The workbook needs to be accessible and useful to anybody accessing the Trust's mental health services.

We would value input from Recovery Partners/EbEs, to help determine what to include in the workbook and to shape the content as it develops. This project is right at the beginning, and we would like to invite EbEs from across services to a focus group, to start sharing ideas (date to be confirmed once interest is established).

### **Introduction of Body Cameras for Staff Working on Mental Health Wards:**

Sometimes it is necessary for mental health staff to apply physical restraint to patients in inpatient settings, in order to maintain their safety and the safety of others. This can also happen for people who are brought to wards by ambulance or police when they are being admitted on crisis circumstances.

The cameras would be worn by staff only under the following circumstances:

- The Individual is detained under Section 136 MHA
- The Individual is presenting as verbally abusive/threatening.
- The Individual is being physically violent/aggressive.
- The Individual engages in the destruction of Trust property whilst being held in the place of safety

To join a working group made up of staff and other Experts by Experience to give views on this proposal and, should it be taken forward that it is done with compassion and positive regard for patients.

### **STOP Intervention Research Study:**

**(Led by Adrian Hayes, Consultant Medical Psychotherapist)**

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



STOP is an intervention study for people who suffer with paranoia. Anyone can have paranoia; people can struggle a little or a lot. The project works via an app on your mobile phone, and takes you through scenarios, which was designed by people with lived experience, this will take few weeks to complete. There will be three groups of people, two of the groups will have this intervention and the third group will be asked questions not relating paranoia (this is the control group). Participants must not have had a change in medication in 3 months, are not presently having therapy, are over 18 and not if you are using substances. We are looking for six participants.

### **How Can We Reduce Restrictive Practices on Mental Health Wards:**

We are currently looking for Recovery Partners who may have experience of being an inpatient. Involvement is likely to include discussions about locked doors and such matters as having personal effects confiscated as well as physical restraint. If you are interested in becoming involved with this project, please contact our ST&R Worker, Louise Flower on: [Louise.Flower@SomersetFT.nhs.uk](mailto:Louise.Flower@SomersetFT.nhs.uk) or [EbERecoveryPartners@SomersetFT.nhs.uk](mailto:EbERecoveryPartners@SomersetFT.nhs.uk)

### **The Specialist Psychological Intervention Service Information Leaflets:**

The Specialist Psychological Intervention service (SPI)\* are developing 8 patient information leaflets and wish to involve you as an Expert by Experience in developing these to produce a high quality, understandable information for people who are about to undergo psychological therapy, perhaps for the first time. For more information, please open the attached flyer.



### **New Service Model Inpatient and Urgent Care Consultation Group: (With Clinical Psychologist, Helen Schur)**

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. If you are interested in becoming involved with this project, please contact our ST&R Worker, Danielle Treleaven on [Danielle.Treleaven@SomersetFT.nhs.uk](mailto:Danielle.Treleaven@SomersetFT.nhs.uk) OR [EbERecoveryPartners@SomersetFT.nhs.uk](mailto:EbERecoveryPartners@SomersetFT.nhs.uk)

### **Recruitment of a New Pharmacist:**

The Mental Health Pharmacy Team are trying to recruit a new pharmacist and would like an Expert by Experience/Recovery Partner as an interview panel member if any of you are interested in helping with this recruitment process. The Pharmacy Team will tailor the interviews to you, so will interview in your area, either over Teams or in person, dependent on whichever is easiest, and dependent on who applies. For example, if you live in/near Wells, then they will set the interviews in Wells to make sure that you are accommodated, and the same will apply if you are from the Yeovil/Bridgwater/Frome/Taunton area.

### **Culture of Care Meetings:**

***“To improve the culture of inpatient mental health, learning disability and autism wards for patients and staff so that they are safe, therapeutic and equitable places to be cared for, and fulfilling places to work.”***

The NHS England have co-produced the 12 Culture of Care standards along with the Experts by Experience. Our ambition is to visit where our inpatients wards are with regards to these standards on our wards, to identify any gaps and then test change ideas using PDSA cycles to implement these standards on wards. We will have support from the National and Inhouse QI Coaches. If you would like to get involved in regular meetings in your area, please get in touch. Dates pending. Please click on below illustration:



culture-of-care-standards-illustration.png

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



## Right Care, Right Person :

Have you ever been in the situation where the Police responded to your mental health crisis when what you really needed was a mental health professional? Use your experience to help us *get things right first time*. We want to support you to become involved with our NHS partnership work with Avon and Somerset Police.

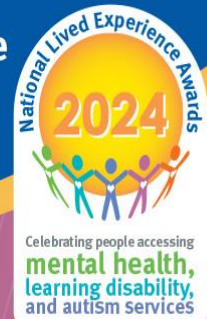


Right Care Right  
Person Rp recruitment



We are proud to be a National Lived Experience

# Finalist



**Yvonne - From Patient to Registered Mental Health Nurse**

The Home Treatment Team (Taunton and West Somerset)

Somerset NHS Foundation Trust

Hope and Positivity

#NLEA2024



CELEBRATING THE  
CO-PRODUCTION REVIEW EVENT

## Somerset Recovery College's radio show:

The Co-Production Review Event on 16<sup>th</sup> July, saw us celebrate the expansion of co-production within the mental health service group. Here below is the link to the latest Somerset Recovery College's radio show that features the co-production event.

[14. Somerset Recovery College On The Air \(21/08/24\) by Frome FM | Mixcloud](#)

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**BE PROUD  
OF WHAT  
YOU DO**

### **A MESSAGE FROM JO VERNON, SOMERSET RECOVERY COLLEGE PEER SUPPORT WORKER**

#### **FEEDBACK FROM OUR CO-PRODUCTION REVIEW EVENT:**

*Dear all,*

*I was only just thinking this morning what a positive day this was and how fortunate I was to attend.*

*Can I just say how brave you were to get up and deliver in front of such a large audience and to do it so well.*

*I felt the day was so well organised, the stories inspirational and the food delicious. I went home feeling very lucky to be involved so seriously thank you for putting on such a wonderful event.*

*I would also like to apologise for not being able to speak at the event, my nerves got the better of me on the day. However, what made it for me was chatting to people individually and learning about the great work that is carried out across the trust and what matters to those involved.*

*Thank you for all you do and for giving your time and effort to make the day such a success!*

### **A MESSAGE FROM CLARE MUNT, HEAD OF CMHS**

#### **On the engagement of Recovery Partners in reducing the number of DNA (= Did Not Attend) appointments in Community Mental Health Services:**

*“Last Autumn Six Recovery Partners/Carers were invited to meetings chaired by Clare Munt, Head of CMHS and also attended by our Engagement Support Workers, Clare said “We received great input from Recovery Partners, and they helped us to create a slide on the patient’s point of view when attending, or preparing to attend, an appointment. This has been distributed to the whole of the CMHS. We have noted a reduction in our DNA rate, and this has been a very successful collaborative project.”*



## SOMERSET RECOVERY COLLEGE BULLETIN

Please click on the below link for this month's bulletin:



BulletinSepOct2024.p  
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### 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](mailto:eberecoverypartners@somersetft.nhs.uk)

### SOMERSET 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 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)

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





## **USEFUL NUMBERS IF YOU NEED TO CONTACT SERVICES:**

**Mindline: 01823 276 892 or 0800 138 1692**

**First Response Service/HTT: 0300 124 5016**

**Samaritans: 116 123**

**Community Mental Health Services: -**

**The Bridge (Wells 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**



## 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 :
<b>FROME GROUP:</b> Cheese and Grain Market Yard Frome BA11 1BE	Fortnightly 12.30pm to 2.30pm	26th September 2024 10th October 2024 24th October 2024	Candida
<b>WELLS GROUP:</b> Coxley Village Hall (side door) Glastonbury Road Wells BA5 1QZ	Fortnightly 11 am to 1 pm	3 <sup>rd</sup> October 2024 17 <sup>th</sup> October 2024 31 <sup>st</sup> October 2024	Louise
<b>TAUNTON GROUP:</b> <b>ONLINE</b>	Fortnightly 11am to 1pm	Dates to be confirmed.	Danielle
<b>YEOVIL GROUP:</b> St Peters Community Hall, Coronation Ave, Yeovil, BA21 3DY	Fortnightly 11 am to 1 pm	26 <sup>th</sup> September 2024 10 <sup>th</sup> October 2024 24 <sup>th</sup> October 2024	Danielle
<b>BRIDGWATER GROUP:</b> <b>ONLINE</b>		Dates to be confirmed	Louise
<b>MINEHEAD GROUP:</b> <b>COMING SOON 2024</b>		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):

(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.

**8<sup>th</sup> October 2024**  
**22<sup>nd</sup> October 2024**

**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](#)



## 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 24<sup>th</sup> October 2.00 pm – 4.00 PM**

### INTERVIEW TRAINING WORKSHOP:

**(Led by Danielle and Alex) ONLINE (MS Teams)**

Dates to be announced

### TELL YOUR STORY IN-PERSON WORKSHOP:

**(Led by Candida and Paul)**

Dates to be announced



## LINK AND QR CODE TO RECOVERY PARTNERS SURVEY:

Have you been on a Recovery Partner assignment recently? – Don't forget to feed back 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\\_xe8Syhw5GsyoDqA0](https://response.questback.com/isa/qbv.dll/bylink?p=JKZlpgTkTVO3SPYZ1cHI8HQzpWlleggYzBEN9RspCmMUZzroH_xe8Syhw5GsyoDqA0)

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**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](mailto: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))