



NHS Experts by Experience (Mental Health)

SOMERSET RECOVERY PARTNERS

NOVEMBER (AUTUMN) 2024 BULLETIN

Dear Recovery Partners,

There are not too many new assignment opportunities to tell you about in this bulletin and I think this is for two main reasons.

Firstly, our clinical leaders and managers became aware that over the summer months there was series of extensive workstreams relating to acute mental health care which all seemed to overlap and were not being particularly well coordinated with one another.

Examples of this included

- **The Proactive Care project** (reducing restrictive practices on mental health wards)
- **Right Care, Right Person project** (reducing the use of Police as first response to people in mental health crisis in the community and improving access to mental health care instead.
- **Remodelling Community Mental Health Services** to reduce waiting times and improve outcomes
- **Remodelling how Crisis and Inpatient Services** operate to improve access and through-care

These have all been amalgamated in one large coordinated project under the title 'Culture of Care' and is connected to a national improvement project* of the same name.

*Aim of the Culture of Care programme: *"To improve the culture of inpatient mental health wards for patients and staff so that they are safe, therapeutic and equitable places to be cared for, and fulfilling places to work."*

More Info: <https://www.england.nhs.uk/long-read/culture-of-care-standards-for-mental-health-inpatient-services/>

As you can imagine these combined workstreams are taking up a great deal of staff time in addition to their clinical roles which has in turn reduced the number of requests for Recovery Partner involvement in other improvement projects. There has been a good level of join up by Recovery Partners in all these projects but if you are particularly interested in any particular topic please get in touch and we will get you involved.

The second reason for there being less new assignments being advertised in the bulletin lately is that more Recovery Partners are taking up opportunities as they arise through attendance at in person meetings and via the fortnightly 'Connections' MS Teams online meeting. I would encourage everyone to join up with any of these where we can give you up to the minute news of new co-production opportunities.

For details please see 'Peer Meetings' towards the end of this bulletin.

Sincerely,

Paul

Paul Milverton

Team Leader, People Participation Support Team (Mental Health)

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



PAYMENTS AND BENEFITS SPECIAL

On

Tuesday 17th December 2024

AT THE CONNECTIONS MEETING

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](#)



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

Phone: 07387 014265 (Tues, Weds, Thurs)

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!

When? Monday 2nd December 2024, 4pm-5pm

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 Partners Training Workshops

CONFIDENTIALITY TRAINING WORKSHOP:

(Led by Candida and Sky) **ONLINE (MS Teams)**
(Dates to be announced)

CO-PRODUCTION TRAINING WORKSHOP:

(Led by Louise and Alex) **ONLINE (MS Teams)**
(Dates to be announced)

INTERVIEW TRAINING WORKSHOP:

(Led by Danielle and Alex) **ONLINE (MS Teams)**
Wednesday 27th November 2pm-3pm

TELL YOUR STORY WORKSHOP:

(Led by Candida and Carl) **(IN-PERSON)**
Wednesday 20th November 2024 10:00 am – 2.00 pm, Taunton

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



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	21 st November 2024 5 th December 2024 19 th December 2024	Candida
WELLS GROUP: Coxley Village Hall (side door) Glastonbury Road Wells BA5 1QZ	Fortnightly 11 am to 1 pm	14 th November 2024 28 th November 2024 12 th December 2024	Louise
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	7 th November 2024 21 st November 2024 5 th December 2024 19 th December 2024	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):

(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.

-5th November 2024

CANCELLED -19th November 2024

-3rd December 2024

-17th December 2024

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

-31st December 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](#)

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



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 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))