



**WINTER  
2017**

## ***CARERS' NEWS***

**A newsletter for Families, friends & all people interested in mental health**

*This is an invitation to carers/professionals/volunteers and all people interested in issues concerning adult mental health*

### **WINTER OPEN MEETING**

**WEDNESDAY 6 DECEMBER 2017**

**From 1 pm to 4 pm**

**At the NOTTINGHAM MECHANICS  
3, North Sherwood St, Nottingham NG1 4EZ**

***SPEAKERS / GAMES / BUFFET***

Although booking is not essential, if possible please contact Geoff Curtis on 0115 9631916 or email: [geoffcurtis@ymail.com](mailto:geoffcurtis@ymail.com) to confirm attendance

**A Date for your Diary**

### **SPRING 2018 OPEN MEETING**

**WEDNESDAY 21 MARCH 2018 (1 – 4 pm)**

**At the Nottingham Mechanics - 3, North Sherwood St, Nottingham NG1 4EZ**

***A Chance to meet the Care Quality Commission –Page 2***

***Carer Groups Information – from Page 4***

***Contact Information for new CITY Local Mental Health Teams - Page 8***

***Open dialogue Update – Page 11***

***Carers Equinox Event – Back page***

***We hope you find this newsletter useful but you will appreciate it is costly so  
PLEASE let us know if we send you a newsletter but it is no longer required***

**Registered Charity No. 1073466**

**Articles written in this newsletter do not necessarily represent the view of the Carers' Council.**

## DATES FOR YOUR DIARY

MEET THE CQC at DMH (see below)	Tue 14 Nov	1 – 2 pm
NOTTINGHAM CARERS FEDERATION CONFERENCE	Thur 23 Nov	11 – 3 pm
CARERS COUNCIL WINTER OPEN MEETING	Wed 6 Dec	1 – 4 pm
NOTTINGHAM RECOVERY COLLEGE OPEN DAY	Tue 12 Dec	12 – 3 pm
CARERS COUNCIL SPRING 2018 OPEN MEETING	Wed 21 Mar	1 – 4 pm

Please note Open Meetings are preceded by short Committee Meetings.

### CARERS' COUNCIL COMMITTEE MEETING DATES

Fri 24 Nov 10 am - Christopher Cargill House, 21-23 Pelham Rd, Nottingham NG5 1AP
Wed 6 Dec 12 – 12.45 - Nottingham Mechanics, North Sherwood Street, NG1 4EZ
Fri 28 Jan 10 am - venue to be confirmed contact us for more information
Fri 25 Feb 10 am - venue to be confirmed contact us for more information
Wed 21 Mar 12 –12.45 - Nottingham Mechanics, North Sherwood Street, NG1 4EZ

## **CARERS!**

Nottinghamshire Healthcare   
NHS Foundation Trust  
Positive about integrated healthcare

### **MEETING THE CARE QUALITY COMMISSION (CQC)**

The CQC is currently inspecting Nottinghamshire Healthcare and would like to run some focus groups with carers.

**Tuesday 14 November 2017, 1pm - 2pm**

**The Board Room, Duncan Macmillan House, NG3 6AA**

***Please Come Along!***

You do not have to let us if you would like to attend a focus group, **however**, it would be helpful if you could let Hazel Daykin know, to make sure there is enough space - email: [hazel.daykin@nottshc.nhs.uk](mailto:hazel.daykin@nottshc.nhs.uk) or telephone: 0115 9691300 ext 10786 (and ask for Hazel Daykin)

### **OUR CONTACT DETAILS:**

**Geoff Curtis, Chair** To notify attendance at Open Meetings & for all general enquires

Tel: 0115 9631916 or email: [geoffcurtis@ymail.com](mailto:geoffcurtis@ymail.com)

**Peter Robinson – Treasurer**, Membership queries and forms Tel 01623 512607 or email:

[peter.robinson930@ntlworld.com](mailto:peter.robinson930@ntlworld.com)

**Sandra Vanner – Newsletter contributions** Tel: 01773 776739 or email:

[sandravanner@gmail.com](mailto:sandravanner@gmail.com)

## ANNUAL GENERAL MEETING

The AGM was well attended this year. Peter gave an overview of the financial position and emphasised the need for new funding streams to be found. We are not in the red yet, but this year the County Council have made no funds available to us (since Mrs Cutts regained control) and we will be lucky to see the financial year out without having to go into our reserve fund.

Geoff reviewed the annual statement pointing out we had not had an outing this year but were to put on the Carers Equinox Festival at Beeston Middle Street Resource.

The Committee was elected as follows:

Chair: Geoff Curtis

Treasurer Peter Robinson

Committee members: Angela Chandler, Mavis Cox, Robert Cox, Sandra Vanner, Margaret Smith, were re-elected and we welcome Elsie Nicholls, Siobhan Lee who were both elected onto the Committee for the first time.

There were no nominations for the post of Secretary or for Vice-Chair.

*You will see that we still need a Secretary (as required by our constitution) and again we are pitifully short of committee members.*

### THANK YOU JOHN

Some of those who attended the AGM in September will probably have noticed that John Hawkes did not seek re-election as a committee member.

John was a founder member of Carers Council and has been a committee member from the start. He has done so very much good work on our behalf despite being a 24/7 carer himself. He's certainly done more than his share and deserves a break.

To John from me and all the current committee members and the members of Carers Council a heartfelt **thank you** for all you have done to keep our good work going on.

**For anyone new to The Carers Council and this newsletter,  
we very much welcome new members and people who would like to become  
involved with our organisation.**

If you would like to become a member or for information contact Geoff Curtis  
On 0115 9631916 or email: [geoffcurtis@ymail.com](mailto:geoffcurtis@ymail.com) to find out more.

You can then receive your own copy of this newsletter.

**We make no charge for membership!**

## **INFORMATION ON GROUPS FOR CARERS**

In this edition of our newsletter we are giving information on some groups that will be of interest to Carers. In particular groups concentrating on those of us who care for someone with mental ill health.

Nottinghamshire Health Care Foundation Trust are pleased to announce a

### **NEW - Carers Support Group**

To be held at **Millbrook Mental Health Unit**

King's Mill Hospital, Mansfield Road, Sutton-in-Ashfield, NG17 4JL

This group is there to offer support, guidance, advice and friendship for people who care for someone who struggles with their mental health.

The group will meet the **second Thursday of each month from 4pm – 6pm.**

If you or someone you know would benefit from attending then please pop along to the first meeting which will be held on

**Thursday 16<sup>th</sup> November 2017**

If you want more information contact Lyndsy Jones on 0115 9691300 Extension 15135 (please leave voice mail message if no answer) but feel free to just turn up

## **RUSHCLIFFE MENTAL HEALTH CARERS**

**We would very much welcome some new members at this friendly group**

We meet at **7.30 on the second Wednesday of each month** at **Church Croft Community Centre, Stratford Road West Bridgford, NG2 6BA**

We aim to provide:

- Mutual support & understanding
- Shared problems and experiences
- Information
- Interesting speakers
- Meals/social events

In a welcoming social atmosphere amongst friends

Recently we've been involved in a 5 steps to wellbeing plan which our members have found so helpful and thoroughly enjoyed - it involves: connecting with people, being active, taking notice, trying something new and giving time to help. A part of this has involved a series of mindfulness walks in our local park: being out in the park and surrounded by nature was great therapy.

For more information contact Colin & Diana on 0115 923 2357

## GROUPS FOCUSING ON MENTAL HEALTH

<b>Group</b>	<b>Meets</b>	<b>Contact</b>
Carers' Council Allies in Adult Mental Health	Four Open Meetings a year (Wednesdays). Spring, Summer, Autumn, Winter Phone for details or see newsletters	Geoff Curtis 0115 9631916
Nottingham City Carer Support Mental Health	Last Friday of every month 10 a.m – 12 pm Marlow House, Waterford Street Old Basford, Nottingham, NG6 0DH	Jude 0115 9560841 or 07500993479  Emma 07788386309
Rushcliffe Mental Health Carers Group	Second Wednesday of each month 7.30 pm at: Church Croft Community Centre, Stratford Rd, West Bridgford, NG2 6BA	Colin Diana 0115 923 2357
Mansfield & Ashfield Carer Support Group	Second Wednesday of each month 2pm – 4 pm at St Peter's Centre, Churchside, Mansfield, NG18 1AP	Cleo: 07824 838574 Joy: 01623 459681 Peter: 01623 512607
Beeston Carers in Mental Health	Second Tuesday of each month 3 pm – 5 pm at Middle Street Resource Centre, 74 Middle Street, Beeston, NG9 2A	Judith Machin 0115 9179025, David Bryan 0115 9284725
Bassetlaw Carer Support Group	First Tuesday of each month 1.30 pm – 3.30 pm at Bassetlaw Hospital MHU, Kilton Hill, Worksop, S81 0BD	Lyndsy Jones 0115 9691300 Extension 15135
Bassetlaw Mind Coffee morning	Last Friday of each month 10 am – 12 noon at Bassetlaw Mind 6 Hardy Street, Worksop, S80 1EH	Bassetlaw Mind 01909 476075 (Admin)
Bassetlaw Mind Dave's Advice Clinic	Every Friday <b>Phone for appointment</b>	Bassetlaw Mind 01909 476075 (Admin)
<b>New Carer</b> Support Group Millbrook MHU	Second Thursday of each month 4pm – 6pm at Millbrook MHU, King's Mill Hospital, Sutton-in-Ashfield, NG17 4JL	Lyndsy Jones 0115 9691300 Extension 15135
Nottingham Rethink Group (Carers & Service users)	Last Thursday of each month 6.30 pm – 8.30 pm The Mechanics, North Sherwood Street, Nottingham, NG1 4EZ	Bob Aston 01823 365308

The table above is by no means exhaustive and doesn't include specialist groups.

**GENERIC CARER GROUPS** –can also be of great help and support. Some listed below:

**NOTTINGHAMSHIRE CARERS HUB** run generic carer groups in the **County** in:  
**Gedling, Mansfield, Eastwood and Rushcliffe.**

Plus, **NEW** carer groups and Drop-Ins in the **city**.

**Support Groups** are held in **Bulwell, Clifton and Hyson Green.**

**Drop-in Sessions** are held in **Nottingham City Central, Sherwood, Lenton Abbey, Wollaton, Carrington, St Anns, The Meadows and Sneinton**

For information - Carers Hub Telephone – **0115 8248824.**

**THE CARERS FEDERATION** run generic carer groups in the County as follows:

**Support groups** in **Eastwood** and Beeston and

**Drop-ins** all 12 surgeries in the Nottingham West area (**Beeston, Chilwell, Bramcote, Eastwood, Kimberley, Stapleford**) dates are set till 1<sup>st</sup> January and available in all surgeries plus **Drop-ins** - in all **16 Rushcliffe** surgery locations. Support workers are in every practice every fortnight.

For information - The Carers Federation – **0115 962 9310 or 962 9369**

**CARERS IN HUCKNALL** 1<sup>st</sup> and 3<sup>rd</sup> Tues of each month from 1.30 – 3.30

John Godber Centre, Ogle Street, NG15 7FQ.

Further info: Jim Radburn 0115 9530746

**OTHER GROUPS/ORGANISATIONS** focussing on mental health include:  
(not specific to carers)

**Arnold Methodist Church Mental Health Befriending & Support Group**  
**Fridays – 11 – 2.00**

Arnold Methodist Church, 54 Front Street, Arnold NG5 7EL Tel:07514 775514.

**Nottingham Co-production Network**

For further information 07795 224 297

**The Nottinghamshire Healthcare NHS FoundationTrust’s Involvement Centres**

**Duncan Macmillan House Involvement Centre, Tel: 0115 993 4567/8**

**Rosewood Involvement Centre, New Ollerton Tel: 0115 956 0845**

If you want to find out more information on Groups – try the Nottingham City and Nottinghamshire County Councils’ information services – contact details are:

**Nottinghamshire Help Yourself** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) 0300 500 80 80

**Nottingham City LiON** [www.asklion.co.uk](http://www.asklion.co.uk) 0300 131 0300

## USEFUL CONTACTS FOR CARERS

### LOCAL MENTAL HEALTH TEAMS (formerly **Community** Mental Health Teams)

LMHT <b>Bassetlaw</b> Hospital, Worksop, Telephone:	<b>01909 502 011</b>
LMHT <b>Broxtowe and Hucknall</b> , Hope Centre, Beeston, Telephone:	<b>0115 854 1271</b>
LMHT <b>Gedling</b> , Manor Road, Carlton, Telephone:	<b>0115 952 4098</b>
LMHT <b>Rushcliffe</b> , 93 Musters Road, West Bridgford,	<b>0115 945 5990</b> (Op 1)
LMHT <b>Newark &amp; Sherwood</b> , 65 Northgate, Newark, Telephone:	<b>0115 854 2216</b>
LMHT <b>Mansfield, Millfields</b> , Telephone:	<b>0115 9560858</b>
LMHT <b>Ashfield, Millfields</b> , Telephone:	<b>0115 9560858</b>
LMHT <b>CITY</b> Teams – See Page 8	

**Carers Federation** **0115 962 9310 or 962 9369**

**Nottinghamshire Carers HUB** **0115 8248824**

If you live in the **CITY** of Nottingham - For a carers' assessment phone the Nottinghamshire Carers HUB on **0115 8248824** for advice and information.

If you live in Nottinghamshire **COUNTY** - For a carers' assessment phone the County Council on **0300 500 80 80**

For advice and information call **the Carers HUB** on **0115 8248824**

**Nottingham CITY carers (MH)** **0115 9560841 / 07500993479 / 07788386309**

### CRISIS TEAM CONTACTS

**City: 0300 3000065.** *Face to face visits until 21.00 & phone support is available 24/7*

**County South** (Broxtowe, Hucknall, Gedling, Rushcliffe) **Tel 0300 3000065.** *Face to face visits until 21.00 & telephone support is available 24/7*

**Mid Notts** (Mansfield, Ashfield, Newark and Sherwood) **Tel 01159560860.** *Telephone support is available 24/7 and face to face is routinely conducted up to 20.30.*

**Bassetlaw Tel 0300 123 1804.** *Telephone support is available 24/7, and face to face is available 7 days a week up to 21.00.*

**Nottinghamshire Healthcare NHS Foundation Trust:** **0115 969 1300**

**The Trust's Involvement Team:** **0115 993 4567/8**

**The Recovery College:** **0115 9560827**

**PALS** (Patient Advice and Liaison Service) – Mental Health **0800 015 3367**

**Rethink:** General Enquiries: **0121 522 7007** Advice information **0300 5000927**

**Central Notts Mind:** **01623 658044**

**Bassetlaw Mind** **01909 476075**

**SMART HELPLINE:** **0800 5610 072** (Mon – Fri -9 pm weekends/bank hols)

**Samaritans:** **116 123**

## **FOUR NEW CITY LOCAL MENTAL HEALTH TEAMS (LMHT) NOW SET UP**

Further to the article in our Autumn newsletter, from 21 September new CITY LMHTs have been now been set up - contact details for new LMHTs in the City are:

### **CITY CENTRAL** Local Mental Health Team

Highbury Hospital, Laurel Suite, Highbury Vale, Bulwell, NG6 9DR Tel: **0115 9560841**

### **CITY EAST** Local Mental Health Team

Stonebridge Centre, Cardiff Street, Carlton Road, NG3 2FH Tel: **0115 8760153**

### **CITY NORTH** Local Mental Health Team

Marlow House, Waterford Street, Old Basford, NG6 0GH Tel: **0115 9555360**

### **CITY SOUTH** Local Mental Health Team

Stonebridge Centre, Cardiff Street, Carlton Road, NG3 2FH Tel: **0115 8440525**

## **NOTTINGHAM RECOVERY COLLEGE**

### **Nottingham Primary Health and Wellbeing College**

Duncan Macmillan House, Porchester Road, NG3 6AA

### **Open Day - For Carers, Family and Friends**

**Tuesday 12th December - 12 noon – 3.00pm**

As a carer, family member or friend of someone experiencing mental health challenges, you can access courses here at the Recovery College or Primary Health and Wellbeing College

Come along and find out more about the college, how to enrol and what courses we offer, we will also have information stalls from local carer organisations

***The Carers Council will be there!***

***Find out about the brand new carers course  
Looking After Yourself: A Carers Perspective***

A 3-week course specifically designed for those who care for someone with mental ill health issues. For more information Telephone: **0115 9560827** or **07769243329** or

Email: **nottingham.recovery.college@nottshc.nhs.uk**

**Nottingham Recovery College, Duncan Macmillan House, Porchester Road, NG3 6AA**

Prospectus can be viewed on-line via the links below

<https://www.nottinghamshirehealthcare.nhs.uk/nottingham-recovery-college>

<https://www.nottinghamshirehealthcare.nhs.uk/primary-recovery-college>



# Carers

Have you seen this card  
in your medical practice?



Are you looking  
after someone  
who would  
struggle without  
your help?

Your practice is committed to supporting their carers. Complete this card and hand to a member of practice staff for access to information and support.



Carers Federation are encouraging carers to let their medical practice know that they are a carer.

We want you to look after your own health better and get any support you need to with your caring responsibilities.

Registering now can help you get:

- Longer or more convenient appointment times
- Regular health checks and flu vaccines
- An opportunity to be involved in the care plan of the person looked after
- Support with managing health conditions

For more information:

Email [info@carersfederation.co.uk](mailto:info@carersfederation.co.uk)

Tel: 01159629311

WWW: [Carersfederation.co.uk](http://Carersfederation.co.uk).

Registered Office: 21–23 Pelham Road,  
Nottingham, NG51AP



**Relaxed performances of the  
BEAUTY AND THE BEAST  
Nottingham Theatre Royal**

**Wed January 10<sup>th</sup> 2018 – 1.30pm & 7.15pm**

These performances are specially adapted for those with a wide range of disabilities for instance those living on the autistic spectrum and those living with dementia. Essentially the performance is the same show with some small changes

- Reduced sound levels
- Chill out zones in foyer
- No strobe lighting
- Auditorium doors left open for people to come and go should they want to.

These performances will be sign language interpreted and with additional wheelchair spaces (on a 1<sup>st</sup> come 1<sup>st</sup> served basis). A visual story and notes for carers available a few weeks before the performance

For further information visit  
TRCH.CO.UK/RELAXED or contact EMILY on 0115 989 5609

[trch.access@nottinghamcity.gov.uk](mailto:trch.access@nottinghamcity.gov.uk)

**All tickets £12.50**

**MINDSET – Supporting Mental Health Wellbeing**

**Middle Street Resource Centre**, 74, Middle Street, Beeston, Nottingham NG9 2AR

Mindset provides a wide range of art, craft, music and outdoor activities'.

In addition there are health-based groups to assist in recovery.

**Creative** – Music groups Sewing, Quilting, & Needlecraft, Poetry and writing

**Volunteering** \_ coffee bar, Reception/Admin, Volunteer Support

**Therapeutic Groups** – Health and Wellbeing, Hearing Voices

**Outdoor** – Gardening

- Skills Training,
- Library resources,
- Social Events,
- Peer Support,
- Computer Access,
- College Courses

Mindset works with local organisations (including F E colleges, Framework, VAB and Next Step to provide courses welfare advice and volunteering opportunities.

**0115 925 2516 – or call into Middle Street**

[www.facebook.com/MSRCBeeston](http://www.facebook.com/MSRCBeeston) : [www.beestoncommunityresource.wordpress.com](http://www.beestoncommunityresource.wordpress.com)

## **OPEN DIALOGUE - DISAPPOINTING NEWS FROM THE TRUST**

We have been informed that the Open Dialogue (OD) project and service evaluation will not go ahead within the Local Mental Health Team (LMHT) City East. The statement below is adapted from one made by the OD lead manager on 14 September.

*In planning the LMHTs and OD service evaluation proposal, it has become increasingly apparent that we do not have the resources to give this justice. If we were to ring fence time for OD, this would have a significant impact on the running of the LMHTs. The senior management team have therefore made the decision that we cannot support an OD 'project' at this time.*

*All is not lost however. The Trust is now examining ways to deliver Trauma-Informed care (TIC). 'Trauma-Informed approaches recognise the prevalence and impact of trauma and adopt strength base approaches, with survivors supported to take control of their lives'. So, this approach focuses on understanding and validating what has happened to a person, rather than on what's 'wrong' with them and finding a 'cure'. The management leads for TIC value the OD approach and see it as one of a number of approaches which could be delivered 'under the umbrella' of TIC.*

This is a big disappointment. However, assurances have been given that: the OD team can continue their current work within available resources; the viability of an OD service evaluation can be revisited in future; the monthly steering group meetings will continue.

The steering group, including Open Dialogue Nottingham members, are considering how best to continue supporting the current OD team and their innovative work, and there is commitment to advocate for the development of the OD approach within the Trust's Trauma Informed and Recovery agendas.

**LET US HAVE YOUR NEWS AND VIEWS FOR OUR SPRING 2018 NEWSLETTER**

**Do you have news/views you would like to share with our readers?**

We welcome articles/letters from **individuals** and **organisations** alike.

***This is your chance to make yourself heard***

**Closing date Wednesday 7<sup>th</sup> February 2018**

Email [sandravanner@gmail.com](mailto:sandravanner@gmail.com) or phone 01773 776739

## THE EQUINOX CARERS FESTIVAL



Well did you go? We estimate that over one hundred did. Certainly sixty went through the front door and registered. Many came in from the car park and through the back door so we didn't get chance to count them. Certainly the catering was severely tested but thanks to Middle Street Resource volunteers this was rapidly resolved. And what a good spread they put on.

The activities were fully booked in no time at all and all who joined them fully enjoyed themselves (I had a go at drumming - Many thanks to Biant).

All the stands were busy and although it was a bit crowded a lot of useful work was done and contacts made.

From the many evaluations collected afterwards every one enjoyed the day and thought it worth doing - and the catering gained a lot of brownie points.

I saw a lot of smiling faces which made it worthwhile for me.

Thanks must go to our partners Richard Sample and the Co-Production team from Nottinghamshire County Council, Dan Godley and his team from NCC for funding the event and all the team at Middle Street Resource centre led by Robert Ashworth. Thanks also to Inspire, Mindset, The Carers' Hub and all the organisations who provided stands and advice/support.

And did I remember to thank the catering volunteers? They certainly made my day.

*Geoff Curtis*

