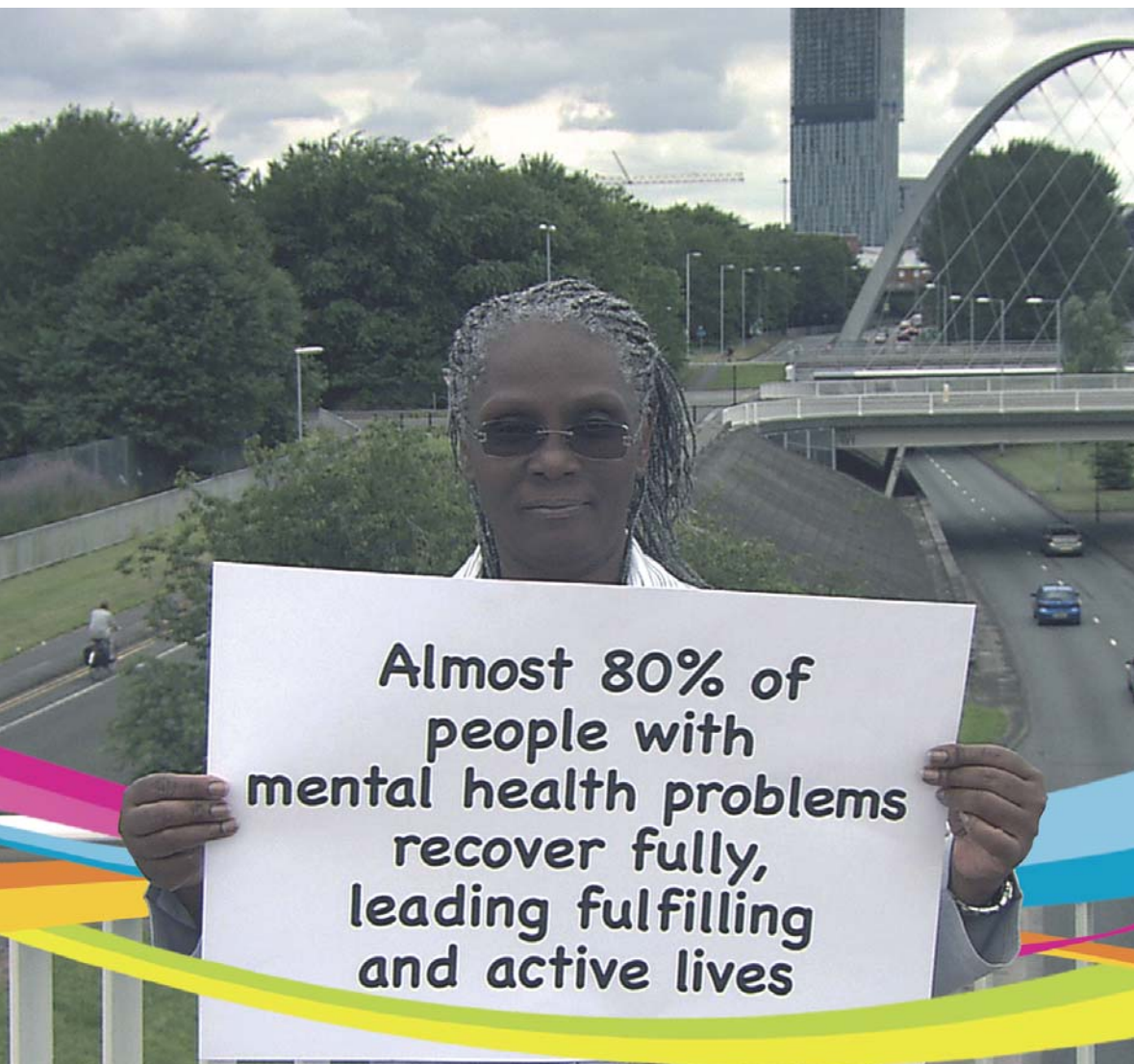


Manchester Mental Health

matters

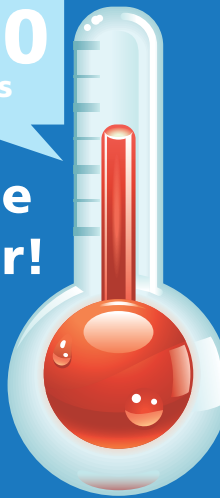
Trust tackles mental health discrimination



2500
members

People power!

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www.mhsc.nhs.uk/ft

Welcome

Hello and welcome to our first Foundation Trust Members' Newsletter. First of all we would like to thank you for becoming a member of our Trust. Your invaluable support will help us improve mental health care in Manchester and we are grateful that you took the time to join us.

When our bid is successful, we will be more accountable to our service users, carers, staff and local people who all will have the opportunity to become members and Governors; we will be free to innovate for the benefit of our service users and local community and will be able to decide for ourselves what capital investment is needed in order to improve our services.

As a member you have an ideal opportunity to help shape the future of how we care for local people within the City of Manchester and beyond. You can become an ambassador for good mental health and help to tackle stigma and discrimination by developing an understanding of mental health issues in local communities.

We are very excited about the Foundation Trust process and potential benefits and once again thank you for your support.



Jackie Daniel
Chief Executive



Wyn Dignan
Chair

Our Trust – what

From now until 6th February 2010, we are asking our members – and others in Manchester – for their views on our Trust.

We have a clear vision of how our Foundation Trust will look in terms of the service we provide to the people of Manchester and we are keen to hear your views on this.

We are holding a series of public consultation events:

Thursday 14 January,
Wythenshawe Forum, 6pm to 8pm

Thursday 21 January,
Irish World Heritage Centre, Cheetham,
6pm to 7.30pm

Wednesday 27 January,
Friends Meeting House, Manchester,
12pm to 5pm

We have distributed our consultation document widely through GP surgeries, libraries, leisure centres, voluntary networks and via our Trust reception areas and so hope you have already seen one. If not, you can find and fill in our consultation document online at: www.mhsc.nhs.uk/ft under The Consultation Process or request a hard copy of the document from the FT team (details on the back cover).

Essentially we are asking the following:

1. Do you believe we have identified a strong rationale for becoming an NHS Foundation Trust?

Football legend Sir Bobby drops by to hear about our FT bid

You never know who will pop by to say hello! World Cup winner Sir Bobby Charlton was keen to hear all about our Foundation Trust bid at a recent mental health conference in Manchester. Sir Bobby visited the Trust's stand at the No Health Without Mental Health event at Old Trafford.



Why I signed up...

Graham Stierl has been involved in mental health services for almost two decades.

Graham, 63, who lives in Clayton, is a service user representative at the Trust and also works with Manchester University's

Psychology Department teaching students about the effects of mental illness. He speaks from his own experience of depression and panic attacks but says he is very firmly on the road to recovery.

"Eighteen years ago I had a total breakdown and through working with the Trust as a

service user representative I got better. I am on my way to recovery and I want to help other people do the same," he says.

"We are not 100% there yet but that is why I am involved, to help the Trust become one of the best in the country."

do you think?

2. Do you think our plans will provide a greater say than currently for service users, carers, staff and the public in the provision of mental health and social care services?
3. Do you agree that including service users and carers in our public constituency will help challenge mental illness discrimination?
4. Are you planning to join our Trust as a member?
5. Do you agree with our proposed name change of Manchester Partnership NHS Foundation Trust?
6. Do you agree with the overall number of public Governors we propose to have on the Council of Governors?
7. Do you agree with the overall number and breakdown of appointed Governors we propose to have on our Council of Governors?
8. Do you agree with the plans for involving staff within our Council of Governors?
9. Do you agree with our proposed strategy and the key steps we have outlined to improve the quality of mental health services within Manchester?

Please let us know what you think about our plans.

Telling it like it is

Carers, people using our services, staff and professionals from the mental health sector spoke on a range of topics and shared experiences at an effectiveness day that also marked World Mental Health Day.

The focus of the day was to develop actions for a service users and carers' survey and gave voice to a wide range of experts. Lord Keith Bradley spoke about his report on mental health and the criminal justice system, while Mark Harnden shared his experiences of bipolar and the self-

Admiral Nurses support carers



Pictured left to right with the Dignity in Care award are: Admiral Nurse Lorraine Butterworth, Project co-ordinator Ian Forrest, former Admiral Nurse Pam Kehoe, who was invited to the ceremony as she was named in a nomination, and Admiral Nurse Lorraine Butterworth.

The Trust's award winning Admiral Nurse Team supports carers and family members of people with dementia.

Nurses on the team, based at High Elms in Rusholme, are all registered mental health nurses with substantial experience in caring for people with dementia in the community.

In June the team were recognised for their dedication with the North West Health and Social Care Dignity in Care Award.

Team manager Susan Ashcroft-Simpson became an Admiral Nurse nine years ago.

"When I became an Admiral Nurse I felt the job would be easy to learn because, to some extent, I felt I did it already," she says.

"How wrong I was! Walking into a carer's house with my Admiral Nurse hat on suddenly changed everything. I was acutely aware that my focus had changed

dramatically and I found myself learning to become even more sensitive to what it really means to carers to provide care for someone and how doing so impacts on their lives and the lives of those around them."

The team continue to provide care and support even after the person that the carer has been looking after has died or moved into full-time care.

The team also provide supportive education to other professionals and the public at large as understanding the problems associated with caring for those with dementia or living with the problem is essential to the care and well-being of patients.

"We aim to improve understanding of dementia and improve the standards of care provided to those who have dementia, most often in the form of training and advice," says Susan.

The team work with other professionals at the Trust to provide a holistic approach to care but can also help people who are hard to reach.

"The difference with Admiral Nurses is that we can provide more intensive, focused support to carers when perhaps they are not in touch with other services or where the carer has a mental health problem or other distinct needs of their own," says Susan.

"We provide help and support when the carer's needs demand more time than other workers can give."

management techniques he uses to keep himself well.

Mary Rayner, from Rethink: Manchester Carers in Action and carers Edith Garvey and George Jarratt told of their involvement with the Trust, with George speaking movingly of his experiences after his mother was diagnosed with dementia.

Others who took part included Dennis Mullings and Dominic Pinnock from the African Caribbean Mental Health Services who gave a humorous presentation on culturally appropriate services, while Joy Wales closed the day with an update on

her project looking at carers' assessment. More service user and carers' effectiveness days will be planned for 2010, with dates to be confirmed.



Five top tips for wellbeing

Our wellbeing does not just include our physical health, but our mental health as well. We need to soothe ourselves mentally as well as physically to have positive wellbeing and resilience.

Leila Jackson, Project Lead for the Wellbeing Project, from The Trust's Psychological Services South, writes:

My five top tips for wellbeing are:

1. **'Put your positive thinking cap on'** - Thinking positively enables us to deal with life's challenges more effectively and rationally, allowing us to feel calmer and happier.
2. **'Get the heart pumping'** - By keeping active and eating the right foods, our energy levels increase and our physical health is nurtured.
3. **'Don't worry, be happy'** - We all worry about life challenges, but if you find yourself worrying too much, set aside half an hour to worry and see if you can solve your worry. If you can't, the worry is probably something you can't change right now, so don't waste time on it.
4. **'Use your strengths'** - make a list of what you are good at, whether it's caring for others, organising activities or making others smile and try and use your strengths wherever you can. This helps us to persist despite obstacles in life. A good way to start feeling more positive is to feel good about who you are and what you are good at.
5. **'Do the things you enjoy'** - It is important that we introduce positive things into our lives everyday. If we make a habit of doing things we enjoy and increase pleasurable activities in our day-to-day lives, this helps us to feel better and to be more positive about life. This could be an activity which takes a few minutes or something which lasts all day.

The Wellbeing Project is a joint venture between Manchester City Council and the Trust and involves the promotion of wellbeing in Adults over the of 55 years living in the local community, through the delivery of the **'Be Well, Age Well'** course. For further information e-mail leila.jackson@mhsc.nhs.uk



Mary Baxter

Part of the team: Mary Baxter

Mary Baxter is one of the many people who have benefited from the Trust's day and activity services.

The 36-year-old from Moston says that volunteering at Mainway, a community living service based at North Manchester General Hospital, has greatly improved her confidence and quality of life. Mainway has a range of opportunities for service users to get involved with, such as desktop publishing, print, craft and contract packing.

"I just love it," says Mary, who volunteers in the crafts section helping others to learn knitting. "It is the best thing to help people with mental illness recover because you are in the community mixing both with people with mental illness and without. Working at Mainway has given me the confidence to get involved in other things like being on the interview panel for the Trust's Chief Executive."

Mary, who has had depression, was also one of the volunteers who helped sign up Foundation Trust members at the Trust's city centre roadshow event in October.

"Working for Mainway opened up the possibilities to do things that I wouldn't have been able to do such as recruiting people at the Arndale," she said.

"It helped me get my confidence back."

Contact

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Chorlton Cum Hardy, Manchester, M21 9UN.

Telephone: 0161 277 1222
E-mail: ftmembership@mhsc.nhs.uk
Website: www.mhsc.nhs.uk/ft

Thank you – two thousand times over!

You and others in Manchester and beyond are showing your interest and appetite to improve mental health services by signing up to our Foundation Trust in droves!

It's been a whirlwind of activity since the beginning of October and we had a tremendous response to our stand at the Arndale Shopping Centre roadshow.

Thank you for your membership – it's vital to us as we move towards Foundation Trust status.



At the beginning of December we had 2300 members signed up, and our members are now urging their friends and family to join and be part of our bid.

The Trust will continue to get the FT message out across Manchester throughout January and is holding a number of roadshows in public places to sign people up:

- Friday 8 January, Supermarket Roadshow at Sainsbury's Heaton Park
- Monday 11 January, Manchester Town Hall Roadshow
- Friday 15 January, Supermarket Roadshow at Wythenshawe Asda
- Friday 22 January, Manchester Town Hall Roadshow

We are aiming to run two membership recruitment events a month throughout the year and any suggestions from members on where we could go to spread the FT message will be welcome. To make a suggestion contact External Communications Officer Peter Swift on 0161 882 1093 or e-mail peter.swift@mhsc.nhs.uk

