



Surrey and North-East Hampshire Independent Mental Health Network

The voice of mental health service
users, their families and carers

Newsletter – January 2017

The commissioners of
NHS and Social Care services
for mental health are listening!

Since our update in July:

- 1 **Meetings:** Our formal meetings continue every other month. This meeting is the Coordinating Group which decides our priorities. All kinds of Mental Health issues are raised and discussed, from what services are available to how they are delivered in practice.
Our Members are always passionate about the quality and availability of services.
- 2 **Proformas:** Some issues arise from national initiatives, like physical health checkups and how they are organised locally. Others come from our local Commissioners; for example, about MH services for those in supported accommodation. And some come from what services users and carers experiences when they access services – we are working on the issue of “Professional Attitudes”.

To organise our work, we record, research and progress issues using our "Proforma" Flowchart (ask for details).

- 3 **Online:** We are testing our new website, which will accumulate all our Proformas and their outcomes, as well as providing an online forum for Members to raise and discuss issues. We welcome comments and suggestions at <http://snehIMHN.wordpress.com> More in the New Year. Our Coordinator is updating our database, so we can evidence how we have Members with experience of MH services across all our CCG areas.
- 4 **Reaching out:** At the Mental Health Conference “Take Part” (HG Wells Centre, Woking, October 30th), we distributed a leaflet called “**Use your Influence**”. It explains what we do and how to join us. Contact us for copies online (you can easily print them out) or hardcopy.
- 5 The “**Take Part**” conference was thought-provoking as well as entertaining, with lived experience, service presentations, poetry and theatre, a section on Mental Health for those on the autistic spectrum, and two special talks about how our Mental Health fits in with – and depends on – how we live in our communities. Also, Chair Eleanor and Coordinator Ian performed a scripted dialog about “Professional Attitudes” (this will be on the website)
- 6 **Out and about:** To keep informed, and to represent the Network, Members attend the bi-monthly MH Stakeholder Meetings across our area (in fact, Members chair both the

North-West and Mid & East); also, Surrey and Borders' FoCUS meetings, and the local MH Carer Support Groups (funded by Surrey Social Services). There are changes planned for the Carers Groups contract from April 2017.

- 7 **On committees:** Our Co-Chairs represent the Network at the Emotional Wellbeing and Mental Health Partnership Board and, with other members, at the Surrey Heartlands STP Stakeholders' and Public Meetings. We look forward engaging with the other STPs.

Going forward:

A **Meetups:** Local meetups are planned to reach out to people who aren't keen on formal meetings but still have plenty the Commissioners need to hear about. **Please contact us if you'd like to host a meetup at your group, or you have a suggestion for somewhere to meet.**

B **Sticky Toffee Puddings (STPs):** Otherwise known as, "Sustainability and Transformation Plans". The Network is following proposals from the STPs across our area to make sure there's no postcode lottery for variable provision. We will circulate a compendium of the STPs' proposals.

C **Welcome Pack and Training:** More experienced volunteers sometimes forget how bewildering health and social care can be for newcomers. We're preparing a Welcome Pack to accompany some training – Please let us know what you'd like to see in the Pack and the Training.

<http://snehIMHN.wordpress.com>

How we work

- 1 Members suggest issues to be tackled
 - 2 We meet to share experiences and research details, then we decide what to ask the Commissioners to review
 - 3 The Commissioners respond and we monitor the outcome
 - 4 The Commissioners also ask us to help with setting up new contracts, and with monitoring existing providers.
- *** We offer training for group work; and travel expenses

Join in

How to join in

Get in touch, and arrange to come to a meeting if you can.

Meetings are difficult, can I help in another way?

Yes, you can write or email, or join our online forum. And our Coordinator organises informal "local meet-ups".

Do I, or the person I care for, have to be using mental health services right now?

No, any time in the last 5 years.

I'm not sure, how can I find out more?

Contact us for more details, or come to a local "meet-up".

How do I get started?

Send us your contact details, and tell us which mental health services you have experience of.

Get in touch

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