

Focus on ...

Winter 2016/17  
Issue 12



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**What is FoCUS?** A voice for carers and people who use mental health, learning disability, older people, and drug and alcohol services in Surrey and North East Hampshire, provided by Surrey & Borders Partnership NHS Foundation Trust. Public meetings where NHS Managers learn from people who have experienced these services, what works well and what could be improved. FoCUS members are Carers and people who use services, or have used services in the last five years.

All FoCUS members who are carers can also attend the Carers Action Group.



### Your FoCUS Representatives

At January's Representatives (Reps) meeting, Reps from all the FoCUS area meetings met to discuss issues raised by members at the December and January meetings. They have asked the Trust for written answers to FoCUS members questions and will meet with the Trust's Directors to discuss these answers. Reps in this

photo are Janice (West FoCUS), Simon, David and Claud (South West FoCUS), Rosemary (West FoCUS) and Karen (Mid and East FoCUS). Not photographed are Helen and Stephanie Reps for Mid and East FoCUS. Other FoCUS members are thinking about becoming a Rep, if you are interested in the role please contact Jane A.

### Prime Minister Theresa May visited the Aldershot Safe Haven

At the West FoCUS meeting in January we heard about Prime Minister Theresa May's visit to the Safe Haven Café in Aldershot. The Government is committed to priorities in the Five-year Forward View for mental health, which includes the provision of crisis cafes. FoCUS hopes this means NHS commissioners in Surrey and North East Hampshire will provide ongoing funding for the six Safe Havens.

**Need help to attend meetings?** We can pay your travel costs or arrange transport for you. Please contact your FoCUS Involvement Facilitator Jane Ahmed who can be contacted by Telephone 01483 456558, Mobile/SMS Text 07426 022279 or email [jane.ahmed@surreycoalition.org.uk](mailto:jane.ahmed@surreycoalition.org.uk)

**I don't want to or can't go to meetings can I still be involved?** Yes we can send you regular updates by post or email and you can give Jane Ahmed your views.

**HAVE YOU MOVED OR CHANGED CONTACT DETAILS? PLEASE LET US KNOW**

## Our next FoCUS meetings are on:

South West Surrey <b>Wednesday 1st March:</b> 1pm to 3pm	Godalming Baptist Church, Queen Street, <b>Godalming</b> , GU7 1BA.
East & Mid Surrey <b>Monday 6th March:</b> 1pm to 3pm	Holy Trinity Church, Carlton Road, <b>Redhill</b> , RH1 2BX
West Surrey & North East Hampshire <b>Thursday 9th March:</b> 1pm to 3pm	Aldershot Centre for Health, Hospital Hill, <b>Aldershot</b> , GU11 1AY
North West Surrey <b>Monday 13th March:</b> 1pm to 3 pm	Christ Church, Jubilee Square <b>Woking</b> , GU21 6YG

**You are welcome to attend any meeting not necessarily the one nearest you.**

In April, meetings will be held in Leatherhead, Guildford, Chertsey and Camberley.



### FoCUS and the Trust's Governors

At our January FoCUS meetings we heard about the up coming elections for Trust Governors. Some FoCUS members are also Trust's Governors including David and Tracey who as part of their Governor role attended the recent Trust's Members Event about Understanding Addictions.

### New Single Point of Access

FoCUS Rep Karen represents service users on this project and reports work is progressing well. FoCUS Rep Janice will shortly join this project to represent carers. Also FoCUS members have suggested new names for this new Service. The Trust are producing a shortlist of these suggestions for our members to vote on.

### FoCUS Achievements

**STEPPS Programme** - Carers asked for some practical training on this therapy programme, which has been agreed.

### New Questions in 'Your Views Matter'

The Trust agreed to add questions about the Welcome Pack given to new patients in the 'Your Views Matter' survey to check the information meets people's needs.

### Leaflet about discharge from Community Mental Health Recovery Services (CMHRS)

Following members comments on this draft leaflet at our January meetings the Trust is amending the draft leaflet. The new leaflet will be circulated to all FoCUS members for final comments.

**Boccia** - FoCUS Rep David has been involved in setting up Boccia classes in the Farnham area. Please contact Jane Ahmed for further information.

### For more information about FoCUS please contact

FoCUS Involvement Facilitator, Jane Ahmed, who works for Surrey Coalition of Disabled People. Jane can be contacted by Email [jane.ahmed@surreycoalition.org.uk](mailto:jane.ahmed@surreycoalition.org.uk), Telephone 01483 456558, Mobile/SMS Text 07426 022279. Post: Surrey Coalition of Disabled People, Room GF41, Astolat, Coniers Way, Burpham, Guildford, GU4 7HL.