

CSIP West Midlands Mental Health News September – October 2008



World Mental Health Day 2008

<http://www.westmidlands.csip.org.uk/wmhd>

World Mental Health Day takes place each year on 10 October and can be a great way of raising awareness of mental health issues and combating the stigma and silence that surrounds mental illness.

Visit our website to find out about "Get Moving" week, 4th - 12th October 2008:
<http://www.westmidlands.csip.org.uk/getmoving>.

Tell us what YOU are doing for World Mental Health Day 2008 [by using this form](#).

We are displaying outline details of events from across the West Midlands on our website at <http://www.westmidlands.csip.org.uk/wmhdevents>

“The Feel Good Factor” Physical Activity and Mental Health Conference

The 3rd Annual Conference
for the **Physical Activity Network for the West Midlands (PAN - WM)**

20th October 2008 ~ Birmingham City Football Ground

This event will focus on how we can improve professional practice in the planning and delivering of physical activity interventions and initiatives to enhance mental well being and prevent and treat mental ill health and follows on from the Regional Public Health Excellence Conference, held in May 2008.

See further information on our website at <http://www.westmidlands.csip.org.uk/mhwb>.

Please note there is a small charge for attendees who are not members of the West Midlands Physical Activity Network but we have secured 10 – 15 places for service users and family carers and detail about securing a free place are included in the flier available via the link above.

Living Well West Midlands

Living Well West Midlands is a **BIG Lottery** - funded programme, supported by the **West Midlands Regional Assembly** delivering 29 innovative health and well-being projects across 14 West Midlands locations.

Through a strong partnership of public, voluntary and private sector organisations Living Well West Midlands will encourage people to take part in exercise and healthy eating that can help improve their physical and mental well-being no matter what the age.

- **Website now live!** We are pleased to report the launch of the website www.livingwellwestmidlands.org
- **Annual Conference**
Living Well West Midlands will be holding its first Annual Conference at the **Botanical Gardens in Birmingham** on **Monday 17th November 2008**

The conference will be open to regional leaders from the health sector including PCTs and Local Authorities and representatives from all of the 29 portfolio projects. Guest speakers will include Steve Williams, Team GB Olympic Gold medallist in Beijing, Dr Rashima Shukla, from Department of Health West Midlands, Nick Marks from the New Economic Foundation and Vincent Mayne, Chair of the 2012 Health and Physical Activity Legacy Group.

Information on booking for the conference is available from <http://www.westmidlands.csip.org.uk/mhwb>

- **Newsletters** You can download copies of the first two **Living Well newsletters** from our website at <http://www.westmidlands.csip.org.uk/publichealth>

Strengthening User and Carer Involvement - a Guide for Partnerships

A discussion paper has just been issued by the CSIP Integrated Care Network- it has useful references and links, and case studies from different client groups. The sections within the paper include:

- Why involve people who use services and their carers?
- Policy background
- Levels of involvement
- Impact of organisational culture
- How do partnerships affect service user and carer involvement?
- Ways in which service users and carers can be involved
- What Works?

You can download or order hard copies from the CSIP ICN website:

<http://www.icn.csip.org.uk/icn/ICNPublications/>

National Dementia Strategy (NDS)

The formal consultation process for the NDS concluded on 11th September. A total of 10 CSIP WM consultation events were held during the three month period involving around 450 participants from all parts of the older people's mental health system. Staff from adult mental health and from Learning Disability services were also involved. The Alzheimer's Society continues to play a major role in the development and delivery of the strategy.

Carers played a significant part in this process and we would like to register our appreciation for their contribution and time commitment.

The next stage involves the collation of contributions and the production of the final strategy, which will take until mid October 2008. The strategy is likely to be launched during November with information about the implementation and funding to support this important new policy.

WM Association of Directors of Adult Social Services(ADASS) will lead the process of implementation working closely with colleagues in the SHA, Third Sector, Carers' Organisations and other key stakeholder groups. The Joint Improvement Partnership (JIP) will facilitate the joint working that is essential to successful implementation.

CSIP will continue to provide ongoing information and support to this development. I would be happy to assist with any questions you may have about the strategy and please do not hesitate in contacting me via telephone 07789 758771 or mike.rochfort@csip.org.uk.

Mike Rochfort,
Programme Lead/Older People's Mental Health, CSIP WM

Ageing and Mental Health

On 26th June 2008, a number of key organisations integral to the care, support and treatment of mental health in later life published 'A Collective Responsibility to Act Now on Ageing and Mental Health'. (see www.olderpeoplesmentalhealth.csip.org.uk/if)

NIMHE's mental health in later life programme staged an event on 24th September to debate and distil the key issues highlighted within this prominent document and to contribute to the ongoing discussions about mental health and the future of later life services post-the mental health NSF and the announcements contained within the Equality Bill (2008).

Podcasts and presentations from the conference will be available shortly on www.olderpeoplesmentalhealth.csip.org.uk

Let's Respect September 08 Bulletin

The latest Let's Respect Network bulletin is now available. This edition includes positive practice stories from across the country and news of the new Let's Respect Awards.

Download the bulletin from: <http://www.olderpeoplesmentalhealth.csip.org.uk/network>

Report of evaluation of Specialist Deaf Mental Health Services for Children and Young People

The following is a link to this recently- published research work that was managed and facilitated by NIMHE.

For full details, please go to <http://php.york.ac.uk/inst/spru/pubs/1110/>

Call for Proposals: the Practice of Health Care Commissioning

The NIHR Service Delivery and Organisation Programme wishes to commission research on the practice of health care commissioning.

Ref. COM238: Research on the Practice of Health Care Commissioning. A maximum of £3 million over 3 years is available for research in this area. Projects of up to three years' duration may be funded to a maximum of £475,000 per project. We anticipate funding a range of projects in both size and duration. Projects are expected to start no later than Summer 2009. The application process will be in two-stages, with outline proposal applications being invited in the first instance.

Applicants are asked to submit outline proposals for the above call by Thursday 16 October 2008 at 1.00 pm.

APPLICATION PROCESS: Applicants must submit proposals online using the electronic Commissioning and Appraisal System (eCAS) which can be accessed via the NIHR SDO website: www.sdo.nihr.ac.uk/ecashome.html

Further guidance regarding online submission is available on the eCAS website using the help guidance on each page. You will need to register with eCAS pre-submission. All applicants are advised to familiarise themselves with eCAS before the deadline for proposals.

New Research in Telecare: Automatic Medicine Dispensers

The **CSIP and ADASS** (Association of Directors of Adult Social Services) West Midlands **Telecare Network** recently commissioned research on the above from the **Health Services Management Centre** at Birmingham University.

This has now been published, and is posted on our website at:

<http://www.westmidlands.csip.org.uk/telecare>



CSIP West Midlands EVENTS

Highlights of upcoming CSIPWM events are as follows:-

Links and details for our events can be found at
<http://www.westmidlands.csip.org.uk/events>

Event	Date	Contact
Battlefields of the Mind (Mental health issues in the BME community)	Saturday 4th October The Centennial Centre Birmingham	rohit.bhatti@csip.org.uk
Dignity Champions Event	09th October BVSC Birmingham	wendy.watts@csip.org.uk
Dignity Champions Event	15th October Portvale Football Stadium Burslem Stoke-on-Trent	wendy.watts@csip.org.uk
Dignity, Care & Age Discrimination	20th October Shire Hall, Warwick	wendy.watts@csip.org.uk
Dignity Champions Event	29th October St Richards Hospice Worcester	wendy.watts@csip.org.uk
Dept of Health Review of Adult Safeguarding - Formal Consultation	10th November Molineux Stadium Wolverhampton	lorraine.barnes@csip.org.uk

OTHER EVENTS



Mental Health Investigations: The good, the bad and the ugly.

An interactive workshop that aims to raise awareness and understanding of mental health investigations, identify and share good practice and provide an opportunity for networking within the West Midlands region. Sian Rees, Senior Policy Advisor Mental Health, from the Department of Health will be attending to give a national overview.

9th October 2008

09.30-13.30

Clarendon Suites ([location map](#))

Intended audience: any individual who has been or will be involved with mental health investigations both suicides and homicides.

Registration: to enable this to be an interactive workshop places are limited to 30 so early registration is essential. Places can be reserved online through symphony by clicking on this link: [register here](#).

Any difficulties with registration please contact Michelle Richards on 0121 695 2502 or e-mail michelle.richards@westmidlands.nhs.uk. If you book a place and then are unable to attend please contact Michelle so that your place can be allocated to someone else. There is no charge for this event.

Making the Connection: Mental Health and Family Learning

Tuesday 14 October 2008

St. George's Conference Centre, 60 Great George Street, Leeds LS1 3BR

Wednesday 15 October 2008

St. John Centre, Bankfield House, 132 New Walk, Leicester LE1 7JA

Monday 10 November 2008

CAN Mezzanine, 32-36 Loman Street, London SE1 0EH

For more information, to download an application form or to reserve a place online, visit the NIACE website:

<http://www.niace.org.uk>

Enquiries to NIACE Conferences Team - Tel: 0116 204 2833 /

E-mail: gurjit.kaur@niace.org.uk

Open Up!

An exhibition of creative work by people with experience of mental health problems.

Open Up! aims to raise individual and social awareness and improve our Mental Health Services.

Open Up! - An Exhibition of Art with a Purpose

- To improve our mental health services.
- To inspire the creation of new arts facilities in our community with the most vulnerable and disadvantaged people at the centre but accessible to everyone.
- To help the whole community be more creative and get more involved in social and cultural life.
- Bringing people of all abilities together.
- To show how social enterprise can help us achieve all our aims.

Friday 10th October 2008 - World Mental Health Day

- 2 - 3pm: Launch event with guest speakers
- 3 - 6pm: Launch party - free food and music - all welcome!

Exhibition

- 11th-31st October 2008, Monday - Saturday 10am - 5pm

Represent and Express Yourself Workshops

Represent and Express Yourself Workshops invite you to create a model of yourself to join everyone else 'on stage' in the Old Art Gallery. You will also be able to paint, draw and record your feelings, hopes and aspirations for art, our communities and the world!

- Saturday 11th October, 11am - 3pm
- Wednesday 15th October, 11am - 3pm
- Saturday 18th October, 11am - 3pm
- Wednesday 22nd October, 11am - 3pm
- Saturday 25th October, 11am - 3pm
- Wednesday 29th October, 11am - 3pm

Workshops are free. All ages and abilities welcome. No booking required. Please come dressed ready to get messy! Participate and express yourself.

For more details, go to <http://www.communityartsworkshop.org/openup>

Compulsive Hoarding – an Inter-Agency Conference: 'Make Room for Freedom'

At St George's Hospital, Learning Centre, Stafford
On Friday, **17 October** 2008

South Staffordshire & Shropshire Healthcare NHS Foundation Trust Staff: Free of Charge
10 Free Places to Services Users/Carers Receiving Income Benefit
All Other Delegates £75

This conference is relevant for:
Any Clinicians Working in Physical and Mental Health Services, Environmental Health
Officers, Social Services Personnel, Service Users & Carers, Emergency Services
Personnel,
Researchers and Housing Association Personnel

To book a place please email Wendy Chambers on wendy.chambers@sssft.nhs.uk or
Call 01785 221429.

Adult Learners' Week 2009 - Road Shows

- Monday 20th October- Birmingham Airport
- Wednesday 5th November- RAF Cosford

NIACE (National Institute for Adult Continuing Education) is holding 2 local workshops to give local partners an opportunity to find out more about the Adult Learners' Week campaign. Come along to explore how Health and Social Care organisations can reward and encourage learning by their staff, service users and carers. The roadshows will offer

- Information and promotional material available to you to support the success of local events, and who in your region can offer you more information
- A demonstration of how to make the media work for you
- Some tips on where and how to secure sponsorship and funding to support your activities
- A forum to network with delegates from across all sectors from your region.

For more information, please contact Jo Knight- Jo.Knight@niace.org.uk; or see the Adult Learners' Week website- www.alw.org.uk

PROVIDERS!

Come and spend **World Mental Health Day** with people who have a shared interest in promoting and delivering an excellent service. The title of our all-day conference says it all...

'INNOVATION, GOOD PRACTICE & PARTNERSHIP WORKING IN MENTAL HEALTH'

FRIDAY 10TH OCTOBER 2008 ~ 9.30am - 4.30pm
The Uffculme Centre, Queensbridge Road, Moseley, Birmingham, B13 8QY

Workshops, presentations, stalls, demonstrations, posters, concurrent sessions, some of which include:

Developing digital storyboards to tell a story • Innovative Developments in the Management of Actual or Potential Aggression in Care Settings • SELF an experiential training programme compiled and delivered by service users, carers and clinicians • Occupational Therapy Students & The Chace Centre: An innovative new partnership • Acupuncture Demonstrations • Dual Diagnosis: Working in Partnership with the Mental Health Team • Tai Chi • The use of family therapy with families from BME communities • Indian Head Massage to name just a few...

COST FOR DELEGATES £90, inc VAT and LUNCH

(Free to Trust employees, application form still required)

Those interested please contact Jane Denby for a booking form:

Jane Denby, Redcliffe Event Management Ltd, the Centennial Centre, 100 Icknield Port Road, Edgbaston, Birmingham, B16 QAA

Tel: 0121 454 5432 Email: jdenby@redcliffe.com

For subscriptions and past issues, go to: <http://www.westmidlands.csip.org.uk/ebulletins>

