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NSUN news

NSUN members star in physical health drive

Following an appeal in this bulletin several NSUN members got involved in a [British Heart Foundation initiative](#) to improve the physical health of people who have experienced mental distress. As a result members like Gary Malloy (pictured) feature prominently in the [Everyday Triumphs pamphlet](#) that will be distributed across the country.



Let's get involved

Over the last two years NSUN has worked with scores of fellow mental health service users to develop new national standards for the proper involvement of people with lived experience.

Read more [here](#)

A look at 2013 through the eyes of our members

Every year, NSUN asks its members to express their views via a survey, which helps us see how we are doing and also provides a wider picture of what the year has been like for people with lived experience of mental ill health. The 2013 survey evaluation is just out.

Read more [here](#)

NSUN influenced think-tank report published

The [CentreForum](#) think-tank's mental health commission report 'The pursuit of happiness' has been published with evidence gathered from NSUN members.

Read more [here](#)

NHS England promise mental health personal budgets

NHS England, which commissions primary care and specialist mental health care, is promising a 'radical' expansion of personal budgets.

NHS England's clinical director for mental health Dr Geraldine Strathdee has asked NSUN, and other organisations, to publicise examples of good practice in this area.

Read more [here](#)

Appeal for information concerning upcoming events in the regions

Many of you have expressed concerns that our e-bulletin does not advertise enough regional events. We need your help to change this. If you hear about an event being organised in your region, or set up your own, please [tell us](#) and we will publish the details in our bulletin.

Contribute to research into housing histories, mental health, and benefits

James Lowe, a mature student at the [University of Southampton](#), is seeking volunteers from the service user and survivor community to participate in his



research.

He wants to speak to people about their mental health status and whether this influences the places in which they live, and the impact that changes to the benefits system may have on people's mental health, their housing opportunities and their ability to manage financially.

Participation would involve being interviewed twice over the course of the next year. If you are interested please email [James](#) or call him on 07966 349 935.



LGBTQ BBQ on the beach

Are you part of the LGBTQ community? Do you struggle with stigma, discrimination or have lived experience of mental ill health?

[Speak Up CIC](#) invites you to come along and take part in an afternoon of varied activities for you to have a go at while enjoying the BBQ!

This will be an alcohol free event.

Date: 6 August

Time: 12 noon - 4pm

Venue: [JetSki Cafe](#) on the seafront, Fort M, Margate, Kent CT9 3DF

The organisation needs to know how many will attend in order to prepare this event properly.

If you are interested in attending, please email [David](#) or call him on 01843 609359.



CoolTan Arts Largactyl Shuffle – Garden Walk

Join [CoolTan Arts](#) Largactyl Shuffle for the Garden Walk, a fun guided cultural walk for mental and physical wellbeing. Setting off from outside the Maudsley Hospital, participants will explore the delights of Camberwell's best loved green spaces, see the community greenhouses, enjoy the summer blooms and have a picnic lunch together.

Date: 19 July

Time: 11.45am – 4:00pm

Start: [Maudsley Hospital](#), Denmark Hill, London SE5 8AZ

Ends: [Myatt's Fields](#), Camberwell, London SE5 9LP

Cost: free/voluntary donation

CoolTan Art's walk leaders will give talks on the fascinating social history of Ruskin Park and Myatt's Fields Park (pictured), which the walk will visit along the way. Myatt's Fields was designed by Fanny Wilkinson, one of Britain's first professional landscape gardeners and a campaigner for women's suffrage. It is also famous for being a military hospital during the First World War, where the writer Vera Brittain worked as a nurse.

There will also be talks on edible flowers, urban farms and art therapy.

Everyone is welcome, so please bring your family and friends, as well as some food for the picnic.

The walk leaders wear orange high-viz vests and rucksacks. The full walk is about 3 miles and will last approximately 4 hours. Please wear comfortable shoes and bring your own water.

Largactyl Shuffle walks are suitable for all levels of walking and are accessible to wheelchair users and people with disabilities. You can join in for whatever tickles your fancy feet, whether it is half a mile, one mile or the full distance!!

Call CoolTan Arts on 07985 658443 if you cannot find the walking group on the day. The walk is free but [voluntary donations](#) will be appreciated.

For more information please email [Emma Thatcher](#), Communications Officer at CoolTan Arts, or call her on 020 7701 2696.



Mental health on the web

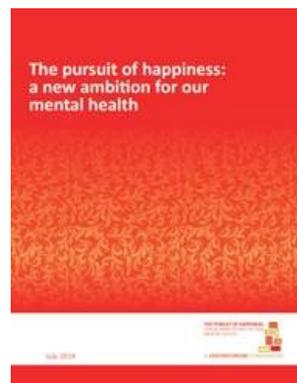
The [Royal College of Psychiatrists](#) (RCPsych) and [Rethink Mental Illness](#) respond to the CentreForum think-tank [report](#) on mental health and wellbeing mentioned above.

The CentreForum has also created an [Atlas](#) identifying unwarranted variation across mental health and wellbeing indicators in England.

Mind have produced a 2015 general election [manifesto](#) they want you to get your MP to support.

The Independent [reports](#) that a Conservative councillor laments the demise of workhouses as a place for the mentally ill.

The [Nursing Times](#) and [My Health London](#) cover the news that a street triage pilot has begun in London with psychiatric nurses joining police officers on patrol 24-hours a day



Bad Science/Bad Pharma author Ben Goldacre [calls](#) for a randomised control trial to test whether £5 billion worth of personal health budgets really do reduce hospital admissions as claimed.

South London and the Maudsley NHS Trust have launched a wheel of wellbeing online [tool](#).

The King's Fund health think-tank has created an [animated guide](#) to the NHS to celebrate the Service's 65th birthday.

Join the [Thunderclap](#) (a social media protest) to speak out for the half a million disabled people said to be disadvantaged by the Personal Independence Payment benefit changes.

The BBC has a [video](#) on a new piece of music about anxiety.

The Royal College of Psychiatrists has a new [podcast](#) on the psychiatry and psychology of sleep disorders.

The RCPsych website also carries their National [Audit](#) of Schizophrenia.

Mental Health Today [reports](#) that the government is launching a consultation on the Mental Health Act Code of Practice.

The Guardian columnist Polly Toynbee [says](#) that people with mental health conditions should be helped not bullied.

The Guardian's 'Patient from hell' columnist provokes an angry backlash from medics as they write that doctors should '[stop ranting and give patients a better service](#)'.

NSUN has just discovered a website all about psychological conditions and the legal framework connected to them called [Mental Health Law Online](#).

Mental Health Act Code of Practice consultation events

The [Department of Health](#) will be running a series of consultation events looking at the revised Mental Health Act 1983 Code of Practice, which will be published for consultation shortly (the current Act can be read [here](#)).

Within the series there will be events, which are aimed at organisations and professionals working in the sector, as well as individuals with experience of being detained or subject to the Mental Health Act and their carers. There are two events which primarily focus on, and will be more relevant to, service users and carers, although everyone may attend. Both events are free but places are limited, so you need to register:

Consultations with service users and carers

Leeds Consultation:

Date: 22 July

Time: 11am - 3pm

Venue: Department Of Health (Quarry House), Quarry Hill, Leeds LS2 7UE

Registration: please visit [here](#)

London Consultation:

Date: 30 July

Time: 11am - 3pm

Venue: Department of Health (Skipton House), London SE1 6LH

Registration: please visit [here](#)

Since the Code was last published in 2008, there has significant changes and updates in legislation, case law, policy and practice. The Department of Health is now consulting on a revised Code to ensure that it remains fit for practice, that patients receive high quality care and that patients and others are kept safe.

Important changes to the Code, which will be consulted on, include issues such as the use of restrictive interventions (restraint, seclusion and segregation), police use of powers to detain people in places of safety (sections 135 and 136 of the Mental Health Act) and the use of Community Treatment Orders.

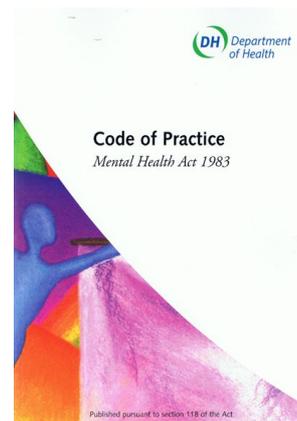
These events are your chance to learn more about the revised Code and to make your views known on any aspect of the Code or its implementation.

There are also several consultation events specifically aimed at professionals, please take a look at [this page](#) for more details.

North Staffs User Group is looking for a Chief Executive

A Chief Executive is required for a committed group of staff and volunteers to lead [North Staffs Users Group](#) (NSUG) in the next stage of its development as a leading User Voice in Mental Health Services.

Applicants will be based at the Dudson Centre in Hanley but will be required to travel throughout North Staffordshire, so the ability to drive and access to own



transport is essential.
Applicants will need to demonstrate commitment to user involvement, an understanding of the statutory and voluntary sectors and experience of organisational management.

Contract type: permanent, 37 hrs per week

Salary: £30, 553

Closing date for applications: 15 July

Interview date: 22 July

Shortlisted candidates will be expected to prepare a presentation and have a formal interview and will need to be available for the majority of the day. No alternative date can be offered.

For an application pack please [email](#). For an informal discussion about the position please contact Lorien Barber on 01782 683043.

**NORTH STAFFS
USERS GROUP**
A MENTAL HEALTH ACTION GROUP
Registered Charity No. 1041846

Volunteer opportunities with SANE

Mental health charity [SANE](#) have a rolling programme of volunteering opportunities for people with lived experience of mental distress in their East London office.

Opportunities include:

- Office Volunteers: Providing general administrative support and assisting with projects and events.
- Database Volunteers: Checking and updating information on the SANE Information Database (SID) which contains valuable information about mental health support services throughout the country.
- Volunteer Service Users/Carers: Using your own experience either as a mental health service user or a carer, you can support our training of SANE Services volunteers by sharing your vital lived experience.

Find out more [here](#)



Involvement opportunity with Healthwatch Salford

Healthwatch Salford are looking for a local person to reflect people who experience severe and enduring mental health problems on the Ambassador Forum.

The Ambassador Forum decides what big issues Healthwatch Salford wants to tackle so that we can improve health and social care for local people.

The time commitment will be no more than a few hours per week and all expenses will be paid.

Are you interested or do you know someone in Salford that you think would be interested in this role?

Visit the Healthwatch Salford [website](#) for more information.



Men's mental health event in Wandsworth

Explore men's specific needs around mental health and the role of self help groups. Great workshops, presentations, interactive discussions and a BBQ supper. Speakers from the public and statutory sector, voluntary sector and those with lived experience. A great networking event for all interested in these issues.

Date: 15 July

Time: 5pm – 7pm

Venue: Penfold Community Centre, 1 Neville Gill Close, Wandsworth [SW18 4BZ](#)

This is a free event but places are limited so please book your place [here](#).



Healthy Minds events in Calderdale

[Healthy Minds](#) is hosting a mental health forum for people with direct experience of mental health problems or emotional distress to share their experiences, have their say about local services and feed into national campaigns.

At previous meetings the use of physical restraint, information sharing, access to medical records, media portrayal of mental health and experiences of parents who use mental health services have been discussed. For more information please see their [website](#)

Healthy Minds have also been asking people about their experiences of crisis care and are now in the process of using this to create video which will be shown at [Yorkshire and the Humber Crisis Care Concordat Regional Event](#) in Leeds. This event is open to people with lived experience of mental health problems/crisis care and it will look at 'Working together towards a high quality response for people with



mental health problems in urgent need of help'.

Participants wanted for bipolar study

[Lancaster University](#) are looking for people who have a diagnosis of bipolar disorder to take part in a study to explore thinking style, behaviour, mood and recovery.

The study is being run by a team of researchers, academics, service user researchers and clinicians from the Spectrum Centre for Mental Health Research, Lancaster University. We are exploring relationships between thinking style, responses to mood, positive experiences of mood swings, inspiration, mood and recovery. The study has received University ethical approval.

You will be asked to take part in an interview about your mood experiences and a series of questionnaires on thinking style, behaviour, mood & recovery. Questionnaires can be completed either online or via post.

A £5 Amazon voucher will be given as a thank you for your time for interview and questionnaires.

For further information please go to the [website](#)



Help with mental health research

A new research programme aims to develop better ways of supporting people with severe mental illness within GP practices.

A new system could offer services to enable people with bipolar disorder and schizophrenia to lead longer, healthier and more satisfying lives.

Researchers in Birmingham want to recruit a Panel of people who have personal experience of living with diagnoses of schizophrenia or bipolar disorder (as a service user or a carer) and are interested in how mental health research is done. The Panel will work with university and service user researchers, sharing their experience and understanding to make the research more useful for people with these diagnoses.

If you are interested in finding out more about joining the Panel, or what the work would involve, please email [Ruth Sayers](#). Don't forget to include a phone number so that she can arrange a time to talk to you.



Healthwatch Sheffield mental health event

[Healthwatch Sheffield](#), members of NSUN's Mental Healthwatch scheme, are holding a mental health engagement event.

Date: 24 July

Time: 2pm - 4pm

Venue: [Sheffield Town Hall](#), Pinstone St, Sheffield, South Yorkshire S1 2HH

For more details and to book your place please visit their [website](#).



New edition of survivors' poetry magazine

[Survivors Poetry](#) have released the [latest free edition](#) of their magazine which highlights the artwork of Frank Bangay, founder member of Survivors Poetry and major contributor of reviews to the newsletter plus some outstanding poetry from Sapna Ramnani, who has been featured in [International Times](#).

There is also a review of Bloodaxe's poetry collection, commemorating the 100th anniversary of the outbreak of World War I and a thought-provoking article on Personalisation and Social Care provision by Professor Peter Beresford, published with kind permission.



Bursary scheme for small charities based outside of Greater London

Charities who are based outside of Greater London and employ less than 15 paid staff may be eligible for a bursary scheme offered by [Charities Evaluation Services](#) (CES).

This means you can attend a CES training course for just £25 for a one-day course and £50 for a two-day course. You will also receive a package of free resources and a contribution to your expenses.

CES were recently awarded a grant from the [Lankelly Chase Foundation](#) to offer this bursary scheme for non-London organisations to attend CES training.

There are very specific eligibility criteria. To see whether your organisation meets them, please visit this [page](#).



Mind launches peer support small grants fund

Mind's work in peer support has been about understanding the gaps, supporting people to share experiences and showcase what works.

Mind believes that everyone with experience of mental health in England and Wales should be able to access support from peers and is now offering grants opportunities to further develop peer support.

The small grants programme is open to groups, organisations and projects in England. Eight grants of up to £5000 will be awarded.

Mind is looking for projects that engage communities that don't usually have access to peer support (including people from Black, Asian and minority ethnic communities) and develop the capacity of people with mental health problems to undertake leadership roles.

This grants scheme follows Mind's scoping study which identified that the organisation would need to:

- Support a variety and range of models of peer support and promote work in partnership
- Understand peer support and further its development within and for Black, Asian and other Minority Ethnic communities
- Encourage peer support that is designed and led by people with experience of mental health problems
- Support people with the skills and knowledge they need to undertake projects

To know more about this scheme and how to apply, please visit [here](#).

Deadline for applications: 12 noon, 28 July.



Research: access to health services for South Asian people living in the UK

Researcher Sophia Milsom is trying to find out whether South Asian people in England have access to appropriate services and other support if they are in distress or having problems in their general wellbeing.

As part of Sophia's study, an online survey is available in English, Bengali and Urdu. You are eligible to take part if you are of South Asian origin, aged 18 or over and live in the UK. It should take no more than 20 minutes to complete.

This study will form part of the qualification of Doctorate in Clinical Psychology at the [University of Hertfordshire](#). The study will be published, but will not mention individuals or specific answers.

To know more about this study, obtain the contact details for researcher Sophia Milsom and access the online survey, please read this [page](#).



Mental health events, courses and workshops taking place all over England

- [Mental Health Crisis Care Concordat local events](#) - ongoing, several locations
- [London Paranoia & Beliefs Project facilitation training course](#) - 24, 25, 30 July & 1 August, London
- [School of Mental Health Pre-Conference session](#) - 23 September, London
- [Imperial College 8th World Mental Health Congress](#) - 24 to 26 September, London
- [SISH's Wellbeing Workshops, Support Groups and Course](#) - recurring dates, Bristol
- [Healthy Minds Calderdale Regular Support Groups](#) - recurring dates from June 2014, various venues in Halifax
- [Regular Creative Mental Health Sessions at the Dragon Cafe](#) - every Monday afternoon, London
- [Cool Tan Arts Recurring Mental Health Walks](#) - recurring dates, London
- [Ashford SpeakUp CIC Regular Walk & Talk](#) - recurring dates



Department of Health news

The Department of Health have launched the [engagement website](#) of Sir David Dalton's independent review into new options for providers of NHS care. The website will be open for comments until the 31st August. please check it out and add your views on providers of NHS services.

Public Health England's [Health Profiles](#), have been published, which bring together existing information into one place to provide a snapshot of health and wellbeing across each local authority in England. They contain data on a range of indicators



for local populations such as the proportion of children in poverty, adult smoking rates, levels of child and adult obesity, hospital stays and early mortality rates.