



**national survivor
user network**



Monday 28th February 2011

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GUIDE: Mental Health & Debt

Who's it for?

Individuals, families, carers, and caseworkers of those with anxiety, depression, bipolar and other mental health problems.

What's in it?

How to handle debts when stressed, work with banks, get free one-to-one debt counselling, specific tips for bipolar and depression sufferers, info on whether you should declare your mental health issues and more.

How do I get it?

Simply download and print the free Mental Health & Debt Help PDF booklet (3Mb file so may take a little time).

Visit the [website](#) and download the FREE [document](#)
Also, read the related [article](#) published in the Guardian 23.2.11



EVENT: ROLEcamp

This event is for people in the North West of England with personal experience and involvement in mental health. It is organised by the ROLE network, a group of service users/survivors and carers from across the north west.

Services and service commissioners are measuring the effectiveness of their services by looking at outcomes. The ROLE network, believe those outcomes should be selected by service users/survivors and carers.

"No decision about me without me."

This event asks what outcomes do we want? And how will we know if services have provided those outcomes? Where and when?

Date: Monday 14th March 2011

Venue: Salvation Army, Harrington Street, Preston, [PR1 7BN](#)

Time: Registration at 10am. Ends at 3.30pm

Visit the ROLE [website](#) or [email](#) for more information or book your place [here](#).



EVENT: York Mental Health Summit

Rethink is offering service users and carers from York the chance to come together on **Friday 4th March** to discuss mental health services locally. This is your chance to have a say about how access to treatment and support for mental health is working, and how it can be improved, in your local area.

A step by step approach to campaigning effectively, based on the issues you think need improving will be presented, followed by a question and answer session with key local decision makers.

Date: Friday 4th March 2011

Venue: Monkbar Hotel, St Maurice's Road, York, [YO31 7JA](#)

Time: Registration at 11am. Ends at 4.30pm

Places are limited and will be offered on a first come, first served basis.
To reserve your place or find out more details please [email](#) or telephone 0207 840 3147.

rethink

RESEARCH: Fundamental Rights

Do you regard yourself as having a 'mental health condition' or a 'psychosocial disability' or have you been labelled as having one?

If so, [Fundamental Rights Agency \(FRA\)](#) would like to invite you to take part in this study about how to make sure that human rights are properly respected. It is particularly interested to learn of your experiences of living in an institution (such as a long-stay hospital or care home); of living in and feeling part of the community; of your freedom to make decisions about your own life; and of bringing complaints about bullying, harassment or about any lack of support given to you in these areas.

There are three different ways for you to take part in the study:

1. Having an individual interview
2. Taking part in a group discussion (focus group)
3. Joining the final project meeting in Vienna

A small token sum of £15 in recognition of the donation of your time. All travel expenses, accommodation and food for the project meeting in Vienna will be covered.

For an expression of interest form please [email](#) Sarah Woodin



INFORMATION: Voluntary sector cuts

[Voluntary Sector Cuts](#) is a new collaborative project which maps intelligence about voluntary groups experiencing reductions in public sector funding.

If you're involved in a voluntary or community group which has been told its statutory funding will be reduced, you can be part of this work by sharing your story. Just fill in this simple form to share your experiences and the impact the cuts will have on the people who use your services.

Your contribution will be crucial to building a wider picture of the scale of the challenge ahead in your community, your region, or nationally. Cuts that you share here will be made available publicly in a [google spreadsheet](#).



INFORMATION: Manchester LINK

The Manchester LINK Mental Health Watchdog is a group made up of service users, carers, representatives from organisations and interested individuals. The purpose of the Manchester Mental Health Watchdog is to listen to what people think of services as they are now by holding events, attending meetings, having a presence in the community and making recommendations to the relevant agencies based on what people have said.

For more information visit the [website](#) or read the Manchester Mental Health Watchdog [information sheet](#)



CAMPAIGN: Truth & Reconciliation In Psychiatry update

Many more people are undersigning the Truth and Reconciliation in Psychiatry (TRIP) draft statement - and as they are doing so, the list of signatories is growing.

For more information visit the [website](#). You can read in more detail the reasoning behind this request for an apology - and if you have comments or suggestions, or would like to undersign this request for an apology, please [email](#) Dr Wallcraft.



TRAINING: Disability Living Allowance and Attendance Allowance

A Guide to Successful Claims

Date: 15 March 10 am—1 pm

Trainer: Sean Rivers

Venue: 39-45 Cavell Street, London, [E1 2BP](#)

This session is for brokers, advisors and advocates working with disabled people and those with long term health problems about the rules concerning Disability Living Allowance and Attendance Allowance. It will cover:

- The significance of these benefits and how they are structured
- Who can qualify for which benefit
- How to appeal if claims are rejected
- The appeal process

Outcomes for delegates:

The session aims to provide the basic knowledge required to understand the eligibility criteria for DLA, understand why a claim would be unsuccessful and how to appeal when claims are rejected.

[Book this course](#)



EVENT: Voices and Paranoia Workshop

Date: Tuesday 29th March 2011

Venue: St Bartholomew's Church Centre, Primrose Hill, Sheffield , [S6 2UW](#)

Time: 9:30am – 4:30pm

A one day workshop in Sheffield in March on voices and paranoia; two difficult issues to understand and work with.

Facilitators: Jacqui Dillon and Peter Bullimore: Experts by Experience

This workshop is open to professionals, carers and people with self experience or anyone who has an interest in paranoia or hearing voices.

Topics will include: The 3 Stages of Paranoia and Hearing Voices, Deconstructing Voices, Working with Unusual Beliefs, Coping Strategies, Case Studies and Personal Experience

Rates: Full Time **£50.00**, Part Time or Student **£20.00**, Unwaged **£15.00**

Book early to avoid disappointment!

[Email:](#) Peter Bullimore



NEWS: Department Of Health

- [Talking Therapies:](#) A four year action plan
- [Mental Health Strategy:](#) No Health Without Mental Health
- [Video:](#) Care Services Minister Paul Burstow introduces the Government's Mental Health Strategy
- [Live consultations](#)
- [AGP blog](#)
- [Article:](#) Health Secretary outlines support within NHS for modernisation
- [Health & Social Care Bill:](#) Next steps

