

MENTAL

HEALTH



Nottingham City PBP Mental Health Newsletter

Welcome to the third edition of the Nottingham City Placed Based Partnership (PBP) Mental Health newsletter.

Our groups continue to work to establish a delivery plan for prevention and promotion of mental health services and access for residents, as part of this the prevention concordat highlighted a need for wider communication on what is happening within the City, this newsletter will provide updates in relation to the programme.

We aim to provide this newsletter on a bi-monthly basis and will offer information on work being carried out across the city to support the concordat as well as an opportunity for you to tell others about upcoming events and training within your services.

Please send content and updates for future editions of the newsletter to Lucy Batten Service Transformation Officer, City Locality Team, Nottingham and Nottinghamshire ICB at

lucy.batten1@nhs.net



In memory of Leslie McDonald, CEO Nottingham Counselling Service

I am sure many of you will have heard by now that Leslie McDonald, who was a key member of this group sadly passed away recently.

Leslie has been the CEO of the Nottingham Counselling Service for 17 years and developed the organisation into a service that has supported thousands of people across Nottingham.

He was a champion for developing the role of CVS in mental health pathways and passionate about reducing health inequalities for Black and ethnic minority communities.

As well as supporting this programme, Leslie provided leadership to the PBP Race Health Inequality Programme and recently worked with partners to develop the BHAG Community partnership.

We know many of you will have worked with Leslie over the years and will be thinking of his family during this difficult time, thank you to everyone that paid tribute to Leslie through the online book of condolences, this has now been sent to Leslie's family.



Training and Events

Children and Young People's Mental Health

Multiagency working and managing complexity' event has been planned for 22nd June 2023.

Nottinghamshire County Council would like to hold a jointly planned event with representation from your organisation, to celebrate success and agree future priorities, in order to improve our local system's response for children and young people, who experience crisis. The location will be within central Nottingham and will be confirmed shortly via an Eventbrite invitation.

They would welcome input from partners to ensure the day is planned well and meets the needs of attendees. If you would like to identify a team member to assist in planning the day or delivery of sessions.

If you are interested in attending the day, please register your interest with James at James.Wallace@nottsc.gov.uk

Harmless Parent / Carer Drop in Support

Are you a parent or carer of someone who self harms?
Do you need some support for your own well-being?

Come and join them for a cuppa and a chat, this is a safe space for you to share, listen and access emotional support

14th June 2023 11am till 12pm
1 Beech Avenue, NG7 7LJ

Harmless training

Harmless offer a variety of courses that are open to professionals and public, details below of courses available throughout June 2023.

Self Harm Awareness Training
Mental Health awareness Training
Suicide Prevention and Intervention Training
Suicide Bereavement Training

For more information please contact Harmless at training@harmless.org.uk, call 0115 8820281 or alternatively all courses can be booked using harmless.eventbrite.co.uk

Dissociation Disorders Masterclass

Dr Sudad Jawad, Consultant Psychologist at Elysium Healthcare is offering free masterclasses to all that are interested, the classes will provide an overview of what dissociation is as well as the history and prevalence of dissociation disorders.

Specialist expertise in Pharmacology, Epilepsy and Neuropsychiatry

For more information please contact Sophia.jaues@elysiumhealthcare.co.uk or call 07387 417022



Training and Events

SAVE THE DATE

Money and Mental Health Event

As part of Money Matters week, Nottingham and Nottinghamshire ICB alongside partners from Financial Inclusion Support will be hosting an event on Thursday 9th

November 2023

Further details to follow

Trent Bridge Community Trust

As summer approaches Trent Bridge Trust would like to offer you an exciting opportunity to have fun while raising funding for our dementia work at Trent Bridge Community Trust at the same time.

The Forget Me Notts project has gone from strength to strength over recent months/years and we want to be able to keep providing this project to the 200 people living with dementia who are currently registered.

So, if you like the idea of going over Trent Bridge - one of the world's most famous and oldest cricket grounds - on a zip wire, now's your chance. Here's a film from the last time we did it. We're certain you'll want to sign up after seeing this 😊:

<https://www.trentbridge.co.uk/news/2023/april/dementia-programme-supported-as-trent-bridge-zipwire-challenge-returns.html>

SUICIDE BEREAVEMENT:

PRACTICAL APPLICATIONS ONLINE CONFERENCE 2023

PAID SESSION TICKETS BOOKABLE VIA EVENTBRITE AT COST OF £65

This autumn, Harmless is hosting its fourth annual online Suicide Bereavement Conference. To mark World Suicide Prevention Day, they will be presenting a series of live webinars examining practical applications for working in suicide bereavement. Sessions take place throughout September every Tuesday and Thursday between 10am – 11am and each will be led by an expert in the field.

Suicide bereavement is a particularly specialist area. So many of us have been impacted by suicide – the tragic loss of a loved one, a colleague, someone in our community, a patient, or someone very supportive... everyone has a story to tell. This conference is designed to help those of us working with anyone impacted by suicide. Delegates can expect to take away a range of knowledge, inspiration and skills for practical implementation in real-life situations.

Learning from some of the leaders in the field, delegates will experience interactive sessions that can help to drive change.

Conference sessions take place on every TUESDAY & THURSDAY from 5th – 28th SEPTEMBER 2023

10am – 11am (BST). This is an ONLINE event.

For further information, please visit www.harmless.org.uk/conferences

<https://www.eventbrite.co.uk/e/suicide-bereavement-conference-2023-tickets-580548916437>

If you have any specific queries, please contact training@harmless.org.uk

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Be involved



Nott Alone

Mental Health Co-production Group Shaping the future

Do you or do you work with community members who would be interested in providing their thoughts and have an hour a month to meet online and help shape mental health services in our local system?

We are looking for people with lived experience of Mental Health to help us on our co-production journey

We are currently expanding the successful NottAlone.org.uk website to be for all ages and would love to hear your views on content, design and accessibility to make sure it is the best it can be.

Please contact carrie.lambert-smith@nhs.net for more details and to let us know if you want to be involved.



Are you a clinician with experience of supporting ethnic minority groups with mental health difficulties?

If so students from the University of Nottingham would like to invite you to participate in the below study.

As part of their masters project they would like to understand how ethnic minority service-users can be better supported with their mental health in the UK and are therefore looking to interview clinicians with experience of supporting adult service-users from ethnic minority groups with mental health difficulties.

Interviews will :

Last around 30 minutes

Take place over the telephone or via Microsoft teams at a time that suits you
Explore your experiences of supporting ethnic minority service-users, how you supported them and potential barriers to accessing mental health support

If you would like to participate in the study or for more information please email Nikita Rattu, Masters Student, Nottingham Trent University at msxn10@nottingham.ac.uk



Be involved



Nottinghamshire Healthcare NHS Foundation Trust and Healthwatch Nottingham and Nottinghamshire Survey

Have your say!

Nottinghamshire Healthcare NHS Foundation Trust (Notts HC) are working with Healthwatch Nottingham & Nottinghamshire to conduct an independent survey on the services which are accessed for those with Mental Health conditions. The findings from this will help shape and improve the services already provided ensuring they meet the needs of patients currently accessing them.

A vital part of this work is meet with patients and carers of people with or who are caring for someone with a long standing mental health condition who has been treated or supported by a Notts HC Mental Health Service within the last 2 years.

How we will do this

Staff members from Healthwatch will collect your thoughts about the services through focus groups and 1-1 interviews. How you choose to do this is up to you. Your personal information will remain anonymous and will not be included in any reports, summaries or recommendations in the conclusion of the work.

PLEASE NOTE YOU MUST BE OVER 18 YEARS OLD TO PARTICIPATE

How we will collect your feedback

Focus Groups - you will be met in a safe space as a group and discuss the services that have been accessed and experiences of this.

1-1 Interviews - A member of Healthwatch staff will meet you either face 2 face, as a telephone call or virtually to discuss your experience of mental health services you have accessed.

What to do next....

For more information about this piece of work you can contact us in the following ways.....

Monday - Friday 9am - 5pm

07904241229

07832285012

info@hwnn.co.uk

SCAN ME





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Service Updates

Developing a Stabilisation Service in Nottingham City

Nottinghamshire Healthcare Trust and Nottingham City Mental Health Place Based Partnership Programme have recently held two engagement events to explore the needs of the Nottingham City population and understand how to tailor the new Stabilisation service to those needs.

The new service will look to deliver a trauma informed approach to support people in managing their emotions more easily, increasing emotional stability and greater feelings of control/coping. The service will be aimed at people that fall between Primary and Secondary care services and are experiencing a period of instability. People will be referred into the service by specialist mental health professionals/teams aligned to the Local Mental Health Teams (LMHT) and both the new provider and LMHT will work together to support the individual.

The engagement event was attended by over 30 attendees with invites going to the Mental Health PBP and Collaborative Group. We discussed three distinct areas for the event – age, marginalised communities & socio-economic population needs and looked at the barriers to accessing care and how the service will need to be tailored to meet the needs of the City population. As a result of these rich discussions we were able to collate the feedback and shape how the service specification, expression of interest process or service delivery could be adapted to encompass the feedback received.

Next steps will include an expression of interest process led by NHT and the feedback we've received as part of this engagement will also form part of a wider NHT piece of equality work.

Race Maturity Matrix

The Maturity Matrix tool has been carefully co-developed by partners across Nottingham city and aims create organisations and services which are culturally competent and therefore deliver better health outcomes across the Nottingham City Place Based Partnership and beyond.

The Matrix was soft launched on the 12th December 2022, as part of this launch out, a small Communities of Practice Support Group was established which included around 9 different partners from across the system, NHS, Local Authority and community and voluntary sector organisations. The first session commenced in February 2023 and we are now over half way through the 6 planned sessions.

The first initial sessions focussed on a “Deep Dive” of the Matrix principles, understanding how to use the tool, which levels organisations are at and sharing examples of best practice. Recent work ongoing within Mental Health Services was shared as a good example of engaging with ethnic minority communities and adapting the use of resources to meet their needs based.

For the remaining sessions, the focus will be on creating actions members can take back to their organisations to further encourage use of the tool.

Discussions within the group indicate that members feel their eyes are now opened to the inequities facing people from different ethnicities both in their personal lives and professional lives.

The current Communities Practice will end in July, with quarterly follow ups sessions following this.

Chairs would welcome more organisations to join us in rolling out the Maturity Matrix and may be opportunity to join a Communities of Practice Session in September this year.

If you would like to find out more about the Maturity Matrix or joining the Communities of Practice Sessions, please email: bryony.smith8@nhs.net

Race Inequalities PBP Programme

On Thursday 11th May 2023, the first Race inequalities summit was held at the Indian Community Centre Associations,. As part of the programme mental health was selected as an area requiring a deep dive and outcomes will be shared in the August newsletter.

Service Updates



Nature In Mind

Framework's Nature in Mind team is pleased to announce they have secured funding from the Heritage Lottery Fund to carry on delivering this much valued service to its participants.

They are open for new referrals; and the webpage contains the latest up to date programme of events and the link to the referral form.

Nature in Mind would like to thank everybody for their patience and understanding during the hectic last few weeks and look forward to hearing from you soon.

Nature in Mind - Framework Housing Association
(frameworkha.org)



Collaborative for Better Mental Health

Following discussions at the Collaborative and Place Based Partnership steering group meetings, it was agreed that the collaborative for better mental health needed a logo that represented who the group are.

We wanted a logo that represents the city of Nottingham, its people, and the places within it as well as something that visually represents the great things about our city, and how we work together and embrace people from all different cultures and backgrounds, whilst supporting the development of mental health programmes across Nottingham City.

A design has now been selected by members and final amendments are being made, once these have been confirmed marketing and promotional items will be available displaying the new logo



Nottinghamshire Crisis Sanctuaries

Providing Mental Health Assistance Since 2021!

The Nottinghamshire Crisis Sanctuaries are dedicated to aiding individuals over the age of 18 who are going through a mental health crisis. These sanctuaries offer critical support, information, and guidance, and can be found in numerous locations throughout Nottingham and Nottinghamshire. They are now open seven nights a week to ensure that those in need can receive the help they require.

Referral is not required; individuals can simply visit one of the sanctuaries.

Operating Hours for Several Locations:

Beeston – Yellow Wood Café, Chilwell Road: 6pm to 11pm daily

Mansfield – top of St John Street: 4pm to 9pm daily

Worksop – Hardy Street: 5pm to 10pm on Wednesdays and Sundays

Nottingham City – the Wellbeing Hub, 73 Hounds Gate: 6pm to 11pm daily

Every sanctuary has Crisis Intervention Workers that offer crisis support with a focus on recovery, providing a safe and reliable environment. If necessary, they will provide referrals and signposting for further assistance.

For full information visit:

<https://www.nottinghamshirecrisis sanctuaries.tv/>

The Crisis Sanctuaries are a joint effort by Framework, Turning Point, and Mind.