

"Having a Voice"

The Newsletter for Mental Health Carers



charity registration number 1085491

August 2018

In this issue you can read about our Annual Event for Carers, a scheme where mental health nurses are based in GP surgeries and also find out about the NightLight Crisis Service.

For more information about anything in this newsletter, to have your say on mental health issues or to find out more about our support for carers of people affected by mental illness, please contact a member of the Involvement Team:

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St Albans, Three Rivers and Watford
07725 215492
sarah.williams@carersinherts.org.uk

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North Herts, Stevenage and
Welwyn/Hatfield.
07725 215490
deryn.sparrow@carersinherts.org.uk

Or Roma Mills,
Policy and Engagement Manager
01992 58 69 69

For any other caring issues please:
Call: 01992 58 69 69
Email: contact@carersinherts.org.uk
Visit: www.carersinherts.org.uk

Carers in Hertfordshire,
The Red House, 119 Fore Street,
Hertford, Herts, SG14 1AX.

Making Carers Count

Welcome

It's hard to believe we are over half way through 2018. We, Sarah Williams and Deryn Sparrow, Mental Health Involvement Workers, hope you have been enjoying the sunshine. It's a busy time for Carers in Hertfordshire



as we are planning the Annual Event for Carers that takes place on Thursday 27th September 2018. Carers can now book to attend, see page 3 for details.

We are holding an Information Event about the Mental Health Act and what is expected of carers in relation to this. The event will be in Hatfield on Wednesday 24th October 2018. We will share further details nearer the time.

Over the past six months we have held three Mental Health Forums for carers and topics covered were:

- ◆ The role of a Psychiatrist on a mental health ward and how they work with carers,
- ◆ The work and role of Healthwatch Hertfordshire; and
- ◆ Mind in Mid Herts Spot the Signs Suicide Prevention Campaign.

In July, we held a Communication Skills Workshop for mental health carers. Ten carers attended and all stated that they learnt ways to develop and improve their skills to communicate more effectively and positively with the person they cared for.

Details of future Forums are on page 2. If you would like any topics covered at upcoming meetings or in our newsletter please get in touch, our details are on the left.

Our Child and Adolescent Mental Health (CAMHS) Parent/Carer Educational Support Group meets on the first Tuesday evening of each month at Oxlease House, Hatfield. New members are welcome, for more details please contact Sarah Williams (details left).

Don't forget details of all future and past events can be found on our web page
www.carersinherts.org.uk/have-your-say/mental-health

Upcoming Mental Health Carers' Forums

Our Forums provide an opportunity for people caring for someone with a mental health condition to get together and hear from speakers on topics related to mental health.

The Forums also enable carers to engage with commissioners and providers of health and care services in Hertfordshire such as Hertfordshire Partnership University NHS Foundation Trust (HPFT) to tell them about their experiences or views on provision and planned changes. Here are details of our upcoming meetings.

Thursday 13th September 2018
7pm - 9pm (refreshments from 6.30pm)
Topic: HPFT Services

The speaker, Jess Lievesley, Executive Director of Delivery and Service User Experience, has been asked to talk about topics including family therapy, care co-ordination and actions taken following the Community Services review that we reported on in our March 2018 newsletter.



Thursday 15th November 2018
10.30am - 12.30pm (light lunch after)
Topic: New Leaf College and NightLight

Tuesday 22nd January 2019
Topic: To be arranged
1pm - 3pm (light lunch from 12.30pm)

The Forums are held at Oxlease House,
Travellers Lane, Hatfield, AL10 8TJ.

To book your place:

 **01992 58 69 69**

 **contact@carersinherts.org.uk**

 **www.carersinherts.org.uk**

Hertfordshire NightLight Crisis Service offers out of hours mental health support

Experiencing mental health distress and having no-one to turn to can be difficult for anyone. NightLight is a crisis service from Herts Mind Network which offers out of hours support to anyone who lives in Hertfordshire and is experiencing a mental health crisis.

The service operates Fridays, Saturdays, Sundays and Mondays where a Helpline is available from 7pm-1am. Callers can receive immediate support through the Helpline and be assessed for a visit in one of the Wellbeing Centres in Watford, Hemel Hempstead or Ware. People can self-refer or professionals/carers can make a referral on someone's behalf with their consent.

All support is one-to-one and person-centred based on each individual's crisis. At NightLight people will have access to a safe space and the opportunity to talk, get emotional support, advice and signposting to services to help them.

If someone doesn't feel safe to return home they may be assessed for an overnight stay at the Hemel Hempstead centre, which would last until 8am the following morning.

To contact the NightLight Crisis Service call the Helpline on 01923 256391.

New Caring and Coping Course

If you care for someone experiencing mental illness this course is for YOU!

The free course led by Rethink Mental Illness is held over six weeks. Carers attending can learn more about mental illness and its treatment, the mental health system, problem-solving, communication skills, dealing with challenges and looking after yourself.

The next course is in **Ware** on Wednesday evenings starting on 3rd October 2018 from 7pm - 9pm.

To book a place or find out about future courses please call Joe Clack on 01920 463663 or email him at jonathan.clack@rethink.org



Thumbs up for community based Mental Health Nurses

Mental health nurses have been based in GP surgeries across Hertfordshire as part of a trial to provide more local care for people with mental health conditions.

Community Psychiatric Nurses have been supporting patients at:

- Attenborough Surgery in Watford;
- The Hertford Hub covering Castlegate, Wallace House, Ware Road and Hanscombe House surgeries; and
- A drop-in session in Stevenage.

The scheme, which launched earlier this year, is an initiative of the Hertfordshire and West Essex Sustainability and Transformation Partnership (STP). The STP involves NHS and social care organisations working together to deliver improved health and care services.

Dr Geraldine O'Sullivan, who leads on the development of services for people with mental health issues and learning disabilities, said: "The new service has been well received by patients and carers. More than 100 patients and carers have given their feedback, with 95% saying they have had a positive experience. GPs have welcomed the project too – they know that people with long term physical health conditions are much more likely to experience mental health difficulties. Making mental health help available for their patients in a convenient and familiar setting can be a big step forward in improving care."

People are referred to the nurses via the GP and having the nurses in GP practices rather than secondary settings has improved access to support with shorter waiting times for treatment.

The initiative is just one of the ways in which the STP is working to bring NHS and community support services together to offer seamless support to patients and carers.

The STP will work with Carers in Hertfordshire, Viewpoint, Healthwatch and patient involvement groups to ensure that people experience better health and better services as a result of these changes.

For more information on the STP, visit www.healthierfuture.org.uk



The Annual Event for Carers

Thursday 27th September 2018

10am - 4pm

The Fielder Centre, Hatfield Avenue,
Hatfield, Herts, AL10 9TP.

If you are an unpaid carer please join us to:

- Obtain information and advice from us and other organisations that support carers.
- Tell us about your experience of caring.
- Learn about what is happening nationally and locally regarding care services and carers. We will also update you about our work over the last year and our plans for the future.



Places are limited and must be booked, so book early to avoid disappointment. Book via:

Phone: 01992 58 69 69

Email: contact@carersinherts.org.uk

Online at: www.carersinherts.org.uk

Support Groups for carers of someone with mental illness

Carers Support Group

Contact: Rod Cottrell 07794 633404
Meets: Bi-monthly various times and dates so please call.
Where: The Wellbeing Centre, 41 Marlowes, Hemel Hempstead, HP1 1LD.

Caring for Carers in Mental Health Dacorum

Contact: Dick Lovelace 01442 823712 or 07850 186210
Meets: First Thursday of the month 7.45pm – 10pm
Where: Herts Mind Network, 139 Leighton Buzzard Road, Hemel Hempstead, HP1 1HN.

Depression St Albans Self-Help Group

Contact: Peter 07941 450 345
www.depressionalliance-stalbans.org.uk
Meets: Third Friday of the month from 7.30pm – 9.30pm (call for details).
Where: St Albans.

Guideposts Trust Carers Support Group

Contact: Lin Fellows or Carol Williams on 01923 223554
Meets: Last Monday of the month 7pm - 9pm
Where: Guideposts Trust, Henry Smith House, 3-5 Estcourt Road, Watford, WD17 2PT.

Herts Eating Disorder Carers Group

Meets: second Wednesday of month 7pm - 8.30pm
Where: Asda (community room), St Albans Road, Watford, WD24 7RT.
Contact: Hayley for details 07776 397676.

OCD Carer Group

Contact: Jenny Robinson 07769 639186
Meets: Tuesday evening every four weeks.
Where: Stevenage - for more details visit www.feellighter.co.uk

Herts Mind Network Carer Support

For an up to date list of groups please get in touch. There will be a Yoga Group from September 2018 and also a Carers Pottery Group in Watford from September.
Contact: 020 3727 3600
email: info@hertsmindnetwork.org
or visit www.hertsmindnetwork.org

North Herts Mental Health Support Group

Contact: 01992 58 69 69 for details
Meets: Third Thursday of the month at 10am – 12pm noon
Where: Care Community Hub, 25 Station Road, Letchworth, SG6 3BB.

Mind in Mid Herts

OCD groups in Stevenage and St Albans.
Call 01438 369216 for Stevenage details and 01727 865070 for St Albans.

Personality Disorder Group meets in **Welwyn Garden City**. Call Nicky Kuklys on 01438 369216 for details.

Carer Support Groups:

Stevenage - meets on the second Tuesday of the month in Stevenage.
Call 01438 369216 for details.
St Albans - meets first Thursday of month, call 01727 865070 for details.



Hertfordshire Partnership 
University NHS Foundation Trust

HPFT Carers Groups

Contact: Leah Williams 07799 034470
Meets: Last Thursday of month 6pm – 8pm
Where: Oxford House, London Road, Bishop's Stortford, CM23 3LA.

Contact: Arron or Lucy 01992 818600
Meets: Second Wednesday of month 6pm – 8pm
Where: Holly Lodge, 45 Church Lane, Cheshunt, EN8 0DR.

Contact: Leah Williams 07799 034470
Meets: First Wednesday of month 6pm – 7.30pm
Where: United Reformed Church, Church Road, Welwyn Garden City, AL8 6PS.

Personality Disorder Carers' Group

Contact: Tracy Hamm 07826 922611
Meets: First Monday of the month (or second Monday for Bank Holidays) 10.30am - 12.30pm
Where: Watford Wellbeing Centre, 501 St Albans Road, Watford, WD24 7RZ.