

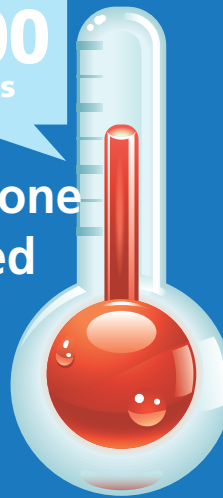
Manchester Mental Health matters

Trust hits landmark milestone as 5,000th member signs up

5,000 members

Milestone reached

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www.mhsc.nhs.uk/ft

Welcome from Jessica Williams

Welcome to this third edition of Manchester Mental Health Matters, I hope you received and enjoyed previous editions and thought they were interesting and useful.



*Jess Williams
Foundation Trust Project Director*

We welcome your feedback and your ideas so do please get in touch if there is anything you would particularly like to see in the newsletter.

I am delighted to announce that we now have more than 5,000 members of our future Foundation Trust. Alex Habens, a trainee social worker, was pleasantly surprised when we called and congratulated him for being the landmark member.

Alex gives his reasons for supporting our application in the article below. He also received a complimentary FT t-shirt (just what he always wanted – probably!) which I am sure he will wear with pride when he is doing his weekly shop...

I am also really excited to tell you that it's time to dust off your dancing shoes! You should already have received your invitation to our first Members' Day on **Wednesday 1st September at Gorton Monastery 1.30pm – 4pm**. It will be a really fun event for all the family and it is based around the 'Five Ways to Wellbeing', which are the five things we should all do every day to stay mentally healthy (Connect, Be Active, Take Notice, Keep Learning, Give).

Dancing as a physical activity can be an aid to mental well being and I hope to see young and old alike strutting their stuff! We will be having dance exhibitions as well as us all having an opportunity to learn line dancing – should be great fun!

The afternoon will also feature other events, workshops and stalls including a children's games corner and free healthy snacks. I really hope you can come and join me – I am a hopeless dancer but am looking forward to receiving some instruction! Bring on those tunes...

Finally I would like to once again thank you for your continuing support and hope you enjoy this edition of Manchester Mental Health Matters.

Jessica Williams, FT Project Director

Why I signed up...



...Alex Habens

Trainee social worker Alex Habens, 25, was our milestone 5,000th member, joining 4,999 others – and many more since – when he attended the Recovery's Getting Better event at Manchester Town Hall.

"I signed up because I plan on a future career in mental health and I wanted to find

out about volunteering opportunities with the NHS," said Alex, who lives in the city centre. "Becoming a Foundation Trust will increase the opportunities for volunteering and that can only be a positive thing." Alex also signed up because he wants to show his support for improved services. "One of the things I liked is that, as a Foundation Trust, mental health services could be more joined-up and patients and carers could be encouraged to look beyond the NHS at the voluntary sector. I have been a mental health service user myself, and I appreciate the importance of making creative referrals. In their plans, the Trust talks about increasing awareness of the third sector which is something I passionately support."

Alex is currently completing a work placement at the Manchester Foyer, an organisation that provides supported accommodation for young people, as part of his Masters in Social Work from the University of Manchester.

Membership and pictures of recruitment events

Recruitment continues to go well and we have attended many events over the last few months.

Since recruiting our 5,000th member in June we now have nearly 5,200 and we are delighted with the progress we are making.



Patient Advice and Liaison Officer Aofie Isherwood with Coronation Street star Jenny McAlpine at a recent recruitment event



Interim Medical Director Dr Sean Lennon with dancers at the Didsbury Festival



Trust staff Maxine Sarr, Laura Knobbs and Katie Weir spread the FT message at Longsight Market

Alex said: "I'm looking forward to getting more involved in the Trust and getting more information on mental health services. I'd like to learn more about the NHS in Manchester so that I can make more effective referrals to the NHS in the future."

Trust provides support for young dementia sufferers



Care Co-ordinator Andy Price (left) with Ronnie (right)

Ronnie Lomax has every reason to be grateful for the North West's only full-time service for younger adults diagnosed with dementia.

Ronnie, 49, benefits from the support offered by the Trust's Young Onset Dementia Service, one of the only ones in the country that runs both day care and outreach services throughout the week to cater for the special requirements that younger (under the age of 64) dementia sufferers have.

He was diagnosed with vascular dementia in December 2003 at the age of just 43. He had also suffered a stroke in 2002 which affected his left side. It was while regaining his physical abilities he realised he had been affected mentally.

"When I was in work I would have phone conversations and not remember what was said or I would find it difficult to find words or spell," he says.

Ronnie found it hard to get an accurate diagnosis for his condition but the persistence of his GP led to a referral to the Trust's South Manchester Memory Clinic.

Specialist Practitioner Andy Price, Ronnie's Care Co-ordinator says: "There is a lot of mis-diagnosis simply because people don't expect a 43-year-old man to have a stroke and then vascular dementia."

The Trust's Young Onset Dementia Service, based at Edale House at Manchester Royal Infirmary, provides Ronnie with the emotional and practical support he needs. He and Andy now speak about Young Onset Dementia at conferences around the North West to raise awareness and understanding.

Those helped by the service must be a resident of the City of Manchester, have a clear diagnosis of any type of dementia and be under 64 years old. Services offered include advice on financial planning, as financial management is difficult for people with dementia. They also offer Tai Chi and arts and crafts and gardening to help people relax and current affairs and discussion groups to keep them mentally active. Exercise groups are put on to help service users maintain their physical wellbeing.

The service's outreach work also offers support with socialisation and practical help with activities such as shopping on a one-to-one basis. There are also outings every two weeks as well as film and game nights.

Ronnie says: "It's really good to be around people who can identify and understand what you are going through. Talking about it means people don't feel so alone." Ronnie is one of a number of service users and carers who have set up a special charity, Friends of the Young Onset Dementia Service (www.foyods.co.uk).

You are a Member - Now, do you want to be a Governor?

You can really make a difference to mental health in Manchester. One of the best things about becoming a Foundation Trust is that we will really be able to engage with all the people who care about mental health in Manchester.

From service users to staff to carers, everyone will have a voice through the Council of Governors, and we need our members to put themselves up for election.

The Council of Governors will be made up of elected Public Governors, Elected Staff Governors and Appointed Governors from partner organisations such as Manchester City Council. Governors will be responsible for a number of things.

They will hold the Board of Directors accountable and advise them on strategy. Another element of the role is to represent their constituency and speak up about any concerns.

To carry out their roles, the Council of Governors will have wide-ranging powers. These include appointing the Chair of the Trust and deciding the pay and allowances for the Chair and other Non-Executive Directors. The Council of Governors also approves the appointment of the Chief Executive.

Although we are not yet in a position to invite official expressions of interest in becoming a Governor, we would like you, as a member, to start thinking about getting involved at this level. We are currently developing information packs about becoming a Governor and anyone interested in more details should contact the Foundation Trust office.

Being a Governor is a voluntary position, an interesting and varied role and gives you the chance to really make a difference for the people you represent.

Wellbeing Project shows age is just a number

The Trust and Manchester City Council have recently worked together on an innovative wellbeing project: the Be Well, Age Well course. Here, Project Lead Leila Jackson talks of how the project worked.

"Be Well, Age Well is a six week course specifically written for people over 55. In January 2010, we delivered three courses, aimed to improve overall mental wellbeing, at a neighbourhood care group which the volunteer participants already attended. Results showed that the mental health of those taking part began to improve soon after the course finished and continued to improve even further over the following month.

"According to The Department of Health in 2005, two in five people (40%) aged 55 to 91 who consult their GP have some form of mental health problem. Research has also found that approximately a quarter of older adults in the community (25%) have symptoms of depression that require intervention.

"However, fewer than one in six adults (15%) aged over 55 with depression are diagnosed and treated in primary care, despite symptoms occurring at a similar rate as younger adults.

"The Be Well, Age Well course used a variety of methods, all of which proved to positively affect psychological wellbeing. The course covered themes such as coping with stress and worries, and improving mood. It was a group-based intervention which is often appropriate for adults aged 55 to 91, as it tackles the common difficulty of social isolation that people can experience at that stage in their lives.

"Despite some limitations being identified in this study, the results indicated that offering psychological care to older age groups could prevent mental health issues arising in the future. If adults can be helped to be more psychologically-aware and prepared for the challenges that they face as they grow older, their resilience will improve and they can feel happier in general."



Improving Inpatient Services

We are undertaking a project to determine how best we can deliver inpatient services effectively and efficiently with the focus on improving quality and addressing privacy and dignity issues.

This project is very timely in that all public sector organisations in the current economic climate are exploring ways to improve the quality of the services and ensure value for money for the taxpayer.

We want to improve the quality of our physical environment, meet NHS standards around same sex accommodation and provide the best possible buildings and facilities for our service users and staff. We are considering a number of different ways to achieve this, including thinking about the most appropriate number of sites on which to base our services.

We have been working with service user and carers, including Manchester LINK, Manchester Carers Forum and other local groups representing the voice of service users and carers, the voluntary sector, Trust staff, and other stakeholders during the initial engagement process. We have held workshops at which we have discussed and considered the potential options and designs.

We are committed to keeping everyone informed of the process as it develops and will make sure any progress is communicated as soon as possible.

If you do have any queries regarding this project, please contact either Maeve Boyle, Project Director on 0161 276 5364 or maeve.boyle@mhsc.nhs.uk or Patrick Cahoon, Associate Director for Service User and Carer Engagement on 0161 882 1103 or patrick.cahoon@mhsc.nhs.uk.

10% OFF

Any non-alcoholic drinks & food you buy in the Museum Café when you visit the Health Rocks exhibition in November 2010. Cannot be used in conjunction with any other offer.

1 voucher per person

FREE Voucher

The Trust and Manchester Museum, on Oxford Road, are working in partnership to bring you the Health Rocks exhibition of work completed by Trust service users.

It will feature objects used during the course as well as the prose and poetry it inspired. The event will run at the museum from November and this voucher will get you 10% off any non-alcoholic drinks and food you buy in the museum café on your visit.

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