



# Carers in Mind

Issue 25, March 2012

In January 2012, Carers in Mind and South West London and St George's Mental Health Trust(SWLStG) started to pilot an *Acute Respite Project* following a successful funding bid by Carers in Mind to the Richmond Carers Strategy Project Fund.

The aim of this pilot project is to provide additional specialist support and respite to carers, families and friends when the person they support is experiencing a crisis in the community. This project was initiated by feedback from carers who have highlighted the increased demands placed upon them when their relative is experiencing a crisis and their care is

## Richmond pilot seems to be first in the country!

managed in the community by the Crisis and Home Treatment Team. This project has been further developed through the Richmond Mental Health Carers Development Group - the need for carers to be able to have a break during a crisis was identified as a current gap in acute service provision by carers.

Sarah Mullett, has now been appointed as Carer Recovery Worker with the Crisis and Home Treatment Team.

As a trained mental health professional she is able to work independently with service users in crisis in order to allow carers some much needed time out.

Sarah is also able to offer dedicated and specialist support to carers during a crisis period. The early feedback that we have received from carers who have used the service is that this additional specialist support has been greatly valued.

We are not aware of another Crisis and Home Treatment Team offering this level of carer support anywhere else in the country - it seems we are the first to try it!

## Adult acute inpatient beds and rehabilitation services

NHS Richmond is working to achieve the recommendations set out in the adult mental health strategy to redesign rehabilitation services by increasing services in the community and appropriate floating support and to redesign the commissioning of adult acute inpatient beds across south west London.

Over the last three months NHS Richmond has been working with Carers in Mind and other local organisations to hear from carers and service users who have recent experience of local inpatient, crisis & home treatment and rehabilitation services.

From the feedback received there is mixed support for the proposed direction of travel from both carers

and service users. There is some interest and support for a crisis house model or similar approach. Some of the key concerns are around:

- ★ the impact of services moving out of the borough and further away from family, friends and local support services
- ★ further reductions in inpatient services without appropriate community services being established
- ★ lack of supported accommodation
- ★ floating support services in the community should include appropriate medical support
- ★ the possibility of services closing that are viewed as working well i.e. Riverside Lodge
- ★ service changes need to be patient-centred and presented from a

patient perspective

- ★ impact on patient recovery of more complex patients on inpatient ward
- ★ consistency and quality of staff
- ★ clear and accessible information
- ★ the need to build in carers as expert care partners into any service or pathway redesign
- ★ the burden on carers of more care moving into the community.
- ★ services need to support carers around managing and assessing risks if patients are to stay safely in the community

A report outlining the main themes from this stage of engagement and follow up actions is currently being prepared and will be shared widely. NHS Richmond will share more information with carers and service users as proposals develop.

If you would like a copy of the newsletter in large print or you need any help accessing information from the internet - please let Kim or Ruth know.

## An event for anyone who has a brother or sister with mental health problems



Ever wanted to ask questions, find a space to talk about your feelings and concerns, and hear from other siblings and professionals about the support available for you, your sibling and family? Well here's your chance!

On May 12, 2012 Rethink's Siblings Connect project will be holding a day of talks and workshops for anyone who has a brother or sister with mental health problems. This will also be a chance to get together with other siblings in a friendly, understanding environment.

### Book your ticket for Siblings Connect 2012

#### Speakers on the day

This free one day event will include talks from Sathnam Sanghera, author of sibling memoir *The Boy with the Topknot* and journalist for *The Times*, Monica McCaffrey, Director of the charity Sibs and Dr Jo Smith, a prominent clinical psychologist who is at the forefront of working with the siblings and families of people affected by mental illness.

You will also have the chance to choose two of the following workshops:

- ★ Siblings space: Share your stories, advice and ideas with other siblings in a facilitated peer support session
- ★ Teens and young adults space: for 14-18s and 19-25s the chance to meet other young people with similar experiences, get advice, ask questions and take part in art and sport activity sessions
- ★ Advice and information: Understanding the mental health system, your rights and getting the best support for you and your family, and thinking about the future with our expert advice team
- ★ What's new in research?: The latest breakthroughs in mental health treatment and research with Professor Robin Murray
- ★ Activism and campaigning: Ideas and tips on how to challenge stigma and discrimination and campaign for your rights
- ★ Exploring through drama: A chance to talk through common issues and problem solve by watching and discussing a play about sibling experiences by Ann Akin of Vintage Star Productions.

**Where?** The event will be held at the Hotel Russell, Bloomsbury, London, WC1B 5BE

**When?** Saturday 12 May 2012, 10.30 am - 5.00 pm  
registration opens at 9.30 am.

**Book online** at [www.rethink.org/siblingsconnect](http://www.rethink.org/siblingsconnect) or write to:

Siblings Network, Rethink Mental Illness, 89 Albert Embankment, London SE1 7TP with your name, age, telephone number and address.

**There are just 200 places available at this London-based event so register now to make sure you get a place!**

## NEW COMMUNITY INVOLVEMENT OPPORTUNITIES IN RICHMOND

Some Health and Social Care services provided by voluntary and community organisations have been funded through grant funding from LBRuT and NHS Richmond.

That system is changing. What will now happen is that services will be commissioned by organisations bidding to provide what the funders decide is needed. A panel will then look at their bids and decide which bid was best. After that a contract will be awarded to the successful bidder.

LBRuT and NHS Richmond want to involve service users and carers in decisions, so panels will include service users or carers where possible. That will create opportunities for service users and carers to take part in bid evaluations this year. This can be a very positive experience. One service user who was involved in a panel said:

*"I think it was very good exercise for bringing everyone together ..... Everyone worked very well together" "I didn't feel like a service user during this exercise, but as an equal,"*

As well as knowing you have helped shape local services, there is normally a payment for participating.

#### Carers Strategy Reference Group

Following a request by local carers, LBRuT is adding 2 new carer member places to the Richmond Carer's Strategy Reference Group and would like to invite any interested carers to apply. Applications for becoming a carer member of the group need to be submitted by the end of April 2012.

If you might be interested in applying, or you just want to know more about these opportunities, please contact Bruno the RCVS community involvement coordinator:

[brunom@richmondcvcs.org.uk](mailto:brunom@richmondcvcs.org.uk)

# CAMPAIGN AGAINST LIVING MISERABLY

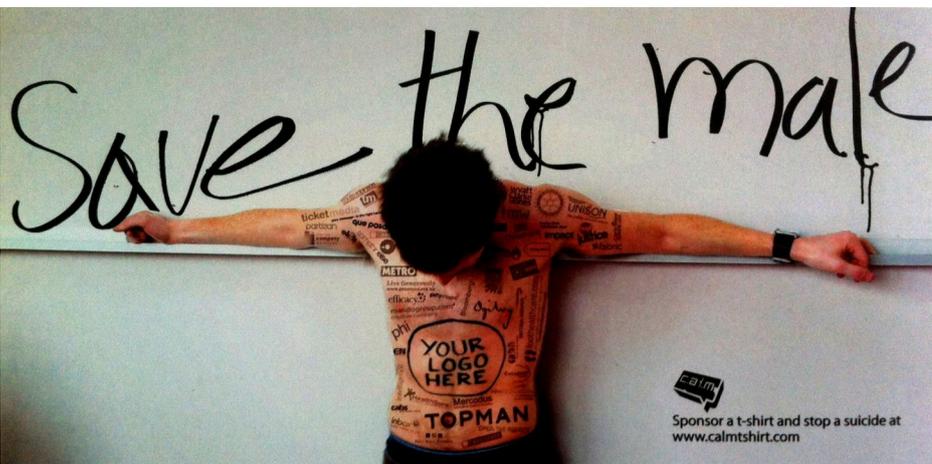
The campaign against living miserably (CALM) was set up to reduce the high suicide rate amongst men under 35, currently *the single biggest killer of young men in the UK*. It is a campaign and charity targeting young men with a helpline, magazine and online community, but CALM listens to *anyone* who needs help or support.

Men are three times more at risk of suicide than young women – in 2010 75% of suicides were men. But while smoking and knife crime make the headlines, suicide is the biggest killer. Most men who take their own lives aren't in contact with any other agency, and don't identify with much out there. When asked, what they indicated they wanted

go to for help when life gets on top of them.

CALM promotes and delivers a free, confidential, anonymous helpline and website targeted at young men, though CALM will listen to *anybody* who needs advice or support, regardless of age, gender or geographic location.

CALM publishes the CALMzine, a bi-monthly magazine distributed across Topman stores and select venues across inner London. CALM also have a lively website full of articles to fire you up, make you think, and stories about the exploits of CALM and our supporters. We're into Twitter and Facebook too – come and join us online.



was practical, anonymous, confidential help from professionals. Which is why CALM was formed.

CALM began as a Dept. of Health pilot in 1997. It was formed as a charity in 2006 with the support of music impresario and trustee Tony Wilson, who recognised the importance of its vision.

**How CALM works.** There are many reasons why young men need a campaign like CALM. Everyone has their own life, with different interests, circumstances, pressures and problems. But men aren't supposed to talk about stuff, so it can be hard for them to know where or who to

**Talk to CALM** The helpline is open 5pm-midnight on Sat, Sun, Mon and Tues, every week of the year. Call 0808 802 5858 within London – or if you're outside London call 0800 585858. It's free, confidential and anonymous. Text 07537 404717, start your first text 'CALM1' (service only available within London, until we get more funding). We don't charge, but your network might.

**Please note:** *The CALM website is designed for young men, you may not like it... but if you are supporting someone who finds the standard mental health websites 'uncool' - let them know about it!*

## Richmond carers are taking a break - it's official!

Since the re-launch of the NHS Carers Breaks Fund last October over 400 Richmond carers are benefiting from receiving the payment.

Carers are being imaginative with how they use their payment to improve their health and wellbeing. Some have bought a gym membership or are taking exercise classes. Others have signed up for art or music courses, have taken a holiday or bought additional care to let them get out and socialise.

*"Thank you for your grant, I have registered for a classical music course at the local college. This was a course which I had had to interrupt to care for my husband."*

Feedback from carers who have already benefitted from the payment shows that it has had a positive impact on their health and wellbeing and their life outside of caring.

*"I was able to just be me - a rare treat, I look forward to feeling this way again in the future."*

The NHS Carers Breaks could be for you if you are either a Richmond resident supporting someone with a long term health condition or you are supporting a Richmond resident who could not manage without your help. It is expected that this fund will continue until March 2013. The fund is limited and the amount of funding you are able to apply for will change to £250 for an individual and £400 for a couple from 1st April 2012.

To find out more about how to apply for an NHS carers breaks payment contact Kim or Ruth.

*"It has enabled me to undertake a course of Pilates which has improved my physical and emotional well being. Thank you"*

## Equality for Mental Health included in New Health Bill

It was with a somewhat heavy heart that I watched the controversial Health and Social Care Bill clear its final Parliamentary stages yesterday. 426 days after it was first introduced to the House of Commons, the Bill now awaits Royal Assent – despite an extraordinary level of opposition from many organisations.

The Royal College of Psychiatrists has voiced significant concerns about the reforms and actively engaged with civil servants and parliamentarians to try to improve the Bill.

I am pleased for example that, following an amendment supported by the College, the government has agreed that the provision of after-care services in the community for patients who have been detained because of their mental health, and for those on community treatment orders, should continue to be a joint responsibility between health and social services. It also removes the possibility that certain services currently provided free under Section 117 of the Mental Health Act cannot be charged for.

One issue I was not prepared to move on was parity of esteem for mental and physical health, something that the government has committed to in the Mental Health Strategy. An amendment was tabled in the Lords by Lord Mackay of Clashfern to place this commitment on a statutory footing. This makes it clear on the face of the Bill that the Secretary of State for Health has a duty to improve the nation's mental health services and the prevention, diagnosis and treatment of both physical and mental health.

The amendment was originally opposed by the government, but thanks to lobbying from the College and our partner organisations the

amendment was taken to a vote following a debate in the Lords and won by a very small, but nonetheless very significant, majority.

Following further briefings and discussions with ministers and civil servants we were able to further consolidate the case for parity and convince the government to support this amendment when the Bill returned to the Commons.

Whilst I'm only too aware that a single amendment in a large piece of complicated legislation cannot solve all the issues associated with mental health care, it gives us a platform to work from as we continue to push for more integration, better service-user and carer involvement and reductions in health inequalities.

Paul Burstow, the Minister for Care Services, is keen to work with us and other key stakeholders to make parity of esteem a reality, and this will be a key priority for me in the months ahead.

I hope that the amendment will, more broadly and over time, influence positive changes in attitudes to mental health, and in knowledge, priorities, professional training and practice, all of which are necessary to reduce the stigma experienced by those with mental health problems and to improve the assessment and care they receive.

I still have serious concerns about the effect that the new legislation will have on the NHS, and I can assure you that the College will continue to engage and work with government, the opposition, key stakeholders and colleagues across the medical profession to ensure best care for patients and the future of the health service we are all so committed to.

*From the blog of Sue Bailey,  
President of Royal College of  
Psychiatrists.*

## Protecting Adults at Risk

Living a life that is free from harm and abuse is a fundamental right of every person. In Richmond we take the abuse of adults very seriously and are committed to protecting vulnerable people and preventing abuse wherever possible.

### Who is an adult at risk?

- People over 18
- People who may be in need of care because of frailty, learning or physical disability, sensory impairment, mental health problem or drug or alcohol abuse. and:
  - Are unable to take care of themselves or are unable to protect themselves against significant harm or serious exploitation.

However, just because a person is old or frail or has a disability, does not mean they are inevitably 'at risk'.

### What do we mean by abuse?

Abuse is a breach of an individual's human right. This may be a single act or happen repeatedly over a period of time. This may be because of:

- ★ Neglect
- ★ Persuading someone to agree to something against his/her will
- ★ Taking advantage of someone who is unable to give consent

If you are concerned that any vulnerable adult is experiencing abuse or neglect use the contact details below. For more information and advice on services in the community or to make a referral, contact us on:

**Telephone:** 020 8891 7971

**Text:** 07800 002439

**Email:**

[adultsocialservices@richmond.gov.uk](mailto:adultsocialservices@richmond.gov.uk)

Our office hours are 9am to 5.15pm, Monday to Thursday and 9am to 5.00pm on Friday.

**Alternatively, if you have any concerns you can discuss them with Kim or Ruth. There will be more information on protecting adults at risk in our next newsletter.**