

### Mental Health Policy Group launch manifesto

**England's leading mental health organisations call on all political parties to make mental health a priority in run up to election.** Mind has joined forces with several other mental health organisations to produce a manifesto, laying out what the next Government must do to improve the lives of people with mental health problems.

'A Manifesto for Better Mental Health' published on 22nd August, has been written jointly by Mind, Rethink Mental Illness, Centre for Mental Health, Mental Health Foundation, Mental Health Network and the Royal College of Psychiatrists.

The manifesto sets out straightforward, practical changes that a future Government could make in order to ensure mental and physical health are valued equally. Poor mental health carries an economic and social cost of £105 billion annually in England and business loses £26 billion due to mental ill health every year.

Just 25 per cent of adults with depression and anxiety get any treatment and only 65 per cent of people with psychotic disorder. Demand is also increasing. The number of people being referred to community mental health services went up by 13 per cent in 2013.

Despite the fact that mental health accounts for 23 per cent of the disease burden, it gets just 13 per cent of the NHS budget and funding has been cut even further for the last three years. The organisations are calling on any future Government to rebalance this funding inequality, to ensure spending reflects demand. The Manifesto sets out five key priorities for action:

**Fair funding for mental health** - Commit to real term increases in funding for mental health services for both adults and children in each year of the next Parliament.

**Give children a good start in life** - Ensure all women have access to mental health support during and after pregnancy. Raise awareness of mental health by putting it on the national curriculum and training teachers and school nurses. Invest in parenting programmes across England.

**Improve physical health care for people with mental health problems** - Ensure Government targets for smoking reduction apply equally to people with mental health problems. Create a national strategy to stop people with mental illness dying early, due to preventable physical health problems.

**Improve the lives of people with mental health problems** - Continue to fund the Time to Change anti stigma campaign. Offer integrated health and employment support to people with mental health conditions who are out of work.

**Better access to mental health services** - Introduce maximum waiting times for mental health care and support, including psychological therapies. Commit to continued improvements in mental health crisis

care, including liaison psychiatry services in all hospitals. Continue to fund liaison and diversion mental health services, working with police and the courts.

**Paul Farmer, Chief Executive of Mind, said:** "Staying mentally healthy is one of the biggest challenges we all face today. There have been welcome promises on mental health in recent years and the main parties say they value mental and physical health equally, but funding for mental health services has faced more severe cuts than other services. Whoever forms our next government must make mental health a priority and ensure that everyone experiencing a mental health problem gets the support they need and the respect they deserve."



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

## Respite Survey Update...

**A HUGE THANK YOU to everyone who completed our recent respite survey!** We had an amazing 105 responses which was 41 per cent of people we asked to complete the survey. The report will be available at the end of September when we will be sending a copy to everyone who requested one. If you did not ask for a copy but would like one - please let us know. Highlights in the next newsletter.

## Have you applied for your Carers Breaks Payment?

Have you applied for your carers breaks payment for 2014-15? We believe it is very likely this will be the last year that the carers breaks payments will be available in their current form due to the introduction of The Care Act in March 2015. An opportunity to do something nice for you! Please don't miss out.

Unfortunately we are no longer able to offer the carers breaks payments to carers supporting someone who does not live in Richmond following a change in eligibility criteria. If this affects you, you may be able to access support from the local authority where your relative lives. Please contact us if you would like support in finding out what may be available.

## RCM Drumming Workshops

The Royal College of Music is going to be providing a series of **FREE** drumming workshops for adults with mental health conditions and/or their relatives/carers from 8th October - 10th December. These will be led by experienced musicians and aim to provide a relaxed, informal environment for some creative music making that will hopefully counteract the stress and anxiety of day-to-day life and improve the wellbeing of participants.

The workshops will be taking place in Hammersmith in west London and they have spaces available for up to 50 participants for the 10-week course. Participants on their previous courses have commented on how positive and beneficial they found the classes, and they have received a 98per cent recommendation rate. As the workshops are free and being delivered by some fantastic musicians, we want to make sure as many people as possible find out about them so they have the opportunity to participate if they wish.

- ★ Learn to play the djembe drums in a supportive and friendly atmosphere
- ★ No previous musical experience, skills, or instruments needed
- ★ Be a part of exciting new research looking at how music helps health

St Paul's Centre, next to Hammersmith tube, W6 9PJ

Contact Louise [drumming@rcm.ac.uk](mailto:drumming@rcm.ac.uk) or 0207 591 4781

## NEW - Money Advice Service

Richmond Borough Mind is working in partnership with Richmond AID, RUILS and Age UK to help people manage their money and debt issues. Teams of Money Advisors are available to advise disabled people, older people and people with long-term health conditions in the borough. The mental health money advisor lead for RB Mind is Suzie Shepperson. We offer help on:

- ★ Working out a personal budget, your income and expenditure
- ★ Prioritising your debts
- ★ Making a debt payment plan
- ★ Negotiating with your creditors
- ★ Supporting you to budget
- ★ Setting up bank accounts and direct debits for rent/household bills
- ★ Looking at your utility bill costs and cheaper alternatives
- ★ Applying for grants
- ★ Advice on housing / moving to more affordable accommodation
- ★ Advice and support on financial changes of a move into work
- ★ Benefit Health Checks / arranging to see a benefits specialist
- ★ Helping you find low cost or free social and leisure opportunities
- ★ Helping you to plan affordable transport and travel routes

If the person you support is worried about managing their money or would like some advice and guidance please contact RB Mind on 020 3513 3404 email [moneyadvice@rbmind.org](mailto:moneyadvice@rbmind.org)

**Grace Debt Advice continues to offer support for carers experiencing financial problems. Tel: 020 7183 4456 Email: [advice@gracedebtadvice.org](mailto:advice@gracedebtadvice.org)**





**Funded by the Maudsley Charity, Behind A Mind is a new project which offers short films, animations and expert talks about various mental health conditions for sufferers, their loved ones and medical professionals.**

The project will explore the psychological, environmental and biological factors linked to mental health conditions and will offer experiences from a sufferer, a family member and an expert in the field to provide a fully rounded overview of the condition. The pilot, specifically about OCD, is the first in a series of future material on other mental health conditions such as depression, eating disorders, autism, dementia, schizophrenia and many more.

#### How does it work?

Each condition is comprised of three areas:

- ★ Experience - A Story. A short drama to highlight the emotional journey of each condition.
- ★ Understand - The Science. A short animation to explore the possible science of each condition.
- ★ Learn - The Psychology. Various talks by patients, family or carers and medical experts.

#### Who can it help?

**Sufferers:** People suffering with mental illness may feel ashamed, feel guilty or simply do not recognise the symptoms of their condition(s) and therefore suffer in silence. The project hopes that sufferers will take inspiration, comfort and knowledge from Behind A Mind and move forward on their road to recovery.

**Family and carers:** Living with a mental health condition is hard but living around someone with a condition can be equally as confusing, upsetting and isolating. It can be a challenging prospect to comprehend the way a loved one is thinking and feeling if you yourself have never experienced such a complex condition. This project will help to bridge the gap and aid communication and understanding between the sufferer and those around them.

**Medical trainees and professionals:** Behind A Mind will provide medical professionals with a 'snapshot of reality'

to assist their learning by engaging them in the social and emotional aspects of various mental health conditions. With a better understanding of these elements, their comprehension of the conditions will be broadened and benefit them with a more effective application of their professional

knowledge within treatment.

What are our aims?

1. Providing an experience to understand mental health.
2. Empower individuals of various backgrounds, ages and professions to take an active interest in their own psychology and the psychology of others.
3. Encourage sufferers to identify and get treatment for their own mental health issues and reduce the stigma surrounding the conditions.
4. Provide medical trainees and professionals with educational material to benefit them in their practices.

Showcase the power and fascination of the human mind and highlight the connection between the physiological and psychological aspects of the brain and the mind, with a specific focus on the better understanding of common mental health conditions.

[www.behindamind.com](http://www.behindamind.com)

### Become a Foundation Trust Member!

NHS Foundation Trusts are accountable to local people, so if you want more say over SWLSTG's activities then become a foundation trust member.

Benefits of becoming a member:

- ★ You can help shape the future direction of the Trust
- ★ Receive relevant news, events information and the Trustwide magazine
- ★ Stand for election on the Council of Governors, and give views and advice to SWLSTG Trust Board on strategy and plans
- ★ Members can help SWLSTG challenge the stigma associated with mental health

As part of SWLSTG Foundation Trust application the Trust held shadow governor elections. Nominees were taken from staff, service users, carers and members of the public as well as 12 individuals nominated from our partner organisations.

**We do not have a carer governor for Richmond on the shadow board.... interested? Contact Kim**

## SWLSTG Public Consultation on location of Inpatient Services

South West London and St George's Mental Health NHS Trust (SWLSTG) will be running a public consultation about the future location of mental health inpatient facilities for people in Kingston, Merton, Sutton, Richmond and Wandsworth, and for a range of specialist mental health services in South West London which serve a wider catchment area.

The dates for the consultation period are still to be decided, but the consultation will last for 12 weeks. All comments received by the closing date will be taken into account before a decision is made.

The NHS clinical commissioning groups (CCGs) in south west London and NHS England will decide on the proposal they want to implement following the consultation. After that the plans will be sent to the government for approval of the detailed designs, business case and funding.



Community and outpatient mental health services in south west London have already changed, and are continuing to develop, to help more people to live at home with the right support, and to avoid unnecessary admissions to hospital. SWLSTG have worked with service users and carers, and this is what they have told them they prefer.

Inpatient mental health services have not kept pace with the improvements to community services. With a few exceptions, most inpatient facilities in south west London are located in unsuitable buildings which cannot be modernised to meet modern standards.

Mental health patients and their carers deserve the best possible accommodation. Frontline staff should be able to offer high quality care without compromise. The consultation is about the options SWLSTG have to achieve this.

### What SWLSTG want to provide.

All the proposals include redeveloping Springfield University Hospital, Tooting, and Tolworth Hospital, Kingston, as modern centres for mental health inpatient care. This could mean an investment of up to £160 million (at 2014 prices) depending on the option that is chosen after the consultation. The money to pay for this will come from selling land that the NHS no longer requires, and will not come from day to day NHS patient care. It will take until about 2024 to design the new buildings, get all the funding in place and then to build them ready for patients.

The accommodation at Queen Mary's Hospital will not be improved under any of the proposals. SWLSTG does not own this hospital.

**SWLSTG will be consulting on:** The location for adult inpatient services for people in Kingston, Merton, Sutton, Richmond and Wandsworth at two sites, either:

- ★ Three wards each at the redeveloped Springfield University Hospital, Tooting, and the redeveloped Tolworth Hospital, Kingston; or
- ★ Three wards at the redeveloped Springfield University Hospital, Tooting and the existing three wards at Queen Mary's Hospital, Roehampton.

SWLSTG will also be consulting on the location of Specialist services at Springfield University Hospital, Specialist services proposals for Tolworth Hospital and Services for older adults.

SWLSTG believe providing inpatient services at Springfield and Tolworth would give the most benefits for patients and carers, because everyone would be cared for in the best possible surroundings. If SWLSTG continue to use the wards at Queen Mary's Hospital then, because these wards cannot be improved, people there will not have as good an experience as those in the new accommodation at Springfield University Hospital or Tolworth Hospital.

Under either option some people would have to travel about half an hour longer than they do now to get to one of the inpatient units (everyone's experience is different and this is only a guide for comparison: more details are in the full consultation document). Part of this consultation is about getting responses to these issues to help us come to a decision.

**Carers in Mind will let you know when the consultation formally starts.**