

Talking Mental Health



INDEPENDENT MENTAL HEALTH NETWORK
SURREY & NE HANTS

December Newsletter



Forum of Carers and people
who Use our Services

IMHN Chair's Megan's Christmas message

It's been lovely to welcome many new faces to our IMHN community this year. I would like to take this opportunity to thank all our IMHN members who continue to advocate for a better system for everyone and our Mental Health professional colleagues for providing the network with insightful updates from across the system.



I wish everyone a lovely festive season and look forward to seeing everyone in January.

FoCUS Support Team Christmas message

The FoCUS support team would like to say a BIG THANK YOU to our valued FoCUS members, Reps and SABP staff for your continued support this year! We look forward to working with you next year so you can have your say about the way the Trust do things and help improve services.



Wishing you all warmest wishes for the Christmas season and health and happiness in 2024.

IMHN

The Independent Mental Health Network (IMHN) is made up of service users and carers in Surrey and NE Hants. Together we use our voice to try to shape how mental health services are provided.

FoCUS

FoCUS is the voice for carers and people who use Surrey and Borders Partnership NHS Foundation Trust mental health, learning disability, older people, and drug and alcohol services in Surrey and North East Hampshire.

The aim of FoCUS is hear your stories and experiences to ensure good service provision and enhance the relationship between the Trust and the people it serves.

Meet the Coordinators

Guy Hill



INDEPENDENT MENTAL HEALTH NETWORK
SURREY & NE HANTS

Jennie
Coulson



Forum of Carers and people
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Independent Mental Health Network Updates

1. Over the year the IMHN has been recording Service user and Carers videos of their experiences of using Mental Health services which have then been played to commissioners and service providers giving lived experience of using mental health services.
2. Serious Mental illness and Physical Health Checks – The IMHN has been involved with looking to improve the take up for people with an SMI which was very low at the start of year in Surrey Heartlands and has now achieved NHS England target of 60%.
3. The IMHN has been involved in the Mental Health Improvement Plan – Looking to reduce the amount of bouncing around the mental health system. We formed a Focus group and that is ongoing looking at ways to reduce this going forward.
4. There was also the Community Connections tender 2024 where the IMHN took part in the procurement questions, evaluation and moderation.



FoCUS Updates

1. We welcomed Jennie Coulson, who joined us as the new FoCUS Involvement Coordinator this year. In addition to chairing the groups and committee meetings; Jennie has been out and about, meeting with SaBP staff and promoting FoCUS in the community.
2. We continue to hold in-person hybrid meetings twice a quarter and look forward to continuing and expanding the work of FoCUS with our wonderful FoCUS members. We'd love to see more of you in person, come along to our 2024 dates for a chance to meet other people who use services, carers and hear from guest speakers on things that matter to you.
3. Get Involved! This year the trust has consulted with our members on HomeStart Alliance, New Hospitals programme, Risk Assessment, the New Patient Safety Incident Response Framework, Home Treatment Teams, Ward Packs, Communication, Patient Experience and Participation. With regular updates from the Community mental health teams, find out what's happening in your area and influence the services for the future.



FoCUS

Forum of Carers and people
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NEWS · NEWS · NEWS · NEWS · NEWS



FoCUS Updates

4. If you'd like to get involved in FoCUS join us today. If you are already a member have you considered becoming a Rep for your area? We would love to have a chat with you about what's involved. To know more, please get in touch.

5. SaBP Staff Star Awards – Deadline 29 December 2023

Would you like to nominate a team or individual? This year SaBP have introduced a special award to be given to an individual carer or person with lived experience who has assisted a service or care for an individual or group, through any means, including (but not limited to) feedback, suggestion or personal contribution of any type.

- Special award for a carer or person with lived experience
- Involvement and Contribution Award (this is an award for partners who work with Surrey and Borders Partnership)

Nomination form and guidance can be found on the SaBP website:
<https://www.sabp.nhs.uk/aboutus/staff-awards>



Good News Story

An outreach support worker recently contacted the IMHN to say he had a client's story that he wanted to be told and so we recorded a video. John (not his real name) was recently supported through the Bridge the Gap service in Surrey which aims to help people with multiple disadvantages (homelessness, drug and alcohol addiction and poor mental health), He was suffering with drug and alcohol problems, nowhere to live and feeling very low in mood.

John met with a Bridge the Gap outreach worker who was able to discuss his situation and offer some support. Initially John was reluctant and didn't know whether to believe him, but the outreach worker persisted and John learnt to trust him and he helped him to go to support meetings for drug and alcohol misuse. By being the contact point for John the outreach worker was able to help with Benefits as well and helping to find somewhere to live.

John now has accommodation and is planning to spend his Christmas with his family and this wouldn't have been possible without this truly life changing support service.



Support over Christmas

Christmas Day chat

We know that the Christmas period can be a lonely time for some. Sight for Surrey will be hosting a Christmas day chat for anyone that wishes to join at 10am.

British Sign Language (BSL) interpretation will also be provided. Please see the attached poster for more details.

To register and request a joining link please email:
communications@sightforsurrey.org.uk



The poster features the logos for 'SENSORY SERVICES SIGHT FOR SURREY' and 'the coalition Surrey Coalition of Disabled People'. It includes a circular photo of three people (two women and one man) wearing crowns and sitting at a table with food. The event details are listed in a white box: 'Monday 25th December 2023 10-11am'. At the bottom, it repeats the registration email and includes the text 'Registered Charity No: 1121949'.

SENSORY SERVICES
SIGHT FOR SURREY

the coalition
Surrey Coalition of Disabled People

Christmas Day Zoom Chit-Chat

- All Welcome
- Friendly light hearted chat
- With BSL Interpreter

Monday
25th December
2023
10-11am

To register and request a joining link please email:
communications@sightforsurrey.org.uk

Registered Charity No: 1121949

Safe Havens and support lines

Do you need mental health support?

The Safe Havens in Surrey remain open for people in crisis to visit in person every day of the year. You can find out [more information here](#).

Surrey and Borders Partnership NHS Foundation Trust (SABP) and the Community Connections providers have launched virtual Safe Haven's. The Virtual Safe Haven's are open from 6.00pm to 11.00pm every day of the year for people in crisis.

Support over Christmas

Virtual Safe Haven Links

Epsom Safe Haven: <http://nhs.vc/sabp/safe-haven-Epsom>

Guildford Safe Haven: <https://nhs.vc/sabp/safe-haven-guildford>

Redhill Safe Haven: <https://nhs.vc/sabp/safe-haven-redhill>

Aldershot Safe Haven: <https://nhs.vc/sabp/safe-haven-aldershot>

Other sources of support

- Call Surrey and Borders' Mental Health Crisis Helpline on: 0800 915 4644 or by SMS text: 07717 989 024
- Contact SHOUT by SMS text on 85258
- Contact Samaritans on 116 123 or email them at jo@samaritans.org
- Download the Stay Alive app on the Google Play store
- Go to the [Healthy Surrey](#) website for more information about mental health and emotional wellbeing support in Surrey.



Upcoming Dates

Date	Time	Meeting	Meeting Type	Location
08-Jan-24	1:00 - 2:30 pm	Combined E&M + NW FoCUS	Online	Zoom/Teams
11-Jan-24	1:00 - 2:30 pm	Combined SW + W & NEH FoCUS	Online	Zoom/Teams
15-Jan-24	11:00 am - 12:00 pm	Reps meeting	Online	Zoom/Teams
26-Jan-24	1:00pm- 3:00pm	IMHN Coordinating meeting	Online	Zoom/Teams
01-Feb-24	All day	Time to Talk Day	https://timetotalkday.co.uk/	N/A
06-Feb-24	2:00 - 4:00 pm	Committee	In-Person	SABP HQ Leatherhead
14-Feb-24	10:00am	NW Surrey Mental Health Stakeholder meeting	Online	Zoom/Teams
15-Feb-24	10:00am	East & Mid Surrey Mental Health Stakeholder meeting	Online	Zoom/Teams

Upcoming Dates

Date	Time	Meeting	Meeting Type	Location
05-Mar-24	1:00 - 2:30 pm	E&M FoCUS	Online	Zoom/Teams
06-Mar-24	1:00 - 2:30 pm	SW FoCUS	In-Person	Guildford Baptist Church
07-Mar-24	1:00 - 2:30 pm	W & NEH FoCUS	Online	Zoom/Teams
11-Mar-24	1:00 - 2:30 pm	NW FoCUS	In-Person	Unither House, Chertsey

**Wishing you a Merry Christmas and
a Happy New Year!**



From The Coalition



**Help make a difference to the future of
mental health services.**

Visit our website to find out more or to become
a member:

<https://surreycoalition.org.uk/mental-health/>



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