

Talking Mental Health



INDEPENDENT MENTAL HEALTH NETWORK
SURREY & NE HANTS

March Newsletter



Forum of Carers and people
who Use our Services

**Welcome to the joint Newsletter for
Independent Mental Health Network (IMHN)**

and

**Forum of Carers and People who Use SaBP NHS Services
(FoCUS)**

What we do

Engaging with service users and carers to hear their experiences of using Adult mental health services. We provide a voice for people in Surrey and North East Hampshire on the mental health topics that matter to them.

Hearing directly from people who use services really helps to highlight the challenges people face and has helped to make improvements. We regularly share and contribute at decision making meetings to help people that will require the services in the future.

FoCUS is 'focussed' on the people and topics about Surrey and Borders Partnership NHS Foundation Trust adult services.

IMHN looks at the wider Mental health network; working closely with Surrey Heartlands, NHS Frimley ICB. Suicide Prevention Strategy and Surrey County Council.





INDEPENDENT MENTAL HEALTH NETWORK
SURREY & NE HANTS

IMHN

Independent Mental Health Network



IMHN updates

Our next IMHN Coordinating meeting 22nd March – the main speaker will be Tham Dewa and Wendy Smith about engagement on the new Health Based Place of Safety and Megan Siarey to give update on Wellbeing Survey.

Would you like to be the next Chair or Vice Chair of the Independent Mental Health Network? More information to follow at the IMHN Coordinating meeting on March 22nd 1-3pm on zoom email guy.hill@surreycoalition.org.uk

Have you used Surrey and NE Hants Mental Health services or care for someone who has and they would like to tell their story? Get in touch with guy.hill@surreycoalition.org.uk.

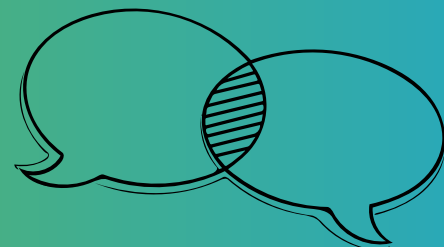
Free Empowerment Training to all IMHN members will be on Wednesday 20th and Thursday 21st March remotely via zoom from 10am until noon, attendance is needed ideally for both days based around Empowerment in meetings. Giving confidence to you for your voice to be heard and the ability to express your views. Book in with guy.hill@surreycoalition.org.uk



To find out about the IMHN or join us

<https://surreycoalition.org.uk/imhn/>

EVENT



FoCUS Updates

E&M FoCUS	05-Mar-24 @ 1.00-2.30 pm	Online Only (Zoom)
SW FoCUS	06-Mar-24 @ 1.00-2.30 pm	Guildford Baptist Church + Zoom
W & NEH FoCUS	07-Mar-24 @ 1.00-2.30 pm	Online Only (Zoom)
NW FoCUS	11-Mar-24 @ 1.00-2.30 pm	Unither House Chertsey + Zoom

March Agenda

- SaBP New Hospital (Silverwood) engagement on the new Health Based Place of Safety
- Emerald Place Tier4 Children's Unit overview
- Local Area discussions, issues, compliments
- February Committee follow-up
- Invites and how to get involved

Partnership People

SaBP have relaunched it's Partnership People magazine.

<https://www.sabp.nhs.uk/aboutus/members/Newsletter>



Find out more about FoCUS

<https://www.sabp.nhs.uk/aboutus/members-and-governors/focus/local-groups>

and

<https://surreycoalition.org.uk/imhn/focus/>



EVENT

Dates

When	What	Where
05-Mar-24 @ 1.00-2.30 pm	E&M FoCUS	Online Only (Zoom)
06-Mar-24 @ 1.00-2.30 pm	SW FoCUS	Guildford Baptist Church + Zoom
07-Mar-24 @ 1.00-2.30 pm	W & NEH FoCUS	Online Only (Zoom)
11-Mar-24 @ 1.00-2.30 pm	NW FoCUS	Unither House Chertsey + Zoom
22-Mar-24 @ 1-3 pm	IMHN Coordinating meeting	Online (Zoom)
31-May-24 @ 1-3 pm	IMHN Coordinating meeting	Online (Zoom)
10-Apr-24 @ 10-12 am	MH Stakeholders NW Surrey	Online (Zoom)
11-Apr-24 @ 10-12 am	MH Stakeholders E+M Surrey	Online (Zoom)

Awareness Celebration weeks in March

Neurodiversity Celebration Week (18-24 March)

Eating Disorders Awareness Week (26 Feb-3 March)

International Womens Day (8 March)

National Drug and Alcohol Facts Week (18-24 March)



EVENT



GET INVOLVED

Nurturing Mental Well-being across cultures in Surrey, South Frimley & the surrounding areas

Share your experience of local mental health services and specific challenges you, your household & community faces.

Is religion, culture, or language acting as a barrier to accessing mental health services?

We want to hear from Surrey and South Frimley residents, and are especially interesting in hearing from men. Your support will help shape better mental health services for our growing ethnic population in Surrey, South Frimley & the surrounding areas.

Survey link: <https://forms.office.com/e/c6dakpzhpV>

For further information contact Salem Sabur:
Phone/Text: 07915 926 753
Email: salems@smef.org.uk



SCAN
ME

Survey



Surrey Coalition of Disabled People, a company limited by guarantee registered in England and Wales. Registered number: 03298760. Registered Office: Astolat, Coniers Way, Guildford, Surrey, GU4 7HL



GET INVOLVED

Become a Voice Rep

Do you receive Direct Payments from Surrey County Council?

Become a Voice Rep in the Direct Payments Strategy Partnership Steering Committee

Surrey County Council are also looking people with lived experience of using Direct Payments representative as part of a Partnership Steering Committee.

The role of the reps will be to better design the arrangements for supporting the Direct Payments offer, so to improve people's experience of exercising choice and control, free from the fear of losing funds to cost savings and unnecessary restraints on spend that users spoke of in co-production activity for the development of the strategy.

Surrey CC would like a DP user forum whose form and function will be shaped by the reps themselves – in essence it will be to ensure that the user voice reps might feel empowered and more confident about ensuring their voice is heard.

Please contact guy.hill@surreycoalition.org.uk if you would be interested.

DIALOG+

Supporting the DIALOG information needs of people accessing services and their carers/families: We will be bringing together some people who have an interest in looking at what information people accessing services need about DIALOG+, and how to produce this. This would consist of an hour meeting with potentially some additional work (for those who are interested) in reviewing materials.

If interested please fill in this doodle poll by Monday 26th March
<https://doodle.com/meeting/participate/id/dGwEW17d>



David Muir IMHN Vice Chairs report

I have enjoyed my time with the IMHN as the vice chair, I'm involved in the Bracken Dale Close group with Tony Hall and I have enjoyed getting the voices of end users with Dementia and mental health heard. I have also enjoyed being involved with Focus both West and South West and looking forward to giving another year's service. I have enjoyed doing the IMHN training over the last year with Nicky Gregory.



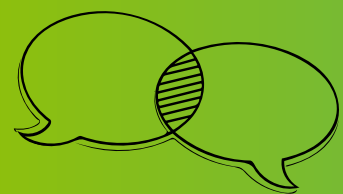
I'm working with Tham Dewa from Surrey and Borders Partnership on the new hospitals program. Also I'm involved with the Alzheimer Cafe run by Maureen Hume in Camberley which has good literature on Dementia and Alzheimer's which could benefit members of the IMHN.

Also I'm hoping to be more involved with FoCUS with Jennie Coulson and getting end users voices heard on Focus. I hope to more involved with the Lead program by Lynn from Surrey and Borders Partnership end of life leader program talking about mental health.

Interested in becoming a rep or getting more involved?

Guy.Hill@surreycoalition.org.uk

Jennie.Coulson@surreycoalition.org.uk



Useful Links

- <https://www.healthwatchesurrey.co.uk/report/insight-bulletin-february-2024/>
- <https://www.maryfrancestrust.org.uk/calendar/>
- <https://www.catalystsupport.org.uk/activity-timetable/>
- <https://www.richmondfellowship.org.uk/services/east-surrey-community-connections/>
- <https://carersuk-news.org/cr/AQiMSBck8OoGGKPq2sAEXlthOKYJltMtGh5CNrVkJcifHhdJMumebx2B-rhOAU>

Useful mental health apps

- <https://mind.orchahealth.com/en-GB>

Do you suffer from Seasonal affective Disorder?

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/about-sad/>

