

Talking Mental Health



INDEPENDENT MENTAL HEALTH NETWORK
SURREY & NE HANTS

April 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.



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INDEPENDENT MENTAL HEALTH NETWORK
SURREY & NE HANTS

IMHN

Independent Mental Health Network



Mental Health Videos

Have you used Surrey and NE Hants Mental Health services or care for someone who has? We are recording your stories so that we can give an insight to Service providers and Commissioners to let them know what it's like using mental health services today, good and bad experiences are welcome. Get in touch with guy.hill@surreycoalition.org.uk.

IMHN Elections

Would you like to be the next Chair or Vice Chair of the Independent Mental Health Network? Our election process is starting in April and in order to vote join us, it's free. Click on this link: [About IMHN - Surrey Coalition of Disabled People](#) or contact guy.hill@surreycoalition.org.uk

<https://www.healthwatchesurrey.co.uk/report/insight-bulletin-march-2024/>

Mental Health Stakeholder Online Meetings

- NW Surrey Wednesday 12th June 10-11am
- East & Mid Surrey 13th June 10-11am
- IMHN Coordinating Meeting online 31st May 1-3pm

Contact guy.hill@surreycoalition.org.uk or SMS/call: 07305009869 for more details.

Mental Health Awareness week 15th – 21st May – Cost of Living Crisis – [End stigma Home - End Stigma Surrey](#)

[Mary Frances Trust April 2024 Newsletter](#)

[Autism and Suicide Awareness Training :: Zero Suicide Alliance](#)

Andy's Man Club



I recently attended Andy's Man Club in Woking on a Monday night. ANDYSMANCLUB takes its name from Andrew Roberts, a man who sadly took his own life aged 23 in early 2016. Andy's family had no inkling that he was suffering or struggling to the extent that he would do this, and as a result looked deeper into male suicide and men's mental health. They soon discovered that male suicide is the biggest killer of men under 50, with male mental health surrounded by well-ingrained cultural stigma in the UK.

Elaine Roberts and Luke Ambler are Andy's Mum and Brother-in-Law, together they came up with the idea of ANDYSMANCLUB, a group where men aged 18 and above can speak openly about their mental health in a judgment-free, non-clinical environment. Groups now operate nationwide and are completely volunteer-led, with the vast majority of group facilitators having first interacted with ANDYSMANCLUB when they came through the door as a service user.

The group meets and passes a football around and when you have the ball then it's your turn to talk. It works around the same questions asked each week –

1. How's the week been
2. Positive point in the week
3. Do you have something to get off your chest

Then two more relaxing questions which can be anything light hearted for example what's your favourite sandwich.

It's peer supported and at the meeting I attended there were over 70 men there. They just started a group in Guildford and over 20 attended and there are plans to open more across Surrey.

It's somewhere men can go and not feel judged and I really felt welcomed and supported and would recommend going. It's now run at Parkview Centre, Blackmore Crescent, Sheerwater, Woking GU21 5NZ

A big thank you to Blair Parrott who organises the group.

Guy Hill Independent Mental Health Network Coordinator

[Andy's Man Club](#) | [#ITSOKAYTOTALK](#) | [Andy's Man Club \(andysmanclub.co.uk\)](#)



FoCUS The way forward



In Aprils FoCUS Area groups we will be hearing about some exciting changes to FoCUS. Starting in June we will be adjusting the format of our meetings to make them more informal and community focussed. To hear more please either come along or get in touch with the FoCUS Coordinator.

We're attempting to build diversity to make sure we're hearing from everyone in society, across Surrey and North East Hampshire who use Surrey and Borders Partnership NHS Foundation Trust Services.

If you struggle to attend or think we can do things differently, I would love to hear from you so we can make our groups more accessible! Please get in touch with any thoughts you would like to share.

The FoCUS coordinator will be in contact with all of our current members to ensure we have the correct information and if you want to continue being involved as well in the future.

Find out more about FoCUS



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

and

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



Contact Jennie Coulson
jennie.coulson@surreycoalition.org.uk
Call/SMS: 07492342573

E&M FoCUS	9th April 1-2.30 pm	SaBP Leatherhead Hub
SW FoCUS	10th April 1-2.30 pm	Online Only (Zoom)
W & NEH FoCUS	11th April 1-2.30 pm	Theta, Lyon Way Frimley
NW FoCUS	15th April 1-2.30 pm	Online Only (Zoom)
FoCUS Reps	22nd April 11-12 am	Online (Zoom)
FoCUS Reps/Committee	14th May 1.45-4.00 pm	Online (Zoom)

Farnham Road Hospital PALS/FoCUS Ward Visits

During March, Jennie Coulson, the FoCUS Coordinator, teamed up with the SaBP Complaints and PALS team and a member of the Mental Health Act team to visit Farnham Road Hospital. The day was filled with interactions, providing an opportunity to experience the surroundings firsthand. The team toured the wards, engaging directly with patients, caregivers, and staff, and also made themselves available in the reception area during visiting hours for further discussions.

More visits are already being scheduled along with regular drop-in feedback sessions at the reception area.

Becoming a member of SABP - did you know?

There are also benefits of becoming a direct member of Surrey and Borders Partnership (SABP) NHS Foundation Trust and you can find more information here: <https://www.sabp.nhs.uk/aboutus/members?s=09>

As a member you may also enjoy money saving offers and discounts from leading high street and online retailers through: <https://healthservicediscounts.com/?s=09>

Dates

When	What	Where
31st May 1-3 pm	IMHN Coordinating meeting	Online (Zoom)
5th June 1-2.30 pm	E&M FoCUS	Online Only (Zoom)
6th June 1-2.30 pm	SW FoCUS	Guildford Baptist Church + Zoom
7th June 1-2.30 pm	W & NEH FoCUS	Online Only (Zoom)
11th June 1-2.30 pm	NW FoCUS	Unither House Chertsey + Zoom
12th June 10-11 am	MH Stakeholders NW Surrey	Online (Zoom)
13th June 10-11 am	MH Stakeholders E+M Surrey	Online (Zoom)
20th Jun 2-4.30 pm	SaBP Governors Meeting	18 Mole Business Park Leatherhead

Upcoming Awareness Celebrations

Stress awareness Month (April)

Autism Month (April)

Maternal Mental Health Awareness Week (2 - 8 May)

Dying Matters Awareness Week (6 - 12 May)

Mental Health Awareness Week (13 - 20 May)

Mental Health Awareness week (15th – 21st May)



GET INVOLVED

Carers Ward Pack

Are you providing support to a loved one or friend currently using our services? Support that they could not cope without? Then you are an unpaid carer.

As part of our Trust Carers Programme we'd like to work together with you to create a Carers Ward Pack that provides all the critical information a carer needs when visiting the ward. We will also create a Community Carer Pack to help those who are supporting people who are using our community services.

**We are planning to hold a 2hr session at:
Farnham Road Hospital, Guildford GU2 7LX
Sunday 12th May - 12 noon till 2pm**



We will provide refreshments during the discussion and are able to refund travel costs on the day.

If you would like to join us to share your ideas on what should be in the pack please contact us:

**By email – carerssabp@sabp.nhs.uk
Phone – 07542614926**

(if we are unable to answer your call please leave a message and we will get back to you as soon as we can).

One of the Trust's key objectives is to 'Strengthen involvement with people who use services, carers and families'. Hearing your ideas and perspectives is critical to ensure we create the resources that you need.

Job Opportunity

Lived Experience Co-Trainer with Active prospects

Care
Talent
Collective



Active Prospects are looking for someone to start a new job as an Expert with Lived Experience Co-Trainer.

The job is to train people who work in health and social care about learning disabilities and autism.

Active Prospects will teach you how to do the job.
This is a paid role. You choose your hours.

For more information contact Katie Christmas who works for Active Prospects.

Her contacts details are:

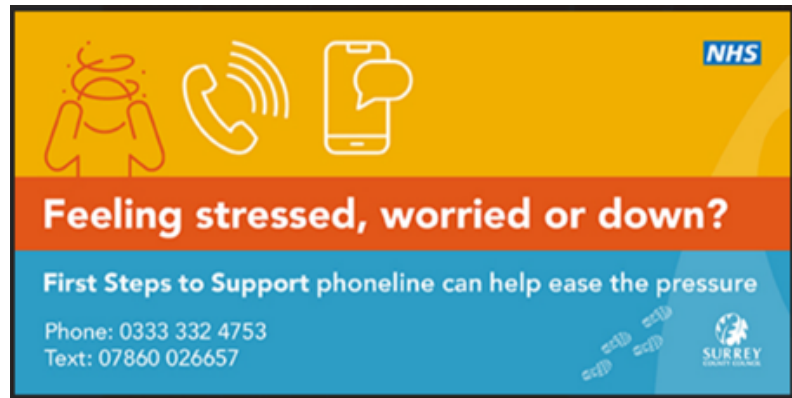
07970 168 325.

Katie.Christmas@activeprospects.org.uk

The First Steps to Support Phonenumber

Life getting Tough?

**Do you live in Guildford,
Waverley or Woking?**



Feeling stressed, worried, irritable, or down? Money worries? Finding it hard to sleep? Caring for others and no time for yourself?

The new First Steps to Support is a free phonenumber to help those facing life's stresses and looking to improve their mental wellbeing, for themselves, their friends or family members.

The friendly staff at First Steps to Support are there to:

- Understand what's on your mind, what's troubling you, and what you would like to be different.
- Work with you to explore the best way of helping you.
- Guide you to the right support to lighten the load, help you cope better and enjoy life again.

Contact First Steps to help ease the pressure.

Phone: 0333 332 4753

Text: 07860 026657

Email: dohel.firststeps.surrey@nhs.net

The phonenumber is open to residents over 18 in Guildford, Waverley & Woking boroughs.

Opening times:

- Monday 8am-3pm
- Tuesday 9am-4pm
- Wednesday 10am-5pm
- Thursday 9am-7pm
- Friday 10am-2pm

Useful Links

- <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/AQiMSBCK80oGGKPq2sAEXlthOKYJltMtGh5CNrVkJcifHhdJMumebx2B-rhOAU>

Useful mental health apps

Mind App Library

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

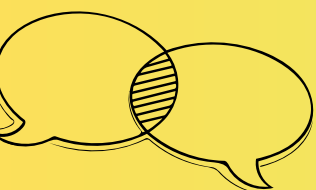
Stay Alive app

Available on the Google Play store and Apple App Store

For more information go to <https://www.stayalive.app/>

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/>



Wellbeing Support

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:

<https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>.

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

Virtual Safe Haven Links

- [Epsom Safe Haven](http://nhs.vc/sabp/safe-haven-Epsom) <http://nhs.vc/sabp/safe-haven-Epsom>
- [Guildford Safe Haven](https://nhs.vc/sabp/safe-haven-guildford) <https://nhs.vc/sabp/safe-haven-guildford>
- [Redhill Safe Haven](https://nhs.vc/sabp/safe-haven-redhill) <https://nhs.vc/sabp/safe-haven-redhill>
- [Woking Safe Haven](https://nhs.vc/sabp/safe-haven-woking) <https://nhs.vc/sabp/safe-haven-woking>
- [Aldershot Safe Haven](https://nhs.vc/sabp/safe-haven-aldershot) <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
- [go to the Healthy Surrey website for more information about mental health and emotional wellbeing support in Surrey.](#)

