WHY NOT BECOME A MEMBER OF THE MENTAL HEALTH NETWORK?

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**ETHNICITY**

- White Scottish
- Other White British
- White Irish
- Other White
- Indian
- Pakistani
- Bangladeshi
- Other (south) Asian
- Chinese
- Caribbean
- African
- Black Scottish and other Black
- Other

**LOCATION**

- Glasgow North
- Glasgow South West
- Glasgow South East
- Glasgow East
- Glasgow West
- East Dunbartons
- Other Scotland
- England
- Ireland
- Wales
- Other

**ECONOMIC STATUS**

- Employed Full Time
- Employed Part Time
- Education Full Time
- Education Part Time
- Volunteer
- Unemployed
- Retired
- Carer

Please note that your details will not be shared with organisations out with the Mental Health Network.

Please return to: Database, Mental Health Network, Suite 11, Templeton House, Templeton Business Centre, 62 Templeton Street, Glasgow, G40 1DA.
Hi Everyone,

Can you believe it is nearly Easter, it feels like Christmas was only yesterday.

The past 3 months have been very busy here at the Mental Health Network. In February I attended the launch of Research by Vox and Scottish Government called ‘Better Telt than Telt’ at which Moira spoke. On the 1st of March I went with Tommy to Scottish Parliament where Tommy gave a speech about his recovery at a devoted men’s health event that you will read more of on page 7. March 2nd Margaret Timoney organised a very successful event about Perinatal Illness, read more on page 5.

Anyway that is enough from me as there are fuller articles further on in this issue and don’t forget you can download this issue and all backdated copies of Network News on our website www.mhngg.org.uk. Don’t forget to visit!!

Thank You, Anne

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CARE GOVERNANCE

Hi, my name is Paul and I am a volunteer with the Mental Health Network. I recently delivered three workshops for health professionals on “What is quality in mental health? from a service user’s point of view.

We developed the session, looking at a patient journey and the positive and negative aspects at various stages of treatment. The first stage was ‘Crises’ and the crisis response, the second was treatment after being admitted to hospital and the third was staying well after discharge.

We talked about what other service user’s had said about their experiences and I also talked about my own personal experience of treatment. There then followed comments and questions.

It was interesting to see how my experiences related to the ‘Quality’ agenda, and I found that by discussing my own journey this gave the points we made much more force, as well as making the session much more ‘human’.

I found the whole day a great experience as I felt valued and listened to, I had a great time and would recommend it to others.

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MENTAL HEALTH NETWORK (GREATER GLASGOW) SEEKS TO APPOINT NEW MEMBERS TO OUR BOARD OF DIRECTORS

Mental Health Network (Greater Glasgow) is a service led organisation that gathers the experiences and opinions of people that have used Mental Health Services in the Greater Glasgow Area.

Originally set up in 1999, the Network became an Independent Charity in 2004. We are a membership organisation and membership is open to individuals that have a lived experience of mental health difficulties and to groups.

To help support the organisation we are looking for interested and motivated individuals to join our Board of Directors with experience and skills particularly in the following areas:- Accountancy and Finance, Fundraising, Marketing and Management.

The Board currently meets six weekly and although the role is non-renumerated, reasonable expenses will be reimbursed with training provided at no extra cost.

If you would like an informal chat about the role, please contact Anne McLoughlin, Chair Mental Health Network on 0141 550 8417.

Volunteering Day

On the 4th March the Network co-delivered an information event on the theme of ‘Volunteering’ with the service user group platform in Pollock Community Centre.

There were speakers from local organisations that use volunteers, particularly those with a lived experience of mental health issues, such as the WIN Project, platform, the Peer Support Project and the Mental Health Network (Greater Glasgow) itself.

The benefits of volunteering were highlighted and discussed by participants. It was clear that a person’s benefit situation greatly influenced how they viewed any voluntary activity, and the importance of being clear exactly what commitment they could give a voluntary role. The event stressed the importance of giving people good information so that they do not lose out undertaking an activity that offers many benefits for a person’s longer term recovery. Indeed it was good to hear volunteers express the benefits they personally received in terms of increased confidence, feeling that they were undertaking a worthwhile activity, a sense of purpose and (should they choose) having something on a CV that can help them if they eventually apply for work.

If you would like to join our Newsletter Group?

If you would like to share your views and experiences and work with a very enthusiastic team call the Network.
TRY OUR QUIZ

1. Who is the highest paid TV actor in America that has recently been fired from his top rating sitcom Two and a Half Men?

2. Which film won the Oscar for the Best Film at this year's Academy Awards?

3. What is the only state in the USA that ends in 3 vowels?

4. What are the 3 states in the USA that only have 4 letters in their name?

5. Which team won the Superbowl this year?

ANAGRAMS

UNSCRAMBLE THE GLASGOW AREAS BELOW

1. OXIRB
2. VAGON
3. CANROGIT
4. CANDALORD
5. SARKPOMS
6. PLOOCK
7. THONRELKABIN
8. OFFGINC
9. RERELYE
10. LENDSWAN

VISIT OUR WEBSITE www.mhngg.org.uk
We look forward to your views!!

MEN’S DEPRESSION EVENT

TUESDAY 21ST FEBRUARY, GLASGOW

The main topic was men’s depression and how best to support men to become more open about their mental well-being.

The event was held by Bi-Polar Scotland and Men’s Health Forum Scotland (MHFS). Chaired by Gordon Johnston, Chair of MHFS. Colin Walker, Mind, was one of the speakers on the day. He spoke about ‘Getting it of your Chest’ and a carer talked about their own experience of living with a person with a mental health illness. There were also 3 workshops:

1. Tony McLaren, Breathing Space: Men and Recovery
2. Aiden Collins, SAMH: Dismissed? Men employment and Mental Health
3. Ceri Ann Davis, SAMH: Getting Active

The event was very well attended, but I thought there was a lack of service user involvement; particularly from those who had sought help in the past and could have told of their own lived experience, how they overcame it and how their journey developed to recovery.

Out of this event I have been invited to do a talk about my own journey through depression from a man’s perspective. You can read more about my Parliament visit on page 7.

EAST DUNBARTONSHIRE & EAST GLASGOW

I have been continuing to meet with organisations within both of my areas as well as going to employability events.

EAST GLASGOW

The most notable being the launch of a DVD that was produced by The Peer Support Development Group and looks at people’s journeys of recovery particularly around volunteering and employment but also how peer support helped them to be able to take this forward.

Glasgow East Service Users and Carers Forum will be having their AGM March 15th in the Network offices. They are always looking for new members to join and anyone living within the east end of Glasgow is welcome. It is run by service users and carers for service users and carers.

Penumbra has several supported accommodation places within the area. They have Peer Support Workers who offer support to people in order for them to maintain their tenancy.

Positive Mental Attitudes who are based within the East CHP are running several art based projects and also creative writing groups.

EAST DUNBARTONSHIRE

I have met with Connections, part of the Richmond Fellowship organisation, to promote MHIN within the area. I will be delivering a pre WRAP session at The Hub meeting, which is run by Connections.

I am currently organising a meeting in the area. You will all receive your invites very soon to join me. I hope as many people as possible will try and come along and have a “Blether”.

Please contact me if you wish further information about any of the projects mentioned moira@mhngg.org.uk or 0141 550 8417.

BREAKING THE SILENCE

Event

We held an event on 2nd March to bring together people that have had experience of perinatal mental health issues. The day was well attended by both people with lived experience and staff from other organisations. A lot of good ideas about what services could help people were suggested and a report is being written, look out for it on our website.

We have now produced a series of information leaflets that can be downloaded from our website.

Thanks to everyone who attended particularly Eileen Clark, Richard Leckerman, Dr Cantwell and Eileen McDonald from HAPIS in Inverness.
MHN was asked to attend the Participation Standard 2010/11 Conference where six case studies were presented in order to select one case study of good practice, which involved patients and the public in service planning, improvement and change. A participation standard is a way of measuring how well NHS Boards ensure that the public can take part in planning and providing health services.

There were six presentations: Public Partner Involvement in Cleaning Services Monitoring; Re-Design of Tier 4 Learning Disability Service; Community of Action - Renfrewshire; Re-Design of District Nursing in Renfrewshire; Involving Patients and the Public in the Development of the New South Glasgow Hospital and Retraction of Mental Health Services at Ravenscraig Hospital.

Unfortunately, the person due to give the Presentation on the Retraction of Mental Health Services at Ravenscraig Hospital was unable to attend on the day, and therefore the interactive voting in the afternoon session only took account of the remaining five presentations.

The model voted best example was Public Partner Involvement in Cleaning Services Monitoring.

It was a great opportunity to meet others and hear about the different ways of engagement and participation of patients and the general public. Involving the public in healthcare decisions will help ensure that health services better meet individual needs and preferences.

Further information on the Participation Standard for the NHS in Scotland can be found on the Scottish Health Council website: www.scottishhealthcouncil.org or by contacting your local Scottish Health Council Office.
REALISING POTENTIAL
AN ACTION PLAN FOR ALLIED HEALTH PROFESSIONALS IN MENTAL HEALTH

This was launched in June 2010 by Shona Robison Minister for Public Health and Sport.

This action plan was developed in partnership with allied health professionals from all the heath boards in Scotland, as well as Vox and Support in Mind Scotland. Focus groups were run across Scotland to engage service users and carers in the development of this action plan and to take the time to ask people who use the services of allied health professionals what they thought the added value was.

A DVD about service users experience accompanies the action plan. You can view this on line at http://www.scotland.gov.uk/Publications/2010/06/15133341/0

There are a number of professionals who are referred to as “allied health professional”. If you want to know all the disciplines included in this umbrella term, you can go on line to Health Professions Council you will find this information at http://www.hpc-uk.org/aboutus/ there are currently 15 professions regulated by this body, most but not all of these are AHPs.

The groups involved in developing the action plan were:

- Arts Therapists, which includes music, dance movement and drama
- Dietitians
- Occupational Therapists
- Physiotherapists
- Speech and Language Therapists

These professions were chosen to contribute to the document as they most often work in mental health undertaking specific mental health treatments and interventions.

The action plan outlines 12 recommendations that health boards have committed to achieving within a three year time frame. The recommendations are structured around the following areas:

- Early intervention and timely access to services
- Supported self management and recovery
- Promoting physical health and mental well being
- Psychological interventions
- Vocational rehabilitation

In September 2010 Glasgow and Clyde participated in a west of Scotland regional event designed to raise awareness amongst local managers and senior staff. There was services user and carer representation at this event. There was also a GGC mental health AHP event in November to make sure that AHPs understand the action plan and feel confident in helping us achieve our goals as a health board.

A further smaller half day event was run in February 2011. This event looked specifically at areas of good practice which we can build into the final GGC action plan. A representative from the Glasgow Carers Forum helped to facilitate this session.

We are planning to establish an executive group to oversee the development and monitoring of the action plan. We are looking for interested service users and carers to join us on this group. If you or someone you know would be interested in joining the group and would like to know more please contact Samantha Flower on 0141 211 3576 or email Samantha.Flower@ggc.scot.nhs.uk

KELVIN VALLEY health walks

Kelvin Valley health walks are held in the Kelvin Valley near Kilsyth. Each walk takes place at 2pm on a Saturday and the duration of the walks are 1 hour to 1½ hours. We go to Banton Loch and Colzium Park; Canal walks to Twechar and Kelvinhead; Barr Hill and Croy Hill.

Kilsyth is 40mins by bus from Glasgow: Buses 27, 27a and 24 all leave Buchanan Street bus station and there are two cafes in Kilsyth.

If you are interested phone Bill on 01236 825 656 after 6pm
INCAPACITY BENEFITS
CHANGES YOU NEED TO KNOW ABOUT
Susanne Barr - Mental Health Coordinator, Job Centre Plus

Research confirms that the vast majority of people are better off in work and that having a job is beneficial for people’s health, income and well-being.

The government is introducing a new Work Programme from 2011 and this will provide help for those amongst the 2.6 million people currently claiming incapacity benefits who are able to work.

REASSESSMENT OF INCAPACITY BENEFIT CLAIMS

In the Autumn, starting in and around Burnley and Aberdeen, we will ask incapacity benefit customers to attend a Work Capability Assessment (WCA) to see if they are fit for work. The rest of the country will follow over the next 3 years and we will start to reassess people nationally from February 2011.

As part of this reassessment, the majority of incapacity benefit customers will be asked to attend a Work Capability Assessment (WCA). People assessed as fully capable of work can make a claim to Jobseekers Allowance (JSA). People who cannot work or have a limited capability to work, will move to Employment Support Allowance (ESA).

The Work Capability Assessment also allows us to recognise those people who need additional support and ensure that they get unconditional help. To this end, we have taken forward recommendations to treat people waiting for, or between courses of chemotherapy in the same way as those already receiving it. We will also extend the criteria for people with severe disability due to mental health condition, meaning fewer very ill people will be asked to attend an assessment.

We will write to customers when their benefit becomes due for reassessment to tell them about the changes. We will also phone customers to answer any questions they may have and find out if they need extra help. Customers do not need to contact us until they receive this letter.

Please also note that people will continue to receive their current benefit, as long as they meet the conditions of entitlement, until we have reassessed their claim.

Extract from Glasgow Jobcentre Plus Partners Newsletter August 2010.

RESPONSE FROM MOIRA

My hope is that this information will provide fact not fiction for anyone in this situation and not sensationalise an already very sensitive subject for so many people.

I have tried when attending many projects to represent service users’ views while also expressing that it is not always an easy task to return to work and can take a long time for some to build up the confidence to achieve any sort of work.

The most important piece of advice I have for each and every one of you is DO NOT IGNORE any letters you receive from the Department of Works and Pensions. If you open the letter and get advice as soon as possible from a money advice project or the Citizens Advice they will be able to help you to fill in the form and return it on time.

If you are sent for a medical to assess your fitness for work you can take someone along with you. If you are then deemed fit for work you will be entitled to appeal and in that time you will receive Jobseekers allowance until you have your appeal heard and it successful all monies will be back dated to you.

Everyone in receipt of Incapacity Benefit will be reassessed at some point this year unless they reach state pensionable age before 2014.

FREE HEALTH AND SAFETY SERVICE

The NHS Healthy Working Lives service provides free and confidential advice and support on any workplace health and safety issue.

WHY IS IT FREE?

There is no catch or hidden costs.

We understand that smaller businesses have the same health problems as those big businesses, but small may not have the help in house to deal with them or indeed prevent them. By helping small businesses manage safety more effectively we can reduce accidents, illness and ill health and save the business and the NHS unnecessary expense.

We can support small businesses make essential improvements that will make them safer and healthier places to work.

How can we help you?

Our advice and support is free and confidential and includes:

- National Adviceline - Speak to a Health and Safety or Occupational Health Adviser
- Healthy Working Lives Advisers are available for workplace visits
- Website www.healthyworkinglives.com
- Practical training for small businesses

If you need help, call our Adviceline today and speak to one of our Advisers in complete confidence.

(Tel 0800 019 2211)

The Adviceline is open from 09:00 - 17:00 Monday to Thursday and 09:00 - 16.30 on Fridays.

Alternatively, you can request a visit by emailing us via our website www.healthyworkinglives.com

ANSWERS TO GLASGOW ANAGRAM QUIZ

1. IBOX
2. GOVAN
3. CRAIGTON
4. CARDOYALD
5. MOSSPARK

6. POLLOCK
7. THORNLEY BANK
8. GIFFNOCK
9. MERRY LE
10. NEWLANDS

Healthy Working Lives

11. Mental Health Newsletter

Spring 2011