



**WINTER  
2019**

## ***CARERS' NEWS***

A newsletter for Families, friends & all people interested in mental health

### **WINTER OPEN MEETING**

**WEDNESDAY 11 DECEMBER 2019**

From 1 pm to 4 pm

**At the NOTTINGHAM MECHANICS -**

**3, North Sherwood St, Nottingham NG1 4EZ**

We welcome The Nottinghamshire Healthcare NHS Foundation Trust's

**FAMILY INTERVENTIONS TEAM**

***Plus SEASONAL GAMES / BUFFET***

We welcome all those interested in issues concerning adult mental health carers

Although booking is not essential to attend Open Meetings, if possible please contact Geoff Curtis: 0115 9631916 or email: [geoffcurtis@ymail.com](mailto:geoffcurtis@ymail.com) to confirm attendance

### **ADVANCE NOTICE FOR OUR**

**WEDNESDAY 19 FEBRUARY 2020 OPEN MEETING**

From 1 pm to 4 pm

**At the NOTTINGHAM MECHANICS - 3, North Sherwood St, Nottingham NG1 4EZ**

**TALK ON INTEGRATED CARE STRATEGY**

**THERE WILL BE A SMALL CHARGE OF £3 AT 2020 OPEN MEETINGS**

**THIS INCLUDES THE BUFFET AND FREE RAFFLE TICKET**

**NB: REPRESENTATIVES FROM ORGANISATIONS WILL NOT BE CHARGED IF THEY DO NOT REQUIRE THE BUFFET/RAFFLE TICKET**

**[www.carers-council.org.uk](http://www.carers-council.org.uk)**

*Registered Charity No. 1073466*

Articles written in this newsletter do not necessarily represent the view of the Carers' Council.

## **LOOKING TOWARDS OUR DECEMBER OPEN MEETING**

We are delighted to announce that the Family Interventions Team will be coming to our DECEMBER 2019 Open Meeting to talk about the team's work and opportunities for Carer Involvement Volunteers within the Trust. I have taken part on a few 'Working with Families' sessions and I would encourage carers to take part to tell their stories. Also we plan to have seasonal games, buffet and activities.

Also, a quick look forward to our **FEBRUARY 2020 OPEN MEETING** where **Peter Robinson** will update and tell us all about the **integrated Care System** and the impact on Nottinghamshire Services and carers.

**This will be the first meeting where we ask for £3 admission from members.**

## **REPORT ON OUR OCTOBER AGM AND OPEN MEETING**

We welcomed 22 members and visitors, to our AGM and Open Meeting. As at every AGM all Committee members stood down. All those Committee members stood for re-election plus one more member. As well as the usual Chairman's Report and Annual Report, we were treated to a presentation of our new website after the AGM.

The meeting was addressed on the subject of introducing a £3 charge per person for attendance at Open Meetings from January 2020. This would include the buffet and free raffle ticket. Currently the cost averaged out at around £9 per person at each Open Meeting so a charge of £3 would still be heavily subsidised. The Carers' Council recognised the importance of organisations being represented at Open Meetings and suggested that the charge for those representatives could be waived if they did not require the buffet.

The meeting asked if they would pass this proposal to charge and for this charge to begin from January 2020. Those present at the AGM agreed to this proposal. **THE FIRST OPEN MEETING THE CHARGE WILL APPLY WILL BE FEBRUARY 2020**

Melanie Mack had been unable to join us for the Open Meeting due to illness, but this meant that we were able to devote more time on website presentation and feedback. The website, actually went live on the day. It was extremely well received and appreciation was shown for the team who had made this possible and in particular thanks to Peter Robinson who had led the project and inputted all the information.

We gave out information on various items including, Healthwatch, the Trust's new Carers' guide, Nottinghamshire CC 2019 new Carers Guide, new POWher groups in Nottinghamshire and a reminder about new rules regarding blue badge applications.

## AUGUST OPEN MEETING

**DR JULIE HANKIN**, Nottinghamshire Healthcare NHS Foundation Trust's Executive Medical Director came to our **August Open Meeting** to talk about the **TRUST'S REVISED CLINICAL STRATEGY** following work done last year. The integrated Care System and Long-Term Plan from Government was discussed. Dr Hankin pointed out that the Government's Long-Term Plan was very specific about how monies could be spent within mental health. This raised various questions such as, how to ensure people needing in-care are placed as close to home as possible and how to improve services for those with long-term conditions. The long-term plan does ringfence money specifically to address these issues.

The opinion aired was that whilst some services had actually improved and there is more recognition of mental health issues generally, the situation for those with long term conditions had deteriorated leaving many carers at a loss as to what to do. According to the Governments' Five-Year Plan national targets are not currently being met in our area. The Nottinghamshire Healthcare Trust is working with commissioners to increase the number of acute beds available locally but to also improve the crisis and community team offer to try to ensure that admission is needed as little as possible.

With regard to Care in The Community, Dr Julie Hankin herself agreed that local Crisis provision has historically not been fit for everything it was being asked to be (and in the Carers' Council opinion continues to be so until such time as other provision is in place). However, she then announced that a specialised clinical assessment unit (**PDCU**) was being set up at the Highbury Hospital (Woodlands Suite). **See P.5 for update about the PDCU** This will be accessed through the crisis teams who are moving to self-referral. It should give additional capacity to set up complex packages to support individuals and their families. With regard to those who are homeless, the Clinical Commissioning Groups have arrangements enabling those to access services.

ICS (Integrated Care Systems) were discussed and the difficulty in finding all of the independent and voluntary organisations that should be involved as they link to some part of the mental health pathway. *This work is continuing and if anyone is linked to an organisation that feels it hasn't been involved please contact Dr Hankin.*

## AUGUST OPEN MEETING - Continued FIRST AID

Also, at our August Open Meeting Esther Maggs, from Inspire introduced Mental Health First Aid. Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions, instead, Mental Health First Aid is all about how to offer initial support until appropriate professional help is received or until the crisis resolves. Inspire delivers this training in Nottinghamshire. Various scenarios were discussed. The cost for a two-day course is currently £88 but for those on certain benefits there is no charge.

### NOTTINGHAMSHIRE COUNTY COUNCIL – Changes to carer support service

In February of this year Dan Godley and Sarah Wells, Commissioning Officers for Carers Services came along to tell us about planned changes to the County Council's Carer Support Service. Those changes have been delayed but are now due to come into force from December 2019.

Changes are to include the removal of the current £150/£200 payment for eligible carers following completion of carers assessment, but there will be a budget available to support those identified with specific needs. There will be a new lower level assessment (or wellbeing check) to be introduced which may be offered to most carers on contact with the Customer Service Centre.

To find out what is available you can contact:

**Nottinghamshire Carers Hub** Telephone: 0115 824 8824

Email: [hub@carerstrustem.org/hub](mailto:hub@carerstrustem.org/hub)

Web: <https://www.carerstrustem.org/>

**Nottinghamshire County council on 0300 500 80 80**

Or look up information on [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

***The new contract for Carers Information, Advice and Support service is to continue with the Carers hub.*** We understand that The Carers Hub will also now carry out Carer Assessments. ***The new contract, for the Carers Promotion and Engagement Contract and has been awarded to Derbyshire Carers Association.***

### LET US HAVE YOUR NEWS / VIEWS FOR OUR SPRING NEWSLETTER

We welcome brief articles/letters/views from **individuals** and **organisations** alike.

**Closing date Monday 30<sup>TH</sup> January 2019**

Email [sandravanner@gmail.com](mailto:sandravanner@gmail.com) or phone 0115 8450697 / 07870 360168

# PSYCHIATRIC CLINICAL DECISIONS UNIT (PCDU)

## 'THE GLADE'

Those of you who were at our August Open Meeting were told about this planned unit when Dr Julie Hankin visited us. I have been sent an information sheet about the planned unit and have printed some excerpts below.

*"The purpose of the PCDU is to allow for an extended period of time for assessment (24-48 hours) as to whether an admission to hospital is required. Where an admission is not required this will allow for a care plan to be developed which can include the patient, carer and family and friends and support available in the community. Where (hospital) admission is clearly required, admission would be arranged straightaway without a stay in the PCDU.*

*An assessment with the PCDU can be helpful for people who previously might have waited for long periods in the Emergency Department. The environment in the PCDU is much calmer and restful and is supported by specialist mental health staff.*

*The PCDU will have staff over the 24-hour period to support patients. Referrals will be received by the Crisis Team in order to identify who is appropriate for a stay in the PCDU.*

*The PCDU is not considered as a ward, so patients are not admitted to it during their stay. Patients will only come to the PCDU if they are in agreement with doing so and can come and go during their stay."*

It was planned for this unit to be opened in October 2019 but we have been sent the statement below regarding the delayed opening.

**"The initial opening date for the PCDU has been put back due to fire compliance. Nottinghamshire Healthcare is committed to providing this service as quickly as possible, but must do so within all regulations in order to provide the safest level of care for service users and carers. The Trust hopes to identify a new opening date as soon as possible"**

In addition we understand that staff were still being interviewed for the unit at the end of October. It is of course imperative that not only are building regulations adhered to but also that all necessary staff are in place and trained prior to opening.

The unit has been given the name 'THE GLADE'. This was taken from over 50 suggestions suggested by staff, service users and carers



## SOCIAL PRESCRIBING

Social Prescribing is a new service being developed through GP Practices. As well as helping with health conditions practices will be referring patients to Link Workers employed by a group of Practices who will be able to help them with a whole range of issues about social care and their lives which may impact on their health. The diagram alongside shows the range of

issues the Link Worker can help with. These include Housing, Health concerns & conditions, Relationships and well-being, Fitness, Diet, Loneliness, Work education & training, Money. We will keep you updated as these services become available.

## ARTICLE ON CLOZAPINE PUBLISHED BY NIRH IN OCTOBER 2019

We thank a member of the Carers' Council for sending in the article below published on the National Institute for Health Research website . [10.3310/signal-000826](https://doi.org/10.3310/signal-000826)

'Among patients with schizophrenia that has not responded to other drugs, the antipsychotic drug clozapine cuts the chances of hospital admissions and drug discontinuation. Recent trials have questioned the superior efficacy of clozapine compared with other standard antipsychotic drugs. However, a review of real-world data from observational studies confirms its place as a drug that may work when others fail. Patients prescribed clozapine had better outcomes, despite having more severe illness.

As expected the data show that clozapine increases the risk of weight gain and type 2 diabetes. The side effects associated with clozapine prevent its use as a first-line drug

The findings suggest that clinicians should continue to offer a treatment trial of clozapine to people with schizophrenia who have not benefited from standard antipsychotic drugs.'

## **NEW SESSIONS PROVIDED BY POhWER WITHIN NOTTINGHAMSHIRE**

**POhWER** are holding **EmPOhWER** group/sessions at locations around Nottinghamshire where they give advice about the services they provide **plus** advice and information about other services/organisations where they are able to. Anyone can just go along – no appointment needed.

[www.pohwer.net/peer-advocacy-groups-across-nottingham1](http://www.pohwer.net/peer-advocacy-groups-across-nottingham1)

**Below are the Peer Advocacy Groups/Sessions currently provided:**

### **Arnold EmPOhWER Group:**

2nd Friday of every month from 12:00pm-1:00pm at:  
Arnold Methodist Church, 54 Front Street, Arnold, Nottingham, NG5 7EL

### **Beeston EmPOhWER Group:**

the last Tuesday of every month from 1:30pm - 2:30pm at:  
Middle Street Resource Centre, 74 Middle Street, Beeston, Nottingham, NG9 2AR

### **Clifton EmPOhWER Group:**

Various Wednesdays – Wed 20 Nov, Wed 11 Dec - 0300 456 2370 for future dates  
1:30-2:30pm at: Hope Centre, 2 Southchurch Dr, Clifton, Nottingham, NG11 8AR

### **Mansfield EmPOhWER Group:**

2nd Tuesday of every month from 1:00-3:00pm at:  
The Hive, Four Seasons Shopping Centre, Mansfield, NG18 1SU

### **Hyson Green EmPOhWER Group:**

3<sup>rd</sup> Monday of every month at 1:30-2:30pm at:  
Hyson Green Library, Mary Potter Centre, 76 Gregory Blvd, Nottingham, NG7 5HY

**For more information phone 0300 456 2370**

## **RADFORD CARE GROUP**

### **INFORMATION PROGRAMMES FOR CARERS OF PEOPLE WITH DEMENTIA**

**Thursday 23<sup>rd</sup> January 2020 – Thursday 5<sup>th</sup> March 2020**

**11.00 am to 1.00 pm. Bishops Court Tuxford Road Boughton Newark NG22 9HY  
AND**

**Saturday 25<sup>th</sup> January 2020 – Saturday 7<sup>th</sup> March 2020**

**10.30 am to 12.30 pm. Castle Cavendish Dorking Road Radford Nottm NG7 5PN**

These free programmes consist of 7, 2-hour weekly sessions, covering a different aspect of dementia at each session. Please contact Radford Care Group for more information.

To book a place, refer a carer or for further, please call

**Radford Care Group on 0115 9786133. Or visit [www.radfordcaregroup.org.uk](http://www.radfordcaregroup.org.uk)**



# THE CARERS' COUNCIL

## Allies in Adult Mental Health

The Carers' Council is a charity and offers support across Nottinghamshire to families, friends and carers of those experiencing mental distress by providing:

- **Someone to talk to about experiences**
- **Bi-monthly Open Meetings with speakers and social activities.**
- **Quarterly Newsletter of events and information.**
- **Promoting a partnership approach - working with NHS healthcare staff, Councils and other organisations**

***We welcome new members. For more information contact:  
Geoff Curtis on 0115 9631916 or email: [geoffcurtis@ymail.com](mailto:geoffcurtis@ymail.com)***

Or come to one of our meetings. You can then receive your own copy of our newsletter.  
*Charity Commission No 1073466*

### **CARERS' COUNCIL FUTURE DATES**

**Committee Meeting - Fri 29 Nov 2019** - You are most welcome to join us  
Christopher Cargill House, 21-23 Pelham Rd, Nottingham NG5 1AP 10 a.m. – 12 noon  
Committee meeting dates for next year will appear in our next newsletter

### **FUTURE OPEN MEETING DATES to JUNE 2020**

As in 2019, we continue to hold Open Meetings bi-monthly

★ **Wednesday 11 December 2019** ★ **Wednesday 19 February 2020**

★ **Wednesday 15 April 2020** ★ **Wednesday 17 June 2020** ★

The Nottingham Mechanics<sup>3</sup>, North Sherwood St, Nottingham NG1 4EZ from 1– 4 p.m

**PLEASE NOTE THAT STARTING IN 2020 THERE WILL BE A SMALL CHARGE OF £3  
WHEN ATTENDING OPEN MEETINGS. Nb: THIS CHARGE WILL BE WAIVED FOR  
REPRESENTATIVES OF ORGANISATIONS NOT REQUIRING BUFFET/RAFFLE.**

### **OUR CONTACT DETAILS:**

**Geoff Curtis, Chair** To notify attendance at Open Meetings & for all general enquires

Tel: 0115 9631916 or email: [geoffcurtis@ymail.com](mailto:geoffcurtis@ymail.com)

**Peter Robinson – Treasurer**, Membership queries and forms Tel 01623 512607 or email:

[peter.robinson930@ntlworld.com](mailto:peter.robinson930@ntlworld.com)

**Sandra Vanner – Newsletter** Tel: 0115 8450697 or email: [sandravanner@gmail.com](mailto:sandravanner@gmail.com)

**VISIT OUR NEW WEBSITE [www.carers-council.org.uk/](http://www.carers-council.org.uk/)**