## News – Sheet 18th May 2020

This time the Carers Council May 2020 update includes information about

        **ACCESS TO MENTAL HEALTH SUPPORT IN NOTTINGHAM AND NOTTINGHAMSHIRE DURING COVID-19 (updated 15 April 2020)**

       **CARERS'FEDERATION FREE COUNSELLING FOR CARERS**

       **CARERS TRUST EM VOLUNTEER SERVICES**

       **THE CLIMB PROJECT**

       **COVID 19 SCAM LEAFLET**

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**ACCESS TO MENTAL HEALTH SUPPORT IN NOTTINGHAM AND NOTTINGHAMSHIRE DURING COVID-19 (updated 15 April 2020)**

There is a link below to a useful PDF document from the ASK Lion web site with details about how to contact many supporting organisations. At the top it gives a general mental health Crisis number as 0300 303 0165 which applies to all parts of Nottinghamshire (checked by Peter Robinson 1st June 20).

[**https://www.asklion.co.uk/kb5/nottingham/directory/advice.page?id=fvGQCJXp\_WY**](https://www.asklion.co.uk/kb5/nottingham/directory/advice.page?id=fvGQCJXp_WY)

The link takes you to 6 areas of support. Click on ‘Local Mental health Support’ and then click on the support for adults. You get a very long table and at the top it gives you the headings of each section of the table. The table has phone numbers, web addresses and email links. Although it’s a PDF you can copy the web or email details and paste into your web browser.

**CARERS'FEDERATION FREE COUNSELLING FOR CARERS:** Rob Gardiner from The Carers' Federation has let us know that they continue to offer their free counselling sessions to carers (also available to non-carers).  Although counselling cannot currently be offered face to face, their counsellors have been trained in telephone counselling.  If you are struggling during these difficult times, give the Carers' Federation a call on **0115 9629310** or email info@carersfederation.co.uk.A poster is attached to this email with more details. Counselling can really help.

**CARERS TRUST EAST MIDLANDS (runs the Carers’ Hub)** Sue Cain from the Carers’ Trust sent this update :

The Carers Trust East Midlands Volunteer Service would like to say a hug thank you to all our volunteers who are supported carers and their loved ones so well. From regular phone calls, essential shopping and medication collections and now our new email befriending service.

To all who need a regular friendly phone call, an befriender by email or are struggling to collect essential shopping and meds please give us a call we have many wonderful volunteers waiting to help.

*NB: Contrary to what I was told over the phone, Sue informs me that there are sufficient volunteers to help with practical help (shopping, collecting meds etc) via the Carers’ Hub and they are eager to be of assistance.*

Call: Sue 07860957571 or Michal 07860957700

Email befriender, Drop Dannie an email she’s waiting to reply to you  Dannie@carerstrustem.org

**THE CLIMB PROJECT is a Mental Health Data Pathfinder grant funded by the Medical Research Council.**

Veronica French, based at Stonebridge, who works as a Research Nurse for Nottinghamshire Healthcare NHS Foundation Trust has contacted us with the following message.

*“I am wondering if you would be able to include information about a research project that the Trust is supporting, in the next Carers Council Newsletter?*

*We would like as many people as possible to participate, particularly carers and services users, who are harder to reach at the moment.”*

See information below:

Nottinghamshire Healthcare NHS Foundation Trust is supporting the **National Health Data Consent Survey** and would like to encourage as many people as possible to take part. This national online survey is gathering patient and public opinions on the sharing of our  NHS health data across the UK. The results will inform decision making about how the NHS shares our data in the future.

The survey is **anonymous and  takes about 20 minutes to complete.** It is open to anyone over the age of 16 living in the UK and is looking to find out more about:

• How much people understand about health data sharing

• Whether you hold different views about the sharing of mental versus physical health data

• How should identifiable and de-identified health data be shared (or not)?

• Would you be willing to share your health data with organisations outside the NHS?

• Would you be willing to share all of your health data equally (for clinical or research purposes)?

The survey will ask respondents where they heard about the project – **please select “Nottinghamshire Healthcare NHS Foundation Trust”**. This is enables participation to be attributed to the Trust and for the researchers to identify which areas of the UK have contributed to the survey.

Click the following link to be taken straight to the survey

[**https://www.redcap-ide-cam.org.uk/surveys/?s=NKTYE8JHCT**](https://www.redcap-ide-cam.org.uk/surveys/?s=NKTYE8JHCT)

To find out more about the Climb Project visit

[**www.climbproject.org.uk**](http://www.climbproject.org.uk/)

**COVID 19 SCAM LEAFLET**

Scammers will play on anything in the media in order to scam people. During an already anxious and uncertain time, scammers use this to create further panic forcing victims to part with their cash.   Attached is a leaflet produced by the Police about scams relating to this challenging time.

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