Project HOPE

Health, Opportunity & Purpose for Everyone

August 2012 Newsletter

"If we don't change, we don't grow. If we don't grow, we aren't really living"

A fitting quote as this month as Jo has moved into a new role. She has undertaken a secondment working for the next four months with the GPs in North East and Mid Essex. She will be working as the Key Account Manager, supporting the new Clinical Commissioning Groups.

I am sure you will join me in wishing her all the best in her new venture.

I started as temporary project manager in early August so please forgive me if I miss anything out in this update. I am a trained mental health nurse and have over the last 14 years been managing many different projects related to the modernisation of mental health services, 'Recovery' and Service User choice/ empowerment.

I will welcome any information, progress reports or general discussion with you and am keen to hear of your aspirations and ideas for these pilots, I will, in the next few weeks, be contacting you to organise visits to your areas, to hear about the developments you are undertaking.

Project Hope – 'One year on event'

On the 14th November at the Central Baptist church in Chelmsford, we are having another afternoon of networking, sharing experiences and ideas. Last year's event was a great success; the various different Recovery project groups will have presentation stands displaying information about their work and it will be an opportunity for people with an interest in Recovery to meet and build on their knowledge and expertise.

Dr. Jed Boardman from the 'Centre of mental health' will be giving a 'hot off the press' report of the latest research related to the ImRoc project (Implementing Recovery through organisational change)

http://www.centreformentalhealth.otg.uk/recovery/supporting_recovery.aspx

We will be sending out flyers/booking forms at the beginning of September, for further information please contact caroline.smyth@nepft.nhs.uk

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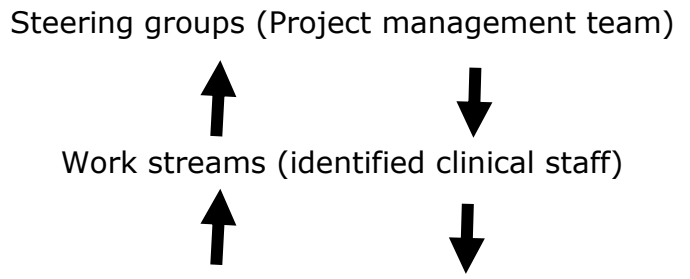
Project HOPE – the structure

In the next few weeks we are developing a project structure which will enable fluid communication and feedback, a 'bottom up' approach to these developments, Trust wide steering groups (the project management teams) will be guided by work stream groups made up of clinical staff with a particular interest and passion for Recovery, who will then feed into the implementation groups who will put the developments into practice. This will ensure smooth, prompt and evidence based progress.



Pilot update

Recovery College

A stakeholder workshop, on the 6th July enabled the brainstorming and sharing of ideas using the '5 ways to wellbeing' http://www.neweconomics.org/projects/five-ways-well-being to begin the development of a prospectus for college courses. A further meeting will be held in the autumn to agree and finalise the courses.

Care Farm

The pilot is still on course to commence at the start of September and the individuals selected to participate in the first term of the programme visited the farm in July to check that it is suitable for them. The project working team are looking into ways that clients attending the programme may gain accreditation for their learning if this is something they would like to pursue, which would be of benefit to those individuals who may be looking to move on to paid employment. All clients who participate in the programme will receive an individual programme of support which aim to promote increased self-confidence and wellbeing, and with support to help them to move into paid or voluntary employment or training courses if that is appropriate

Mid Recovery Hub

We are hoping to soon confirm that a building has been identified in which to base the Recovery hub. Ideally this will be in Chelmsford and accessible to all. In the absence of a building the work will progress. Job descriptions for key staff posts have been developed and will be going to advert in September.

.Please do contact me with any ideas or news that you would like included in the next newsletter in October, I am keen that we also include some recovery stories in order to bring this project to life. Many thanks for your support with this

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