Project HOPE

Health, Opportunity & Purpose for Everyone

January 2013 Newsletter

Happy New Year to you all

'It is not what happens to us in life that is the greatest challenge, but what we decide to do with it'
Sandy Brewer, human behaviour and relationship expert

A new year and a whole new set of challenges. We all need some challenge to keep us motivated in our everyday lives. I have spent much time in the last few months talking, listening and sharing ideas with people about how we can ensure we get that balance right; especially when working with people who experience mental ill health. Many times we do not get it right. Taking positive risks is a major component of Recovery orientated services and without this people can never learn. We the professionals, need to role model positive responses to mistakes, in order that service users can take steps without fear of reprisal and understand that it is ok to get things wrong sometimes. It can lead to even more opportunities and life experiences. So for all of us working to support people manage changes in their lives, the above quote reminds us that the challenge is not always clear.

Project HOPE – Pilot update

The Care Farm

At the end of the autumn term, the care farm steering group met to review the attendee's progress. We spent time discussing and commending the great progress that many of them have made. All have shown increased confidence/self-esteem and motivation for developing their skills. Some have made such progress that their medications has been reduced, they have become more independent, able to make choices and decisions that prior to attending the Care Farm they could not have done.

At every session, the assessment tool being used to monitor the progress of the attendees records an improvement in their mood and general well- being.

The project group for the Care Farm are keen to advertise the success of this project and its benefits for people attending. We would like to encourage community teams to consider this education opportunity for clients. Funding for the care farm can be accessed through personal budgets/direct payments, please see below for information re: personal budgets.

Recovery College/Recovery Hub

Following a meeting in January with the North East Essex CCG, it was confirmed that they are not currently in a position to commit to recurrent funding for this project.

In order that we are able to continue with this evidence based initiative we are developing a business case to present to the Mid Essex CCG. We hope to create a Resource Hub in Chelmsford city centre linking with colleges within Chelmsford and surrounding areas. If successful, it is hoped that this model can be developed through the whole of North

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We have recently heard that Adult Community Learning have agreed to work in partnership with Health, Social Care and 3rd sector partners to develop the Recovery College. Building this working relationship will enhance and give credibility to the Recovery College project by offering expertise in curriculum planning, course design and accredited training for tutors, as well as use of classrooms for teaching.

A building in Chelmsford has been identified that will act as a resource centre; housing a team including peer support workers, who will be able to support the most disabled to access courses of their choice.

The business case will be presented to the CCG within the next month. We will, in the meantime, continue the planning that has already been started.

An afternoon workshop has been planned in February where all partners, service users and carers will come together at Witham adult community Learning college to plan the curriculum. If you are interested in being involved, please contact me on the number at the end of the newsletter.

Re-provision of rehabilitation inpatient services

Severalls house – The new social worker and clinical team have been visiting some alternative residential settings that may be suitable for the patients living at Severalls house. Working alongside the patients, ensuring that they have the opportunity to choose (if possible) where and how they live, incorporating carers in this process (where appropriate) We are hopeful that they will be able to transfer to suitable residential alternative accommodation within the next few months.

Rivendall - Attached to Severalls house is a purpose built building which it is proposed be developed into a recovery focused 8 bedded rehabilitation unit, staff will use the PATH and Recovery STAR tools to offer intensive strengths based support to people who would like, in the future, to live in a community setting.

Cam Ward (Derwent centre) – The refurbishment is due to be completed at the end of January and the patients will move back into the specially designed 4 bedded unit.

Pilot project - The reduction of beds (to 4) on Cam ward will enable the staff to work in partnership with a housing support organisation to offer intensive community support. This project will be linked in with the Essex county council accommodation strategy.

In December, Nacro housing support organisation were successful in being selected to work as partners to NEPFT staff to develop the 0ne year pilot of intensive community supported rehabilitation. Initial planning is underway and a workshop will be held in March for staff from both organisations to have the opportunity to get to know each other and plan the service.

Recovery visioning event In November we held the 2nd Recovery Visioning event, the feedback was encouraging. It showed that people remain keen to learn more and gain further ideas for developing more recovery focused services within North Essex.

Dr Jed Boardman gave us up to date feedback regarding on going developments within the IMROC project and details of the organisational changes that are required to meet some of the future challenges for ensuring recovery focused care is embedded within future mental health services.

Chris Burgess, Dr.Jed Boardman and Tina Hurley

After tea, three workshops offered glimpses into the day to day work of the:

- *West Essex Recovery Hub,*
- *The care Farm Project*
- *The Recovery STAR and PATH assessment/ care planning tools*

Amy and Ellie with Pearl the chicken from the Care Farm Project

The breadth of opportunities available for people using personal budgets.

I am keen to encourage those of you working within the mental health trust and those of you who are users of the service to consider the benefits of using personal budgets/direct payments for people who experience severe and enduring mental health difficulties.

I have been concerned to hear of cases where service users are denied help because 'we don't have the resources'. When working with people on planning their goals and aspirations it is essential to look beyond the statutory services to mainstream/everyday opportunities which take place in the person's own community. This will open up so many possibilities for people, and assist them to build their own social networks and a life outside of the 'system' – the central goal of 'Recovery'.

Some examples of what personal budgets can be used to pay for:

fees for singing lessons
fees for horse riding lessons and the necessary clothing
travelling abroad for a short break
travelling abroad to see relatives
hairdressing equipment
a music-composing computer programme
a graphic art computer programme
exercise equipment
driving lessons

The increased choice and control provided by a Personal Budget has enabled people who use mental health services to meet their needs in a far greater variety of ways.

For a brief overview:

http://www.mind.org.uk/mental_health_a-z/8003_understanding_personal_budgets

May I take this opportunity to wish you all a very happy 2013, I continue to enjoy sharing this project with you and hearing of the creative, innovative and progressive plans and ideas you are developing.

Please do contact me with any news that you would like included in the next newsletter in March, I am particularly keen to hear from service users and carers so that we can ensure we develop the new projects using the knowledge and expertise of people who have lived experience of mental ill health

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