



The Mental Health Network is involved in various activities to support mental health services users to have a say on the services that they use. Our website gives a snap shot of the work that we do. You can access our website at www.mhngg.org.uk

If you are interested in the work that we do and joining the Network, please complete the form below and return it to the Network offices. Alternatively you can call the Network offices on **0141 550 8417**.

Name: Date:

Address:

Postcode: Contact No:

Email:

How do you prefer to be contacted? Please tick Phone Post Email

I am interested in joining the Mental Health Network

I would like to find out more about the Mental Health Network

Please tick

Newsletter of the Mental Health Network (Greater Glasgow)

NETWORK News



ISSUE 17 | AUTUMN 2011

www.mhngg.org.uk

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Your Service, Your Voice

CHAIR REPORT



Hi All,

**Hope you have all had a great summer
- What we've had of it!**

We have had some very good news. Some of you will know the Mental Health Network had to tender for a new contract. This has been a stressful, but rewarding experience for everyone involved including Board, Staff, Volunteers and Members.

In July we were told that our Bid had been successful and were awarded a three year contract which is very exciting. I would like to take this opportunity to thank everyone involved as a lot of hard work went into preparing the Proposal.

Unfortunately for the Network, Gordon McInnes one of our Service User Involvement Workers left us at the end of June to take up a new position with Inclusion Scotland. We wish Gordon the very best of luck in his new post and we will be keeping in touch with him.

Also big "congratulations" to Debbie Logan on the birth of her new baby daughter – Nuala – from everyone at the Network.

The Organisation has also been going through a Restructuring Process due to funding cuts. We will let you know the new structure in the next issue.

That's all for now!

Best wishes,

*Anne McLaughlan
Chairperson*

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

Fresh **START**

Momentum's Fresh Start Programme is a personal development/vocational course for unemployed people in Glasgow who have a mental health need or stress related illness. During the 20 week programme groupwork and one-to-one support helps people to progress onto further education, training and/or employment.

This voluntary programme includes Art Therapy, I.T., visiting the community and sessions including teambuilding, assertiveness skills and confidence building. The course runs Monday – Thursday 10am-3.30pm and Friday 10am-12.30pm. Participants receive £1.20 per day towards the cost of their lunch and fares are reimbursed, where necessary.

The next Fresh Start Programme commences on Tuesday 27th September at Momentum, 7th Floor, Savoy Tower, 77 Renfrew Street, Glasgow. Referrals can be made by contacting Maureen Franks on 0141 333 0567 or click onto www.momentumsotland.org and follow the link to our services under mental health.

Service User Testimonial:

"Fresh Start is fantastic, helping my confidence and helping me speak in a group which before, I couldn't do".

CHARING CROSS CARERS

... is a confidential, supportive group of family/friends of patients who are within GG&C Directorate of Forensic Mental Health and learning disabilities. We meet to be listened to, provide and get support and find out what's happening within the Forensic setting.

If you'd like to come along for a chat – and especially if you'd like an understanding ear – please let us know by phoning

Caroline on 0141 232 6411



Try Our Quiz

Answers on Page 11

1. Which planet is closest to the sun?
2. How many holes are there in a ten pin bowling ball?
3. What is a baby seal called?
4. How many valves or keys does a trumpet have?
5. How is the number 5 written in Roman numerals?
6. In which country is the Louvre Museum?
7. Which is the tallest mountain in the world?
8. What is the name of Fred Flintstone's daughter?
9. How many wings does a bee have?
10. True or False: All polar bears are left-handed?
11. How many arms does a starfish usually have?
12. What is the name given to a group of Lions?
13. Cats were once sacred animals in what ancient culture?
14. What was the name of the cow in "The Magic Roundabout"?
15. What type of sandwiches were Paddington's favourite?



General Manager's Report

Welcome everyone to Network News. Again, it is packed with very interesting articles throughout.

This is an exciting time for Mental Health Network, we have just won the tender with NHS Greater Glasgow and Clyde for service user and carer involvement. This could not have been achieved without the involvement of our volunteers who dedicated so much time to the process. We look forward to working with you to deliver this contract for the benefit of service users and carers throughout Greater Glasgow.

The Mental Health Network is currently recruiting for management committee members, who have experience of using mental health services, financial management, human resource management and business development. If you are interested please contact myself on **0141 550 8417**.

I would like to take this opportunity to wish my colleague Gordon good luck in his new job with Inclusion Scotland. Gordon will be missed within the staff team and the membership he was committed to user involvement in the planning and delivery of services. A piece of work that Gordon promoted along with our volunteer Margaret Paton was raising awareness of advance statements. This piece of work will continue throughout Greater Glasgow.

Also congratulations to Debbie our Information Worker who gave birth to a beautiful baby girl. Well done Debbie!

It was with great sadness that Bob McSorland from East Dunbartonshire passed away, Bob will be remembered for his enthusiasm and commitment to ensuring that the service user voice was heard in all arenas. Bob was also an active volunteer and one time chairperson with the network, he didn't keep good health over the past few years but always insisted in receiving a copy of the network news.

We would like to thank everyone in the newsletter group for their contribution to network news, we look forward to developing this group further in the new contract.

*Happy Reading
Elaine*

Please Note: The views expressed
in this newsletter are not necessarily the views of MHN.

WOULD YOU LIKE TO JOIN OUR NEWSLETTER GROUP?

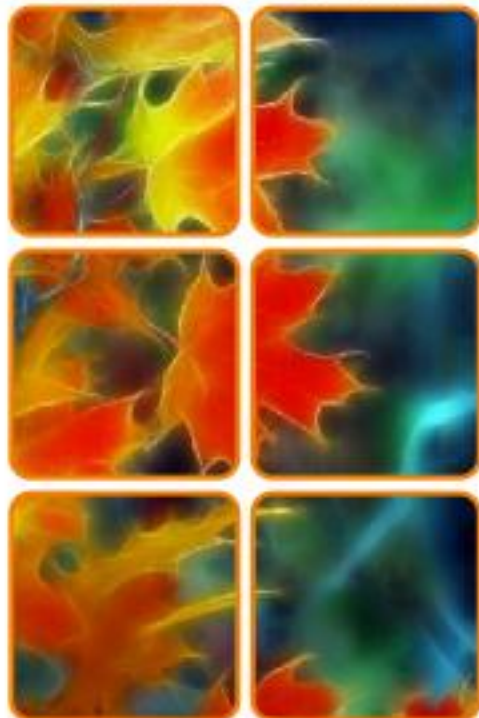
If you would like to share your views and experiences and work with a very enthusiastic team call the Network.

WORKERS REPORT

This is an update on what I have been involved in over the past few months.

Men's Mental Health Forum - The Men's forum have met three times over the past three months, this gives the men involved a chance to view issues about your wellness and any other things that may relate to your Mental Health. We do this by gathering information from men and encourage participation in our forums - no matter how small, any input is appreciated by all. If any men are interested in coming along to the Forum, please contact myself here at the Network, or leave a message with one of the staff and I'll get back to you.

Conversation Sessions - The Network is committed to doing Conversation Sessions in the hospital environments. We do this by engaging with staff & patients, getting their views and comments, which then hopefully helps to improve the services for inpatients. This is done in the format of "You said - We did" and this is then passed on to the relevant staff or ward managers and acted upon.



Advance Statements - Recently we held an Advance Statement Session with GAMH South Women's Group together with one of our Network Volunteers. This was an Introduction to Advance Statements and covered the process of how it works and how to complete one. A session would normally last about 45 minutes and if anyone wishes to know more about this please get in touch with us at the Network and we will be happy to help.

Finally, I have been busy looking at other service user groups and providers within the North/East area. I have already introduced myself to the East Services Users & Carers Forum and Scotia Clubhouse and over the coming weeks I will be visiting other groups and organisations.

Tommy Black

East Dumbartonshire

There has also been a series of focus groups happening in Kirkintilloch by IRISS (Institute for Research & Innovation in Social Science). They are interested in finding out about all the services, resources, facilities, people and opportunities there are within Kirkintilloch that can help people using Mental Health services keep well. We were asked by IRISS to involve our members from East Dumbartonshire and so I sent a letter out to everyone to give them the opportunity to take part in the focus groups. Lisa Pattoni is the Project Manager. So far the feedback has been positive and this has been very successful. You will find more information on our web site with a direct link to the blog that has information on each session we ran. (<http://blogs.iriss.org.uk/assetmapping/>) There will also be an event later on in the year to report back to all participants. I was lucky enough to be able to attend the focus group on 4th August. Although this was a smaller group than previous ones, it was nevertheless effective in the feedback from people who were present.

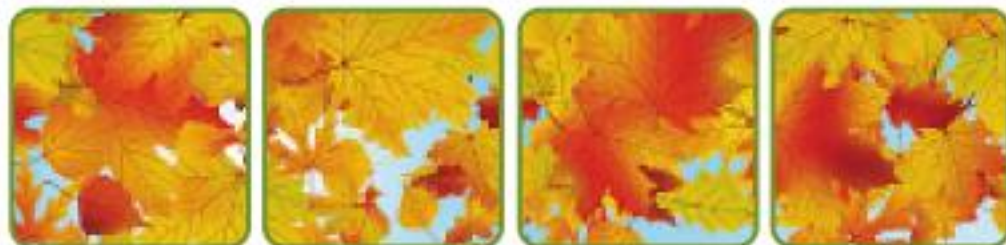
South Glasgow

This is a newish area for me, although I have in the past worked in the South of Glasgow. I am excited to be getting involved with the familiar groups and also friends of the Network and looking at how we can work jointly within the South of Glasgow.

Over the coming weeks and months I will be looking to recruit new volunteers as well as continuing to work with the ones we already have, to help me to take things forward in the South in whatever capacity they believe that should be.

I will also be contacting voluntary organisations to meet up and introduce myself to as many of them as possible. I will be continuing with the same work that Gordon had been carrying out, and if there is anyone who would like more information, or indeed to contact me, please give me a call at the office number.

Moirra Gillespie





B.U.G.S.

Glasgow West User Group



In November 2010, Margaret Timoney from The Mental Health Network, invited members of Glasgow West Regeneration Agency to start a group interested in the facilities provided for mental health users. All members of the group have had mental health issues at some point in their lives.

At the moment we have about 6 regular members in the group and we are hoping to increase this number thus increasing the experiences of mental health users, as every experience is different.

Currently we are going around different resource centres informing other users about who we are and what we are about.

As a group we came up with the name of B.U.G.S. (Better User Group Solutions). We hoped that this would distinguish ourselves from other user groups. It also, we hoped, would let Funders of Services know that we were serious about improving and advancing the mental health services available to us.

It is hoped that through attendance at various meetings and with proper research, we will be able to provide a voice to senior professionals who may be able to improve and advance mental health services to suit those who use them.

If you are interested in joining the B.U.G.S. Group, please contact Margaret Timoney at the Mental Health Network Office on 0141 – 550 8417 or by e-mail: margaret@mhngg.org.uk.

VOLUNTEERS CELEBRATION

7 June 2011

It is a great privilege to do this article for the Newsletter.

I have volunteered at the Mental Health Network since January 2010, how time flies!! Helping out with the AGM in October, I did a short presentation in Powerpoint putting music by Dolly Parton on "Working 9 to 5". Before this I was involved in sending out the newsletter, answering the phones, making up the certificates on the computer for the volunteers in 2010, and lots of mailing out.

On 7 June 2011 I was involved in the Volunteers Day. About 17 volunteers turned up. We started off the day with a buffet lunch of sandwiches, fruit, cakes and crisps - thanks to those who did the catering for this. We had the certificate presentation after this, followed by a free raffle and a quiz that Anne our Chairperson had made up. I also compiled an A-Z of volunteers and this was great fun. After that we cut the cake which had a picture of the volunteers from last year on it.

Volunteering at the Mental Health Network is great fun and worthwhile. It gets you meeting new people and I would recommend it very much to everyone to get involved. If anyone is interested in volunteering with the Network, just give us a call on 0141 550 8417 or email us info@mhngg.org.uk

Here are some of the pictures from the day.

Elaine Simfield
Admin Volunteer



DIRECT SUPPORT & PERSONALISATION SEMINAR

HOSTED BY GLASGOW DISABILITY ALLIANCE

30th June 2011

Speakers: Anne Cumming, Social Work Services
Raymond Bell, Mental Health Services

This event was held at the Premier Inn in the Gorbals, Glasgow and was attended by many different organisations including: Enable Scotland – Momentum – Epilepsy Scotland – Mental Health Network, Greater Glasgow and members of Glasgow Disability Alliance.

The topic was about Direct Support and Personalisation and how the process works and the implementation of changes of the programme. Tressa Burke from GDA highlighted why this event was taking place. Care packages are designed to the persons needs; this will be taken into account when someone goes through the assessment process. At the moment all those on Direct Support will be getting reassessed to see if their needs have changed. This in no way is to say you will lose the support that is required, but to reflect what your needs are. People with mental health issues are entitled to direct support, but this varies from case to case.

Anyone who feels they can benefit from direct support should contact their local social services or GDA at tressaburke@gdaonline.co.uk to find out more.

Tommy Black

Capacity Worker - Mental Health Network Greater Glasgow



Hi,

My name is Peter Cameron, I am currently employed on a 2 year pilot in the Peer Support Service as a Peer Support Worker in Adult Community Mental Health, covering the Crisis Resolution Team, Community Mental Health Team and the Primary Care Mental Health Team. I was recently redeployed, January 2011, from a Condition Management Programme, part of Pathways to Work within Jobcentre Plus, to Kirkintilloch Health and Care Centre.

I was a client on the Condition Management Programme, following severe back problems and depression, I was supported by health professionals from the National Health Service. During my journey to a more stabilised existence I wanted to give something back, I subsequently engaged in some voluntary work followed by employment on the programme.

My current role is by using my own experience of recovery from a mental health condition to support the client in empowering themselves to take more control of their lives and be party to their own recovery. I attempt to understand what they are going through, not only with their condition but with everything else that goes with it, and mutually share the experiences gained from the journey.

With the service being new it brings its own challenges. It has been a stressful time, but with support and leadership from my line manager, Fran McBride, head occupational therapist, and support and guidance from my colleagues in the three teams mentioned above, dialogue with other organisations in East Dunbartonshire and surrounding areas it is developing and hopefully will be an integral part in the Mental Health Services.



Answers

1. Mercury
2. 3
3. A Pup
4. 3
5. V
6. France
7. Mount Everest
8. Pebbles
9. 6
10. True
11. 5
12. Pride
13. Egyptian
14. Ermintrude
15. Marmalade