

Useful Numbers and Contacts

NHS Direct 24-hour national health helpline	0845 4647
Saneline, national mental health helpline	0845 767 8000
Samaritans helpline	08457 909090
PALS	0800 073071 01752 211818 01752 517657
Carers Champions	01752 211348
Colebrook Housing Society	01752 205210
Tailor Made Support	01752 205210
Mind- The Plymouth Self-Harm Support Group	01752 245004
WAND - Mental Health Helpline	0808 8000 313
Citizens Advice Bureau	08448 269 717

Emergency Crisis Contacts

What to do in a mental health emergency:

If you or someone you know is experiencing a mental health crisis, the first step is to see your GP, who can assess what is needed and refer the person in crisis to other services if necessary.

If your GP is not available, or you do not have one, and the situation is urgent, there are various options:

- Contact the person's GP's out of hours service.
- There is a duty psychiatrist at the Accident and Emergency Department at Derriford Hospital
- Access to Mental Health Services (formerly Gateway) - **0845 155 8065** are open **9.00 am - 5.00 pm Monday to Friday** They do not work with people who are currently receiving help from psychiatric services.
- The Gateway Out of Hours service - **01752 669709** is open between **5.00 pm - 11.00 pm on weekdays** and between **9.00 am - 5.00 pm on weekends and Bank Holidays**.
- Outside these hours contact the Emergency Duty Social Work Team—**01752 346984**
- If the person experiencing the crisis is a client of the Assertive Outreach Team contact their Duty Team on **01752 314001** (not 24 hours).
- If the person experiencing the crisis is a client of the Home treatment Team contact them on **01752 314033**.



Issue 4 December 2009

Plymouth Involvement & Participation Service News

Number of Members = 258 Number of Active Volunteers = 18

Best Wishes for Christmas and the New Year from PIPS Steering Group and PIPS Local Implementation Team Representatives

DO YOU THINK MENTAL HEALTH SERVICES COULD BE
DANCING TO A DIFFERENT TUNE?



WHY NOT TAKE A FEW STEPS AND HELP PIPS SHAPE THE
FUTURE OF LOCAL SERVICES

PIPS (Plymouth Involvement and Participation Service)
Unit 15, HQ Building, 237 Union Street, Plymouth PL1 3HQ
Tel: 01752 202406/7 email: adaw@colebrookhousing.co.uk

Poster Design by Cally Hill - PIPS Steering Group Member

LINK, PAPOP and PIPS Working Together

LINK

The Local Involvement Network is for everyone in Plymouth. It aims to improve Health and Social Care services by talking to local people about their priorities for improving services. The LINK has powers in legislation to ask for change and visit services and will work closely with PAPOP and PIPS as key networks for people over 50 and service users and carers of mental health services. The LINK will support these networks with training and resources and keep them up to date with LINK progress in their areas. The LINK will also promote PAPOP and PIPS as they engage with the community.

PIPS

Plymouth Involvement and Participation Service improves service-user and carer involvement in mental health. PIPS will alert the LINK to mental health service issues and get involved in LINK work, visiting, etc, where this relates to mental health. PIPS works closely with mental health commissioners and will raise mental health issues, incorporating relevant feedback from the LINK, at different forums.

PAPOP

Plymouth Advisory Partnership for Older People gives people over 50 a voice to improve all services for this group. PAPOP will work closely with Plymouth City Council and will also feed health and social care issues to the LINK, getting involved in LINK work, visiting, etc, where this is a priority for PAPOP and affects the over 50s.

Your Feedback Page

Direct Payments

PIPS was asked to provide some information about Direct Payments for members.



What are Direct Payments?

Direct Payments are monies from Plymouth City Council paid to a person with a disability or special need such as mental ill health, an older person or a representative of their choosing (eg a carer) to enable them to purchase and arrange their own support to meet their needs. The aim of Direct Payments is to give people more choice, greater flexibility and more control over the support they get. You can get direct payments if you are assessed as needing social care services to support you with daily living and the type of support you need.



Who can receive Direct Payments?

In order to qualify for this service, you will need to:

- Have a Community Care Assessment to identify if you have eligible adult social care needs; this assessment can be completed with your Care Manager / Care Co-ordinator. If you do not have anyone working with you already you can request an assessment for Direct Payments.
- Be over 16 years old.
- Set up a separate bank account to receive your Direct Payments monies.
- Sign an agreement to say you will use your Direct Payments to pay for the services that meet your assessed needs and agree that you will send Social Services records of how you have spent your Direct Payments.

For more information please contact Tailor Made Support (contact details on previous page).

CREATIVE CORNER

Would you like to get involved in the creation of this newsletter? The 'creative corner' is for adverts, pictures, drawings, poems or anything else you would like to include. Just send your submissions to adaw@colebrookhousing.co.uk.

Mental Health & Well Being Advocacy Service

Are you a mental health patient?
Do you have mental health issues but no help?
Do you have concerns around your mental health care?



Tel: 01752 201766 Fax: 01752 202214
Textphone: 01752 201766
Email: advocacy@plymouthguild.org.uk
Website: www.plymouthguild.org.uk
Ernest English House, Buckwell Street
Plymouth, PL1 2DA

COLEBROOK HOUSING SOCIETY



TAILOR MADE SUPPORT

Support packages developed by the individual for the individual

Tel: 01752 205210
Email: tms@colebrookhousing.co.uk
Website: www.colebrookhousing.co.uk
3 Woodland Terrace, Greenbank
Plymouth, PL4 8NL

Plymouth Mental Health Network

The Mental Health Network group was set up in April 2008 to bring together all agencies in the city working with clients / users with mental ill-health / conditions. To date they have:

- Held quarterly network meetings with guest speakers on topics of interest.
- Arranged one very successful conference in March 2009 looking at social inclusion with 170+ delegates.
- Are now arranging a second conference with an international flavour to be held in March 2010.
- Have produced a Directory of Mental Health Services.
- Have produced a DVD showing the pathway into work.
- Have set up a beating stigma Working Party.
- Have set up a working party to look at employment.
- Are responding to the Government's consultation on 'New Horizons' which will change the way Mental Health services are provided in future.

The Mental Health Network Group recognised that there was a lack of knowledge of what services were available and have produced a directory of services in Plymouth. The Directory can be used by people with mental illness to choose the service or services most appropriate to their needs. It can also be used by service providers as a source of useful information and to signpost clients appropriately. The directory is also available to download and as a hard copy publication which can be collected from the Citizens Advice Bureau at 2nd Floor, Cobourg House, 32 Mayflower Street, Plymouth PL1 1QX. It is a free publication.

MIND UPDATE

MIND SURVEY OF MENTAL HEALTH SERVICE USERS



Mind would like to consult with a wide range of people who have experience of using local community services provided for people with mental ill-health either directly or as a carer. This is because Mind is now planning to change the way they work and wants to be sure that they provide services which are needed and accessible.

Mind has asked PIPS to help so they can consult more widely than just those who currently use Mind services in Plymouth. Please do respond to the questions below as your responses will be considered very carefully in developing new services.

Questions:

Have you heard of Mind? Yes No

Do you know what we do? Yes No

If yes, what ?

Do the services Mind offers at present meet your current needs?
Yes No Don't know

If no, please tell us what service you would like to have

What times and days would you want to access services?

What needs do you have that are currently not being met?

Do you need help with any other health needs (other than mental health)? If yes please tell us what

Would you welcome a new local centre for mental well-being where you could get information, advice and access a range of other services?

Yes No

Please return this questionnaire to: Ashley Daw at Freepost RRZE-AGZ7-EXRS PIPS/LINK/PAPOP Support Team, Unit 15, 237 Union Street, Plymouth PL1 3HQ

Events

Plymouth Respect Festival



PIPS celebrated its commitment to Equality and Diversity by sharing a stand with LINK and PAPOP at this year's Plymouth Respect Festival on Sunday 25th October at Plymouth Guildhall. Individuals participated in a collective piece of artwork - titled 'One World'. The day was enjoyable and PIPS welcomes the 22 new members who have joined us.

If you want to give PIPS your views on mental health services or become part of the PIPS network, I would like to hear from you.

Contact me, Ashley Daw, on 01752 202406/7 or email adaw@colebrookhousing.co.uk

YOUR LETTERS, COMMENTS / FEEDBACK

Food Mood and Behaviour

Steering Group Member Chris Everatt attended a one day conference on behalf of PIPS, held at the Eden Project in Cornwall. Chris reports on Eden Nutrition - Mental Health and Wellbeing.



We all know that a healthy diet is good for our physical and mental health. The speakers today showed that the connection between diet, environment, toxins, allergies and the immune system play a part in our health. The mind-body connection is linked and holistic therapies also help to keep us healthy. Especially nutrition, exercise, meditation, psychotherapy and goal setting.

Childhood behaviour such as **ADHD** and Autism are affected by food and can lead to mental health disorders in adult life. Research has shown that diets of schoolchildren are poor and that changes to diet and supplements can improve children's behaviour. A study has also shown that adding supplements in a **YOI Youth Offending Institutions** showed a change in behaviour and less crime as a result.

Food affects behaviour and mood, it also affects conditions like depression, schizophrenia and anxiety disorders. In particular we need 39 nutrients, vitamins and minerals in our diet for both our physical and mental health, especially Omega 3 and 6 fish oils. Fish is the main food for mood. Fat is also important in that we eat the right types of fat and not trans fats (stress blocks the conversion of fats in the body whilst the hormone Oestrogen helps in the breakdown of fat).



We need EFA Essential Fatty Acids eggs, cheese, milk, green vegetables and meat to provide our essential fats to include Omega 3 and 6.

The conversion in the brain can be blocked by certain factors including lack of vitamins and minerals. Evening Primrose Oil is a good source of Omega 6. Without **EFA** signals the brain is damaged which can lead to depression and other disorders.

Research has proved that nutrition in the form of a good diet and eating the right foods can help to avoid depression and some mental illness by ensuring it contains all necessary vitamins and minerals for healthy brain function. This is also alongside other factors such as the environment and lifestyle.

Whilst good nutrition is essential it is complementary to other treatments. **EFA** is essential plus Trytophan, Zinc, Iron, Selenium and Folic Acid which are found in fish, nuts, eggs, cereal, tuna and spinach.



However saturated fats, trans fats, sugar, caffeine and alcohol are bad for you and these are found in processed foods, junk food, crisps, cakes, fizzy drinks and chocolate etc.