

inform, represent, highlight and respond

Welcome to the spring edition of the Klacksun newsletter – a place where you can get information, give your views and communicate on issues and services within mental health. If you would like to get involved with Klacksun or find out more about the articles contained in the newsletter please get in touch using the contact details on page 4. As we welcome the longer days and (hopefully) warmer weather the Integrated Mental Health Service has also released its Annual Report—throughout this issue we have included some highlights from the report as well updates on events over the winter and our new timetable for free well-being courses and workshops taking place in our local area. We hope you find the newsletter interesting.



www.facebook.com/klacksun



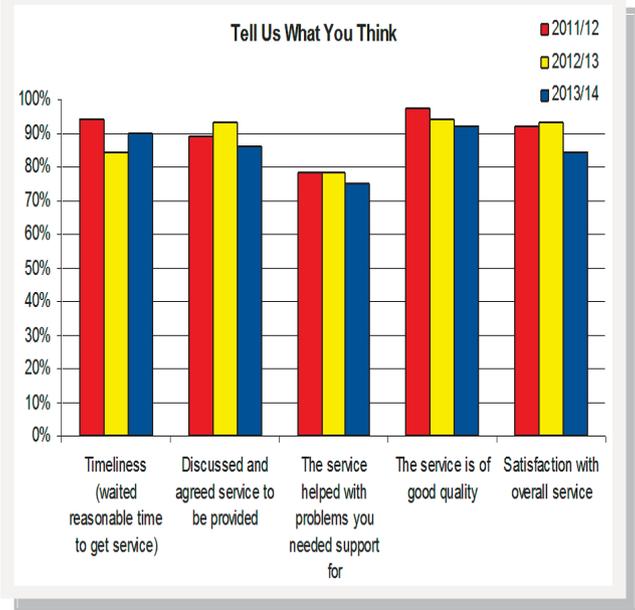
SUPPORT FOR YOUNG FAMILIES

In partnership with the Early Years Service, the Integrated Mental Health Service was successful in securing funding to recruit a temporary Community Mental Health Worker to provide support to young people and young parents with children under 5 years old. Lynne Black was successful in obtaining the post and started in November 2013. This has been evidenced as a much needed service for the community with over 240 people having been referred to Lynne since she started. The main issues faced by those referred are anxiety, depression, addiction issues, domestic violence, history of sexual abuse and trauma. By providing an early intervention the service aims to build parents/young people's self esteem, resilience and develop better life skills.



The 'Tell Us What You Think' evaluation system was developed by the Integrated Mental Health Service following consultation with Klacksun members and service users; taking into account the questions service users felt they should be asked and the methods that should be used. The graph below shows some of the results from the evaluations since the system was introduced in 2011:

KLACKSUN WEBSITE NOW LIVE
 OUR WEBSITE HAS BEEN RECENTLY UPDATED AND WE HOPE TO START POSTING UPCOMING EVENTS, AN ELECTRONIC COPY OF OUR NEWSLETTER AND RELEVANTS LINKS TO OTHER SITES BE SURE TO CHECK IT OUT FOR UPDATES
www.klacksun.org.uk



BACK BY POPULAR DEMAND:

A VARIETY OF FREE COURSES AND WORKSHOPS TO IMPROVE YOUR WELL BEING



	START DATE	END DATE	TIME	LOCATION
STRESS CONTROL COURSES	April 22nd	May 27th	Evening	Alloa
	May 19th	June 23rd	Daytime	To Be Announced
	August 19th	September 23rd	Evening	Alloa
	September 30	November 4th	Evening	Alloa



	START DATE	END DATE	TIME	LOCATION
ASSERTIVENESS WORKSHOP				
	September 15th	September 22nd	1 PM - 3 PM	Resonate

	START DATE	END DATE	LOCATION
RELAXATION WORKSHOPS	May 8th	May 15th	To Be Announced
	September 17th	September 24th	Tillicoultry
	November 1st	November 8th	Alloa

STRESS WORKSHOPS

April 1st: Alloa
 June 25th: Tillicoultry
 September 2nd: Alloa
 November 19th: Tillicoultry

SELF ESTEEM WORKSHOPS

April 28th: Alloa
 June 24th: To be announced
 October 1st: Tillicoultry



MOOD MATTERS
2 DAY COURSES
 April 21st and 28th: Alloa
 September 3rd and 10th: Tillicoultry

REMEMBER

ALL WORKSHOPS/COURSES NEED TO BE BOOKED IN ADVANCE
 PLEASE CONTACT HEATHER OR NATALIE TO CONFIRM YOUR PLACE
 TELEPHONE: 01259 215048 OR
 EMAIL: integratedmentalhealth@clacks.gov.uk

FORTH VALLEY CLINICAL SERVICE REVIEW

In February this year a Mental Health Clinical Service Review was held in Falkirk as a part of a wider NHS Forth Valley strategy to review existing services and consider how these should be developed to meet the future needs of our local population.

The Mental Health and Learning Disability group is led by Dr. Rhona Morrison and David McPherson. This group has been drawn together to examine how best to shape mental health and learning disability services for the next five years. It will look at the needs of people at different stages in their life and also consider how best to provide effective support for the growing number of people who require treatment and advice to deal with the early symptoms of depression, stress and anxiety. This is a major challenge as depression is the one of the most common reasons for visiting GPs. The Falkirk event was well attended and participants looked at five key questions around mental health services: including what is

important to them when they need to use services, would they would change, what works well and what could be done to improve services for both patients and their families.

The group will take into account national health policies, strategies and targets and the role of regional and specialist health services. They will gather information on service trends and anticipated future demand, listen to ideas and suggestions from staff and patients and look at best practice locally, nationally and internationally. This will help to draft a new healthcare strategy for 2015 - 2020 which will be circulated widely for comment in Summer 2015 before the final strategy is launched in Autumn 2015.

The needs and wishes of those who use services should always lie at the heart of any planning process so a special thanks to everyone who was able to participate in the Clinical Service Review.

SELF DIRECTED SUPPORT CONSULTATION HELD IN STIRLING

During the recent Self-Directed Support (SDS) event organised by Action in Mind, Chris White and Daria Biziewska from the Mental Health Foundation, facilitated interactive group discussions exploring people's views and experiences of accessing social care services and how they see Self-Directed Support impacting on future services across Stirling and Clackmannanshire. This was a lively and informative session providing a unique insight into what people appreciated about the services they accessed and what concerns people had for local in the future. One of the main points from the session is that people wanted to see improved communication between people who use services and local authority decision makers. This was both in relation to clarity of future funding and how decision are made, specifically in relation to Self-Directed Support people wanted to see improvements in communication on assessments, reviews and SDS applications. The Mental Health Foundation will be providing a full report to Action in Mind to inform future discussions with service users and all stakeholders about the development of future services and the introduction of Self-Directed Support. See below for a summary of the key points :

POSITIVE POINTS ABOUT CURRENT SERVICES:

- Experienced, knowledgeable staff that are willing to listen
- Creative innovative services able to adapt to changing needs
- Support for participation and involvement through peer support and engagement with service users

FUTURE SERVICES SHOULD BE:

- Developing service user involvement and peer support
- Inclusive and accessible in terms of information and physical accessibility
- Well staffed - to ensure good quality and continuity of care



CONCERNS HOW SDS/FINANCIAL AUSTERITY MIGHT AFFECT FUTURE SERVICES:

- Further cuts to services
- Fears about staff retention, continuity and quality of staff through zero hours contracts.
- Lack of access to information about current services and future resources
- Maintaining interest and involvement from people who use services
- Stigma/attitudes about mental health
- Limited resources now creating a future lack of resources

Article by C. White and D. Biziewska

Got any ideas about what you would like to see in the newsletter? Or have you any views or opinions you would like to raise through the network? Contact us:



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www.klacksun.org.uk



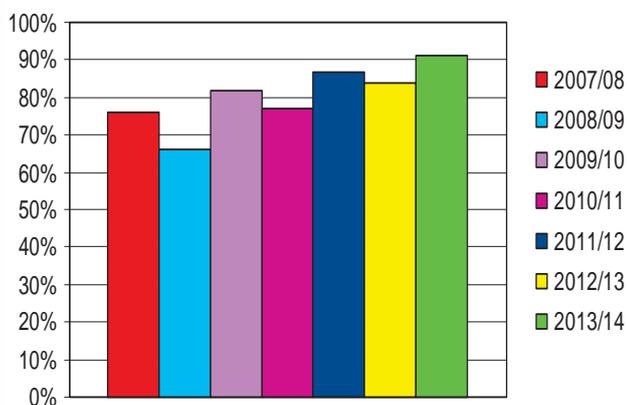
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07779 348181 (mobile)

**INTEGRATED MENTAL
HEALTH SERVICE
DOING WELL MEETING
APPOINTMENT TIME
FRAMES**

One of the key aims when the Integrated Mental Health Service was established was to reduce the time people had to wait to see someone. The Single Referral Pathway was introduced in 2007 and targets of 1 week (urgent) and 6 weeks (routine) from receipt of referral to appointment were agreed. The graph below shows how well the service has met those timeframes:



Appointment Timeframes Met



You've been Klacksunned!

We would like to take this opportunity to introduce Susan, our Mental Health Nursing Student, who has been on placement with the Phoenix Centre since the 5th of January. Susan was also able to attend a Klacksun meeting while on placement and meet some of our members.



Why did you choose to complete a placement at the Phoenix Centre?

I wanted to work with people experiencing mild to moderate mental health issues to broaden my experience and to see how well people could live in the community with common mental health issues. This is important to me because I am passionate about tackling mental health stigma.

What inspired you to become a mental health nurse?

I have come across people who have been very close to me who have experienced both common and severe mental health difficulties. I wanted to learn more about mental health issues and be of benefit to my friends and the wider community.

What is the most important thing you have learned?

Although the Integrated Mental Health Service is a large service; I have found that it works well together with each individual service aware of their role and each service complimenting each other while keeping the service user at the centre.

What do think of the Klacksun service user network?

I was humbled by the fact that service users and providers can work together well. That service users can speak from the heart and relate their experiences to the people providing the service and let them know what is really important to people when they become unwell. To be respected and accepted: that is what dignity is all about.

Now that you are nearly finished your degree where do you hope to find a job?

I am not too choosy at the moment as I hope to continue to build up my work experience and my confidence. In the future I hope work with psychological therapies in the community.

Remember!

Klacksun meetings are on the **last Wednesday of each month**; 12pm for lunch, 12.30pm for business.

The Klacksun office will be open to members most **Monday afternoons between 2pm—4pm** for access to the computers or to help with admin tasks for the network. Please phone in advance of dropping in just to make sure I am in the office!

Office Hours

My work pattern is typically as follows:

- Monday: 9am-4pm
- Tuesday: 9am-4pm
- Wednesday: 9am-4pm
- Thursday: 9am-2pm

If I am unavailable during these times please leave a message with another member of staff and I will get back to you as soon as possible.

