

Focus on ...

Summer 2016
Issue 10



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What is FoCUS? A voice for carers and people who use mental health, learning disability, older people, and drug and alcohol services in Surrey and North East Hampshire, provided by Surrey & Borders Partnership NHS Foundation Trust . Public meetings where NHS Managers learn from people who have experienced these services, what works well and what could be improved. FoCUS members are Carers and people who use services, or have used services in the last five years.

All FoCUS members who are carers can also attend the Carers Action Group.

Need help to attend meetings? We can pay your travel costs or arrange transport for you. Please contact your FoCUS Involvement Facilitator Jane Ahmed who can be contacted by Telephone 01483 456558, Mobile/SMS Text 07426 022279 or email jane.ahmed@surreycoalition.org.uk

I don't want to or can't go to meetings can I still be involved? Yes we can send you regular updates by post or email and you can give Jane Ahmed your views.



FoCUS is sad to say Goodbye to Nicola Borrow (left) and wishes her the best of luck in her new job. Tessa Jones (right) will now be taking the minutes for the North West and the South West meetings. Lucy Finney will continue to take the minutes for the West and East and Mid FoCUS meetings.



Our next FoCUS meetings are on:

East and Mid Surrey Monday 5th September: 1pm to 3pm	Holy Trinity Church, Carlton Rd, Redhill , RH1 2BX
South West Surrey Wednesday 7th September: 1pm to 3pm	Godalming Baptist Church, Queen Street, Godalming , GU7 1BA.
West Surrey & North East Hampshire Thursday 8th September: 1pm to 3pm	4th Floor Room 1A, Aldershot Centre for Health, GU11 1AY
North West Surrey Monday 12th September 1pm to 3 pm	Small Hall 2, Hythe Centre, Thorpe Road, Staines , TW18 3HD.

You are welcome to attend any meeting not necessarily the one nearest you.

In October 2016 meetings will be in Reigate, Guildford, Woking and Farnborough.

Would you like to be a FoCUS Representative (FoCUS Rep)?

FoCUS Representatives meet with Directors of The Trust once every three months to discuss the issues raised by FoCUS members at local area meetings. In mid August FoCUS Members will be asked to nominate themselves or another person to become a FoCUS Rep; if you have attended one or more FoCUS meetings and use or have used Trust services or care for someone who uses or has used Trust services this could be you! The 5th September at 12pm is the deadline for returned nomination forms. On 6th September the nominations will be announced and election paperwork distributed. On 27th September the elections will close and our new FoCUS Reps will be announced. In October the new FoCUS Reps will attend the FoCUS local area meetings and will attend their first FoCUS Committee meeting in November.



FoCUS Rep David Muir at The Trust's 'members day' in Chertsey.

He listened to presentations on the new Children and Adolescent Mental Health Service (CAMHS) and its new one stop referral system.

Smoking and vaping

At the June FoCUS meetings members heard NHS England is encouraging all NHS Trusts to be completely smoke free by 2018. Some Mental Health Trusts are now successfully smoke free and our Trust must decide whether to go smoke free. Our Trust is thinking carefully about how to support people if they were to go smoke free. The current suggestion is that support should start in the community and focus on a wider approach of wellbeing which could also cover, diet and exercise. Other Trusts that are now smoke free set up community support 1 year to 18 months prior to going completely smoke free.

FoCUS Terms of Reference

At the July FoCUS meetings FoCUS members discussed amendments to the FoCUS 'Terms of Reference' suggested by both FoCUS members and The Trust. Proposed changes included slight amendments to the FoCUS area maps and limiting the number of terms a person could be a FoCUS Rep to three two year terms. Proposed changes will be finalised at the August FoCUS Committee meeting and the outcome circulated to FoCUS members with details of the Reps Elections.

A new 'alcohol early identification and brief advice service'

FoCUS members attended a day organised by Surrey County Council Public Health to discuss plans for this new service.

A second new mental health hospital for Surrey and North East Hampshire

The Trust are at the start of a process to develop plans for a second mental health hospital and are asking FoCUS members to work with them to ensure local people shape plans for this new hospital.

For more information about FoCUS please contact

FoCUS Involvement Facilitator Jane Ahmed who works for Surrey Coalition of Disabled People. Jane can be contacted by Email jane.ahmed@surreycoalition.org.uk, Telephone 01483 456558, Mobile/SMS Text 07426 022279.

HAVE YOU MOVED OR CHANGED CONTACT DETAILS? PLEASE LET US KNOW