

Focus on ...

Spring 2016
Issue 9

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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.

Who are FoCUS members? Carers and people who use services, or have used services in the last five years. **We want more people to be involved**



Need help to attend meetings? We can pay your travel costs or arrange transport for you. Please contact your new FoCUS Involvement Facilitator Jane Ahmed who works for Surrey Coalition of Disabled People. She can be contacted by Telephone

01483 456558, Text 077809 33053 or email jane.ahmed@surreycoalition.org.uk,

FoCUS member wins award

Janice Clark who is a volunteer carer, received the Gold award in the CARE Volunteer of the Year Category for being an 'excellent advocate for carers' and someone who is 'exceptionally knowledgeable about carers rights.' It is fantastic her work has been recognised.



I don't want to 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.

The next FoCUS meetings are on:

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| South West Surrey Wednesday 1st June 1pm to 3pm | Godalming Baptist Church, Queens Street, Godalming , GU7 1BA |
| East and Mid Surrey Monday 6th June 1pm to 3pm | Upstairs Lounge, Woodhatch Centre, Whitebeam Drive, Reigate , RH2 7LS |
| West Surrey & North East Hampshire Thursday 9th June 1pm to 3pm | Learning Zone 1, Farnborough Library, Farnborough , GU14 7JZ |
| North West Surrey Monday 13th June 1pm to 3 pm | Christ Church Woking, Jubilee Square Church Street East, Woking , GU21 6YG |

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

In July 2016 meetings will be in Leatherhead, Guildford, Addlestone and Camberley .

FoCUS members have been heard:

Information for people being discharged from community mental health recovery services (CMHRS)

FoCUS members have begun working with NHS Trust staff to review this information together. If you would like to be involved please contact Jane Ahmed.

Family involvement in the STEPPS therapy programme

If you or a family member have experience of STEPPS, psychologists would like to work with you to improve this therapy. Please contact Jane Ahmed for more information.

Community Hub' Naming Workshops

The name 'Hub' is confusing so FoCUS members met with NHS Trust staff to find a name for buildings where community mental health and learning disability services will be located together. When we know the new name we will let you know.

FoCUS members are also involved in the planning of the new Community Hubs across Surrey. Please contact Jane Ahmed for more information.

People from Ash and Ash Vale

FoCUS raised the concern that people from Ash and Ash Vale who need the care of a mental health hospital were travelling to hospital in Chertsey rather than the new hospital in Guildford which is nearer. This is in the process of being changed.

Improving access to mental health crisis support

The NHS want a single point of access for people needing urgent mental healthcare in Surrey just as there is for those with physical health needs - such as calling 111 or 999 in an emergency. FoCUS members have attended two workshops to make sure this new crisis service meets the needs of local people. We will keep you updated as this service develops.

Find out more about Mind Matters, Safe Haven Cafes and Recovery Colleges

You are invited to drop in any time between 10am and 1pm on Tuesday **17th May** to Bourne Hall, Spring Street, **Ewell**, KT17 1UF. At this Surrey & Borders Partnership NHS Foundation Trust event you can meet staff from Safe Haven Cafes. These new cafes are open 7 evenings a week to support anyone experiencing mental ill health and their carers. Mind Matters provides short term psychological help for people with mild to moderate levels of depression and/or anxiety.



FoCUS member wins award

Tracey Hayes was rewarded for her dedicated work on the new mental health hospital in Guildford.

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 or Text 077809 33053.

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