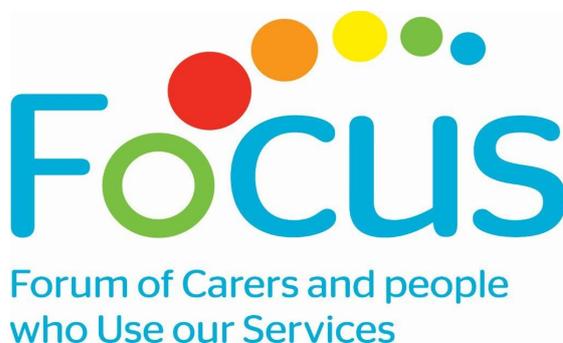


Focus on ...

Autumn 2017  
Issue 15



Follow us on  
Twitter @FoCUS\_SaBP

Like us on Facebook  
<https://www.facebook.com/FoCUS.SABP>

**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.

**We asked for your help to make FoCUS better**

At the October local area meetings we held workshops where you gave your views on:

1. What is going well with FoCUS?
2. What can we all do to build on the success of FoCUS?
3. What can we do to bring new people from all services to FoCUS?

The Trust do not want to change the set up of FoCUS but want it to be as good as

we can all make it - to encourage new people to be involved and make the best use of everyone's time. To do this they asked you for your thoughts and ideas. One idea is to re-name the FoCUS Committee the 'People's Experience Committee' and expand the group to include people from other Trust's services such as younger people and learning disability services. It was great to see people who use (or have used services), carers and Trust staff working together at the West FoCUS meeting (pictured here) to give their views on the three questions. Members who were not able to attend meetings were emailed and given the opportunity to give their feedback to the Trust. The outcomes from the workshops will be presented to the November FoCUS Committee.



**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](mailto:jane.ahmed@surreycoalition.org.uk)

**I do not want to or can not 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.

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

## Using the internet and social media to keep in touch with FoCUS

### Email

Whilst we can and do post paper copies of documents about our meetings to you if you ask us, most of our communication with our FoCUS members is by email. **If you change your email address please remember to let us know** so we can continue to update you with what is happening in your local area and across the Trust.

### Websites about FoCUS

Information about FoCUS is on both Surrey Coalition of Disabled People's website <https://surreycoalition.org.uk/special-interest-groups/focus/> and on Surrey and Borders Partnership NHS Foundation Trust website [http://www.sabp.nhs.uk/involvement/index\\_html/focus](http://www.sabp.nhs.uk/involvement/index_html/focus)

### Please like us on facebook

Do not forget that FoCUS also has a facebook page which can be found at <https://www.facebook.com/FoCUS.SABP>

### @FoCUS\_SaBP This is our new twitter page where we will:

- keep you informed about what is happening at local FoCUS area meetings
- help you have your say about Surrey and Borders Partnership NHS Foundation Trust Services (SaBP).
- provide useful information on mental health topics

We are new to using twitter and we are keen to learn how this form of social media works. You may have seen Lucy from our FoCUS Support Team taking time to tweet during our October meetings to tell followers of our twitter page @FoCUS\_SaBP what was happening at each meeting. We hope that by using twitter in this way we will attract new FoCUS members who may not want or not have time to attend meetings.

## Our next FoCUS meetings are in December:

**If you need help to travel to our meetings** we can pay your travel costs or arrange transport for you — Please ask Jane Ahmed for more information, details are below.

East & Mid Surrey <b>Monday 4th December:</b> 1pm to 3pm	The Lounge, Holy Trinity Church, Carlton Road, <b>Redhill</b> , RH1 2BX
South West Surrey <b>Wednesday 6th December:</b> 1pm to 3pm	Godalming Baptist Church, Queen Street, <b>Godalming</b> , GU7 1BA
North West Surrey <b>Monday 11th December:</b> 1pm to 3pm	Christ Church, Jubilee Square, Church Street East, <b>Woking</b> , GU21 6YG
North East Hampshire & West Surrey <b>Thursday 14th December:</b> 1pm to 3 pm	Room 1A, 4th Floor, Aldershot Centre for Health, <b>Aldershot</b> , GU11 1AY

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

## 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](mailto:jane.ahmed@surreycoalition.org.uk), Telephone 01483 456558, Mobile/SMS Text 07426 022279. Post: Surrey Coalition of Disabled People, Room GF41, Astolat, Coniers Way, Burpham, Guildford, GU4 7HL.