


Focus on ...

Winter 2018  
Issue 16



Forum of Carers and people  
who Use our Services

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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.*

### Thank you for your help

**Visiting Community Mental Health Recovery Services** - We were delighted how many of you offered to help Sarah Wickens, Project Coordinator at The Trust with her project about what it feels like to visit these community services.

### FoCUS Recovery College Course

FoCUS is working with the Recovery College to design and deliver a course on Involvement and Recovery. We are delighted that 12 FoCUS members have offered to be involved in.

### What to pack for going into hospital

Thank you for the suggestions you gave at the January FoCUS meetings about what items a person may want to pack to make their inpatient stay more comfortable.

### CARE Excellence Accreditation Work

The Trust invited you to be part of their Care Accreditation Excellence work, including their approval panels.

**Acute Care Forum** — one service user and one carer have been invited to join the Trust's monthly Acute Care Forum.

**Clinical Excellence Award** - Two FoCUS members have become part of the panel that judges whether a doctor should be awarded a Clinical Excellence Award.

**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 us your views, You can also contact us on Twitter @FoCUS\_SaBP or via Facebook: [www.facebook.com/FoCUS.SABP](https://www.facebook.com/FoCUS.SABP)

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

## Promoting FoCUS

### To people who experience mental ill health

Your FoCUS Involvement Facilitator Jane Ahmed has given talks promoting FoCUS to people experiencing mental ill health at Creative Response and to patients on the working age adult mental health hospital wards in Chertsey.

### To carers

Jane Ahmed has had a stand at an Action for Carers event and is due to talk to another of their groups.

### To staff supporting people who use services and carers

Jane Ahmed has spoken to both Surrey Enabling Independence Teams. She has also begun to speak at Community Mental Health Team meetings to encourage Care Coordinators to use FoCUS as a means to help people with their recovery from mental ill health. One Community Mental Health Team for Older People have also asked that Jane speaks at one of their meetings.

If you have any suggestions on how we could further promote FoCUS please do let Jane Ahmed know - her details are below

To Members of the Trust - Jane Ahmed had a stand at the Trust's popular Members Day Understanding



Autism and ADHD

### Our next FoCUS meetings are in March, all from 1pm - 3pm on:

East & Mid Surrey <b>Monday 5th March:</b>	Reigate Baptist Church, Sycamore Walk, <b>Reigate</b> , RH2 7LR
South West Surrey <b>Wednesday 7th March:</b>	Guildford Baptist Church, Millmead, <b>Guildford</b> , GU2 4BE
West Surrey & NE Hampshire <b>Thursday 8th March :</b>	<b>Theta Building</b> , Lion Way, <b>Frimley</b> , GU16 7ER
North West Surrey <b>Monday 12th March :</b>	Christ Church, Jubilee Square, Church Street East, <b>Woking</b> GU21 6YG

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

### 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, **Website** 🌐 [www.surreycoalition.org.uk/special-interest-groups/focus/](http://www.surreycoalition.org.uk/special-interest-groups/focus/)

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