



Surrey & NE Hampshire INDEPENDENT MENTAL HEALTH NETWORK (IMHN)



THE VOICE OF MENTAL HEALTH SERVICE USERS, THEIR FAMILIES AND CARERS

FEBRUARY 2018 NEWSLETTER

Update from the Chair

by Don Illman



It's been a busy 2017 for the Network, we've welcomed a number of new members and continue to expand. Having introduced our Facebook and Twitter sites in November, we are building our presence on social media and will have a new website up and running shortly.

Our bi-monthly meetings are well attended with members, commissioners, service providers and representatives from various Health and Social Services. As an

Independent organisation we invite those appropriate for the Mental Health issues our members have raised for discussion, with the objective of influencing and supporting improvements to this service.

Between our network coordinator, our members and myself, we have attended over 100 relevant meetings across Surrey and North-East Hampshire in 2017, including mental health stakeholder groups, NHS Trust meetings, Surrey County Council Select Committees, Strategic Partnership Boards and numerous others, to get our members voice heard and keep ourselves and our network updated with any proposed changes in provision and issues arising. We will continue this work and thank our volunteers that spend



@surreynehampshirementalhealthvoice and/ twitter



twitter.com/MentalHealthVoice

their time and energy supporting the network. If you would like to join us, please do. The greater the numbers the louder our voice.

I'm also delighted to



welcome our new Network coordinator, **Joanna**

Macpherson, who joined us in November, I'll leave Joanna to expand on this later.

Wishing you the very best for 2018, and no I won't do a stint as Father Christmas!

Don - Chairman IMHN

IMHN Meetings

The Surrey & NE Hants IMHN meets regularly on a bi-monthly basis.

Along with being a regular forum for our members, as mentioned

of Crisis Care services in Surrey, along with our members, they too were able to highlight their issues. For example, the impact of a poor-quality care plans, individuals care contact details not being provided to the GP, thereby wasting patient appointment time whilst the GP tracked these down. We also heard from

Health Services dashboard. Members had the opportunity to feedback on the status of a number of mental health services and make a number of suggestions.

November IMHN meeting – Lloyd Bismouth SABP on Care after Crisis and the Single Point of Access trials in Surrey



January 2018 IMHN meeting -Ian Grimwood from Matrix Advocacy in charge of the hearing loop microphone discussing Mental Health Advocacy services.



January 2018 IMHN Meeting – Diane Woods NHS Commissioner



January 2018 IMHN Meeting –Rich Stockley Surrey County Council & Surrey Heartlands STP

we also invite the relevant, commissioners and service providers for the meetings' priority subjects/issues. These have been raised by our members and need to be addressed.

Just picking a couple of highlights our meeting of 17th November, among other issues, had a focus on 'Care after Crisis' provision. By inviting a cross section of providers

Martyn Munro commissioner for adult substance misuse services as to the plans to recommission existing providers and merge their services.

Two more examples of topics we kicked off in 2018 with, our 12th January meeting, started with NHS Commissioner Diane Woods responding to questions on the commissioners Mental

We also heard from Rich Stockley Surrey County Council, who faced some robust questions on the newly created role of Citizen Ambassador for Mental Health for the Surrey Heartlands Strategic Transformation Partnership.

Our thanks go to all the invited guests who attend our IMHN meetings

IMHN Coordinator

by Joana Macpherson



Having taken over the role of Network

Coordinator in November, from the very capable Ian Stronge, my initial thoughts included a lot of 'where do I start?' and 'what do all these different groups and organisations do?' questions. Over the past couple of months I've learnt an awful lot, had numerous questions answered, often more than once, and have the great support and wealth of years of knowledge of our Chair Don, Carol Pearson Surrey Coalition, Ian's patient handover and our members ongoing encouragement. Mental Health in Surrey and NE Hants often still appears an intricate maze of providers, community groups, committees and networks, but I'll keep learning.

My involvement with the IMHN started a number of years ago with Surrey Link Mental Health Group, one of

the predecessors of the current Network. I was and am a 'sandwich carer' (terminology I've learned recently) of my youngest and oldest family members that have neurological and mental health issues. Not only did I realise how much there still is to do to provide the healthcare that people deserve, but how much my own and those around me have their physical and mental health impacted when caring, or when the right help is difficult to find. The IMHN gives our members and me a voice, sometimes just to listen and share and sometimes to have that voice heard to influence positive commissioning change.

Part of my role of Network Coordinator involves growing and expanding the IMHN's membership and thereby the influence of its members, using their life experiences and knowledge to evidence the changes that need to be made.

Throughout my professional working life in industry, this is the first time I've been given the opportunity to work with and on behalf of a group of such genuine and dedicated people. I will do my very best.

IMHN A New Member's View

by Val

When Joanna joined as the new IMHN Network Coordinator, we spoke about her new role as



well as the goals and aims of the Network. My father, who sadly passed

away in September, suffered from Alzheimer's (I was his carer). As a carer, having moved my father in with me at home I have experienced some of the issues and problems that people face in Surrey. Mindful that not everyone has someone to 'stand up for them' as I was able to for my father, I offered to help and subsequently attended my first IMHN meeting in January. It was an eyeopener to the breadth of mental health issues and the wide range of individuals living with and coping with mental ill health, for themselves or those close to them, whilst doing what they can to add their voices to making positive change through the Network.



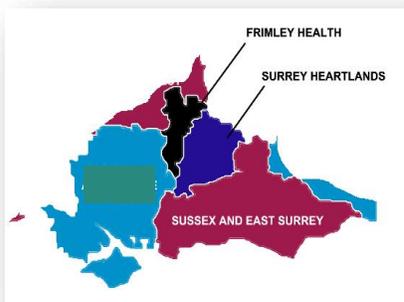
My main skills are in technology and project management so since January I've been putting these skills to use, helping Joanna build a new website for the Network. I have lived and worked in Surrey for nearly 30 years."

STPs Sustainability and transformation partnerships (STPs) are a mechanism for delivering the NHS Five Year Forward View and other national priorities for the NHS in England. The Forward View was a collective vision for how the health service needed to change between 2015/16 and 2020/21.

Forty-four sustainability and transformation partnerships now exist covering the whole of England. Each of the forty-four footprints are partnerships made up of NHS organisations, including clinical commissioning groups (CCGs), NHS trusts and foundation trusts and primary care services, as well as local authorities.

The IMHN covers Surrey and NE Hampshire,

which now has three separate STPs, as shown below, drawing up transformation plans. Each plan will include parts of Surrey and NE Hampshire. How this will work and determine Mental Health and parity of services across in Surrey and NE Hampshire, is still to be fully understood.



The Kings Fund – ‘Doing Justice to Mental Health in STPs’ quotes

“If STPs are to be the means through which we ensure that the health and care system remains sustainable into the 2020s, they will need to improve population health and, by doing so, reducing future demand for care. Given the close relationship between poor mental health and many of the nation’s most urgent public health challenges, improving mental health and

wellbeing at the population level should also be an important concern for STP leaders. And a big part of that will be to bring about a step change in how we support and promote the mental health and wellbeing of children and young people.”

Our role as an IMHN is to continue to have our members experiences listened to and acted upon through the commissioning processes. STPs, their developing priorities and plans for Mental Health continue to be one of our major agenda items at our bi-monthly meetings.

Dates of future IMHN meetings 2018 All meetings run from 10:30 am – 1pm at Park House, Leatherhead KT22 0AH

Friday 16th March

Friday 18th May

Friday 20th July

Friday 14th September

Friday 16th November

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