

# Talking Mental Health



INDEPENDENT MENTAL HEALTH NETWORK  
SURREY & NE HANTS

## Spring Newsletter



**Welcome to the joint Newsletter for**

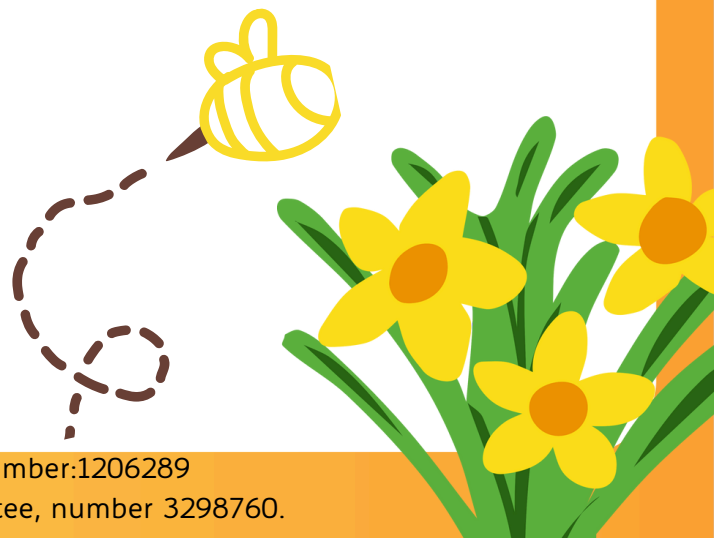
**Independent Mental Health Network (IMHN)**

**and**

**Forum of Carers and People who Use SaBP NHS  
Services (FoCUS)**

### **This month's edition includes**

- **Message from Nikki Roberts, CEO of Surrey Coalition of Disabled People about the Proposed Welfare Benefit Cuts**
- **Mental Health Awareness Week - community activities**
- **IMHN updates**
- **Silverwood update - new mental health inpatient service**
- **FoCUS updates**
- **Co-production opportunities**
- **Group dates**
- **Wellbeing Support**





Engaging with service users and carers to hear their experiences of using Adult mental health services. We provide a voice for people in Surrey and North East Hampshire on the mental health topics that matter to them.



Hearing directly from people who use services really helps to highlight the challenges people face and has helped to make improvements. We regularly share and contribute at decision making meetings to help people that will require the services in the future.



Both IMHN and FoCUS have a network of individuals who have experienced mental ill-health, as well as carers. Together, we collaborate with the NHS and social care service providers to improve mental health care in Surrey and North East Hampshire. Our collective efforts aim to enhance services, advocate for better support, and create positive change.



FoCUS is 'focussed' on the people and topics about Surrey and Borders Partnership NHS Foundation Trust adult services.



IMHN looks at the wider Mental health network; working closely with Surrey Heartlands, NHS Frimley ICB. Suicide Prevention Strategy and Surrey County Council.

**WE WANT TO HEAR YOUR EXPERIENCES**





INDEPENDENT MENTAL HEALTH NETWORK  
SURREY & NE HANTS

# IMHN & FoCUS



## Message from Nikki Roberts, CEO of Surrey Coalition of Disabled People

### Proposed Welfare Benefit Cuts – Government Spring Statement

Cuts to welfare benefits has dominated the headlines. Although we don't really know the full impact yet, we do know that this will impact lots of Disabled people, people living with long term health conditions and their families. We will do everything we can to support our community and campaign for a fairer outcome for our Coalition and Independent Mental Health Network members.

Vikki, our Co-chair of trustees spoke on BBC radio Surrey and Heart radio about the negative impact the proposed welfare cuts will have on our members. Nikki, our CEO, spoke to the BBC about this too 'Disabled people in Surrey need a fairer Spring Statement' – BBC News

We're currently reading and digesting the full green paper that the government issued on the proposed changes. We're going to work with our campaign's committee to develop a response to the government consultation. If you'd like to join the discussion, please do get in touch with our involvement team. [Involvement@surreycoalition.org.uk](mailto:Involvement@surreycoalition.org.uk) We need as many of you as possible to provide your views.

Are you worried about the benefits changes that the Government are talking about? If so, please get in contact with one of our Coordinators.





INDEPENDENT MENTAL HEALTH NETWORK  
SURREY & NE HANTS

# Mental Health Awareness Week



## Did you know that this week (12th – 18th may) is Mental Health Awareness Week?

The theme this year is community and bringing people together. It's so important that we all take the time to look after our mental health. As we mark Mental Health Awareness Week, we're reminded of the importance of finding moments of calm, connection, and activity in our daily lives. Our wellbeing sessions are a great opportunity to try a new activity and meet new people in the community. So far this year our wellbeing sessions have included multi-sports, a gallery trip and swimming!

Our next Get More Active Wellbeing session is sailing at the beautiful Papercourt Sailing Lake, an opportunity to connect with nature and try something new. Learn to sail in double seater Access dinghy's or enjoy a relaxing boat ride on a Cornish Crabber or Wheels on Water boat.

You'll meet friendly faces, share a few laughs, and maybe even discover a new hobby together. Whether you're joining solo, coming with a friend or a carer you'll be made to feel at home by a supportive and inclusive group in a tranquil setting.

So why not make time for yourself this Mental Health Awareness Week? Join us at Papercourt Sailing Lake Friday 16th May at 12 noon. Please contact Guy if you have any questions or would like to sign up.

Email: [guy.hill@surreycoalition.org.uk](mailto:guy.hill@surreycoalition.org.uk) SMS/Phone: 07305 009869

This wellbeing events project is generously funded by The National Lottery Community Fund.







INDEPENDENT MENTAL HEALTH NETWORK  
SURREY & NE HANTS

# IMHN

**Independent Mental Health Network**



## **Co-production Reference Group**

The Co-production Reference group was set up to review Surrey County Council's Adult Social Care Mental Health 5 year plan. IMHN members were able to give their input, this has now finished and we are awaiting the final draft to be drawn up and will be circulated once its completed.

## **Co-production Housing Protocol Group**

The Co-production Housing protocol group made up of IMHN members and Surrey County Council have been looking at how to improve hospital discharge into suitable housing without delay and is continuing to meet.

We recently looked at the Supported Housing Act 2023 and its implications coming into to effect this year. The group discussed what needs to be improved from a mental health perspective and a clear pathway to raise any concerns.



## **Frimley VCSE Alliance Meeting**

The IMHN Coordinator Guy attended the Frimley VCSE Alliance meeting on 22nd April to spread the word of the Network and aiming to recruit new members and gain new contacts.





INDEPENDENT MENTAL HEALTH NETWORK  
SURREY & NE HANTS

# IMHN

## Independent Mental Health Network



### Share your experience as a service user

The IMHN is continuing to record people's experience as a service user or as a carer using mental health services today. If you or you know of someone who might be interested then please ask them to contact the IMHN Coordinator Guy Hill. Email: [guy.hill@surreycoalition.org.uk](mailto:guy.hill@surreycoalition.org.uk) SMS: 07305 009869



### IMHN Elections

IMHN Elections are coming up, a timetable will follow soon and we are looking for the next Chair and Vice Chair in July. So if you want to make an impact and help to improve mental health services, then please register your interest with Guy Hill via email [guy.hill@surreycoalition.org.uk](mailto:guy.hill@surreycoalition.org.uk) or SMS/txt 07305009869.

### Surrey Heartlands ICB (Integrated Care Board) Questionnaire

Coming soon... Surrey Heartlands ICB (Integrated Care Board) will be sending out a questionnaire asking for your experiences of using Safe Havens, so please complete it if you have used them.





INDEPENDENT MENTAL HEALTH NETWORK  
SURREY & NE HAMPS

# IMHN

## Independent Mental Health Network



### Silverwood update

Surrey's new mental health inpatient service, Silverwood, has opened on the St Peter's Hospital campus in Chertsey, on the site of the old Abraham Cowley Unit. It has 64 single ensuite bedrooms across four wards, each with its own lounge, dining area, garden, sensory space and activity room. The therapies department contains a gym, sports garden, therapy garden, music room, art room and kitchen, and there is a woodland walk outside the building for people to spend time in nature.

Two wards were initially opened in February to transfer people from beds in private services. All four wards are now open and taking in new admissions.



Wendy from the Coalition's mental health team joined members of staff from Surrey and Borders Partnership NHS Foundation Trust at a sleepover in the building in January, to stress test the building and identify any issues. Some initial problems are being worked through with the contractor. Early feedback from the sleepover and from service users has led to acoustics being improved in some rooms, additional artwork being installed around the building and the ambulance bay being made more welcoming. There are now plans to install some benches in front of the building for people to sit with family, friends and visitors. Surrey and Borders have also been granted some charitable funds to work with a mural artist to improve the look of the ward gardens.

Continues on next page...







INDEPENDENT MENTAL HEALTH NETWORK  
SURREY & NE HANTS

# IMHN

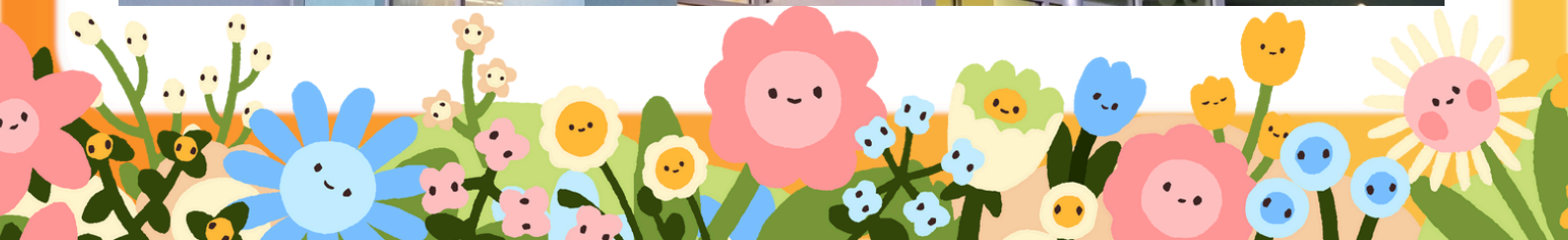
## Independent Mental Health Network



The project has been shortlisted for two Design in Mental Health Awards, one recognising the way people with lived experience have contributed to the project as a whole, and another for the artwork which was designed by a local artist working alongside people with lived experience.

Wendy has spent the last three years speaking to people who use mental health services, their families and carers about their priorities for this project and representing their thoughts and experiences throughout the design and delivery of the building. She says it's rewarding to look at the building and see how the ideas and views people expressed have been incorporated into the final result. Her work on the project will continue with gathering feedback from people who have been admitted to Silverwood about their experience of the space, and taking part in a Lessons Learnt workshop to review the whole journey from the design of Silverwood to where we are now.

A short video about the story of Silverwood can be seen on YouTube: [video link](#)





## FoCUS Update

In March we held two Talk and Learn FoCUS combined groups. We heard about the operational side of the new Silverwood hospital and we opened nominations for our refreshed FoCUS Rep Volunteer role.

In April we held four Community FoCUS area groups. These meetings are more informal and allow local feedback and conversations with local members and community teams. We had some new members join us and our reps for each area were announced! - see our Rep update on the next page.



[More information can be found in the Minutes, for a copy get in touch](#)

FoCUS has raised several questions addressing key concerns in mental health services. These include inquiries about funding for additional inpatient beds, referral waiting times for psychotherapy, training for agency staff on Learning Disability and Autism. Members also spoke about challenges in accessing services in rural areas, support for parent carers navigating children's services, and inpatient experiences, DIALOG questionnaires and were.



## FoCUS Rep Elections

Following the nomination process in March and April, we're delighted to confirm the following individuals will take up their roles as FoCUS Reps from June 2025 to May 2026.

FoCUS reps are an important link between FoCUS groups and Surrey and Borders Partnership (SaBP). Your reps are here to welcome you to local area groups, and will participate in our joint committee meetings with SaBP trust senior staff to represent to provide

These are the first Reps to step into the newly refreshed volunteer role, which has been designed to evolve over time based on feedback and ongoing input. Each Rep will serve a one-year term, allowing us to further refine the role as needed next year.



### East & Mid Surrey (E+M)

Rachel  
Stephanie

### South West Surrey (SW)

Claud (new)

### North West Surrey (NW)

Ann (new)  
Sharan  
Rosemary



### West Surrey + NE Hants (WNEH)

Janice  
David  
Piara (new)

**Have you  
thought  
of becoming a  
Rep?**

Contact the FoCUS  
support team to  
find out more.



## Share your experiences of Surrey and Borders Partnership

Come to a meeting, share your experiences, talk with other carers and people who use SaBP services. We will also be hearing from the trust about their Peoples Experience Report and how it is helping to improve services.

### June FoCUS Talk & Learn groups Subject: People's Experience Report

#### **SW + W & NEH FoCUS**

**When: Thursday 5th June**

**Time: 12.30pm - 2.00pm**

**Where: Guildford Baptist Church  
and Online (zoom)**

#### **E&M + NW FoCUS**

**When: Tuesday 10th June**

**Time: 12.30pm - 2.00pm**

**Where: Unither House Chertsey  
and Online (zoom)**

### July Community FoCUS Local area groups

#### **E&M Community FoCUS**

**When: Tuesday 1st July**

**Time: 1pm - 2.30pm**

**Where: Reigate Baptist Church  
and Online (zoom)**

#### **W & NEH Community FoCUS**

**When: Thursday 3rd July**

**Time: 1pm - 2.30pm**

**Where: Upper Hale Community  
Centre and Online (zoom)**

#### **NW FoCUS Community FoCUS**

**When: Monday 7th July**

**Time: 1pm - 2.30pm**

**Where: Online (zoom)**

#### **SW FoCUS Community FoCUS**

**When: Wednesday 9th July**

**Time: 1pm - 2.30pm**

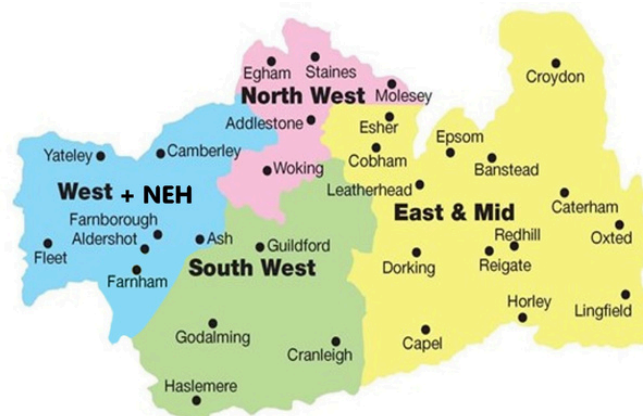
**Where: Online (zoom)**



## Who can come to FoCUS?

Anyone that has used or cared for someone that has used Surrey and Borders Partnership NHS Trust adult mental health services.

Contact the FoCUS Support team to attend a group or find out more!



## Can't make a meeting? Use our online survey

If you're not able to join the FoCUS meeting we'd still love to hear about your experiences using Surrey and Borders NHS Foundation Trust services.

You can share your experiences by filling out our 'share your experience' form which also includes our optional question of the quarter.

You can access the form using this link or QR code

<https://forms.office.com/e/89UNwe7ugn>

Share your experiences of mental  
health services in Surrey and  
North East Hampshire



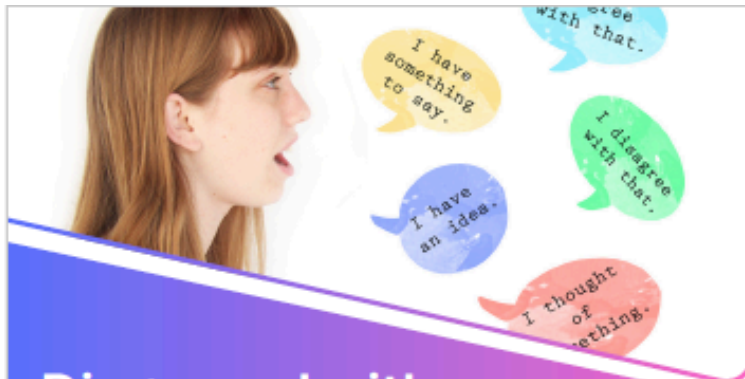




# Get Involved

## Co-production invite

**NHS**  
Surrey and Borders  
Partnership  
NHS Foundation Trust



**NHS**  
Surrey and Borders  
Partnership  
NHS Foundation Trust

### Diagnosed with Personality Disorder? We want to hear your views

If you've been diagnosed with a Personality Disorder, recently or in the past, we need your help. Receiving this diagnosis can often be confusing and people can often be left with many questions. We're working on a new brochure titled "What is Personality Disorder?" to provide clear, supportive, and empowering information for those receiving a diagnosis.

The brochure will explain the diagnosis and confusing terms in plain language, describe treatment options, and provide resources for further help and support.

To ensure this resource is real, honest, and relevant, **we're inviting people with lived experience of having received a diagnosis to join a dedicated workshop.**

**Please note:** This is one of three separate workshops. We are also inviting carers/family members and clinicians to share their views in separate, dedicated sessions. All perspectives will help shape the final brochure.



#### Why Join?

Because your voice is essential to making this brochure truly helpful. Your experiences can help us create a resource that truly reflects people's needs. **If you cannot attend but would still like to share your views, please contact us.**

### Help Us Make Something That Speaks To You

#### DETAILS

June 4<sup>th</sup> 2025  
10am-12noon  
18 Mole Business Park,  
Leatherhead, KT11 7AD

Refreshments will be provided. Travel expenses can be reimbursed on the day.

#### PARTICIPANTS

Participants must have been diagnosed with Personality Disorder. This may have been recently or a long time ago. You may have been diagnosed elsewhere in the UK or outside the UK.

The workshop will be capped at 10 participants and will be facilitated by a clinician and person with lived experience of Personality Disorder.

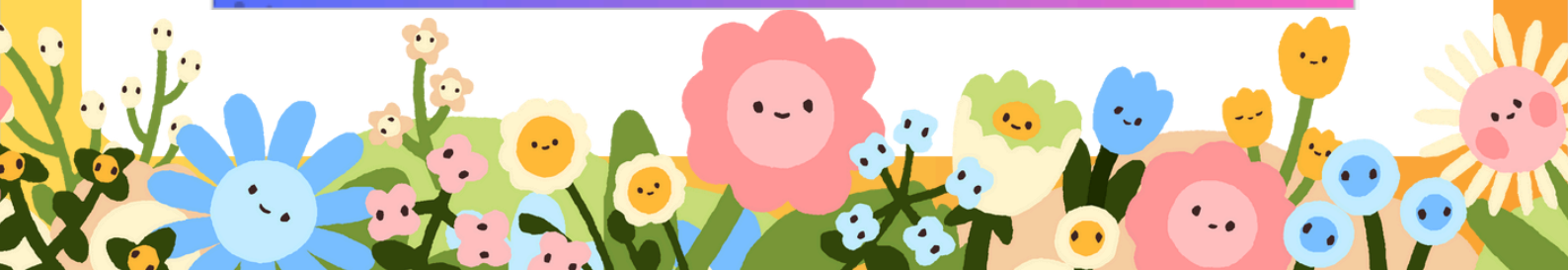
Register  
your  
interest:



Contact:

☎ 07385 419931

✉ [laura.parrington-neads@sabp.nhs.uk](mailto:laura.parrington-neads@sabp.nhs.uk)



# Get Involved

## Co-production invite for Carers

**NHS**  
Surrey and Borders  
Partnership  
NHS Foundation Trust

### Call for Carers...

We want to hear your views

We're creating a new brochure titled "What is Personality Disorder?". It will be a guide for people newly diagnosed and something that can be shared with those who care for and support them. The aim is to make sense of what can often feel like a confusing and overwhelming diagnosis.

The brochure will break down complex terms, explain treatment pathways, and share insights to help people receiving this diagnosis, and their families and carers, feel more informed and empowered.

To ensure the final resource reflects the lived experience of being a carer, we're running a separate **workshop for carers and family members**.

**Please note:** This is one of three separate workshops. We are also inviting individuals with lived experience and clinicians to share their views in separate, dedicated sessions. All perspectives will help shape the final brochure.

### Why Join?

Your voice matters, and your knowledge/experience can help others navigate their journey with more confidence and compassion. **If you cannot attend but would still like to share your views, please contact us.**

### Help Create a Supportive Resource for People Diagnosed with Personality Disorder

#### DETAILS

June 4<sup>th</sup> 2025  
1pm-4pm  
18 Mole Business Park,  
Leatherhead, KT22 7AD

Refreshments will be provided. Travel expenses can be reimbursed on the day.

#### PARTICIPANTS

Participants should be carers or family members of someone diagnosed with a Personality Disorder. This may be current or past experience.

The workshop will be capped at 10 participants and will be facilitated by a clinician and person with lived experience of Personality Disorder.

**Register your interest:**

**Contact:**

☎ 07385 419931  
✉ [laura.parrington-neads@sabp.nhs.uk](mailto:laura.parrington-neads@sabp.nhs.uk)





# Get Involved

## Surrey Heath Lived Experience Community

**NHS**  
Surrey and Borders  
Partnership  
NHS Foundation Trust

Are you currently using or have you previously used  
the Surrey Heath Community Mental Health Team for Older People?

## HAVE YOUR SAY & HELP SHAPE THE FUTURE OF THE SERVICE!

**Join our LIVED EXPERIENCE COMMUNITY**  
a welcoming space where your voice matters.

- 💬 Share your experiences
- 💡 Help improve services for others
- 👥 Connect with fellow service users, unpaid carers & families

### When?

Wednesday 4th June 2025 &  
Wednesday 10th September 2025  
Arrive at 10:45am for an 11am start  
Finish at 2pm

### Where?

Theta, Lyon Way, Frimley, GU16 7ER  
(Free lunch provided!)

📞 How to get involved:  
Call: 01276 454100

Email: [surreyheathcmhtopadmin@sabp.nhs.uk](mailto:surreyheathcmhtopadmin@sabp.nhs.uk)  
Or visit: Surrey Heath CMHT OP, Theta, Lyon Way, Frimley, GU16 7ER



When	What	Where
16th May 12pm	IMHN Wellbeing Event	Papercourt Sailing Club
30 <sup>th</sup> May 1pm-3pm	IMHN Coordinating Meeting	Online (Zoom)
5 <sup>th</sup> June 12.30pm-2pm	FoCUS Talk + Learn South West / West Surrey / NEH Peoples Experience Report	Guildford Baptist Church
10 <sup>th</sup> June 12.30pm-2pm	FoCUS Talk + Learn East+Mid / North West Peoples Experience Report	Unither House Chertsey
18 <sup>th</sup> June 10am-11am	MH Stakeholders NW Surrey	Online (Zoom)
19 <sup>th</sup> June 10am-11am	MH Stakeholders E+M Surrey	Online (Zoom)
1st July 1pm-2:30pm	Community FoCUS East+Mid Share your local experiences	Reigate Baptist Church
3rd July 1pm-2:30pm	Community FoCUS West + NE Hampshire Share your local experiences	Upper Hale Community Centre Farnham
7th July 1pm-2:30pm	Community FoCUS North West Share your local experiences	Online (Zoom)
9th July 1pm-2:30pm	Community FoCUS South West Share your local experiences	Online (Zoom)





Join us at the Surrey Hills Wellfest at De Vere  
Horsley Towers on Sunday 27 July 10am - 6pm.  
More information on the Surrey Hills Wellfest  
website: [www.surreyhillswellfest.org/home](http://www.surreyhillswellfest.org/home)

#STAYALLDAY

#WELLBEINGFORALL

# SURREY HILLS WELLFEST

SUN 27 JULY - 10AM - 6PM - DEVERE HORSLEY TOWERS

## THE SUMMER WELLBEING FESTIVAL IN THE ♥ OF THE SURREY HILLS

TALKS - ACTIVITIES - WORKSHOPS - PERFORMANCES  
EXPERIENCES - STALLS - FOOD

AROMATHERAPY - MUSIC - BREATHWORK - COMEDY - DANCE  
STREET FOOD - SPIRITUAL HEALING - AYURVEDA - CRAFTING  
PSYCHIC READINGS - COACHING - CRYSTALS - BODY ANALYSIS  
MEDITATION - AERIAL ARTS - HABITAT PROTECTION - RECYCLING  
SOUND HEALING - TAI CHI - VOLUNTEERING - POETRY  
BODY POSITIVE BURLESQUE - MINDFULNESS - YOGA  
AND MUCH MORE.....

**FREE PARKING**

Travel by train Tickets on eventbrite

supporting Harry Edwards Foundation in association with

KINDRED SPIRIT DE VERE  
HORSLEY ESTATE

[WWW.SURREYHILLSWELLFEST.ORG](http://WWW.SURREYHILLSWELLFEST.ORG)

# Wellbeing Support

## **Do you need mental health support?**

The Safe Havens in Surrey remain open for people in crisis to visit in person every day of the year. You can find out more information here:

<https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>.

Surrey and Borders Partnership NHS Foundation Trust (SABP) and the Community Connections providers have launched virtual Safe Havens. The Virtual Safe Havens are open from 6.00pm to 11.00pm every day of the year for people in crisis.

## **Virtual Safe Haven Links**

- [Epsom Safe Haven](#)
- [Guildford Safe Haven](#)
- [Redhill Safe Haven](#)
- [Woking Safe Haven](#)
- [Aldershot Safe Haven](#)

## **Other sources of support**

- call Surrey and Borders' Mental Health Crisis Helpline on: 0800 915 4644 or by SMS text: 07717 989 024
- contact Samaritans on 116 123 or email them at [jo@samaritans.org](mailto:jo@samaritans.org)
- call 111
- [go to the Healthy Surrey website for more information about mental health and emotional wellbeing support in Surrey.](#)

