Talking Mental Health – 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

Photo description: digital images of a bee and yellow flowers.

What we do

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.

Photo description: digital drawing of a group of people.

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.

Photo description: colourful large speech bubble full of smaller speech bubbles

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.

Photo description: Sticky notes on a notebook with the words – diversity, equality and inclusion

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.

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@surreycoaltion.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.

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 Guy if you have any questions or would like to sign up. Email: guy.hill@surreycoalition.org.uk SMS/Phone: 07305 009869

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

Photo description: Coalition members and staff on a sailing boat at Papercourt sailing lake and the Community Fund logo.

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 and 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.

Photo description: birds-eye view of a group of people in a meeting.

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.

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 SMS: 07305 009869

Photo description: woman filming a video on her phone of herself talking.

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 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.

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.

Photo description: modern lounge at Silverwood.

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.

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](https://www.youtube.com/watch?si=zplQfb4uI9wNnULk&v=r79Ds-aIf38&feature=youtu.be)

Photo description: Entrance at Silverwood, the building is modern, blue and white with a sign in blue saying ‘Silverwood’.

FoCUS - Forum of Carers and people who use SaBP Services

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.

* Community Teams
* Transformation
* Recruitment
* Bed shortages
* Silverwood
* What can be done better
* Supporting Carers
* Co-Production
* Interim support
* Safe Havens
* Neurodiversity
* Rural isolation

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!

Photo description: map of surrey areas

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

Get Involved

Co-production invite

Diagnosed with Personality Disorder? We want to hear your views

Surrey and Boarders Partnership NHS Foundation Trust logo

Photo description: woman with several speech bubbles

Help us make something that speaks to you.

If you’ve been diagnosed with a Personality Disorder, recently or in the past, we need your help. Receiving the 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.

Details June 4th 2025 10am – 12noon 18 Mole Business Park, Leatherhead, KT22 7AD. Refreshments will be provided. Travel expenses can be reimbursed on the day.

Participants must have been diagnosed with Personality Disorder. This may have been recently or 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: [laura.parrington-neads@sabp.nhs.uk](mailto:laura.parrington-neads@sabp.nhs.uk) or call 07385 419931

Get Involved - Co-production invite for Carers

Surrey and Boarders Partnership NHS Foundation Trust logo

Call for Carers…we want to hear your views

Photo description: woman with several speech bubbles

Help create a supportive resource for people diagnosed with personality disorder

We’re creating a new brochure titled “What is Personality Disorder?”. It will be a guide to people newly diagnosed and something that can be shared with those who care for and support them. The aim is to make sense 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.

Details: June 4th 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. This workshop will be capped at 10 participants and will be facilitated by a clinician and person with lived experience of Personality Disorder.

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 please contact us.

Register your interest: [laura.parrington-neads@sabp.nhs.uk](mailto:laura.parrington-neads@sabp.nhs.uk) or call 07385 419931

Get Involved - Surrey Heath Lived Experience Community

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

Dates

Get Together Wellbeing Session - Sailing on Friday 16th May at 12 noon at Papercourt Sailing Club.

IMHN Coordinating Meeting on Friday 30th May 1pm - 3pm, Meeting Online – Zoom

FoCUS Southwest Surrey, West Surrey & NE Hants on Thursday 5th June 12:30pm - 2pm at Guildford Baptist Church

FoCUS Northwest, East and Mid Surrey on Tuesday 10th June, 12:30pm 2pm at Unifer House Chertsey

North West Surrey Mental Health Group on Wednesday 18th June 10am - 11am, meeting online.

East & Mid Surrey Mental Health Group on Thursday 19th June 10am - 11am, meeting online.

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)

Photo description: poster for Wellfest

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 Link: [Safe Havens : Surrey and Borders Partnership NHS Foundation Trust](https://www.sabp.nhs.uk/our-services/mental-health/safe-havens)

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: <https://www.healthysurrey.org.uk/mental-wellbeing>