Talking Mental Health

Winter 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

* What we do
* Dates
* IMHN + FoCUS Christmas Parties
* FoCUS January Talk + Learn
* IMHN Update
* FoCUS Update
* SMEF Update
* Get Involved / Co-Production
* Safe Haven Support
* Volunteering
* Useful Links
* Wellbeing Support

Photo description: digital images of a golden Christmas tree, baubles and a garland with holly, stockings, a present and a candy cane.

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, they collaborate with the NHS and social care service providers to improve mental health care in Surrey and North East Hampshire. Their 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.

Dates

FoCUS Christmas Party on 4th December 1.30pm-3.30pm at 18 Mole Business Park Leatherhead

IMHN Wellbeing Event Mince Pie Madness on 6th December 10am-12pm at High Cross Church Camberley

FoCUS Christmas Party on 9th December 1pm-2.30pm Online (Zoom)

MH Stakeholders NW Surrey on 11th December 10-11am Online (Zoom)

MH Stakeholders E+M Surrey on 12th December 10-11am Online (Zoom)

FoCUS Talk + Learn Special Tech support to help you join our online meetings on 14th January 1pm-2.30pm at Astolat, Coniers Way, Guildford

FoCUS Talk + Learn The year ahead, practice your Zoom skills, tell us your experiences on 16th January 1pm-2.30pm Online (Zoom)

FoCUS East+Mid / North West Surrey combined group on 3rd March 1pm-2.30pm at 18 Mole Business Park Leatherhead

FoCUS South West / West Surrey / NEH combined group on 5th March 1pm-2.30pm at Theta Frimley

FoCUS Christmas Party

Wednesday 4th December at 1.30pm to 3.30pm

In Person at SABP HQ in Leatherhead

We'll kick off with a brief session catching up on FoCUS business, followed by time to meet fellow members, swap stories and enjoy some relaxed Christmas fun. There will be festive refreshments and if you need transport, we can organise this for you.

Monday 9th December at 1.00pm - 2.30pm

Online on Zoom

Just like the first one, we'll start with a short catch-up session before diving into a fun Christmas activity, plus we'll share some opportunities about activities over the festive period.

We really hope you can join us for these festive gatherings. It's a great way to connect with others and enjoy some Christmas cheer together! Contact us to find out more or arrange transport

Jennie & Lucy FoCUS Support Mobile/SMS: 07727 273242 [lucy@lf-solutions.co.uk](mailto:lucy@lf-solutions.co.uk)

Photo description: ‘Christmas Party’ in a colourful red, orange and blue font. String of Christmas lights, a Christmas tree and a festive mug.

Christmas

Mince Pie Madness

IMHN Christmas coffee morning on Friday 6th December at 10:00am until 12:00pm at High Cross Church Cafe, Knoll Road, Camberley, GU15 3SY.

Join us for a festive chat with teas, coffees and mince pies!

Please register your interest for this event by emailing: guy.hill@surreycoalition.org.uk or SMS: 07305009869

Transport can be provided.

Photo description: Mince Pie Madness poster with a digital drawing of Father Christmas and a reindeer peeking over a table at a plate of mince pies.

January FoCUS

Talk & Learn Combined Groups

We want to get you involved in our online meetings

Tuesday 14th January at 1pm to 2.30pm

In Person at Astolat, Coniers Way, Burpham, GU4 7HL

Learn about Zoom, how online meetings work, get help with setup and we will even have a Tech Angel to help.

Then join our online meeting to practice your skills with a Surrey Wide online FoCUS meeting to discuss your experiences of mental health services provided by Surrey and Borders Partnership NHS Foundation Trust.

Thursday 16th January at 1pm to 2.30pm Online on Zoom

Contact to join in: Mobile/SMS: 07727 273242 or [lucy@lf-solutions.co.uk](mailto:lucy@lf-solutions.co.uk)

Photo description: digital image of a woman smiling, above her hand are digital icons such as a phone, laptop and Wi-Fi symbol. Next to this is another image of a digital image of a group of people on an online meeting.

IMHN Independent Mental Health Network

Mental Health Videos

Have you used Surrey and NE Hants Mental Health services or care for someone who has? We are recording your stories so that we can give an insight to Service providers and Commissioners to let them know what it’s like using mental health services today, good and bad experiences are welcome.

IMHN Online Meetings

IMHN Coordinating Meeting online Friday 29th Nov 1-3pm

NW Surrey Wednesday 11th December 10-11am

East & Mid Surrey 12th December 10-11am

IMHN Coordinating meetings are via Zoom where we will hear from Surrey County Council and our usual commissioning updates.

Mental Health Stakeholder meetings are free to join and are area specific and involve our voluntary sector partners.

Photo description: photo of woman smiling and waving at her laptop, on a video call.

The IMHN would like your feedback on the network

Are you an IMHN member or have you attended an IMHN meeting representing a stakeholder organisation?

If the answer is yes, then we’d appreciate hearing about your experience with the network and any feedback you might have. Through answering a few questions on our survey.

As a group that's involved in co-production, we feel it's important that we also understand what your experience of the network is like.

Complete the survey and be entered into a draw to win a £20 Amazon voucher!

Let us know your thoughts on the IMHN! We’d love to hear what you think!

IMHN Independent Mental Health Network

A quick reminder that the Independent Mental Health Network member survey is now open! The team would really appreciate it if you could take 10-15 minutes to fill it out - you can do this by visiting the following link: <https://forms.office.com/Pages/ResponsePage.aspx?id=04NEH2vc8EK8yuEL94UVu_DoKMR3xfNJggnI19ADQpFUMlNMWVlEV1g3WFNBREhVTDRHMVlUTktZWi4u>

Any member leaving their email address when completing the survey will be entered into a free prize draw for a £20 amazon voucher!!!

IMHN Wellbeing Yoga Event 19th September 2024

We recently held our latest Wellbeing Event at Boxhill Village Hall Boxhill Surrey on Thursday 19th September. We had 6 members attend which included our IMHN Chair David Muir and Vice Chair Jacob Adams as well as Immy Markwick and IMHN Coordinator Guy Hill.

It was an opportunity to catch up and have a chat over tea, coffee and biscuits. We invited a yoga teacher to do an accessible yoga class, which included seated exercises. It was a chance to stretch muscles that hadn’t been used for some time!

It was nice to meet face to face and just take time out of our busy schedules.

Photo description: picture from the wellbeing yoga event of the group in a yoga pose.

Coproduction work

Surrey County Council Housing Coproduction

IMHN and Surrey County Council Housing Coproduction work now has all 5 members needed, thank you.

Lived experience across Frimley

If you are under the Frimley ICB and would be able to take part in a survey based around lived experience across Frimley to help shape the Frimley Adult MH priorities which needs to be completed by mid January please register your interest with Guy Hill via email guy.hill@surreycoalition.org.uk or SMS/text 07305009869.

Mental Health Commissioning Delivery 5 year Plan

Surrey County Council are creating their Mental Health Commissioning Delivery 5 year plan in Spring and are asking for IMHN members to be involved right from the beginning please register interest with Guy Hill guy.hill@surreycoalition.org.uk or SMS/txt 07305009869.

FoCUS Forum of Carers and people who use SaBP Services

September Community FoCUS

We held four Community FoCUS area groups focussing on local feedback and conversations with local members and community teams.

* What can be done better
* Transition
* Advocacy
* Co-production
* Recruitment
* Community Teams
* Parent carers
* SABP website
* Medication
* Bed shortages
* Supporting carers

More information can be found in the Minutes, for a copy get in touch

FoCUS have heard experiences on various topics, including the transition to adult services and the pathways available for young people, support for aging parent carers, the importance of integrating physical and mental health care, experiences with the Home Treatment Teams, difficulties in coordinating care across multiple teams, communication, and the need for improved support from Hampshire social care.

Jennie has also been collaborating with SABP and mental health commissioners on the advocacy development group for Farnham Road Hospital.

FoCUS Forum of Carers and people who use SaBP Services

October FoCUS Talk & Learn Combined Groups

Theme/Topic: Silverwood

New Hospital

This quarter we heard about the new hospital opening in Chertsey in Spring 2025.

More information can be found in the Minutes, for a copy get in touch

Photo description: two images of the Silverwood building. Image one is a digital drawing of the plan and image two is of the progress of the build.

Outreach

As we evolve and refresh FoCUS, our Involvement Coordinator Jennie has been getting out into the community speaking with service users across Surrey and North East Hampshire.

* SABP Members Day
* St Ebbas LD Party
* SMEF Connect and Care MH Event
* PALS Roadshow at Farnham Road Hospital
* Working Together Woking
* Action For Carers Information Fairs
* Olanzapine+ Clozapine Clinics
* RecoveryFest
* SABP Older Adults engagement workshop
* Recovery College Members Day

Photo description: several photos of Jennie and Guy at events talking to the community about FoCUS.

SMEF

Surrey Minority Ethnic Forum

“Caring for Carers” - Mental Health & Neurodiversity Event

On 30th September 2024, the “Caring for Carers” event took place at the Phoenix Cultural Centre in Woking, focusing on mental health support for neurodiverse individuals and their carers.

This event was held in conjunction with Action for Carers, Surrey Coalition, IMHN Surrey and Hants, and ArtEase. The aim was to equip carers with knowledge, tools, and creative outlets to better manage their mental health while caring for loved ones.

Speakers Rachel Brennan and Naheeda Majid shared essential advice on accessing support services and balancing self-care. Participants received self-care booklets and were introduced to practical tools such as the Hospital Passport, which helps reduce hospital-related anxiety for neurodiverse individuals.

The creative art workshop, led by Saba Khan, CEO of SMEF, provided a valuable self-reflection activity that resonated with attendees. As participants reflected, "I enjoyed having a moment to paint... it made me realise I need to prioritise myself more" and "I enjoyed having a moment to paint. I felt really distracted by it. This is something I wouldn't do for myself due to time or priorities, but it made me realise I need to prioritise myself more."

Overall, the event was a success, with positive feedback and new connections formed within the community. "A very informative event, from presentation to the art workshop."

Get Involved

Join the FoCUS involvement list to stay informed about project opportunities where you can assist us to shape mental health services: <https://www.sabp.nhs.uk/aboutus/members-and-governors/focus/local-groups>

To discover how the trust collaborates with its service users and caregivers on initiatives aimed at enhancing services, please visit: <https://www.sabp.nhs.uk/index.php>

YoungMinds x Surrey Heartlands Transitions Survey

YoungMinds are a mental health charity who are doing a project with Surrey Heartlands Integrated Care System to improve the quality of care that young people receive when they go through a mental health service transition.

As part of the project, YoungMinds have worked with Surrey Youth Voice participation groups to design this survey which will ask you about:

* The type of mental health service transition you have experienced.
* Yes and no questions about your experiences before, during and after your mental health service transition.
* Open-ended questions to find out more about what went and what you would like to see improved about services.

Survey link: <https://survey.alchemer.eu/s3/90774595/YoungMinds-x-Surrey-Heartlands-Transitions-Survey?fbclid=IwZXh0bgNhZW0CMTAAAR11-GqaosaZIKmJyk8LSeNNMLvfMcLqrJVBzq224GBJMCul5HYAk9QrT34_aem_2WvewIS3zhkD9T6FTi0GbA>

Surrey and Borders Partnership NHS Foundation Award Nominations

Have you been supported by an exceptional member of our staff in 2024? Help us give them the recognition they deserve by nominating them for one of our staff awards!

Find out more about the categories and how to nominate: <https://www.sabp.nhs.uk/aboutus/staff-awards>

Safe Harbour and Safe Haven

Both Safe Haven and Safe Harbour aim to provide the best support to people in crisis and reduce Emergency Departments visits, but they do it in different ways.

Safe Harbour

Clinical Referrals Only.

Preventative Service.

Open 9:00am to 6:00pm, 365 days a year.

Staffed by a minimum of 2x third sector mental health professionals.

6-week rolling programme -

One-to-one support, Peer Support & Group Activities, Quiet Space, Preventative work, Group work, Action Planning, Crisis Intervention, Support for Families/Carers, Signposting, Building Resilience and more.

Client is part of Safe Harbour Community for 6 weeks

Clients will gain a vast knowledge of diverse ways in which they can support themselves in a variety of situations having had the chance to practice them and develop them with in the groups with discussions with peers.

Safe Haven

Drop-in Service

Crisis Service

Open 6:00pm – 11:00pm, 365 days a year

Staffed by 2x third sector mental health professionals and a SABP clinician

Short term crisis intervention

One-to-one support, Clinical support when required on site

Clients visits Safe Haven while experiencing a crisis

Due to time constrains, the team is only able to give the client a guide to things they can do to stabilise their mental health in the moment.

People are not integrated into the community within this service, but can be referred to Community Connections if appropriate.

Volunteering

Did you know that volunteering is good for your mental health?

Sending a huge thank you to all our IMHN and FoCUS volunteers who offer their help and expertise to keep us going.

Volunteering can reduce stress and isolation through making meaningful connections with others; it helps combat depression as it gives us added motivation and a sense of accomplishment; and it gives us a sense of purpose through helping others.

If you have some time to spare, and you feel confident with using touchscreen technology, and feel able to share that skill with others, why not volunteer with The Coalition’s Tech Angel project? Or if you like to get outside and would like to enable others to do that too, then what about becoming an Active Buddy Volunteer?

Find out more and get in touch: [https://surreycoalition.org.uk/volunteer-for-the- coalition/](https://surreycoalition.org.uk/volunteer-for-the-%20coalition/)

Image description: photo of Coalition staff member Katy guiding a member on a footpath through woodland.

Useful Links

<https://www.maryfrancestrust.org.uk/calendar/>

<https://www.catalystsupport.org.uk/activity-timetable/>

<https://www.richmondfellowship.org.uk/services/east-surrey-community-connections/>

<https://carersuk-news.org/cr/AQiMSBCk8OoGGKPq2sAEXIthOKYJItMtGh5CNrVkNjcifHhdJMumebx2B-rhOAU>

Useful mental health apps

Mind App Library

<https://mind.orchahealth.com/en-GB>

Stat Alive app

[Available on the Google Play store and Apple App Store](https://www.stayalive.app)

[For more information go to https://www.stayalive.app/](https://www.stayalive.app)

Feeling stressed, worried or down? First Steps to Support phoneline can help ease the pressure.

Phone: 0333 332 4753 Text: 07860 026657

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: <http://nhs.vc/sabp/safe-haven-Epsom>

Guildford Safe Haven: <https://nhs.vc/sabp/safe-haven-guildford>

Redhill Safe Haven: <https://nhs.vc/sabp/safe-haven-redhill>

Woking Safe Haven: <https://nhs.vc/sabp/safe-haven-woking>

Aldershot Safe Haven: <https://nhs.vc/sabp/safe-haven-aldershot>

Other sources of support

* call Surrey and Borders' Mental Health Crisis Helpline on: 0800 915 4644 or by SMS text: 07717 989 024
* contact SHOUT by SMS text on 85258
* contact Samaritans on 116 123 or email them at jo@samaritans.org
* go to the Healthy Surrey website for more information about mental health and emotional wellbeing support in Surrey: [Mental wellbeing | Healthy Surrey](https://www.healthysurrey.org.uk/mental-wellbeing)

Photo description: colourful digital image of the words ‘Thank you’.

Dear Members of the IMHN and FoCUS,

As 2024 draws to a close, we would like to take a moment to express our deepest gratitude to each of you for your support and invaluable contributions throughout the year. Your experiences, passion, and hard work have been instrumental in advancing our shared mission, and we are truly grateful for the difference you’ve made.

Whether you’ve participated in our groups, collaborated on projects, or shared your experiences, your efforts have helped us achieve so much this year. We couldn't have done it without you.

As we look ahead to 2025, we hope you will join us in the year to come as we work together to make an even greater impact.

We wish you a joyful and restful holiday season.

Please note the Surrey Coalition of Disabled People's office will be closed from noon on 24th December and we will return on Tuesday 2nd January 2025.

Photo description: garland with the words ‘Happy New Year’ and stars either side of the words.