**rethink fylde family support group**

NEWSLETTER

JULY 2019 ISSUE 1

*Together We Are Stronger*

*Campaigning to Influence & Improve*

Hi Everyone,

There has been so much happening recently we thought there was a need for a newsletter to keep everybody informed within the group. We simply do not have enough time at meetings to cover everything we are now involved in so we hope a regular newsletter will help bridge the gaps.

There will be a speaker every other month as it is important to keep aware of all new developments and initiatives within services, but then to devote time also to fully exploring and sharing with the group information and events fully.

July has been a busy month and there is more to come!

This is the news to date...

1.‘Our Story’ ongoing

Joan has been working with Sheralee Birchall of Healthwatch based at The Empowerment Hub in Bispham on a pilot project gathering timeline stories of carers and service users of their journey through the mental health services in order to highlight areas of good practice and those that are lacking. Jo Fletcher and Pauline McCann will be continuing to gather this information. If you wish to tell them your story contact Jo on 07957 996630 to arrange a date and time.

2. Blackpool Mental Health Partnership Board Next Meeting 12th September 2019

Meeting of the heads of services involved within every area of Blackpool Mental Health Services and Blackpool Adult Health and Social Care Services. There is a provision for representatives of unpaid carers and service users. To date Stuart Clayton and Joan McCormack have represented unpaid carers but Blackpool Carers Centre now have a place on the board and will cover this role. There is a still the need for a service user representative.

Previously chaired by Amy Cross but now chaired by Lynn Williams, MP for Adult Mental Health. Meet quarterly, next meeting 4th September 2019 at Bickerstaffe House, Town Centre, Blackpool and usually lasts 90 minutes.

3. Co-production/Co-design with Blackpool and Fylde CCG Next Meeting …/…/…

Meet monthly at The Grange, Grange Park, Blackpool. Joan McCormack and Matthew McCormack currently attending on FFSG behalf.

4. Lancashire Care Foundation Trust Briefing Next meeting 24th September 2019

This is an informal meeting who priorities for improvement are:

* the Crisis Pathways for the whole of Lancashire
* patient communication channels
* the bed system and
* work is currently underway for a Crisis Café and Recovery College in Blackpool

Meet 2 monthly at The Harbour, Blackpool from 1:30-3:00pm. Currently attended by Joan McCormack and Stuart Clayton.

5. Fylde Coast Mental Health Co-Production Sub Group Next meet 28th August 2019

A brief feedback of Matthews Report from meeting and work subsequently to be done at next Rethink Meeting delivered by Matt.

6. Mental Health Crisis and Support Meeting Dated 30th July 2019

Next meeting …/…/…

Attended by representatives from Public Health Blackpool, LCFT, Primary & Intermediate Mental Health Care, North West Paramedics and Ambulance Service, Blackpool Police, Health Watch, Lynn Williams MP for Adult Health Care. Rethink Mental Illness Fylde Family Support Group reps were Joan McCormack, Pauline McCann and Jo Fletcher.

Agenda covered Mental Health Needs Assessment, Output from Rethink MI Workshop, Psynergy, Crisis Café Model.

Dr Arif stated that this group came about following discussions with Blue Light Services.

He presented statistics for Mental Health, Suicide & Learning Disabilities across Lancashire & South Cumbria highlighting:

* for 2016/17 Blackpool had the highest number of patients having a new episode of depression at 14.7% compared to Lancashire & South Cumbria (L&SC) of 11.2% and England 9.1%.
* Waiting times - NHS England targets state that 75% of patients should wait less than 6 weeks between referral and first treatment and 95% should wait less than 18 weeks. Waiting 18 was deemed unacceptable and will be addressed within the redevelopment of mental health services. Lesley Tiffin of LCFT stated that they are meeting the 75% target however she confirmed that the target for one to one therapy is not being met and the wait is about 8 months which is currently unacceptable.
* In the three years from 2014-16, 518 people in L&SC died from suicide. This gives the rate of 12 per 100, 000 which is significantly worse than the England average of 9.9 and the 5th highest rate nationally.
* Of this 518:

371 were male with 31 under age 25 and 340 age 25+ and

147 were female with 16 under age 25 and 131 age 25+

* Nationally 75.4% of all suicide deaths are male but in L&SC it is 71.06%, the female suicide rate was second highest.
* Following audits across the Local Authorities within L&SC for years 2011-2015 the risk factors identified were depression, mental illness, alcohol and substance misuse, self-harm, relationship breakdown, financial difficulty.

(references for these figures are available)

Psynergy - This is a joined-up service between the Police and North West Ambulance Service specifically for people in mental health crisis. They are operational from 2pm to 2am. It is envisaged that with the introduction of a Crisis Café the need for this service may reduce.

Crisis Café - It was established that: there is funding available for a Crisis Café; the most suitable location would be in a quieter are of central Blackpool; is must be a non-clinical environment; it is to be staffed by a professional in mental health and volunteers with lived experience of mental health; it needs to be operational 24 hours a day 7 days a week.

7. Carers Forum Next meeting 6th August 2019

Meeting came about through discussion between Carla Talbott and Stuart Clayton to give unpaid carers within the community a representative voice on the Mental Health Partnership Board, where Carla Talbott of Blackpool Carers Centre will represent unpaid carers. This forum is the opportunity for unpaid carers to share their experiences, good and bad, of Blackpool Mental Health Services and Blackpool Adult Health and Social Care Services.

First meeting: 22nd July 2019. Next meeting will take place within Blackpool Carers Centre HUGs Meeting on 6th August 2019 at 10am in yellow room at Blackpool Carers Centre, Newton Drive, Blackpool.

8. Quality Improvement Forum LCFT Initial Meeting 8th August 2019

Forum created by Paul Lumsden, Director of Nursing and Quality Lancashire Care NHS Foundation Trust.

Building on the ideas shared with the team from Northumbria, Tyne & Wear at the listening events held last November, which are captured in the review report shared in May 2019 LCFT are at the point of beginning to create a number of quality improvements and, to ensure they get it right they are asking FFSG to get involved in

* an improvement event to redesign the LCFT structure to support best delivery of services working with partners and communities and develop what needs to happen to deliver the improvement ideas shared.
* creating and delivering quality improvement projects working with LCFT clinical teams.
* receiving updates about the work LCFT are doing and share feedback.

9. Future Speakers

Tuesday 10th September 2019 - Tom High of Acorn Recovery