



Rethink Carers Lancashire

Newsletter
May 2016

c/o Rethink Mental Illness Station Grove Supported Housing, 28 Scarisbrick Street, Southport PR9 0TU
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Next Meeting

Wednesday June 8, Chorley Fire Station,
12 noon (lunch) – 4pm

Meeting with Samantha Nicklin, Rethink's new Head of Campaigns, who will be coming from London to speak to us about how the Campaigns team operates. Sam is really keen to hear our experiences of dealing with local mental health services to improve the care for our loved ones, especially in relation to the Care Act.

Let us know if you'll be there by **Friday May 27**. We'll send out menu choices then, orders to be in by the end of Tuesday May 31st please.

Rethink North West's annual party for groups

Thursday June 16, Chester

This year organised by our Chester group

Free transport, free lunch, live music and dancers, chance to stroll along the river and Roman walls in Chester beforehand.

We'll be organising a minibus with various pick-up places around the county, planning to arrive about 11 to give time for exploring, the party takes place from 12 noon to 3, then back to Lancashire hopefully before rush hour really begins.

ESSENTIAL TO SIGN UP FOR THIS BY MONDAY MAY 23

FUTURE MEETINGS: Following requests at the last meeting, we're arranging a meeting for the end of the summer to explore what carers can do when the person they care for is reluctant to accept help. We'll have input from a clinical psychologist and a senior Lancashire Care Trust services manager. Bring your experiences and ideas!

EVENING MEETINGS: Unfortunately, the Fire Station room isn't available any more for evenings, so we're looking for an alternative and will let you know as soon as something is arranged.

**DO
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CARER ROLE MORE IMPORTANT THAN EVER

We've had some disturbing examples from our members of some services' failure to follow the requirements of the Mental Health Act and the Care Programme Approach. We're currently having meetings with very senior staff from Lancashire Care – including one of the Medical Directors and several very senior nursing managers, to discuss how this situation can be improved, and will report back in the next newsletter.

Advice from barrister Doug Feery is that poor practice is best challenged on an individual basis, either through this group, as we can contact the relevant managers and often get a quick solution, or via an individual complaint. This is hard work but can pay dividends.



And those of our members who paid close attention to our last two sessions and have written the advised letters are achieving a very good result, in some cases by reinstating a good support package, by getting a good assessment of needs, and in one case by succeeding in having the Direct Payments funding *increased* when the Council was proposing to reduce it.

Rethink can support you with any of the above – don't be afraid to ask.

THE CARE ACT 2014

Of course we do have examples of really good practice as well. The majority of practitioners in our local mental health services are here because they care and want to do a good job. They're certainly not in it for the money! Much depends on how they are approached and whether a mutually beneficial relationship can be built up. The NHS hasn't yet come to terms with the Care Act, so it's up to us to help them along with this!

Are adult care cuts putting councils at more risk of legal challenges?

Yogi Amin, partner and national head of public law at Irwin Mitchell LLP and a Court of Protection solicitor, writes in Community Care Magazine:

The Care Act 2014 has brought much needed clarity on the statutory obligations for councils to assess and provide social care. Of course, there will always be debate about whether sufficient funding has been allocated from central government to meet these obligations. But councils will have to deliver on their statutory duties or be at real risk of legal challenge.

He highlights two **Key risks** that commissioners and social workers should be aware of: **Low payment rates for carers:** A council or CCG that tries to save money by setting direct payment rates for certain carers at a level that is much lower than, say, supermarket shelf stackers may face problems. They run the risk of undermining an effective market for trained carers and this could lead to a legal challenge. **Ensuring assessments are thorough:** Cutting corners in assessment of individual care needs could result in complaints and/or legal challenges from individuals who say the council is failing to comply with assessment duties.

Both these risks are issues we as carers really need to be aware of, and challenge if necessary. In Lancashire we've already met cases where people using Direct Payments are being told – wrongly – that there's a ceiling for the hourly rate they can pay their Personal Assistants. And we all know now that Care Act assessments have to be very thorough and cover all the specified domains. If you have an assessment you feel is inaccurate or incomplete, don't hesitate to ask for it to be reviewed.



And great to hear Burnley FC is doing so much for mental health

New 'Claret in Mind' Programme at Turf Moor.

This programme has been designed to improve the mental health and wellbeing of individuals in Burnley and the surrounding areas with a key focus towards increasing physical activity and social networks. With this in mind, our main aim is to address the five ways to wellbeing throughout the delivery of our programme:

Connect; With a strong focus towards increasing social networks and support, our programme will provide positive, safe environments for individuals to make new connections with others.

Be active; It has been well documented that regular physical activity is associated with lower rates of depression and anxiety across all age groups. Each of our sessions will include an element of physical activity, this could include a walk to a local park, playing a game of football or a relaxing, yoga type session.

Take notice; An inclusion of walks in the local area will help to engage individuals with the local environment around them and being encouraged to be mindful of themselves and others will directly enhance wellbeing.

Learn; Goal setting and delivering information on health topics will help enhance individual's knowledge about how they can make healthier choices surrounding lifestyle and behaviours.

Give; There will be opportunity for individuals on the programme to engage in local events and community actions that take place in and around Turf Moor.

Encourage those you care for to join the FREE weekly programme at Turf Moor on Mondays 1-2pm. These will be drop in type sessions where individuals can meet, socialize and increase activity with a key focus on relaxation and light activity.

For more information, contact Abby Millard, 01282 704716, a.millard@burnleyfc.com

Fascinating event at Turf Moor in April



Unfortunately, we had very little advance notice of this, but we're assured by the University College of Football Business whose students organised this that there will be similar events with better publicity. The event aimed to educate about mental illness, and the stigma it brings, particularly in the world of sport. Ex-Claret Clarke Carlisle chaired the panel, which included Alastair Campbell and Burnley FC's sports psychologist, Jen Lace. Clarke Carlisle was frank about his suicide attempt in 2014 when he stepped in front of a lorry, and Alastair Campbell was equally honest about his own depression.

IMPORTANT INFORMATION ABOUT ADVOCACY SERVICES IN LANCASHIRE

NCompass no longer has the contract for advocacy services. In Lancashire there's now a variety of providers, so if you'd like an advocate you need to phone 'Advocacy Access' on 0345 456 3210 and they will direct you to the service that will meet your advocacy need.

NEW NICE GUIDANCE FOR EARLY INTERVENTION IN PSYCHOSIS: this has just been published. It sets the standards EI services should attain, recommends treatment, and details the essential components of an EI care package. The document can be found at [file:///C:/Users/Owner/Downloads/EIP%20Guidance%20FINAL%2029April161%20\(2\).pdf](file:///C:/Users/Owner/Downloads/EIP%20Guidance%20FINAL%2029April161%20(2).pdf) If you can't access this we can print some of it for you, although it has 57 pages so we may not be able to send all of it.

MENTAL HEALTH FUNDING INCREASES NOT REACHING THE FRONT LINE, REPORT FINDS

9th May 2016. The government's commitment to parity of esteem for mental and physical health services is being undermined by a failure to ensure funding increases reach the frontline, according to a survey. In fact, only half of providers report receiving funding increases in the past year, the survey by the NHS Providers and the Healthcare Financial Management Association (HFMA) revealed. The HFMA surveyed finance directors in mental health trusts and chief finance officers in clinical commissioning groups (CCGs) to understand how the parity of esteem commitment is being implemented locally. More than half (55%) of England's mental health trusts responded, along with 10% of CCGs. The report, **Funding mental health at local level: unpicking the variation**, revealed that only 52% of providers reported that they had received a real terms increase in funding of their services in 2015/16. Many providers don't expect this situation to change this year: only 25% of providers said they were confident that their commissioners were going to increase the value of their contracts for 2016/17. Read more at <https://www.mentalhealthtoday.co.uk/mental-health-funding-increases-not-reaching-the-frontline-report-finds.aspx> or ask for a hard copy.

SUICIDES OF BENEFIT CLAIMANTS REVEAL DWP FLAWS, SAYS INQUIRY 'Peer reviews' challenge claims by ministers that there is no connection between welfare reform policies and deaths of vulnerable claimants. A series of secret internal inquiries into the deaths of people claiming social security reveal that ministers were repeatedly warned of shortcomings in the treatment of vulnerable claimants facing potentially traumatic cuts to their benefits entitlements. The conclusions are contained in 49 Department for Work and Pensions (DWP) inquiry reports finally released to campaigners on Friday after a two-year Freedom of Information (FOI) battle. Some 40 of the reports followed a suicide. In 10 cases, the claimant had had their benefits sanctioned. More info at <http://www.theguardian.com/society/2016/may/13/suicides-of-benefit-claimants-reveal-dwp-flaws-says-inquiry>
Moving from DLA to PIP could well be a key factor - **The Rethink Advice and Information Service has just sent us more information about making PIP claims – ask if you need this.**

The Rethink Advice and Information Service can be contacted by phone weekdays 9.30 am to 4 pm

0300 5000 927

Or email advice@rethink.org

(Alternatively, the Group Coordinator can make inquiries on your behalf; the response would also have to go via the Coordinator)

JOIN RETHINK MENTAL ILLNESS Membership of our local Lancashire group is free, but we'd like everyone to join the national organisation, as this gives Rethink more weight for its campaigning as well as access to your opinions and knowledge. In return you get the quarterly information-packed magazine, access to a special bit of the website, and free conferences (including in November our National Members Day which this year is in Birmingham).

From this summer there'll be a cheaper membership for people who can do everything online – fewer perks but the same information. If you're already a member, you'll be informed about the alternative at renewal time.

ONE COMMENT WE HEAR FREQUENTLY NOW IS THAT RETHINK IS THE BEST SOURCE OF MENTAL ILLNESS INFORMATION AND SUPPORT AVAILABLE TO CARERS IN LANCASHIRE. One way to show your appreciation of this is to join the national organisation.

Leading the way to a better quality of life for everyone affected by severe mental illness.

For further information on Rethink Mental Illness Phone 0300 5000 927 Email info@rethink.org

Visit www.rethink.org Please join us today www.rethink.org/join Follow us online www.facebook.com/rethinkcharity www.twitter.com/rethink

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