

Welcome to the fourth edition of Mind Lines Raising Awareness of Mental Health Across the Borough



Tricia Hornby
Chief Executive

Once again we have had a busy and exciting period this quarter. I'd like to share the larger events with you .

The new Comple@t café at Birchi Hill hospital is now fully open and our staff and volunteers are kept very busy every day. Please take a look at Andrew's article about and pictures of the new café on page 3.

In May the Open Mind team invited partner agencies, service users and local organisations to their annual conference.—Ideas in Action. The team explained how they have implemented service user ideas from last year's gathering , how effective those ideas were and the improvements they plan for the future. Please see the article alongside this column which covers one of the more creative parts of the day. *I'd like to thank all the service users who took part in presentations that day , it was a great success.*

In June we hosted a New Prevention and Independence Strategy Consultation meeting with RMBC, which was extremely well attended. The consultation will help to develop a radical change in the way services are delivered and to reduce the number of service users needing access for ongoing support services in Adult Care. RMBC also want to support people to achieve and maintain independent living with a range of effective services . The findings from the follow up consultation questionnaires are now being looked at and we will report the changes to you as soon as we hear from RMBC.

At the end of June our BME (Black Minority and Ethnic) team Hosted a ROCAF stakeholder event. ROCAF is a partnership project with Partners of Prisoners and Families Support Group (POPS), which aims to support offenders with mental health problems, and their families. Please take a look at page 3 to find out more about this.

Please remember we'd love to hear your views on the newsletter and our services do please let us know on page 4.

Open Mind Conference 2011

Matthew Moss High School Put Their Ideas Into Action

May the 25th saw the Open Mind team's annual conference 'Ideas in Action'. Every individual who attended the conference were treated to an extremely stimulating, informative and inspiring performance by pupils from Matthew Moss High School.

Twelve pupils, Deputy Headmaster Mr Moorhouse and Humanities Teacher Mr Orr captivated the audience by staging a short play in which they highlighted how the everyday stresses in our everyday life can contribute towards the deterioration in our mental health.

The play went on to highlight the subsequent consequences that can result from such an experience as well as highlighting the need for this experience to be more understood and accepted within the communities in which we live and within society as a whole.



Planning meetings
before the big day.

The pupils went on to give the audience a thought provoking factual presentation on mental health awareness. This promoted knowledge and insight towards a wide range of mental health diagnosis's, mental health symptoms and the various treatments that are associated with mental health symptoms. The presentation, which was eloquently delivered, also wholeheartedly challenged the stigma, prejudice and discrimination that exists within our society with regards to mental illness.

Matthew Moss ended their show by treating the audience to a song, which they had written especially for the occasion, entitled 'My Little Problem'. The Music, which was written by a service user at Rochdale and District Mind, had the feet tapping audience join in with the chorus.

Feedback from the audience, regarding Matthew Moss' contribution towards the conference was extremely positive and the Open Mind team have stated that they would welcome any opportunity to work with them again.

Rochdale and District Mind is committed to and compliant with the standards set through Quality Management in Mind (QMIM).

Minding Our Business

Rochdale & District



For better
mental health

For POSITIVE Mental Health & Wellbeing

Advocacy



Steve Flack
Advocacy Manager

Hello My name is Steve Flack.

I am the Advocacy Services Manager for Rochdale & District Mind and I have worked for the organisation for 5 years.

Along with my team of 10 advocates, Advocacy in Mind services provide Independent Mental Capacity Advocacy (IMCA) in the Borough of Rochdale and Independent Mental Health Advocacy (IMHA) to all hospital patients on acute mental health wards and to people in the community Care Coordinated through the Care Programme Approach (CPA) in the Borough of Rochdale, Bury, Tameside & Glossop.

Welcome to the fourth edition of Mind Lines

We'd like to introduce you to the people at Rochdale and District Mind
In this edition please meet Steve from the Advocacy project.



Advocacy in Mind

Independent Advocacy Services
Rochdale & District Mind
Rochdale, Bury, Tameside & Glossop

Advocacy



Quality Services

Rochdale & District Mind has been both promoting and delivering independent advocacy as a positive way to improve the lives of people with mental health issues for nearly 20 years.

People with mental health issues are one of the most excluded groups in society and face widespread discrimination. Empowerment and advocacy are both concerned with a shift of power or emphasis towards meeting the needs and rights of these people.

The aim of our service is to ensure that people are not deprived of their rights through lack of information, lack of resources or lack of someone to speak up for them. We aim to empower people by supporting them to express their views and concerns, to access information and services, to defend their rights and to explore their choices and options. We aim to promote self advocacy through all of our work and we work in partnership with the people we support and will take their side.

We offer a short term, issue focused intervention to address specific issues or situations and is not intended to be long term. We are user led and only work on the issues that the service user identifies as being important and will only represent the views expressed by service users and will only do so with their explicit consent.

We proactively visit the wards and we have an open referral system where anyone can refer. Please contact us on: 01706 752344 or email us: advocacyrochdale@rochdalemind.org.uk.



Advocacy
Q P M
Quality Services

**Congratulations to Pat Myers
who has been appointed
Senior IMCA –**

**Well done Pat from everyone
associated with
Rochdale & District Mind.**

Our Business News



Goodbye Peter

We are bidding a fond farewell to Peter Wyeth, Open Mind Development Worker for Rochdale & District Mind who is going onto pastures new, in Stockport.

Best of luck to you Peter

Our current **Lesbian, Gay, Bisexual, Trans Wellbeing Group** aims to provide a safe and discreet space for people who identify as LGBT and to develop a support network, discuss issues that affect their wellbeing and work together to find solutions to overcome barriers that they may face. The group meet once a month; please check the monthly flyer for dates and venue details. We welcome anyone over eighteen who identify as LGBT, and people who might be unsure of their gender identity or sexual orientation.

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Comple@t

Well it finally happened!

The Retreat café is now open.....

at Birch Hill hospital and is very popular with patients, staff and visitors.

The café is easy to find through the main doors at reception, in the John Elliott Unit of the hospital.



The new design layout includes a relaxing area with leather sofas, where you can relax and enjoy a great choice of hot and cold food and drinks.

The Retreat is open from Monday to Friday 8:30am until 4:00pm, although this may change as the café becomes more popular. We offer a wide variety of dishes on our menu and all the food is prepared and cooked fresh every day; and all at affordable prices.

We pride ourselves on the standard of our food and our high quality of care for visiting customers. Just as in all Comple@t cafes, in Heywood, Rochdale and Middleton you will be greeted warmly and with a friendly smile.

The Retreat is Rochdale Mind's fourth café and like the other three; Birch Hill has a dedicated team of staff. The Project Manager, Andrew and our Support Worker Michael at Retreat, are keen to offer placements for volunteers and service users and we hope to have beneficiaries in the café very soon.

If you are interested in taking part to gain new skills and full training, please let Andrew or Michael know and we hope enjoy this as a new opportunity.



**Rochdale & District Mind in partnership with
Partners of Prisoners & Families Support Group**

ROCAF is a new project by the Black Minority and Ethnic, Community Development Worker (BME CDW) Team that is being developed in partnership with Partners of Prisoners and Families Support Group (POPS). The project is seeking to support offenders with mental health problems, and their families, and aims to include the provision of mental health advocacy for offenders outside of secondary care; Supporting offenders to understand and access mental health services, and Supporting families of offenders to improve and maintain mental wellbeing, as well as finding pathways to navigate through the mental health system.

A stakeholders' event was held at St. Andrews on Thursday, 30th June 2011, attended by over 60 people from across Rochdale and Manchester to agree on the objectives for the project, set key goals /priorities, determine the expected outcomes and referral pathways, and what the next steps should be.

The event was chaired by our own Chief Executive, Tricia Hornby, and to set the scene for the day, Innocent Mancho described the background to ROCAF and the circumstances facing offenders in the community with mental health problems, and their families – who often need help in supporting them. Presentations were made by Lesley Ward from POPS and Rosemary Hayes from Rochdale Probation Service who gave an overview of the work of their respective organisations, and how it could benefit the project.

From the table top discussions and feedback, people were generally supportive of aims and objectives of the project, and the need for a service of this kind to be available in Rochdale. One key recommendation is for a multi-agency steering group to begin work on setting up the project.

Many thanks to Helen, Karen and Duška for their help in making the event such a successful experience for everyone.

Please contact the BME Team for more information:

bme@rochdalemind.org.uk

Rochdale and District Mind is committed to and compliant with the standards set through Quality Management in Mind (QMIM).

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QMIM (Quality Management in Mind)

As many of you will already know Rochdale and District Mind (including Bury and N.E. Lancs) has been working hard for more than

two years to prepare for National Minds Quality Review. We have established a Quality Sub Group which has met consistently since 2009. This group includes service users, volunteers and staff and led by Tricia Hornby CEO our organisations Quality lead .

In October 2010 we were asked to submit evidence to show that we met National Mind's twelve quality standards. In our submission we proposed that our organisation met level three, the highest award.

In April 2011 the head of National Mind's Quality team along with another reviewer came to visit our organisation for two days. They looked at our evidence, visited two projects and interviewed service users, staff & volunteers.

We are pleased to announce that on our first submission we have been awarded the level three. This award has only been achieved by a handful of the 180 Local Mind Associations across the Country. The reviewers themselves told us that we had made "the best submission they had ever seen" and that it would "be worthwhile for other Local Mind Associations to come and visit us to see how well we work".

The level three award means that we have proven our excellence in the Quality of our services. We now have the official endorsement of the Charity Commission, that manages all charities across the United Kingdom. We are now entitled to use the Quality Mark on our publications.

Many hours of hard work have gone into the work which enabled us to achieve this accolade. We have conducted a complete review of quality systems within the organisation and introduced a new Quality Assurance Manual which comprises of the new Staff Handbook, Policy Manual and Top Tier Documents.

We would like to thank all the service users and volunteers that have been involved in the Quality review for all their hard work and the donation of their valuable time. We would also like to thank staff for their hard work and continued commitment to providing quality services.

If you would like more information about Rochdale and District Mind's Quality processes or to get involved please contact Helen Devine

Tel: 01706 752 333

Email: helendevine@rochdalemind.org.uk



We'd love to hear your views on this newsletter, our services and activities; your ideas are most welcome too. Please share your comments with us here and hand this in to reception next time you call at The Wellbeing Centre. If you would like to contribute an article or would like more information about Rochdale and District Mind, please ring Abdul or Duška at the Open Mind Team on 01706 752 352.

Thank you

Mindful Wellbeing

Rochdale & District



For better
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For POSITIVE Mental Health & Wellbeing

Free Coping with Life Courses Rochdale and District Mind

Do you want to enhance your wellbeing by joining one of our new courses?

These will be held at the Mind Wellbeing Centre and are all 6 week courses with an initial introduction week starting:

Anxiety	Thursday 16 th June	1.30pm – 3.30pm
Self Esteem	Monday 13 th June	1.30pm – 3.30pm
Depression	Tuesday 28 th June	1.30pm – 3.30pm
Anxiety	Friday 29 th July	10.00am -12.00pm
Self Esteem	Weds 3 rd Aug	1.00pm- 3.00pm
Depression	Tues 12 th July	10.00am-12.00pm
Anxiety	Tuesday 16 th Aug	10.30am-12.30pm
Self Esteem	Thursday 1 st Sept	1.00pm -3.00pm
Depression	Monday 15 th Aug	10.30pm -12.30pm

Please come along if you feel these may be of benefit to you.

Coping With Life



Coping with Loss or Change
Assertiveness Skills
Building Self Esteem
Managing Stress
Managing Your Anger
Managing Depression
Managing Anxiety

LGBT Wellbeing Group

For people who identify as
Lesbian Gay Bisexual or Trans

We will be meeting the last Wednesday of every month from 1:30pm—3:30pm at

Rochdale Borough-wide User Forum,
5 Caton Street, Rochdale, OL16 1QJ
(01706-521279)

Light refreshments will be provided

If you require extra support to attend or for more information, please contact:

Michelle Baron; 07896146109 or michellebaron@rochdalemind.org.uk

The Arts for Wellbeing Group held an exhibition at Hollingworth Lake, Rochdale from 26th May till 7th June

Jeanette Toombs (Self Help Co-ordinator) says: "The exhibition went really well, I received positive comments from other members of staff and visitors that went to see the exhibition and noted comments".

Thanks go to everyone who was involved in the Arts for Wellbeing Group. Apologies for not been able to show all pictures due to limited space. Please take a look at our website to see all the brilliant work that was displayed.

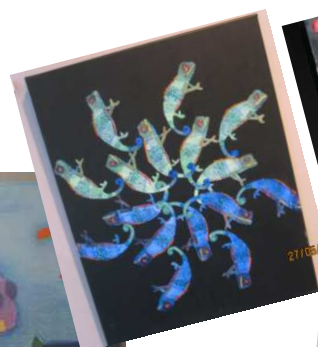
** Excellent exhibition artists should be proud of their work.

** The beauty and creativity so often lost, forgotten or ignored has been released and is an inspiration.

Very colourful and imaginative.
Wonderful colours.

Really nice, the art work is very professional.

An inspiring exhibition exciting pieces and wonderful colours.



Mindful Events

Rochdale & District



For POSITIVE Mental Health & Wellbeing

For better mental health

Your chance to visit our award winning haven of calm—you will be so glad you did.

'The Growth Project'

The tranquil gardens in this peaceful site, reward our work when the sun shines bright.

Barry, Louise and Karen too, show us what we have to do.

Top quality we are known to be, people who visit all agree.

We've made a creation all of our own, doing the gardening with the things we have grown.

And now the place is full of friends, their friendly spirit never ends.

As the gardens grow at the Growth Project, the atmosphere has a calming effect.

Thank you to
Kevin Shepherd for
providing this poem!

3rd Annual Growth Project Open Day

Seed Planting Planting

Make a Bird feeder

Have a Fun day

Organic gardening

A Question and Answer session about all your planting needs

14th July 2011 at 1pm - 4pm
Kellet Street
Rochdale

Come and visit our prize winning garden and experience much more than you expect.

For more information please contact Barry
Tel 07992 18 15522
Or Email: barrydower@rochdalemind.org.uk



Mental Health First Aid –

Book Your Place Now

The Wellbeing Centre now offers extensive accredited training in first aid for mental health.

What is it?

- Two day course,
- Developed and regulated by the National Institute for Mental Health in England (NIMHE)
- Delivered by qualified instructors.

What do I learn?

- The causes, symptoms and treatments of common mental health problems.
- The knowledge and confidence to recognize signs of mental health distress
- To encourage individuals in difficulty to seek the right help.

Dates:

July 28th & 29th 2011 September 29th & 30th
August 14th & 15th 2011 November 24th & 25th

Fee:

£150.00 per delegate.

Reduced rates will be considered for groups of 10–15

Please call Penny Strickett on 01706 752335 for more information

Rochdale & District Mind
3-11 Drake Street
Rochdale OL16 1RE
Tel: 01706 752338



Do you have, or know someone who has mental health issues?

Would you like to know more about accessing information about mental health issues?

Would you like to know more about other organisations within the area?

Then a staff member from Rochdale & District Mind will be at:

Nye Bevan House, Rochdale
every other Tuesday from 9.30am till 11.30am

Middleton Comple@t café, Middleton
every other Wednesday from 9.30am till 11.30am

Heywood Phoenix Centre,
every other Thursday from 9.30am till 11.30am

No appointment necessary!

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