

## ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

**Wednesday 11th May 6.30pm Zenn Athar told us about what is happening in mental health service provision**

**Present:** Jane Coleman, Alan Diamond, Dave Groom, John Hackett (chair), Magrit Mitchell, Amanda Roberts, Pauline Sault, Edward Skadorwa, Ian Trimble, Charlie Wilson, Sue Wilson

**Apologies:** Mary Simpson, Ingrid Reid, Irfan Malik, Helen Skadorwa

Zenn, who is commissioning and contracts office for Mental Health at Nottingham City Clinical Commissioning Group, gave us lots of insight into mental health provision in the City. The £38m annual service is mainly provided by Nottinghamshire Healthcare. Whilst technically patients have a legal right to choose another provider, in practice there is seldom an alternative provider. Mental Health is covered by national priorities and is also being subject to increasing targets and scrutiny. We diverted to discuss the difference between psychiatrists and psychologists. Briefly some of the things discussed:

The **street triage** project is an ongoing initiative that sees police and mental health services work together to ensure people get appropriate care when police are called to a person in distress.

**Nottinghamshire Personality Disorder and Development Network (NPDDN)** provide a community service of individual assessments and group therapy for people with complex personality difficulties. They work with clients who are motivated towards change and who feel able to make use of group therapy.

**Alliance contracting** is a contracting structure in which multiple organisations both commissioners and providers, agree to work collaboratively to delivery agreed services. This is currently being piloted in other areas of the country. Our group thought it could be potentially difficult to manage.

Mental health provision is broken down into specialist areas and therefore there are **single points of access** for referrals from GPs to direct onwards appropriately. The trouble is there are multiple single points of access.

**Primary Health and Wellbeing Recovery College**

<http://www.nottinghamshirehealthcare.nhs.uk/primary-recovery-college> offer a range of mental health recovery courses for free to anyone in the city. Anybody can approach the college directly (self-refer) without involving their GP.

**Enhanced Physform Project** is a pilot that aims at physical health-checks for patients with serious mental illness. On average, those with serious mental health illness have 20years less life because their physical health needs are overlooked.

**Wellness in mind** [www.wellnessinmind.org](http://www.wellnessinmind.org) is effectively a single point of access into mental health support in the city for patients themselves .

**Steps** supports wellbeing and positive mental health among black, Asian, minority ethnic and refugee communities. It visits the communities jointly with Rose's BME Cancer outreach.

**Crisis Concordat** concerns the provision and delivery of mental health crisis care. The group were concerned that it is accessed via 111.

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**Primary Care Mental Health Service** offers support for patients identified by GPs but not needing secondary care. It is provided by multidisciplinary care delivery groups, one for each of the GP area groups within the city (we are in area 5 apparently).

**Opportunities to get involved** contact Zenn ([Zenn.Athar@nottinghamcity.nhs.uk](mailto:Zenn.Athar@nottinghamcity.nhs.uk) 0115 88 39293):

- Wellness in Mind - join the steering group
- Primary Health and wellbeing Recovery College – join the steering group
- Primary care mental health service – comment on the draft copy of the specification development.

### **Next meetings:**

- Friday 10th June 2016 2pm Steve Upton, Assistant Director of Urgent Care and Transformation, CityCare, about community care bed provision
- Wednesday 13th July 6.30pm Lisa Robinson, Director of Bright Ideas Nottingham about The True Colours project which is currently a pilot project and will conclude at the end of the financial year. However it is expected to be repeated the following year. Bright Ideas Nottingham has a number of projects to talk about including Future Pulse - a project in which young people shape the future of health services in Nottingham.
- Friday 9th September 2pm Changemakers with a great talk & play about cancer related issues & screening tests
- Wednesday 12th October 6.30pm
- Friday 11th November 2pm
- Wednesday 14th December 6.30pm

### **Shape Nottingham's future health strategy**

Nottingham City Clinical Commissioning Group are asking Nottingham city residents to help shape our Commissioning Strategy for 2016 – 2020. This strategy will set out how we will address the city's health challenges. We are developing a set of priorities that will help us focus on the things that will have the most impact on improving the health of Nottingham city residents.

Their aim is to:

- increase the number of years that local people live in good health, meaning that people are healthier for longer
- improve the health of those who have the worst health in the city
- support and encourage local people to improve their own health

To achieve these aims they need to hear from people across the city so that plans reflect what people really need to improve their health.

- a. tell them what you think
- b. help your local communities to have their say by sharing this information

### **How you can get involved**

Please complete the [short online survey](#). You will be able to complete this survey between 9 May 2016 and 12 August 2016.

### **Caring by Sharing**

A new leaflet has been produced to explain the proposal to share your GP records with other healthcare professionals involved in your care. The leaflet is at this link:

[http://www.acornmedicalpractice.co.uk/index\\_12\\_3898566.pdf](http://www.acornmedicalpractice.co.uk/index_12_3898566.pdf)

## **ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING**

Ian Trimble asked us to comment back to him (through Amanda) about this leaflet and whether you feel it has the information you need to understand what is being done. This is nothing to do with care.data by the way!

### **Broxtowe Youth Homelessness**

Ria and Jessica have signed up to do a 10k Water Wipeout Challenge on 9<sup>th</sup> July and considering we are a lot more comfortable sitting in the office drinking tea it really is going to be a challenge! If you would like to contribute any amount is greatly appreciated. Here is the link to donate online – <https://broxtoweyouthhomeless.charitycheckout.co.uk/Page1>

**PASAD – Schizo-Affective, Hearing voices or Paranoia support group**, morning meetings in Broxtowe Day Service. For more details phone Lydia 07914791074. Meetings are always the second Thursday in the month

### **CityCare Patient Experience Group**

This group is open to any residents in the City and by attending you will get updates on the over 60 health services provided by the CityCare: and be able to voice your experiences too. The next few meetings are:

Thursday 2 June 2016, 10.00am—12.30pm

Tuesday 12 July 2016, 1.00pm—3.30pm

Meetings are held at Nottingham Community and Voluntary Service (NCVS), 7 Mansfield Road, Nottingham NG1 3FB in the Ash Room