

# Peer Support Fife

www.PeerSupportFife.org.uk

*presents*

*another* **workshop** on mental health user/carer involvement

*discussions &  
chat*

*guest speaker*

Graham Morgan MBE

Highland **U**users **G**roup

www.hug.uk.net



action for mental health **HUG**

*refreshments &  
sandwich lunch*

Friday **29** October 2010

9.30am – 12.30pm

Cupar Old Parish Centre  
Short Lane, **Cupar**  
Fife, KY15 5EQ

For a Booking Form contact:

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# Programme

*another* **workshop** on mental health user carer involvement

"Training as a tool for effectiveness:

Training to support the input of people who access services adds value all round and assists with the development of a leadership within the service-user movement." [www.Together-uk.org](http://www.Together-uk.org)

- 9.30am Welcome & refreshments
- 9.45am Introductions & aims of workshop
- 10.00am Presentation from Graham Morgan, HUG
- 10.30am Resources  
What resources do we have that support involvement?  
Resources we could do with having?
- 11.00am Training  
Materials available that support involvement?  
Ideas for materials that would encourage more users and carers to be meaningfully involved in service improvement, planning, provision
- 11.30am Networks  
Local & national groups that support involvement  
Ideas for promoting solidarity, sharing of resources, experiences
- 12.15pm Lunch & chat

## Introduction

**Peer Support Fife** received funding from Awards for All which included the promotion of service user and carer involvement in mental health service planning and provision. In May 2010 the first user carer involvement workshop was facilitated by **Mary O'Hagan**, international consultant and recovered service user. Mary was in the UK prior to attending the **IIMHL** (international initiative for mental health leadership) in Ireland. It was an opportunity to secure the expertise of a mental health activist who had worked since the 1980's in **New Zealand** to influence and change mental health services.

This workshop in October was the 2<sup>nd</sup> in our series of user carer events with a focus on resources and training for effective involvement. Guest speaker **Graham Morgan** MBE, Highland User Group, was invited to talk about his experience of working with HUG members to “campaign for a better society” and “joining together to speak out”. Marja-Liisa Puolakka, **HUG** member, travelled from Skye to join us and tell her story of involvement. Friends from Fife, Dundee, Perth, Falkirk, Glasgow and Dumfries, 26 of us in total, shared our stories of accessing mental health services and ways of being involved to bring improvement and to create a more level playing field.

The 3<sup>rd</sup> user carer involvement workshop is on **25 November** with guest speaker **Carolyn Little**, UCI Co-ordinator and Chair of Support in Mind (NSF) Scotland, and the event has a focus on acute inpatient care.

## Resources to aid effective involvement

Blue Team (Glasgow & Perth)	Green Team (Falkirk)
Co-facilitating talks to nurses, raising awareness of mental health issues & recovery, at the invitation of P&K council – TESC training	Caledonia Clubhouse – 3 employment programs – temp, supported, independent – member led, all decisions by consensus – education programs – social worker/student nurse placements
Frontline staff need to ‘sign up’ to the concept of involvement & participation of service users	Links with High Schools – break down stigma through personal experiences
Voices can be heard through Public Partnership Forum, Patient Focus & Public Involvement	Links with Stirling Uni – giving presentations to student nurses/social workers
Need to ‘sell’ the value of volunteering, giving something back & making a difference	Mental health planning group – user reps Forth valley wide user/carer involvement forum
Proper easily accessible facilities, including premises that are <b>not</b> 2 <sup>nd</sup> class & office support, admin	Integrated care pathways group – user representatives Service user & carer group – user chairs
Red Team (Dundee)	Government review of mental health services in Forth Valley
Forum meetings, monthly & fortnightly	What resources could we do with having? Involvement in transition from adult to over 65's services; child services end at 16yrs, begin at 18yrs, what happens to 17yr olds? Inventive ways of engaging young adults in services
Access to professionals, workstreams	
Contribute to MH strategy	
Commitment from service users	
Newsletter, Goglemail site, Track record, people (DVA)	Biro-Team (Dumfries & Galloway, Highland, Fife)
Potential – website & IT training; info from other areas eg Perth, HUG; service user training; GP involvement; professionals encouraging involvement - more inclusiveness	Personal relations, building healthy communities, drop in centres – Kaleidoscope – CVS, SCVO User carer involvement, social enterprise/firms, homes, volunteer centres, HUG; peer support national unit, staff training in training, consultation to professional groups & management

## Training?

- For staff – initial & ongoing
- Highland Users Group – consultation – stigma – training of staff
- Develop your own voice – around issues of members
- Small voice – larger – common issues
- Ear to the ground
- Welfare reform of spending review – cuts – event
- Love & forgiveness & unity

[at the Mary O'Hagan workshop there was discussion around users and carers setting the agenda for involvement, leading the way – this workshop continued the theme, that it was the workers and professionals who would benefit from training, delivered by service users, survivors and carers]

## Networking

- Invitation to Plus Perth meeting in February 2011