

SHINE

Mental Health Support Network
in Lincolnshire



Find out more about the
Shine Star on page 2

connecting people with the services and support that will most effectively meet their needs

SHINE Newsletter - March 2014



Who am I?

Paul Jackman works for Lincolnshire Partnership NHS Foundation Trust (LPFT), he tells us about his work in a recent interview:

What do you do?

My job has two parts. As Associate Director for Strategic Partnerships I work with commissioners to try and find money that we can invest in the Managed Care Network (MCN). Together with Sophie Deeks we support MCN members to provide the help and services that the Mental Illness Prevention Fund pays for.

I also actively support Shine in any way I can but, because it is independent mine is very much a supporting rather than leading role.

Secondly, as Head of Social Care I am responsible for the Social Work support that the Trust provides.

Why do you do what you do?

I know there are many people who do an awful lot to improve mental health in our county and I hope that I can help them to provide even better support.

What are your hopes for the Managed Care Network?

We have made a good start but there is still loads to do to get more help to more people. As part of that I would like to see Shine going from strength to strength with more and more people joining, feeling confident enough to talk about mental health issues. I want people to know that the MCN and Shine will help them to tackle the stigma that often surrounds mental illness.

Louth Mindfulness

group would like to take this opportunity to say a huge thank you to

Charles Cooke, for all the help, patience and support unselfishly given over the previous year, which in itself shows the value of the shine network and all the volunteers who work tirelessly providing knowledge and support that is unobtainable elsewhere.. So we raise our glass to Charles Cooke and name him our "**Shine Star**".

Thank you for all you have done to support Louth Mindfulness Group and its members.

Kindest Regards *Lisa and Hanna*

We think the idea of a Shine Star is an excellent way for people to recognise the hard work people are doing across the County and would like you to tell us about the people you think have gone that extra mile to help you, your group or just raising awareness and profile of mental ill health and stigma. Please send your nominations to the Shine Network. This will be replacing the Who Am I articles.

News about Shine

Shine has taken a big forward step in the last few months, technically called "incorporation", but generally reflecting its feeling of strength and permanence, its robustness as an enterprise, rather than a short term project.

Shine started as an unincorporated association, a collection of individuals and organisations bound by a common purpose of improving mental health. It has grown its membership and delivered its networking activities successfully and has started to attract significant amounts of funding to expand and develop its work and to pilot new ideas for services. At first it was most convenient for this to be done through the support of another body and Lincolnshire CDA stepped in to do that. They were the formal contractor with the funders, employed the staff and spent the money in accordance with Shine's wishes.

In October this year, Shine decided that it wanted to take on those responsibilities itself. It has formed a Company for that purpose and the process of transferring the contracts, etc. is well under way.

Shine itself is still unincorporated and decisions about Shine activities are still the responsibility of the Shine Steering Group, elected by the members of Shine at the last AGM.

Now three of the Steering Group members are the Company Directors who have responsibility for delivering Shine's programmes. The formal name of the Company is Shine Lincolnshire Ltd and it now employs Mike Martin as its Project Administrator. His contact details remain the same. Charles Cooke is still retained to lead on the Staying Well programme and can be contacted on 07969 875464 charles@lincsshine.co.uk, or by mail at the Shine office.

Shine no longer relies on Lincolnshire CDA and now has greater capacity to develop and improve and seek out new resources for its activities. The Company has a democratic structure similar to Shine's original set up, so in due course members of Shine can become members of the Company to have their say in how it is run, appoint its directors and get as involved as they want to be. There is no significant personal liability on members of the Company so it is hoped that all Shine members will choose to do this. The Company directors will remain wholly accountable to Shine members and the Shine Steering Group.

Shine felt able to make this change because it thinks it has shown its value, collected a significant body of support for what it is trying to do and has attracted significant financial resources for delivery. This move out of the incubator and forward into adult life was always planned and Shine feels this is the time to do it.

This newsletter is produced with funding from the Mental Illness Prevention Fund secured by the Shine Network

The views expressed in the Shine Newsletter are those of the individual contributors and do not necessarily represent those of the Editorial Team. While every effort is made to ensure accuracy, we cannot be held responsible for alterations which occur during the publication process.

No anonymous articles will be published in this newsletter; however contributors may request that their names are withheld from publication

Articles are copyright of Shine and individual contributors. In principle we are happy for articles to be reprinted in other publications provided that Shine is acknowledged but we would be grateful if you could contact us first so that we can obtain the writer's permission.

Shine Ambassadors

For further information please email:
Ambassadors@lincsshine.co.uk

Contact Details

Mike Martin, The Shine Network
Involve@Lincoln, Mint Lane, Lincoln LN1 1UD
Tel: 07969 872 804
Email: info@lincsshine.co.uk
Web: www.lincsshine.co.uk

Becoming Captain Rainbow

I'd like to thank Mike Martin for the invitation to write the story that I told at Andrew's memorial evening.

I met Andrew in 1984 and we became close friends immediately. It was probably that year or 1985 when, as we were involved in setting up a local Greenpeace group we arranged to do a cycle ride to help raise awareness about the dumping of radioactive waste in the Lincolnshire Fens.

Of course, Andrew being Andrew, he contacted the local newspaper about this and obviously said enough to get a reporter to come out to interview us and get a photo. The reporter asked for our names to go with a photo he had taken of us with our bikes. I looked at Andrew, who was wearing a rainbow coloured woollen hat and said the first thing that popped into my head, "He's Captain Rainbow" and Andrew immediately added, "And he's the Cosmic Kid".

All respect must go to the reporter who didn't bat an eyelid, or even ask for our real names. So sure enough a couple of days later, the local paper had

the photo of us with something along the lines of "Captain Rainbow and the Cosmic Kid cycle to raise awareness of plans to deposit radioactive waste in Fens".

And thus the name was born. We continued to call each other by these names, which seemed quite fitting to us with our obsession for 2000 AD comics and science fiction.

Later on Andrew used "captainrainbow" for his email address.

Interestingly, when he was out visiting me in New Zealand we were part of the welcoming group as the "new" Rainbow Warrior came into Auckland harbour (this was following the bombing of the first Rainbow Warrior by the French Government). The national press were there as well and by chance Andrew got onto the front page of the New Zealand Herald, standing in front of the Rainbow Warrior, though on that occasion he didn't get asked his name!

It was a privilege to attend Andrew's memorial and be with so many people who also loved him. May he continue to inspire us.

Stephen (aka The Cosmic Kid)

MIPF Makes a Difference!

Riverside Access and Training Centre was recently awarded Wave 3 MIPF funding for its Pathway to Wellness Programme which began on September 5th 2013. Within three months, 45 Gainsborough residents with mental health issues had enrolled on the programme. This in itself demonstrates the need for the funding and the impact that it can have. To date, four of these members have returned to work and a further seven are volunteering. An average of 16 members have attended each of three Wellness Workshops and a group of 14 ventured out for a Christmas brunch. Between them the members have attended a further 62 adult learning courses. This is a remarkable achievement considering many of these individuals had become totally isolated due to experiencing mental health issues. Within the space of a few months, members have

struck up new friendships and regularly text and meet for coffee. And a couple who met on the programme are now engaged!

One lady who has experienced anxiety and depression for many years has now returned to work for the first time in over 30 years! WOW! And another gentleman who was in a very 'fragile' state when he joined Pathway to Wellness has also returned to full-time work. In his own words, he 'has never felt better in his life!'

These personal accomplishments would not have been possible without MIPF funding! So it just goes to show what a difference it can make to the lives of people experiencing mental health difficulties.

**Thank you from the
Pathway to Wellness Team!**



**Send your good news stories and contributions for the next
newsletter or the website to: info@lincsshine.co.uk**



Lincolnshire's Managed Care Network
for Mental Health

Lincolnshire Partnership NHS
Foundation Trust

Lincolnshire
COUNTY COUNCIL

*'More help, more quickly,
for more people, nearer to
home, for less money, with
better outcomes'*

A Mental Health Support Showcase was held in Lincoln on Friday 13th December 2013. Over 100 people attended, and there were twenty five Managed Care Network member organisations represented, seven of which joined the network in October. We would like to thank all those that attended for making the event such a success and hope you found it as informative and worthwhile as we did .

Over the next year or so we are looking to strengthen the networks in each of the local areas and will therefore be holding further events around the county to give Managed Care Network projects, Shine members and local support groups and services a chance to build on relationships and ultimately work better together to improve peoples' mental ill health. The first of these local events will be held in Stamford on the morning of Tuesday 25th February.

For more information on the Managed Care Network projects or the upcoming local events please contact Sophie Deeks on 01529 222223 or at sophie.deeks@lpft.nhs.uk.

When I came to Colly-Hurst, my life was upside down,
A massive, lonely world with no one else around.

I couldn't see a future, nothing left in me,

Just sorrow, tears and hate, no happiness or glee.

The staff were so much help, they offered me support
The stuff that everyone else were so quick to just abort.

They took the time to help me at my lowest time

Now I'm capable of putting it all into a rhyme.

What they have done for me, no amount of words can say,

They have put the sunshine back in even my darkest day.

Nothing that you tell them will shock them to the floor

All they do is show you how to open another door.

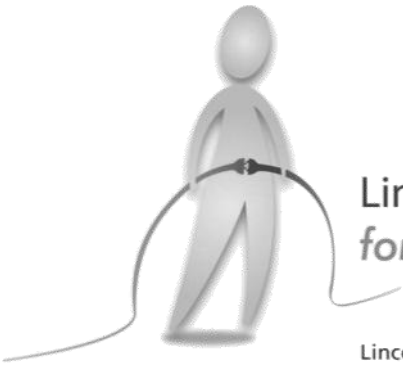
They're like little guardian angels sent from up above

Full of positive thinking, ideas and so much love.

Thank you all from the bottom of my heart

For now I am capable of my BIG FRESH START!

L.P. (Colly-Hurst Crisis House, Spalding (Making Space))



Lincolnshire's Managed Care Network for Mental Health

Lincolnshire Partnership 
NHS Foundation Trust

Lincolnshire 
COUNTY COUNCIL

Managed Care Network projects

Help and support for people who have experience of mental health problems

Countywide projects

Cultural Solutions UK - has begun researching into the feasibility of a Lincolnshire Mental Health Arts Festival to be launched in October 2014. David Lambert would like to hear from you with your ideas and thoughts.

Contact: David Lambert

Email: david@culturalsolutions.co.uk
www.culturalsolutions.co.uk **Tel:** 07880 908 539

Shine Network - Excellence in Peer Support - This advisory service for peer support groups provides access to small grants which can be used to buy training or invest in facilities to improve sustainability.

Contact: Mike Martin

Email: info@lincsshine.co.uk **Tel:** 07969 872 804

Lincoln Pelican Trust - Keeping on Track - Offering work experience and training opportunities to individuals including those who have or have had a mental illness.

Contact: Stacey Gillott

Email: stacey@pelicantrust.org **Tel:** 01522 513533

Lincolnshire Carers and Young Carers Partnership (LCYCP) - The project will work with Lincolnshire East CCG to pilot improved signposting and referral to carers services by GPs and set up a new and dedicated carer mental health working group.

Contact: Peta Hill

Email: info@lincscarerpartnership.net

Tel: 01522 846911

Linkage Community Trust - Bridging the Gap - A research project into the mental health needs of adults with learning disabilities in Lincolnshire and how these needs might best be met.

Contact: Rebecca Smith

Email: rebecca.smith@linkage.org.uk

Tel: 01522 507 224

Shine Network - Prompt - A pilot project that generates timely and helpful messages for each individual to help them to self-manage their mental health. People can choose their messages and the frequency and timing of

their delivery. **Contact:** Mike Martin

Email: info@lincsshine.co.uk **Tel:** 07969 872 804

Rethink Renew Group - creative writing workshops

Sessions will be held in all districts across Lincolnshire where people with any experience or ability of creative writing are welcome.

Contact: Guy Hudson

Email: guy.hudson@rethink.org **Tel:** 01522 536 029

Rethinking Health (UK) Ltd - MIPF Evaluation

Rethinking Health will be working alongside and supporting ten Mental Illness Prevention Fund (MIPF) groups assisting with the evaluation of their projects.

Contact: Roger Smith

Email: roger@rethinkinghealth.org.uk

Tel: 07765 033551

Shine Network - Mental Health Support for

Lincolnshire - Shine is a network of organisations and people who are positive about mental health in Lincolnshire and has around 300 members.

www.lincsshine.co.uk is an online resource in the form of a simple, searchable directory of people and

organisations that can offer support to people with mental health issues. Information is also shared through notices and a calendar.

Contact: Mike Martin

Email: info@lincsshine.co.uk **Tel:** 07969 872 804

Shine Network - Staying Well

The Staying Well Fund is able to purchase interventions where a person's mental health is perceived to be at risk but a measure has been identified that will prevent this and that intervention cannot be accessed through health or social care channels and there is no funding available elsewhere. People are generally referred to the fund by other agencies, though self-referral is not excluded

Contact: Mike Martin

Email: info@lincsshine.co.uk **Tel:** 07969 872 804

Adult ADHD Lincolnshire

The project supports individuals who suffer from or care for someone who lives with Attention Deficit Hyperactivity

Disorder, Asperger's Syndrome and all co-morbid associated impairments and disorders. The aim is to encourage people to meet their full potential by providing education, coaching and support in a non-judgmental, safe and understanding atmosphere

Contact: Lisa Leonard

Email: adultadhdlincolnshire@live.co.uk

Tel: 07780 938 446

Area covered: Countywide, Louth and rural district

Lincolnshire Rural Support Network (LRSN) - is a local charity addressing the emotional, practical and health care needs of Lincolnshire's agricultural community. Weekly drop in points at Louth and Newark Livestock Markets and Spalding Auction. The helpline on 08451 232306 is open every day of the year

Contact: Alison Twiddy

Email: alison.twiddy@lrsn.co.uk **Tel:** 07725 203 560

Lincolnshire East projects

Boston CAB: Moneywise - Moneywise offer debt, financial capability and income maximisation advice.

Contact: Bev Dunn/Maggy Nicholas

Email: enquiries@bostoncab.org.uk **Tel:** 01205 318645

Area covered: Borough of Boston

New Horizons - Self-help support group based in Chapel St Leonards offering a safe and friendly environment for people to meet.

Contact: Valerie Morecroft

Email: valeriemorecroft@yahoo.co.uk

Tel: 07901 611256

Area covered: Chapel St Leonards

Desire Change - Desire Change aims to empower, equip and facilitate change in the lives of those that have been affected by crisis and chaos and the hurdles of everyday life. The project aims to create an eco-sustainable rural retreat with training ground to build confidence and cultivate life skills.

Contact: Angie Beal

Email: angie@desirechange.org

Tel: 01790 763 898 / 07825 475 693

Area covered: East Lindsey

Louth Mindfulness Peer Support - The group gives support to adults who suffer from and live mental health disorders and associated impairments, providing life skills and coping strategies, to enable self-management of symptoms and improving confidence and self-esteem

Contact: Lisa Leonard

Email: louthmindfulness@hotmail.co.uk

Tel: 07780 938 446 **Area covered:** East Lindsey

Seagull Recycling - exists to provide services and training to businesses, individuals, the Community and Voluntary Sector via environmental, sustainability and recycling/reuse activities, job skills, training and adult enrichment.

Contact: Paul Charles

Email: paul.charles@seagullrecycling.org.uk

Tel: 01754 764 746 / 07809 195 439

Area covered: East Lindsey

CLIP Learning 'Healthy Minds'

The "Healthy Minds" project offers individual and group learning and support with an allocated mentor to provide support in all areas from day to day living to formal and informal training opportunities.

Contact: Ray Mason

Email: ray@cliplearning.com **Tel:** 01427 677 377

Area covered: Gainsborough, Market Rasen and

Mablethorpe

CLIP Learning 'Learning Minds'

Learning Minds will seek to provide an educational package for people recovering from mental illness to build self-confidence, resilience and provide an insight into a student's diagnosed illness.

Contact: Ray Mason

Email: ray@cliplearning.com **Tel:** 01427 677 377

Area covered: Gainsborough, Market Rasen,

Mablethorpe, Trusthorpe and surrounding areas.

Trinity Centre - The Trinity Centre in Louth acts as a community hub. It provides a safe environment for activities, volunteering and community involvement; information and support and a place of social gathering.

Contact: Jayne Pegg

Email: projectsadmin.trinity@parishoflouth.co.uk

Tel: 01507 605 803

Area covered: Louth and surrounding villages

CLIP Learning 'Enterprising Minds' Provides volunteering and skills development opportunities for people recovering from mental health problems.

Contact: Ray Mason

Email: ray@cliplearning.com **Tel:** 01427 677 377

Area covered: Gainsborough, Market Rasen and

surrounding villages

Rasen Hub - Inspire - Considers the impact on mental wellbeing by engaging human senses - sight, sound, smell, touch and taste. The project explores the effect senses can have on our lives and how creativity can help improve the quality of our lives.

Contact: Stella Tuplin

Email: rasenhub@live.co.uk **Tel:** 01673 844 556

Area covered: Market Rasen and surrounding villages

Be a Friend - A volunteer befriending service for adults in Louth and surrounding areas who have little or no social contact, often as a result of ill health or bereavement.

Contact: Gill Fraser

Email: be.a.friend@btconnect.com **Tel:** 07890 629 062

Area covered: Louth and surrounding areas

Skegness Kingfisher self-help friendship group

The group is open to anyone with physical/mental health problems. It meets on Tuesdays from 10.00-12.30 at Alghitha Road Methodist Church, Skegness.

Contact: Pat Massie **Area covered:** Skegness

Email: kyberpast@googlemail.com

Franklin Friends - Franklin Friends exists to support social inclusion for vulnerable people with both health, (including mental health) and social problems. The project includes the promotion of good social and health programmes.

Contact: Vic Kendall

Tel: 07849 799 864

Area covered: Skegness, Spilsby and immediate

surrounding villages

New Life Community Church Spilsby Craft and Social Club - The drop-in style of this weekly club offers a safe haven for those with social, emotional or mental health needs. The Club provides an informal and safe environment where people can find support, friendship and encouragement. **Contact:** Sally Osmond
Email: newlifespilsby@gmail.com
Tel: 01790 754 092 / 07950 566 745
Area covered: Spilsby

Volunteer and Contact Association - The VCA works as an umbrella organisation fundamentally based on continuing to provide facility, service and support for people with mental health issues in Lincolnshire. As the groups are user led the VCA doesn't interfere with their day to day running, provided that what they do is safe, legal and ethical. **Contact:** Martin Brown or Marie
Email: vca.contactclub@gmail.com
Tel: 07867 129 702 / 07779 786 119
Area covered: Louth, Mablethorpe, Horncastle, Skegness, Boston. **Lincs West:** Gainsborough, Lincoln

Lincolnshire West projects

The Vine Community Church - Assist - provides one-to-one support to people who are lonely; recovering from an illness or accident; and people who need help to get back "on their feet" after a setback in life.
Contact: David Podbury
Email: contact@assistlincs.org.uk **Tel:** 01522 370 164
Area covered: Cherry Willingham, Fiskerton and Reepham and surrounding areas

Act Now Drama Group - A voluntary self-help drama group who work with volunteers and service users to put on two performances a year.
Contact: Ann Knight
Email: shannon@eetic.com
Tel: 01427 610 237/ 07514 416 002
Area covered: Gainsborough

Disability Network West Lindsey - Operating in the West Lindsey area the project offers friendship and support drop-in groups, arts and music groups for people with mental health issues and also signposts members to relevant services for help and advice.
Contact: Nigel Webster **Email:** nigel@eetic.com
Area covered: Gainsborough

Riverside Access and Training Centre - Coaching and support for people who have had or are currently experiencing mental health issues.
Contact: Debbie Stacey **Tel:** 01427 677 277
Email: debbie@riverside-training.org.uk
Area covered: Gainsborough

Lincoln City Sport and Education Trust - are running mental health and wellbeing sport sessions on Lincoln City Football Club's 3G astro pitch every Thursday 2:00 - 3:00pm. Sessions are open to both males and females and are free of charge. **Contact:** Damon Parkinson
Tel: 01522 563 792 **Area covered:** Lincoln
Email: damon.parkinson@redimps.com

Lincolnshire Recovery Programme - Newark and Peterborough and Fenland Mind jointly provide a range of services to meet an individual's needs in terms of mental wellbeing and recovery, individual or group support and increasing access to local services and networks.

Contact: Kerry Smith/ Holly Black
Email: kerry.smith@pfmind.org.uk or holly.black@pfmind.org.uk
Tel: 01636 650 228/ 01733 758 211
Area covered: Lincoln, Grantham, Spalding, Bourne and Stamford

Renew - is a peer support group providing a safe, supportive and educational space for people with existing mental health illnesses and issues.

Contact: Renew Coordinator
Tel: 07973 513 762 during drop-in times, see Shine website for details **Area covered:** Lincoln

Rethink Garden Project - An allotment project on Long Leys Road in Lincoln which supports people with mental health problems by getting them involved with developing the allotment, sowing seeds, fruit and vegetables.

Contact: Darren Johnson
Email: darren.johnson@rethink.org
Tel: 01522 536 029 **Area covered:** Lincoln

Revival - Wellbeing Workout

The Crafts Café Revival provides structured and personalised taster programmes of therapeutic activities of creativity and learning at their premises in Sincil Street and other venues in Lincoln. Sessions will include cooking and eating healthily.

Contact: Angela Porter
Email: aporter@lincolnshireccda.coop
Tel: 07969 890 262
Area covered: Lincoln

The Haven - The tranquil garden offers an area of relaxation for the residents of the Haven. The Haven provides a seven night stay for people whose deterioration in mental health means they cannot remain in their homes.

Contact: Vicky Skeldon **Tel:** 01522 511 066
Email: vicky.skeldon@makingspace.co.uk
Area covered: Lincoln & countywide

Upbeat Lincoln - A social group in Lincoln for people with personality-related problems. Offering training workshops to promote understanding of personality disorders and a website of information for people to learn more about the illness. **Contact:** Robert Glenton
Email: buttercupevents@yahoo.co.uk
Tel: 07948 707 154
Area covered: Lincoln & countywide

Hill Holt Wood - is a woodland-based project helping people with experience of physical and mental health illness become more involved in their local natural environment. **Contact:** Irene Coupland
Email: health@hillholtwood.com **Tel:** 01636 892836
Area covered: Lincoln and Gainsborough

Homeless and Rough Sleepers project - In addition to providing information, advice and guidance to partner organisations on issues relating to mental health, accessing services, training opportunities and good practice. **Contact:** Pippa Friest
Email: pippa@nomadtrust.org.uk **Tel:** 07881 209 699
Area covered: Lincoln and surrounding villages

LEAP - Inspire - Working to aid independent living skills and improve personal well-being for young adults (aged 18-25) experiencing mental ill health.
Contact: Deborah Rees **Tel:** 01522 563 530
Email: deborah.rees@leap.uk.com
Area covered: Lincoln and surrounding villages

CounselMe Ltd - CounselMe's "Inner Peace Complementary Therapies" is offering free Reflexology treatments to people with mental illness, as part of their care plan. Reflexology involves massaging points on the feet or hands. **Contact:** Michelle Freeman
Email: CounselMe@therapist.net **Tel:** 07510 025 545
Area covered: Lincoln and surrounding villages

Red Dog Film - Using film-making to engage adults with mental health issues to transforming them from being passive consumers of media to active producers of media. **Contact:** Sam Wardhan
Email: sam.wardhan@reddogfilm.co.uk
Tel: 01522 822 210/ 07886 464 378
Area covered: Lincoln and North Kesteven

One in One Training Network - As a training network One in One offer a range of workshops and training courses aimed at people who work and/or volunteer and have lived experience of mental health issues.
Contact: Linda O'Hara
Email: linda.ohara@hopeconnect.co.uk
Tel: 07598 783 150 **Area covered:** Spalding, Lincoln, Sleaford and surrounding areas

Beat Network Development - Support Groups offer help to people with eating distress in various stages of their illness and recovery, and in many different ways.
Contact: Matt Reeve **Email:** M.Reeve@b-eat.co.uk
Tel: 01603 753 334 **Area covered:** Lincoln

South Lincolnshire projects

Bourne Wellbeing Group - The group is open on Mondays, Tuesdays, Thursdays and Fridays each week. They offer a range of activities and crafts for all members. **Contact:** Sandra Dodson
Email: bournewellbeing@hotmail.co.uk
Tel: 07592 782 751 **Area covered:** Bourne

Dementia Support South Lincs - The fortnightly Square Hole Club provides activities for members with early onset dementia, or whom are in the early stages of dementia. **Contact:** Kate Marshall
Email: k.marshall18@btinternet.com
Tel: 01778 440 153

Area covered: Bourne, Stamford and The Deepings
LPPG Outreach - Monthly sessions for people with dementia and other mental illnesses and their carers. The group facilitates talks by supporting agencies

covering issues relating to improving mental health and wellbeing. **Contact:** Joan Woolard
Email: joanwoolard@tiscali.co.uk **Tel:** 01406 426 508
Area covered: Holbeach and surrounding villages

Beat Network Development - Spalding (see contact details under Lincolnshire West)

Long Sutton Market House Trust - Wednesday morning Kickstart Coffee Group, providing a place where people with mental health issues can meet, socialise, pick up local information and have free computer access with a computer buddy. **Contact:** Jeanne Sibley
Email: longsuttonmarkethouse@btopenworld.com
Tel: 01406 366 767 **Area covered:** Long Sutton

Home Start South Holland - is a volunteer based organisation delivering an outreach family support service offering emotional and practical support to families in South Holland. They work with families which have at least one child under the age of five including expectant mothers. The core service is to offer support in the home through befriending. **Contact:** Mary Hutson
Email: admin@home-startsouthholland.org.uk
Tel: 01406 701 720 **Area covered:** South Holland

Lincs CVS - Volunteering Mentor Service - can help build confidence and create social networks: Volunteer Mentors can help people identify their own skills and interests and find a volunteer role that's right for them. **Contact:** Ruth Copleston **Tel:** 01476 561 798
Email: Ruth.c@lincolnshirecvs.org.uk
Area covered: South Kesteven and Boston Borough

Wednesday Friendship Group - Providing a place for people with mental health issues to meet in Spalding to socialise and take part in activities such as cards and bingo.
Contact: Sophie Deeks
Email: sophie.deeks@lpft.nhs.uk
Tel: 01529 222 223
Area covered: Spalding

Blue Skies - aim to provide a friendly, comfortable and secure environment for anyone seeking the support and friendship of others and offer a range of art, craft and computer-based activities. **Contact:** Matt Webb
Email: blueskies.lincs@gmail.com **Tel:** 01775 652 300
Area covered: Spalding and South Holland

Lincolnshire Recovery Programme - Spalding, Bourne and Stamford (see contact details under Lincolnshire West)

StartaFresh - seeks to meet the needs of disadvantaged adults in our community through mentoring, befriending and pastoral care. Providing "a place to belong" **Contact:** Geraldine Crowley
Email: geraldine.crowley@christchurchstamford.com
Tel: 01780 766 446 /07950 464 093
Area covered: Stamford

Boston United Positive Pilgrims - the project engages adults who experience mental health issues by using the power of sport. **Contact:** Lewis Wright
Email: lewis.wright@bufc.co.uk **Tel:** 01205 364 406
Area covered: Stamford and Spalding

Home Start South West Lincs - Feel Good Mums

Personalised one-to-one home support for mothers who are experiencing mental health disorders during their perinatal period. **Contact:** Pat Dalby

Email: pd.swlincs@btconnect.com **Tel:** 01780 752 983

Area covered: Stamford, Bourne, The Deepings and surrounding villages

Volunteer and Contact Association Bourne (see listing under Lincolnshire West)

South West Lincolnshire projects

Shine Network - Fit and Well - This pilot programme works with established providers of physical activities such as sports, dance, exercise, etc to make them more accessible to people with mental health issues and histories. **Contact:** Mike Martin

Email: Info@lincshshire.co.uk **Tel:** 07969 872 804

Area covered: Grantham

Grantham Green Fingers - This group works to promote wellbeing through social contact and horticulture, whilst encouraging healthy eating and providing fresh fruit and vegetables.

Contact: Representative Sophie Deeks

Email: sophie.deeks@lpft.nhs.uk

Tel: 07733 512 893 (Mon - Fri 10am - 4pm)

Area covered: Grantham

Greyfriars Pop in User Group (Mondays)

A support and social group based in Grantham. Provides a social gathering point in a safe environment which helps to avoid social isolation and promote social inclusion.

Contact: Representative Sophie Deeks

Email: sophie.deeks@lpft.nhs.uk

Tel: 07581 696 208 (Mon - Fri 10am - 4pm **contact only**)

Area covered: Grantham

Lincolnshire Recovery Programme - Grantham (see contact details under Lincolnshire West)

Home-Start Grantham offers emotional support and friendship to parents who are assisted to access family support groups which aim to help parents with mental health issues to build confidence, develop support networks, access advice and provide activities for their children. **Contact:** Sarah High

Email: admin@homestartgrantham.org.uk

Tel: 01476 515 310

Area covered: Grantham and surrounding villages

Beat Network Development - Grantham (see contact details under Lincolnshire West)

One in One Training Network Sleaford (see contact details under Lincolnshire West)

Beyond the Blues - Social support group based in Sleaford for those suffering from mental health problems. A place to grow food, salad crops etc and a place to sit and relax. **Contact:** Maurice Sentence

Email: mauricesentence@aol.co.uk **Tel:** 07852 601 700

Area covered: Sleaford

United Together - An umbrella organisation which brings together self-help groups that exist to support, advise and empower clients to learn to manage their condition and become more involved in a larger community. **Contact:** Sue Williams

Email: unitedtogether.slea@gmail.com

Tel: 07749 751 794 **Area covered:** Sleaford

Upbeat and Sleaford Foyer - an activity based social group for people with personality based problems in Sleaford at Sleaford Foyer. This runs every Tuesday 1.00pm - 3.00pm.

Contact: Robert Glenton/Yvonne Emmett-Pell

Email: upbeatlincoln@gmail.com

Tel: 07948 707 154 / 07906 513 167

Area covered: Sleaford and surrounding areas

IMPACT - The programme, based at the Sleaford Foyer, works with clients to focus on recovery. The project coordinator will be working alongside Lincs Floating Support colleagues at their drop-ins throughout the county to offer practical support, befriending and signposting to other agencies. **Contact:** Jo Karaman

Email: Joanne.Karaman@asra.org.uk

Tel: 01529 415 318

Area covered: Sleaford and surrounding areas

Lincs CVS - Volunteering Mentor Service

Volunteering can help build confidence and create social networks: Volunteer Mentors can help people identify their own skills and interests and find a volunteer role that's right for them. Mentors can support people when meeting with organisations and help them settle in when they first start. **Contact:** Ruth Copleston

Email: Ruth.c@lincolnshirecvs.org.uk

Tel: 01476 561 798

Area covered: South Kesteven and Boston Borough



Still Staying Well

The Staying Well project has just helped its fiftieth person improve their mental health with a small grant. This project is proving a big success and is becoming more and more popular.

Please note a change in contact details. Further information is available from:

Charles Cooke: charles@lincsshine.co.uk 07969 875464

Mike Martin: info@lincsshine.co.uk 07969 872804





Recovery College Update Expression of Interest

In the October SHINE Newsletter Lincolnshire Partnership NHS Foundation Trust provided information on the development of its Recovery College. The development is currently in its design phase, and people with lived experience are being consulted on what educational programmes would help further promote their recovery from illness through the acquisition of new skills and knowledge; a user involvement model known as co-production. People have already identified information needs associated with condition management; and life and leisure skills development that could be delivered through an adult education approach. The Trust is keen to work with Managed Care Network project providers and members of the SHINE mental health support network

who provide educational programmes (workshops, taster sessions, courses etc.) that have been designed and are delivered by people with lived experience; and who may be interested in having their programmes included within the prospectus for the Recovery College.

Please contact Jane Tuxworth, Trust Lead Occupational Therapist if you would like more information, or would like to express an interest. 01522 518500 or jane.tuxworth@lpft.nhs.uk

Trust Involvement Committee

The Trust would like to offer three seats to SHINE members to sit on the Involvement Committee as representatives of three user forums from across Lincolnshire.

Terms of reference below. Please contact Jane Tuxworth Tel: 01522 518500 x204 Mobile: 07789 868374 jane.tuxworth@nhs.net for further details

PURPOSE OF THE COMMITTEE

The purpose of the Involvement Committee (The Committee) is to support the development and implementation of service user and public involvement, to ensure that:

- Statutory and legal duties are fulfilled
- Service user, carer, staff and public involvement is enabled
- Equitable and meaningful involvement is facilitated
- Feedback is utilised to innovate and to drive forward service improvement

FREQUENCY OF MEETINGS Four meetings per year held in: February, May, September and November.

SUB GROUPS The Committee may establish working groups drawn from its membership and others to deliver specific tasks and objectives.

ATTENDANCE Each member of the committee will attend no fewer than half of the meetings.

Please contact Jane Tuxworth, Trust Lead Occupational Therapist if you would like more information, or would like to express an interest.

01522 518500 or jane.tuxworth@lpft.nhs.uk

Illness or Disease?

During a session at the World Mental Health Day Conference (well done to our Shine a Light colleagues, by the way) I was inspired to consider the words we use to describe mental ill health and what that might imply. Some credit must therefore go to the speaker, Alistair Macintosh, who talked about disease as a condition in which we find ourselves not “at ease”. A restless, disturbed place where inner peace and well being are less than immaculate, contrasted with “ease” a nirvana of inner peace and tranquility.

This lack of “ease” might be considered in 3 dimensions.

- Where “ease” is disturbed by a cause, it might be prevented by avoiding or mitigating the cause. This is the public health approach often addressed through mass screening, generalized information programmes and the like, but capable of being personalized, taking care of yourself, being aware of the risks and managing your lifestyle to achieve an “easeful” life.
- Where “ease” has been disturbed and a dis-eased state identified, the condition is considered an illness and treatments and remedies applied to removing this lack of ease and promoting recovery. This is the clinical approach where NHS and social services act. Recovery is in itself a nirvana the clinicians seek, though for many it may not be fully realizable and lifestyle and personal circumstances may be more influential in developing an ability to reduce the levels of dis-ease experienced in chronic conditions.
- In addition, actions and lifestyle can be taken to increase the levels of “ease” in our lives. Doing things we enjoy, which add to the quality of our lives, reward us with good feedback, purposeful and creative activities, helping others, learning and moving forwards can all help to increase our sense of “ease”

What strikes me about all these three dimensions of dis-ease is the importance of non-clinical interventions and actions and treating people as individuals. It remains apparent to me that from the individual’s perspective, whilst clinical treatments, therapies and medication may have a part to play in the prevention, management and recovery of dis-ease, it is the way we live our lives that matters most and the experts in that are our families and friends who know us best, and peers and people who have been through the same or similar experiences.

I recently uncovered another piece of the legacy of Andrew Harrison, (Captain Rainbow to those who knew him) in a cupboard at Involve@Lincoln. Here was a mind map, probably from some blue sky consultation session, unidentified but littered with barely organised thoughts and ideas, obviously contributed by a range of participants and spread over massive sheets of cartridge paper. Impossible to reproduce here but I will try and extract some of the points in brief, interestingly aligned with the three dimensions above.

Prevention

- Start young –teach well-being –training for schools etc
- Sharing information
- Open up GP surgeries to mental health through training and drop in sessions
- Online resources
- Personal Support Plan for crisis times
- Create space in your day
- Peer support
- Employment support
- 24-hour support line, not crisis based
- Making mental health positive and increasing awareness and understanding
- Sharing with friends as well as peers.
- Faith and spirituality if it helps
- Take care of physical health too

In a Crisis

- No wrong door to professional help - Choice of access routes
- Support team communication and integration
- Mistakes can be made
- Involve friends/relatives/peers as well as professionals
- Daily contact with people who have time for you.
- Do online resources work in a crisis?
- Charter for professionals
- Individual definition of crisis
- Many supporting many
- Self help support plan

After crisis

- Options for affordable services and activities
- Information to be readily available
- Life coaching / mentoring
- Support and friendship
- Clearer and integrated layers of support according to need with smooth transitions
- Support for friends/relatives / carers / peers
- Self management and support planning
- Respite breaks
- A broad spectrum of support
- Support groups

Keep up to date with the latest news, events and information on the Shine website

www.lincsshine.co.uk



DO YOU FIND IT DIFFICULT TO ATTEND COLLEGE, etc. BUT WOULD LIKE TO BENEFIT FROM THE USE OF COMPUTERS AND THE INTERNET?

The Pelican Trust Home-based Training Scheme is funded by Lincolnshire County Council and provides up to 20 training hours in computer skills and use of the Internet for people who are either unable to attend a course outside their home or find it very difficult to do so e.g. those with restricted mobility, the visually impaired, those for whom transport to a learning centre is very difficult and a small percentage of carers who cannot leave their charges.

The course is free of charge provided that you are resident in Lincolnshire and that you are in genuine need of this training in your own home.

The Home-based Scheme works in the following way. A Pelican tutor will visit you in your own home at times convenient to you both. During these sessions, they will help you to acquire skills and knowledge which will enable you to understand and make better use of your computer and the Internet.

Before leaving, they will agree a series of computer related exercises with you for you to complete before their next visit. These exercises will revise and extend the topics covered during their visit. We would ask that, to make the most of this training opportunity, you do attempt this work before the tutor's next visit.

If you don't have a computer, Pelican may be able to lend you one for the duration of your training. You would, however, be expected to insure Pelican's computer against fire and theft. Also, at the conclusion of your training, the Pelican Trust would retrieve the computer so that it could help another learner.

We particularly welcome applications from learners from ethnic minority backgrounds whose disability or caring responsibilities make it difficult for them to access other such provision.

If you like the sound of the above and feel that you have the determination to pursue the course, please contact:

David Hall by leaving a message on 01476 530525 or e-mail: davidhall151@gmail.com



The Pelican Trust Ltd, www.pelicantrust.org Tel: 01522 513533

Working in partnership with Lincolnshire County Council to deliver quality home-based learning opportunities



St Barnabas Hospice is Lincolnshire's leading specialist palliative care provider. We have been operating our services since 1982, caring for over 5,800 people each year, and all our services are free.

The services and expertise we offer to people have been developed in a variety of care settings to support a wide range of needs from controlling pain and other distressing symptoms to accessing welfare benefits advice.

Day Therapy welcomes anyone over the age of 18 who has a life limiting condition and aims to support people to live independently, give advice, information and help them to make informed choices about future care. Care is provided by a team of specialist registered nurses, occupational therapists, physiotherapists, health and rehabilitation support workers, chaplains and volunteers.

The sessions offered include: *Relaxation, Breathlessness, Creative writing, Arts and Crafts, Mobility/exercise class, Anxiety management, Fatigue management, Carer's information, Complementary therapy and Specialist condition specific groups.*

People registered with a Lincolnshire GP can refer themselves or any health or social care professional can refer a patient to the service.

Family and carers are welcome to attend and we offer information groups, support and, with the patient's consent, involvement in assessment for future care planning. A carer's assessment is also available through the Day Therapy service.

Hospice at Home is for people with an advanced life limiting illness who choose to be cared for in their own home. The service operates 7 days a week and is provided by specialist registered nurses and healthcare support workers.

The Family Support Service provides emotional and psychological support to patients, their families and carers, together with support for those who have experienced bereavement. The service facilitates 56 bereavement groups a month throughout the county. Meetings are weekly and support can also be offered on an individual basis, face-to-face or via telephone contact from trained listeners or a member of our counselling team.

From February 2014, St Barnabas Hospice will provide carers' information sessions which will be a rolling six-week programme covering the following topics: *Caring for yourself, Wellbeing, Exercise and moving and handling, Help (Welfare advice, Carers assessments and Community resources), Fatigue, First Aid.*

Carers will be able to attend sessions as they wish. Each session will be followed by an informal support group. The initial programme will be provided at Lincoln, Grantham and Louth Day Therapy centres and evaluated by participants. If successful, these sessions will then be rolled out to all St Barnabas Day Therapy centres throughout the county.



LGC

Awards 2014

Shine Mental Health Support Network, Lincolnshire County Council and Lincolnshire Partnership NHS Foundation Trust have been selected as a finalist in the Health and Social Care category for the 2014 Local Government Chronicle (LGC) Awards, to be held at Grosvenor House Hotel, Park Lane, London on 12 March 2014.

A record-breaking 640 entries were submitted for this year's awards, which demonstrates local government's enthusiasm to share innovation and reward their teams and individuals who make change happen. There are over 80 organisations in the final, which means that there is fierce competition for the coveted award.

With budgets at the forefront of priorities, it is even more important this year to highlight the organisations who demonstrate best practice and to shine a spotlight on their achievements.

Emma Maier, Editor of LGC says:

"Congratulations to all shortlisted organisations. Local government has lots to shout about, and these awards are part of that. Each of you should feel proud to be among our finalists."

Winners will be announced on 12 March 2013 at Grosvenor House Hotel, Park Lane, London. Over 600 of the industry elite will join together for a night of recognition, rewarding and networking.

All of us who are members of Shine are working together towards getting.....

'More help, more quickly, for more people, nearer to home, for less money, with better outcomes'

*Paul Jackman, Mike Martin, Stacey Gillott, Charles Cooke, Andrew Wells, Richard Collins
Chris Allen, Marion Christopher, Sophie Deeks, Linda O'Hara*



Lincolnshire Partnership NHS Foundation Trust is currently supporting the promotion and recruitment of patients with bipolar disorder to a new online study into relapse prevention.

Enhanced
Relapse
Prevention

WWW.ERPONLINE.CO.UK

What is ERP Online?

ERP Online is an interactive website which provides access to the Enhanced Relapse Prevention approach for bipolar disorder.

Why are we doing this?

Many people continue to experience relapses and our approach is effective in reducing relapse. We want to increase access to it.

How will the study work?

40 people with bipolar disorder will use the site for 12 months alongside current treatment. We will compare their outcomes with 40 people with bipolar disorder who didn't use the site.

Who can take part?

We are currently recruiting and you can register your interest online now!

Visit **www.erponline.co.uk** to find out more about the study.

Contacting us about the study

Contact: **Adam Sawczuk**
The Spectrum Centre
Lancaster University
Bailrigg, Lancaster
LA1 4YG
Telephone: 01524 592977
a.sawczuk@lancaster.ac.uk

LANCASTER
UNIVERSITY



THE SPECTRUM CENTRE

