



Herefordshire Disability United Network News

Spring 2019

Mental Health Awareness



We welcome articles from individuals and organisations to promote their stories or interests.
Please contact the Editor..... details on the back page.

Editorial:

It appears there are many effective support services in place across Herefordshire which focus on mental health and wellbeing, but we may be unaware of their existence because we have no need of their services. But when circumstances change, where do we begin?

Firstly, what type of help might we be seeking? Virtually everyone is aware of The Samaritans, who might be rung when all else fails and we are in our darkest hours. The free confidential service is literally a lifeline for anyone, and accepted to be a premier source of support regardless of creed or colour **24/7 AND IT'S FREE.**

However, at the other end of the spectrum when our needs are much less pronounced, what is there? Modern stress is all around us, whilst at work, school, social media, family; in fact life in general abounds with stress. Whilst some thrive on stress and it may enable them to be more productive, this eventually can lead to their decline.

Considering employment today, a good job with reasonable prospects seems a step on the road to a bright future. With progressive responsibilities and demands of our leaders, the role may push us too far and seeking advice or a friendly chat to put things in prospective is a must. Friends are a help, but only if they understand your job. One might then think, "Perhaps I should speak to my Line Manager". Seems reasonable, but what will they then think of me? Am I capable, or will they doubt my ability? Will I lose my job?

Good employers, will have in place a strategy within the work place. Some will ensure a hot line to a suitable outside agency/ charity is in place. Somewhere with appropriate understanding of workloads similar to yours. By using it in confidence the blip of self doubt in your stress levels, evens out as you have discussed the problem and overcome it. Wonderful!

But, what if there isn't a dedicated service for you to access, and you bottle up your worries, so that work/life balance is affected and so is your health? Welcome to the world where mental health is a concern and the downward spiral may be begin.

Is there an independent body that can be accessed by employees who are feeling overwhelmed, are struggling to be effective in the workplace? Its mandate is to listen impartially and offer wellbeing support and advice and if appropriate, liaise on their behalf.

What distresses the mind also affects the body. What distresses the body also affects the mind. Promoting Mind and Body Well-being in the work-place will increase the efficiency and productivity of employees.

Might this be the approach at one end of the mental health spectrum to be realised in Herefordshire?

The Editor

HDU newsletter contents and information

Editorial

Mental health and employment — page 2

News

Why do we need a strategy? — page 4

Features

The Samaritans — page 5

The Cart Shed — page 7

Money Box provides support — page 9

C.A.L.M. male suicide — pages 18/19

Peer Education Project — pages 12/ 13

John Kyrle High School Project — page 15

Information

Sight impaired client response — page 6

Social Prescriber says — page 6

Feedback from a Parish Councillor — page 8

What a Commissioner says — page 8

More feedback replies — pages 10/11

Mental health First Aid — page 14

Mental Health First Aid training — page 17

Contact details — back cover

New Carers contract
awarded to

Carers Trust 4 All

[http://](http://www.carerstrust4all.org.uk/)

www.carerstrust4all.org.uk/

Begins 1st April

Office at Fred Bulmers,
Hereford

Contact

Helen Esselmont

On 0333 323 1990

OR

In March it's still HCS
01432 356068

Herefordshire Disability United (HDU) is an organisation that has developed to voice the concerns of disabled people, and to provide a platform where disability issues can be raised and policies developed.

HDU is run by people with disabilities for people with disabilities. It was started in January 2011, and has grown to be an acknowledged organisation representing service users, and their families fighting for a better future and understanding.

HDU take part in consultations to highlight issues that affect persons with disabilities.

Our networking is effective with representation via public sector officialdom, providers and the third sector, local and national businesses to improve their practices and policies.

We are a democratic, non sectarian, non party political organisation, stimulating discussion to improve outcomes for disabled people.

Editorial or advertising queries:

Contact the editor on 07817 473813 or email : info@hdu.org.uk

Contact:

Herefordshire Disability United welcomes any feedback on Network News, or any of the services it provides.

Disclaimer:

The views expressed in Network News are not necessarily those of Herefordshire Disability United.

Why do we need a strategy?

HDU have held many events over the past eight years covering various topics around social care, disability, caring and general health issues which affect families nationally. We try to keep abreast of situations and bring up to date information relevant to residents in Herefordshire, linking with the network of organisations and contacts built up since we began in 2011.

During June 2018 we ran our third mental health seminar and in November featured Universal Credit, and it was using feedback from these combined events that prompted the thought: "Is there a mental health strategy in force across Herefordshire?"

We dug deeper, consulting CCG commissioners, The Samaritans, councillors and staff at Hereford Council, social care, support organisations and volunteers sending a list of questions which could be answered in confidence, or sharing facts and feelings as to the stigma and support around mental health support in this county.

This is what we sent out.

HDU are carrying out a piece of work regarding mental health across the county of Herefordshire whether it be under the auspices of health, social care, activities, support or organisations which offer any services for either the family or person themselves that is living with a mental health issue.

Basically we wish to produce a mapping of the county to discover what is actually in place whether on a voluntary or statutory basis.

It is our intention that on Wednesday 20th March, HDU will hold an event looking at the strategy for mental health already in place (if there is one), and what people feel is needed. In order to prepare for this event, we are currently compiling information from many sources, and hope that you might provide some insight from your area of work/ expertise. We are not asking whether you have a mental health issue, but if you wish to provide details of a personal nature then do advise regarding confidentiality, or use a third person ID.

We have a series of thought provoking queries which you may be able to answer for us in order that we can complete this work.

If you are employed does your employer:

- ◆ Offer mental health support if needed?
- ◆ Provide Mental Health First Aid training?
- ◆ Have a mental health strategy and policy in place?

What the Samaritans tell us

At Samaritans we are increasingly finding that a very large proportion of our contacts, whether by phone, email or text have some sort of mental health element. I haven't seen any official stats from the central charity but I would guess at 60% and would not be surprised if it were not considerably higher.

Our online contact logging system asks us to identify "mental illness" as one of the categories of callers' concern (amongst about 15 categories). These are, of course, submitted anonymously but would give the central charity a good idea of the extent to which we are involved in this area.

I would emphasise that we do not attempt to diagnose mental illness, or act in any advisory role, but only flag up mental illness if the caller specifically mentions it, which they increasingly do, or it becomes obvious from the context e.g. talk of Community Psychiatric Nurse (CPNs), Crisis Teams etc.

Our treatment of contacts with mental health issues is very much the same as with people with other categories of concern, that is we listen and give the contact a confidential space in which to explore their feelings. We don't counsel or engage in any form of talking therapy, which is for others. We hope that talking/listening process is in itself helpful. We see ourselves as complementing, not replacing other forms of treatment and encourage contacts to keep in touch with us while they are undergoing such.

However, we have in recent years created a list of agencies that provide more hands on support in various areas including mental health. If we feel that a contact would benefit from being signposted to one of them we will do so. In doing so we encourage them to keep contact with ourselves, we don't want them to feel that they are being palmed off, and also to check the agency's confidentiality policy which may not be the same as we have at Samaritans.

Our current mental health signpost list approved by the central charity is:

NHS 111	(England, Wales and Scotland-health advice generally)
Mind	(England and Wales- all mental health issues)
Aware	(Northern Ireland – depression)
SAMH	(Scotland- all mental health issues)
BACP	(British Association for Counselling and Psychotherapy-list of professional counsellors)

You will appreciate that these days we field contacts from anywhere in the UK, I hope that this is of some help. We are always very keen to spread awareness of how Samaritans can complement other mental health services and would fully support a more coordinated approach.

Comments received from.....

Social Prescriber.

As a starting point I can tell you that most surgeries have a visiting Community Psychiatric Nurse who is usually on site once a week, however one of my surgeries has now privately employed a mental health worker (the Community Psychiatric Nurse) to work 2 days a week and see anyone presenting with poor mental health. I can check with the others but pretty sure everywhere else is a visiting Community Psychiatric Nurse.

Sight Impaired client response

I have received counselling many years ago at my GPs surgery but, more recently, by telephone from the RNIB because there is no service in Herefordshire from anyone with any knowledge of sight loss.

There was a waiting time but it was not overlong and did not have a massive impact. It is disappointing that there is no-one available with a knowledge and understanding of sight loss and its impact. I know that there is currently a waiting list for counselling or therapy but do not know what the waiting times are. My concern is that, for some people, it might be long enough to have a detrimental effect on the person waiting.

At Vision Links, we do not deal specifically with mental health issues amongst our service users but, there is no doubt in my mind, that the activities and social events that we hold have a positive effect on their mental health and are supportive in many ways simply through the interaction with others who have and understand the same experiences and, sometimes, can offer solutions that have worked for them.

There is definitely a culture of members being aware of others mental wellbeing and to be supportive wherever possible. There is always more that could be done and acknowledgement from the professionals dealing with people with sight loss would be a good start. No aspect of mental health has ever been mentioned to me by any professional dealing with my sight situation.

That doesn't cover much of the questions you had but I hope it might be of some use.

Just to add that I think everyone who develops sight loss during their lifetime, rather than being born with it, will experience an effect on their mental health at some



**Herefordshire
Vision Links**

point. This would also apply to other acquired impairments, I believe.

The Cart Shed replies

The Cart Shed

If you are employed does your employer:

Offer mental health support if needed?

We like to think so, ask the team

Provide Mental Health First Aid training?

Yes. Some staff and volunteers have completed 2 day MHFA course. Every Team meeting (twice a year) there is wider team training around a series of issues that relate to supporting our participants, including training around appropriate behaviours and signs and symptoms of MH conditions and how to manage awkward situations.

Have a mental health strategy and policy in place?

It influences every policy decision we make

If you are a volunteer what is available to you in your "Workplace" on the subject of mental health?

Training, Occupational Therapists with MH background

Do you know where to begin if in need of services whether it be for you or a family member?

GP support is patchy – some GP's refer to The Cart Shed, many have clearly never heard of us, although we have sent literature to all practices and held open evenings

Have you sought GP advice, and was it available/ appropriate to the situation?

Personally – if you include dementia, help was diabolical. It took over 4 years to get an appropriate assessment for my Mother, who was eventually diagnosed with both vascular dementia and Alzheimer's. It was not our GP who referred her for an assessment but a hospital Dr who knew her of old...

Do you know if there is a waiting time/ list for the aspect you might be seeking? If so how did that affect outcome?

Demand for the Services of The Cart Shed has increased. There is now a long waiting list, we are trying to work out how to manage this and if we have capacity to open another site.

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(To find out more about The Cartshed then contact)

Email info@thecartshed.co.uk

or call us on 01544 318 231 or 07796 421 373.



More feedback

From a Parish Councillor

I am not really active in anything specifically to do with mental health. I am retired and my main voluntary efforts are community based in Clehonger, including being on the Parish Council.

At the community level there is nothing specifically available in terms of service , support or information , although in common with other people locally we do try to break down isolation by encouraging community events etc .

It does occur to me – that in our Welcome Pack for newcomers we do not have any specific contact details for mental health support , and you have prompted me to think about how this should be rectified .

I personally , or for my family and potentially informal contacts would probably ferret out help if and when needed , obviously taking into account possibly consulting a GP.

I do have a fair bit of knowledge about mental health , albeit a tad out of date In the distant past some 20 years ago , there was a comprehensive booklet on services and resources produced by the late organisation D.I.A.L which was very useful in providing information. Nowadays we are all expected to use the internet , and thus access the WISH site. Which is all very well if you a) are computer literate and b) have access to one , and c) know the name of WISH and what it is !!

Health Commissioner/GP

There isn't a specific protocol for MH because it's such a wide field. There is national guidance around treatment for conditions (NICE is best, GP notebook gives a good summary of current thinking) and 2g occasionally release some advice on local services.

There is some work on a suicide prevention plan but this is very much overdue as public health didn't have enough people to finish it. The MH first aid is a great programme of training as well.

The issue around benefits is very significant, as this has become increasingly difficult over the last few years. I am seeing 2-4 people a week going through the process, and especially when benefits are sanctioned, there is huge anxiety caused, making people more unwell. Liz Staunton is welfare officer at the council and is excellent but this is a hugely problematic area - if you could only focus on a section, this would be very worthwhile.

Best of luck with this, let me know how you get on.

MoneyBox Credit Union's thoughts

My name is Martin Neicho I represent MoneyBox Credit Union or MBCU for short! We are based in Herefordshire.

It is clear that mental health issues can be caused by financial worries and visa versa (see stats below).

At a basic level a Credit Union (CU) is a not-for-profit savings and loans bank. CU's are also an ethical co-operative that are transparent and that work for the benefit of their members. They are there to provide a financial community. The idea is that members mutually benefit as there's no profit for third-party shareholders.

Too many people don't know about the services offered by credit unions that would, in many cases, help people with their financial issues and worries.

According a [Financial Conduct Authority](#) survey from 2017, half of the UK population are financially vulnerable with one in six people unable to cope with a £50 increase in monthly bills. The survey found that 4.1 million people are already in serious financial difficulty, falling behind with bills and credit card payments, with 25- to 34-year-olds the most over-indebted (Guardian October 2017).

According to the NHS "Worrying about money can really take it's toll on your health!" People can suffer with symptoms such as:

- Regularly laying awake in bed at night worrying how they are going to pay their bills
- Feeling tired or lacking energy because worries about money have got them down
- Trouble relaxing because of worries about money
- Feeling anxious about answering the phone or opening the post because it might be about debts
- Anxiety or panic attacks when thinking about their financial situation
- Shopping or spending excessively to feel better, but have feelings of guilt or regret afterwards
- Drinking more alcohol to help cope with the stress of debt
- Feel low or tearful when thinking about their financial situation
- Negative or unhelpful thoughts about finances and their situation.

In 2012, the office of fair trading thought that as much as £1.8bn a year may be being lent by payday lenders.

The Public Accounts Committee (PAC) said that about two million people in the UK use payday loans, there are over 2,000 High Street payday loan shops, some were pawn shops. There were also thought to be more than 100 online firms offering cash too.

The loans are easy to get, very expensive with very high rates of interest. That is where credit unions come in offering fair loans and encouraging regular saving. I've attached a couple of leaflets that give more information. I really do believe (and the evidence supports) that credit unions have an important role to play in peoples' good mental health.

Other feedback

An Employee at Hereford Council

Your email has interested me, in aspects of what support Herefordshire Council offer to their employers with Mental Health.

I have been employed by the council for over 5 years. During this time I have experienced Mental Health issues that led to a period of being out of work for 6 months.

The support I received from Herefordshire Council was minimal, I was offered Occupational Health assessment and reduced hours on my return to work. Unfortunately the Council do not have a policy that directly addresses Mental Health issues.

From my personal experience I believe that Mental Health still holds a stigma within the local authority with little understanding and advise on how to best support their employees.

The Council offer stress management, and some relaxation sessions, however the sessions offered are impersonal and impractical depending on where your work placement is allocated.

Conversation with a GP

Sylvia Nicholls:

Whilst waiting for a dementia meeting being held in the premises at Alton Street Surgery I read a notice on the wall saying:

“ We try to prioritise appointments for Veterans of the Armed Services. Please advise the receptionist if your appointment concerns aspects of your active service when making an appointment”.

GP's replied to me:

“ I think this is across NHS - there is a veterans' pledge, though not sure it always translates into any material benefit for veterans.

I know 2gether have signed up to it & imagine WVT have too. I think the idea is priority on waiting lists, but clinically urgent work such as cancer will always be prioritised.

External impartial advice available for employees!!

From A Councillor

I was talking to a couple of police officers this morning and asked them what was in place for their mental health needs.

If I understood them correctly while they can talk to an outside source, for example a charity as they do not believe there was enough impartial help in place. They also suggested that because of cutbacks and increasing pressures on the job the services were facing a mental health ticking time bomb.

It might be worth a little more research but from my conversations with admittedly small cross section of public service employees, (especially those on the front line) getting help is a rather muddled affair and is highly reliant on charitable organisations.

Councils might think that cutbacks are the best way of making ends meet, but considering that sick days cost the economy billions more often than not they are false economy.

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From the same Councillor

- ◆ Increased awareness of mental health issues and initiatives across the UK, but precious little in terms of financial support from central govt. etc.
- ◆ Current systems of referral for HC and other public service organisations involve going through line managers, which can be stigmatising and off putting for those involved.
- ◆ Third party referral system guaranteeing anonymity would be desirable.
- ◆ We need to assimilate the following criteria in terms of putting a potential referral system together
 1. Identify issues surrounding both mental health and those affected by it
 2. Identify and put together a suitable structure for a new referral system which takes into account previous observations
 3. Decide which tools will be used for delivery
 4. Look at incorporating referrals to IAG and other forms of information and guidance

It is very important that Hereford Council, from Chief Executive down is behind this.

There is a need to show favourable economic and social impact of positive mental health.

Peer Education Project

The Peer Education Project is a school-based programme that aims to give young people the skills and knowledge they need to safeguard their mental health, and that of their peers.

The project was born out of the idea that a key source of support to young people experiencing mental health distress is their peer group within the school environment. We developed this idea into a solution appropriate for schools.

By training older pupils to deliver mental health lessons to younger student, the project aims to bypass the walls many young people put up when being taught such nuanced, personal topics by adults whom they feel are detached from their personal experiences.



We know that three students in every classroom are likely to be experiencing a mental health problem. With 50% of mental health problems established by the age of 14, a child's time at secondary school is an important time to equip them to understand, protect and sustain their mental health throughout their school career and beyond.

"I realised after doing these sessions that I didn't know much about mental health. It really helped me personally, and it was rewarding – and fun." Peer Educator

"I think it was easier that they were close to our age – they understood our feelings a bit more." – Year 7 student

How does it work?

There are three stages to the implementation of the Peer Education Project:

- ◆ Staff training - staff members attend a training session in how to deliver the project, covering the key concepts, project structure and materials. By training staff to deliver the project in their own schools, the project aims to build capacity within schools to run the project year-on-year.
- ◆ Peer Educator selection and training - staff recruit and train a group of Peer Educators from amongst their sixth form students. A handbook of training advice and lesson plans is given to all Peer Educators to help them run the sessions.
- ◆ Lesson delivery - working in pairs, the trained Peer Educators deliver the five hour-long lessons to Year 7's. Pupils receive a workbook containing key information and worksheets.

Mental Health Foundation website

What does the project teach?

- ◆ The project introduces mental health as something that we all have, like physical health.
- ◆ It encourages students to think about ways to stay well, how to seek help and support friends.
- ◆ It also introduces common myths around mental health, and the stigma and discrimination people experience as a result.

Why peer education?



Studies of peer-delivered health education suggest that peer educators can be effective because:

- ◆ young people find them to be more credible sources of information than adult educators, presenting information in ways that are both clear and relevant
- ◆ young people may feel more comfortable asking questions of peer educators
- ◆ peer-delivered programmes can build on existing role-modelling and mentoring

- ◆ peer Education uses existing social networks to influence change, sustaining impact beyond the educational sessions themselves.

Studies also suggest that there are also a number of benefits for the peer educators themselves, including:

- ◆ the development of important public speaking and facilitation skills
- ◆ improving their own self-confidence and esteem
- ◆ improved knowledge about the topic at hand
- ◆ recognition by their peers as leaders.

Information and photos taken from <https://www.mentalhealth.org.uk/projects>

If you know a school which might like to get involved in the project then contact the Mental Health Foundation: 020 7803 1100

Email: press@mentalhealth.org.uk

Commissioned survey in Herefordshire

Information below is taken from a “Quality of Life” survey during Spring 2018. The survey is part of a project called ‘Better data, better lives’ and is unique as it has been entirely driven and managed by the community and voluntary sector in Herefordshire. It will fill gaps where there is currently no recent data available for the county, so that hundreds of voluntary and community organisations can target their services and resources to the people and places most in need. The survey was posted out to a random sample of 4,125 households in Herefordshire. It included questions designed to allow comparison with national indicators, for which data was last collected in the county in 2012.

644 residents of Herefordshire returned the questionnaire. There was an over-representation of older respondents compared with the resident population, and results were weighted to account for this.

WELL-BEING Survey

1. Levels of **contact with family, friends or neighbours** and loneliness remain level with 2012 and national rates.

- ◆ 60% of respondents were in contact with family, friends or neighbours most days;
- ◆ 34% at least weekly but 6% were only in contact once a month or less. This did not vary with age.
- ◆ 26% of respondents **felt lonely some** of the time during the past week.
- ◆ 8% **felt lonely most or all of the time.**

2. Self-reported measures of how people are feeling give an indication of personal well-being.

Here we present the results of measures at either end of the answer scale ranging from zero (not at all) to ten (completely).

- ◆ 10% of respondents gave low **life satisfaction** scores compared to 5% cent in the UK.
- ◆ 31% gave very high **life satisfaction** scores, similar to the UK.
- ◆ On average life satisfaction in the county is similar to nationally.
- ◆ 13% of respondents gave low ratings of **how worthwhile they feel their life is**, considerably above the UK rate of 4%; and 21% gave high ratings, much lower than the UK rate of 35%.

Overall this indicates lower levels of how worthwhile people in Herefordshire feel their life is compared to national levels.

John Kyrle High School project

A Wellbeing and Positive Mental Health Charter has been created at John Kyrle High School in Ross on Wye.

The Ross Gazette has twice recently run reports on the work, which is supported by local GP Simon Lennane who does all he can to promote positivity for good mental health for all ages.

Students, staff, parents trustees and health professionals have worked together to design a simple “Wellbeing Charter”, recognising that healthy ideas and good practice should be embedded in the early days especially at school.

In a united approach students will be involved across the school by designing posters and logos with competitions to encourage everyone to get on board.

Students have already been involved in the initiative after the Head of Year 11, Matt Penny led an assembly encouraging them to consider how they can sustain positivity, and a healthy lifestyle in the run up to their GCSE’ this year. Year 11 students were given the brief:

‘What advice would you offer students four years younger than you to give them the best chance of being Happy, Healthy and Successful? What worked well for you? What would you do differently?’

Posters which they then produced were shown to Year 7 students during “Tutor Time” as they spoke to their younger colleagues. Feedback has been positive, as students feel the ideas put forward to them by the older pupils are realistic being that they have learnt by experience what a sound attitude at the front of your mind can do for self esteem.

FULL STORY:

[http://www.rossgazette.com/article.cfm?id=117865&headline=Ross-on-Wye%20students%20become%20wellbeing%](http://www.rossgazette.com/article.cfm?id=117865&headline=Ross-on-Wye%20students%20become%20wellbeing%20)

EDITOR’S COMMENT:

I invigilate exams at John Kyrle, and earlier this month was speaking to one of the students involved with the tutor time opportunity. He was very proud of being involved and able to pass on his thoughts on “**What to do differently**” from his personal experiences.

For him, this action was already having a good impact on his mental health. Maybe it’s simplistic, but it certainly works.

Nationally we know that three students in every classroom are likely to be experiencing a mental health problem. With 50% of mental health problems established by the age of 14.

2gether NHS Foundation Trust

2gether
Making life better

Foundation Trust
For Herefordshire



2gether NHS Foundation Trust is the NHS provider of mental health and learning disability services in Herefordshire. The Trust provides a range of services in the county, including:

- Let's Talk – a service for people experiencing conditions such as stress, depression and anxiety. The service is open to all adults and can be contacted on 0800 073 2200 or via www.talk2gether.nhs.uk.
- Mental Health Inpatient Wards for adults and older people at the Stonebow Unit, in Hereford
- Mental Health Rehabilitation at Oak House, in Hereford
- A Mental Health Liaison Service
- Mental Health Crisis Resolution & Home Treatment
- Mental Health Recovery Teams (4 Teams – 2 in Hereford City, 2 covering rural areas)
- Older People's Mental Health Community Teams & Dementia Services
- Early Intervention & Assertive Outreach Teams
- Learning Disability Community Services
- Eating Disorders Service
- Mental Health Veterans Support
- Child and Adolescent Mental Health Services

The majority of services are accessed via your GP however Let's Talk can be contacted directly. The Trust has a membership programme. You can just join up to stay in touch with the Trust and receive regular newsletters and updates.

**To find out more, visit www.2gether.nhs.uk/members
or email 2gnft.comms@nhs.net.**

Mental Health First Aid training

We are all aware of the existence of First Aid as being a basic necessity throughout life, and courses exist for the home, workplace and industry according to need and level of responsibility.



Well, have you heard about Mental Health First Aid and its importance in dealing with the health of the mind and not just the body?

Courses are run locally at the offices of Services 4 Independent Living in Leominster, by professional trainers each bringing their own wealth of experience and passion for their field, making the training relevant and interesting.

The Mental Health First Aid training is priced at £125 per person for 2 full days of training and all prices include tea, coffee and certificate of attendance. Dates are:

- ◆ April 1st and 2nd 9.30 am – 5.00 pm
- ◆ May 12th & 13th 9.30 am – 5.00 pm
- ◆ July 2nd & 3rd July 9.30 am – 5.00 pm
- ◆ August 5th & 6th 9.30 am – 5.00 pm
- ◆ September 10th & 11th 9.30 am – 5.00 pm

(Also a one day course to be on offer soon, with dates and price to be announced).

The current courses are very popular and it is essential to book early. If you wish to find out more then contact:

Karen Hunt on 01568 616 653 or Karen.Hunt@s4il.co.uk

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Also available are courses on Adult Safeguarding, Mental Capacity and Deprivation Of Liberty Safeguards (DOLS). The trainer Lisa Bradbury says, “As a Dementia Friend, I’ve learnt a little bit more about what it’s like to live with dementia which has given me a better understanding of how to help someone with the condition. I am passionate about support and awareness in this mental health condition and deliver Dementia Friends Awareness Sessions to encourage others to become Friends”.

These are three hour sessions (various dates), for £25 and again booked via Karen Hunt. See details above

CALM

CAMPAIGN AGAINST LIVING MISERABLY.....CALM

A support website for men

Mental health problems can come about from any number of stresses and worries that all of us have at some time or another in our lives. Perhaps it's relationship problems, homelessness, job stress or money worries.

It's important to recognise when things are getting serious. This is usually when the problem begins to interfere with our ability to cope day to day.

It's also important to remember that, with the right support, most people manage their mental health problems successfully and lead fulfilling lives.

1 in 4

The most common mental health problems include addictions, anxiety, depression, eating disorders. One in four people will experience a mental health problem at some point in their lives. That's a lot of people. Most of the time, people cope ok and find ways to switch off, chill out and relax. But when things start to take over and get on top of us, it can develop into something we need specialist help with. Everyone has bad days and some of the symptoms of mental health problems may not immediately seem obvious. Take a look at the list below, and if some of the things sound familiar and you've been experiencing them for a few weeks or more, you may need to do something:

- Problems getting to sleep, or waking up early in the morning and not being able to get back to sleep again.
- Feeling really knackered even when you haven't done much.
- Aches and pains for no apparent reason or feeling run down.
- Poor appetite.
- Not feeling like going out.
- Not being interested in the things you used to be.
- Feeling anxious and irritable for no real reason, or having difficulty managing your anger and 'flying off the handle'.
- Repeatedly getting headaches or migraines.

If you're concerned about your mental health, you could talk to your GP or contact one of the groups listed on this web site. If you want to talk it over first, give CALM a call. The people at CALM are non-judgemental and will give you the chance to explain the way you feel, and help you on what to do next.

Details and all information is from CALM website

<https://www.thecalmzone.net/>

CALM ...help a mate

If you or your friend are in need of immediate help, [CALM's helpline and webchat](#) are open 5pm to midnight every day 0800 58 58 58.

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CALM have many videos and campaigns which offer support and ideas for men who have suicidal thoughts. In fact plenty for those who wish to understand mental health issues better.

The "Help a mate" campaign is very simple but informative and spoken in such a way that it's easy to listen to, and doesn't venture into complex language or lengthy explanations.

Why not watch it? Its 5 minutes long. The five steps seen below are explained, and demonstrate how plain language is key, using everyday life as its basis.

1. ASK

Encourage them to open up. Don't be afraid to use the word suicide.

2. LISTEN

Listen without judgement.

3. MAKE A PLAN

Create structure, set simple goals. If they're suicidal, stay with them and call 999.

4. BUILD A SUPPORT SQUAD

Call in family and friends. Share details of CALM and [Samaritans](#).

5. KEEP CHECKING IN

Don't stop once your mate feels better. Nothing beats regular meet ups (and hugs).

If you or your friend are in need of immediate help, [CALM's helpline and webchat](#) are open 5pm to midnight every day 0800 58 58 58.

Also watch these two videos to get a greater understanding of the topic

<https://www.thecalmzone.net/help/worried-about-someone/5steps/>

<https://www.youtube.com/watch?v=33M1uzXZV20>

Useful Contacts

NHS Herefordshire

Patient Advice and Liaison Service (PALS)

The County Hospital, Hereford

Mon-Fri 8.30-4.30

Office Tel No: 01432 372986

Mobile Tel No: 07825 681801

Email:

makingexperiencescount@wvt.nhs.uk

Equality and Human Rights Commission

Freepost RRLL-GHUX-CTRX, Arndale House,

Arndale Centre, Manchester, M4 3AQ

Tel: 0808 800 0082 Website:

www.equalityhumanrights.com

RADAR, now at Disability Rights UK

12 City Forum, 250 City Road, London, EC1V 8AF

Tel: 020 7250 3222 Minicom: 020 7250 4119

Email: enquiries@disabilityrightsuk.org

NHS Direct Tel: 111 (free service)

Wye Valley NHS Trust

The County Hospital

Union Walk

Hereford

HR1 2ER

Tel: 01432 355444

Wye Valley NHS Trust

Community Health

Vaughan Building

Ruckhall Lane

Belmont

Hereford

HR2 9RP

Tel: 01432 344 344

Herefordshire Council and NHS Herefordshire

Social Services Adult Duty Desk

Office hours 9am - 5pm

Office Tel No: 01432 260101

Out of hours: 0330 1239309 adults

01905 768020 children

HDU expect their next event to be on

Wednesday 19th June

So keep a look out on our website

www.herefordshiredisabilityunited.org.uk

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HDU is registered with the Charity Commission. Charity number 1154349