

Oxford Mental Health Forum Newsletter



Issue no. 10: September 2015

Welcome to the Autumn issue of the Oxford Mental Health Forum quarterly newsletter. This newsletter accompanies the Oxford Mental Health Forum website (www.oxfordmhf.org.uk).

In this edition: an article on GO Active, a project that aims to help people in Oxfordshire to do more physical activity and exercise to aid wellbeing; Information on local research: a report on Alice Hick's research into the need for an independent user-run group in Oxfordshire, and news about forthcoming mental health events.

As always, please get in touch if you have any ideas, suggestions, and contributions for developing Oxford Mental Health Forum, or if you have any feedback you would like to give.

Fiona

Founder of Oxford Mental Health Forum

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Highlights

- **News:** *Mental health events (See page 2)*
- **Articles:** *GO Active (See page 3)*
- **Research:** *Alice Hick's research into the need for an independent user-run group in Oxfordshire and the Thames Valley Suicide Prevention and Intervention Network annual report (See page 4)*
- **Involvement:** *Get involved with Oxford Mental Health Forum (See page 5)*



Oxford Mental Health Forum is an award-winning website.

Find out more: www.oxfordmhf.org.uk/about.html

Featured news

The Kings Fund Access to Mental Health Care Conference

Oxford Mental Health Forum is proud to be a supporter of the King's Fund conference taking place in September.

<http://www.kingsfund.org.uk/events/increasing-access-mental-health-care#partners>

Increasing access to mental health care is a key issue in valuing mental health equally with physical health, or creating 'parity of esteem'. The recent introduction of access and waiting time standards are part of a five-year plan to ensure that mental and physical health services are integrated and given equal priority by 2020.

Achieving 'parity of esteem' will require a fundamental change in the way services are delivered, and commissioned. The conference will offer you best practice, tools and guidance to help support you to deliver this national ambition.

See more information here: <http://www.kingsfund.org.uk/events/increasing-access-mental-health-care>

Rethink Mental Illness Conference: Mental Health: The Way Forward

A major conference for any one who cares for someone with mental health problems and for those who have lived experience of mental ill health, and including those who have a professional interest.

The conference is free to attend and will cover:

- Latest developments in the treatment of mental illness
- Therapeutic approaches to psychosis
- How to survive being a carer
- A personal journey on staying well
- Hear about "Open Dialogue" – a powerful new approach to recovery

WHEN:

Monday 16 November 2015
10.30am to 16.30pm

WHERE:

St Aldates Parish Centre
40 Pembroke Street
Oxford, OX11BP

For more details:

Telephone: 01709 386572

Email: caroline.burton@rethink.org

Places are limited so book early.

GO Active

What is GO Active?

GO Active is a project that aims to help people in Oxfordshire to do more physical activity and exercise, getting more activity into their everyday lives.



The project is led by the Oxfordshire Sport and Physical Activity and has support and funding from all Oxfordshire district councils and leisure providers as well as Public Health Oxfordshire, Oxford Brookes University and Sport England.

What does GO Active offer?

GO Active can offer you a range of information, support and exciting opportunities to try a new sport or activity where you can have fun, be social and get active!

Advice

With local co-ordinators based in each district, there is someone available for you to speak to and get advice and information about activities on offer in your area. [Click here for how to get in touch.](#)

Opportunity

Go Active have an enormous choice of accessible, affordable and FUN activities all over Oxfordshire for you to try out, take part in and most importantly enjoy!

[Find an activity near you today.](#)

If you, or a group of people would like to try a new activity or if you are interested in helping deliver activities, then please [get in touch with the Go Active team.](#)

All of the activities are friendly and inviting so you will not need to worry about turning up on your own or within a group. Becoming more active will help you to put that bounce back into your step and make new friends at the same time. Don't just take our word for it though, read about the activities participants have tried out for themselves and what they thought about them! [View Real Stories](#)

Education

Go Active can also offer talks on health and physical activity to community groups and organisations. If you would like one of the Go Active team to give your group a talk why not [get in touch with your local coordinator!](#)

Need some extra support and motivation....?

Haven't done anything for a while? Short on time? Need to relax?

It's easy to get out of the habit of regular exercise and often hard to get going again. Whatever your age, fitness level or ability, GO Active can help you take steps towards a healthier lifestyle, helping you find an activity that you enjoy doing and that fits in with your week.

Haven't done any physical activity for a long time? Don't worry! We know that it can be a real challenge, so the team will do their best to support and motivate you as you get started.

Then why not take advantage of Go Active's fantastic NEW support programme [GO Active, Get Healthy](#). Sign up for extra help and support.

Find out more:

Visit: <http://www.getoxfordshireactive.org/>.

To view additional articles, visit: www.oxfordmh.org.uk/articles.html

Research

Alice Hick's research into the need for an independent user-run group in Oxfordshire

The aim of Alice's report was to find out how best to set up and run a robust and independent mental health service user-run group. The report proposes a model for a user-run group that could provide access to the mental health service user voice in Oxfordshire with the additional benefit of creating a user community which fosters personal growth, and improves the quality of life of its members, through the creation of friendships and relationships and the building of self esteem, self reliance and the confidence to challenge stigma.

The research was carried out by Alice Hicks, who is an "expert by experience" and has used Oxford mental health services for 30 years. An advisory group made up of people with lived and professional experience supported her and informed the research progress throughout the project.

[View Alice's report](#)

See also:

http://www.oxfordtimes.co.uk/news/opinions/first_person/13576702.First_Person_I_have_tak_en_a_road_less_travelled_/

<http://healthwatchoxfordshire.co.uk/reporting-back>

Suicide Prevention and Intervention Network (SPIN) Annual Report 2014-15

In 2014 the Thames Valley Suicide Prevention and Intervention Network (SPIN) was developed, funded by the Thames Valley Strategic Clinical Network and hosted by Oxford Health NHS FT. SPIN is a multi-agency network devoted to suicide reduction and prevention across the region (Oxfordshire, Berkshire, Buckinghamshire and, since late 2014, Milton Keynes).

The aim of SPIN is to contribute to, and facilitate collaboration in, suicide reduction and the improvement of resources for those at risk of or affected by suicide.

Primary outcomes of SPIN have been:

- Thames Valley replication of the Gloucestershire model of police providing families bereaved by suspected suicide with a traumatic bereavement leaflet followed by a localised supportive signposting letter and copy of Help is at Hand by NHS England.
- Relationship building between agencies involved in supporting male wellbeing and securing agreement to make the Thames Valley a CALMzone (<https://www.thecalmzone.net>) in 2015/16.
- Engaging local business, sport agencies and industry in supporting the suicide prevention agenda.
- Walk rounds and awareness raising in Emergency Departments and teaching on the Emergency Nurse Practitioner and Minor Injuries courses run by Brookes University and the University of West London.
- Conducting a national survey of paramedics training needs in relation to suicide.
- Securing and supporting the provision of shared reading groups for two acute admission psychiatric wards in Buckinghamshire and within the community in Buckinghamshire and Berkshire.
- A well attended and successful SPIN conference held on World Suicide Prevention Day 2014.

View the Thames Valley Suicide Prevention and Intervention Network annual report, available [here](#).

In the news...

- *Ministers accused of failing to keep mental health pledge*
<http://www.bbc.co.uk/news/health-34017915>
(BBC News)
- *Jeremy Corbyn creates new dedicated 'Minister for Mental Health' in his shadow cabinet*
<http://www.independent.co.uk/news/uk/politics/jeremy-corbyn-creates-new-dedicated-minister-for-mental-health-in-his-shadow-cabinet-10500075.html>
(The Independent)
- *20,000 give views on mental health service change priorities*
<http://www.england.nhs.uk/2015/09/02/mh-priorities/>
(NHS England)

Get involved

Oxford Mental Health Forum is a voluntary community initiative, which includes a variety of representatives from local mental health NHS and charity organisations and groups, university psychiatry teams, patient and carer representatives, and lay members.

There are a number of ways to be involved, including contributing content, giving feedback, helping to produce the newsletter, or involvement as a key liaison contact. You can commit as much or little time as you are able to give. Please get in touch if you are interested.

Contact information

Oxford Mental Health Forum (OxfordMHF) relies on contributions from others. Please help to support OxfordMHF: Share your knowledge, ideas, views, and opportunities for involvement.



Email: enquiries@oxfordmhf.org.uk



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