

Tameside and Glossop Mental Health Newsletter



Welcome to the Living Life Well Newsletter for March 2021. There are now three regular sections to the newsletter: Commissioner Update (giving a brief Mental Health update from the CCG); Service Updates, Campaigns and Resources (where you'll find updates from different elements of the system, information on active campaign and links to resources for you, your teams and those you support); and Training Opportunities and Seminars (listing training opportunities that are available for those working across the system).

Living Life Well Mental Health Transformation Programme

This is an exciting time for Mental Health provision in Tameside and Glossop. There is a lot of work to do, but all partners are very committed to meet our significant ambitions for improving mental health support and services in Tameside and Glossop.

Population Mental Wellbeing

- Health and Wellbeing College
- Mental health confident community wellbeing offer
- Rich neighbourhood offer
- Population MH priorities

Supporting People to Stay Well – LLW Phase 2

- Phase 2 Prototype in one Neighbourhood
- Building on Living Life Well Community; developing VCSE partnership
- Expanding and aligning all MH resources to five neighbourhoods and establishing forums
- Establishing and integrating the PCN MH roles
- Community MH Team Redesign incl PD pathway, DTOC
- Promoting access to Psychological therapies and integrate with LTC

Improving access to support in a crisis

- Refreshed 24/7 helpline and pathway
- Safe Haven – broaden offer
- Open Access VCS Crisis Support
- MH Liaison
- Out of ED urgent appointments

Improving care for those with highest needs

- Therapeutic Inpatient Care
- Home Treatment Teams
- Section 136 Suite Review
- Rehab
- Individual Placement Support
- Rich community offer

Other key developments

- Perinatal and Parental Infant MH
- Adult Eating Disorders
- Learning Disability, Autism and ADHD provision
- Younger adults

See the slide attached to this email for the full slide and for more information, contact Pat McKelvey:

pat.mckelvey@nhs.net

Living Life Phase II progress

Work to design and develop Phase II of Living Life Well continues. The Transformation Team has been meeting every two weeks since late November and the Design Team joins us every other session to drive the work forward. We have recently been holding focus and roadmapping sessions to develop a clear plan for the first stage of implementation which will see a new, community based provision in one of our Primary Care Network areas. This will see primary, secondary, community, third sector and social care provision coming together to support people with their mental health and emotional wellbeing enabling them to lead bigger, better lives .

This is an exciting time for Mental Health provision in Tameside and Glossop. There is a lot of work to do, but we are committed to working with all partners to meet our significant ambitions for Mental Health support in Tameside and Glossop.

Service Updates, Campaigns and Resources



Be Well Tameside is still operating its 1:1 support and have been adapting provision throughout the pandemic.

[Find out more](#)



The Health and Wellbeing College has a new course-list including a range of online video series. Visit their site to find out more

[Find out more](#)



A new mother has shared how her mental health has been affected by having a baby in lockdown

[Read a mother's story](#)

Resources have been developed to help keep babies in mind.

[Access the resources](#)

Engaging men earlier

The Samaritans have co-produced a service design guide for wellbeing initiatives to support men.

[Download the guide](#)

Minds Matter

The team have created a poem soundtracked video about their service. It's a great introduction to the team and their work!

[Watch the video](#)

Covid-19 Survey results.

Monthly results have been released for the GM Population Survey: Safely Managing Covid-19.

[Read the reports](#)



PCrefurb

Could your old laptop, phone or tablet help someone get online to manage and support their wellbeing?

PCRefurb, a local charity, need device donations to help those who are at a disadvantage when it comes to digital access. Find out more on their website.

[Find out more](#)

Shining a Light on Suicide

We're bringing suicide out of the dark in Greater Manchester because it affects us all. Whether you're feeling suicidal, worried someone else is, or have lost someone to suicide, you're not alone. Whatever you're going through, we'll help you get the advice and support you need.



Shining a Light on Suicide

This engaging and freshly designed Greater Manchester website includes a wide range of resources, advice and signposting for professionals and members of the public to help prevent suicide.

[Visit the site](#)

Lived Experience Theatre Group - Made by Mortals

Made By Mortals 'bring people's experience to life' through immersive (stuff that gets you right involved in the action) podcast, films and musical theatre shows. All our work is made in collaboration with world-class professional artists, health and social care organisations and a wonderful mix of community participants with a broad range lived experience.

Our mission is to cultivate creative citizens (we also love alliteration!). Cultivate because our work is about empowerment and shared ownership for the common good. Creative because our work provides space for people to hone and practice their creativity no-matter ability or past artistic experience. Citizens because we believe that people can use their creativity to take an active role in society and bring about change through sharing stories, imaginations and experiences in an accessible and meaningful (and don't forget fun) way.

We support two core groups from our base at Guide Bridge Theatre in Audenshaw as well as delivering commissioned projects in partnership with orgs/individuals across GM. We support Hearts and Minds- a group for over 60s that coproduce musical theatre experiences for children. We also support The Johnny Barlow Theatre Company- a group passionate about using music theatre to improve mental wellbeing and bring about social change.

[Watch a video introducing the approach](#)

For more info, please contact Paul

paul@madebymortals.org

Greater Manchester Mental Wellbeing Conversation

Findings published after over 4,000 responses giving great insight into Greater Manchester's communities.

[See full report](#)

CYP Mental Health Partnership Newsletter

February's newsletter includes news, updates and resources specific to children and young people's mental health.

[Read it here](#)

STARS (Strengthening Tameside's Approach to Repeat Separations)

The team now accepts referrals up to and including 16 weeks of pregnancy.

[Find out more](#)

Research - Physical health-checks for people with Severe Mental Illness

Research is underway supported by NHS-X to map the current pathways for people with Severe Mental Illness (SMI) accessing their comprehensive physical health-checks (PHC). The purpose of this piece of work is to identify enablers and barriers to accessing and providing PHC for people with SMI across both primary and secondary care and also identify if there are any opportunities for us to utilise digital to improve completion rates.

As part of this work, a team will be conducting research to explore experiences of service implementation and delivery, and to understand some of the challenges of increasing uptake. This research will take the form of 45-60 minute calls over telephone/zoom. We are therefore asking if you, or colleagues would be interested in taking part in this interesting piece of research. The agency completing the work will also be doing separate research with people with SMI and their carers, so presently the need is for people who work in clinical or commissioning settings to take part.

If you'd be interested in taking part, please contact Julie

Julie.sun@cxpartners.co.uk

Covid Guidance

Communicating with people with learning disabilities, autism, dementia and mental health needs

For particular groups, and their families, effective communication and engagement can prove challenging. New guidance has now been issued

[Download the guidance](#)

TOG Mind Listening Spaces

TOG Mind has recently launched their 'Listening Spaces' offer. It's a free confidential service providing advice and resources for people to talk - especially at this difficult time.

[Download the flyer](#)

Recovery College - New Courses

Two BRAND NEW courses at Recovery College Online: *Exploring Depression* looks at the causes, symptoms, types, treatments and further support *Parenting and Attachment* explores the theories about attachments in childhood and how they impact our adult life.

[Find out more](#)

Training Opportunities and Seminars

Psychological First Aid

PHE launched a new online Psychological First Aid (PFA) training course. The course offers training on how to provide practical and emotional support to children and young people affected by COVID-19, or other emergencies or crisis situations. It aims to equip those completing the training to better identify people that are in distress and provide support to help them feel safe, connected and able to take steps to help themselves.

[Register here](#)

Developing a Collaborative Approach for Men's Mental Health - Thursday 25th March

Join Dad Matters' operations manager, Kieran, and a host of other Men's Mental Health advocates, services and organisations to hear about the amazing, collaborative work happening right now across the country.

Men in particular are at increased risk of mental ill health and the suicide rates remain stubbornly high with generic approaches to supporting men not offering the nuance needed to authentically support us – often “blokes” are offered support which doesn't recognise that we are more than a sum of our parts. Understanding men's mental health through the lens of the “whole-person” therefore is crucial to address how we recognise and support our life-experiences....but what is out there, what is missing and how can we encourage a coming together of approaches?

[Register here](#)

Retreats and safe spaces to support mental wellbeing

An online Forum has been created to support the development of The Jordan Legacy Retreat: to learn from others who've created retreats and other safe, supportive spaces, places and hubs and to get input from anyone else who wants to contribute.

If you would like to be involved in helping develop the overall concept for The Jordan Legacy Retreat; to help develop more detailed plans and to be part of the journey from vision to practical reality, then please email Paul who will invite you to join the forum:

paul@vittles.org

A recording of the event launching the forum which looked at the role of safe spaces and places is available to view online.

[Watch the recording](#)

Thanks for reading!

Send in your updates and suggestions

I hope this newsletter has been useful and informative. Please do email me with your updates and suggestions for future editions:

benjamin.jackson2@nhs.net

There's also still time to fill in the Mental Health Network Survey to help shape future Mental Health Network meetings and make sure they are as beneficial for you as possible.

[Complete the survey](#)