



# What's new

## Harrow Rethink Support Group. A registered group of Rethink Mental Illness.

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Dear Friends,

Our next support meeting will be on **Weds. 2<sup>nd</sup> April** at **The Bridge**, Christchurch Avenue, HA3 5BD, {Low building to right of entrance to Harrow Leisure Centre car park. See signs 'Aztec Café', although not open yet, & 'The Bridge'.} As usual, chat, raffle and refreshments from **7pm** with a **7.30pm** start for the more formal part.

**Councillor Susan Hall, Leader of Harrow Council**, is our guest. One of Councillor Hall's many responsibilities is **Chair of the Health and Wellbeing Board**.

**Purpose 2 of the Board** is *Improve health and wellbeing for the residents of Harrow and reduce inequalities in outcomes. The Board will hold partner agencies to account for delivering improvements to the provision of health, adult and children's services social care and housing services.*

**One of the Board's 11 'Key responsibilities'** is, *To oversee the quality of commissioned health services.*

**All are welcome.**

**Andy Mattin**, CNWL's Director of Operations and Nursing, will make a return visit on **7<sup>th</sup> May**. **Sunny Mehmi**, Commissioning Manager for Mental Health, Learning Disabilities and Carers with Harrow's Clinical Commissioning Group, will be our guest on **4<sup>th</sup> June**.

**Open Day at Rethink Mental Illness'** new service at **The Bridge** is on **Friday 28<sup>th</sup> March from noon to 4pm**. We have been asked to provide a publicity table. Please ring Jennifer or myself with offers of help.

With every good wish, especially to those who are going through difficult times, Ann.

**MARCH 2014**

### Other Harrow news

**The Drop-in for Mental Health Carers** continues at **Harrow Carers**, 376/378 Pinner Road, North Harrow, HA2 6DZ, from **1.30 to 3pm** on **28<sup>th</sup> March, 11<sup>th</sup> and 25<sup>th</sup> April**, i.e. every 2<sup>nd</sup> & 4<sup>th</sup> Friday.

**An evening drop-in... a break from caring, a supportive atmosphere and a chance to meet other carers....** from **6.30 to 8.30pm** begins on **Thursday, 3<sup>rd</sup> April and will continue on 17<sup>th</sup> April & 1<sup>st</sup> May**, i.e. every 1<sup>st</sup> & 3<sup>rd</sup> Thursday. Contact 0208 868 5224 and [mentalhealth@harrowcarers.org](mailto:mentalhealth@harrowcarers.org)

**Local Managers of Central and North West London NHS Foundation Trust {CNWL}/Harrow Mental Health Service** continue to run **monthly carers surgeries**. Carers can book an interview with a manager, for up to 30 minutes, at 44 Bessborough Road, Harrow, HA1 3DJ on **4<sup>th</sup> April & 2<sup>nd</sup> May**. Appointments are at 2.00, 2.40 & 3.20pm. Book, no later than 3 days before the surgery date, with **Jane Tufano on 0208 966 7171 or email [jane.tufano@nhs.net](mailto:jane.tufano@nhs.net)**

Jane advises, *If a situation requires more urgent attention, then it should be addressed via other avenues such as conversation with the Care Coordinator or a Manager relating to the care being provided.*

(Dean Ramjeet -[Dean.Ramjeet@nhs.net](mailto:Dean.Ramjeet@nhs.net) & 0208 422 9443- is Operational Manager for **Community Recovery** at Atkins House & **Assertive Outreach** at Bentley House. Azaad Taher [ataher@nhs.net](mailto:ataher@nhs.net) & 0208 861 3770- is Manager of **Assessment & Brief Treatment** at Honeypot Lane.)

**CARERS' QUESTION TIME** with psychiatrists and a care coordinator of the Community Recovery Team at Atkins House will continue on a date to be advised. There is no meeting in March as Dr.Green is not available. Contact Simon Coningsby on 020 8422 9443 and [s.coningsby@nhs.net](mailto:s.coningsby@nhs.net)

## Other Harrow news contd.

Joan and I asked questions about role of Care Coordinators and making Harrow's, soon to be developed, Obesity Strategy relevant to people with mental illness, under Agenda Item 4, Public Questions, at the **Health & Wellbeing Board** on 19<sup>th</sup> March.

You can listen to a recording of the questions and answers and Joan's supplementary question and answer by scrolling down to Public Questions & clicking on *Additional document...Sound recording*. See

<http://www.harrow.gov.uk/www2/ieListDocuments.aspx?Cld=1280&Mid=62324&Ver=4>

**Harrow's Clinical Commissioning Governing Group Governing Board** (<http://www.harrowccg.nhs.uk>) meets

in public on **Tuesday, 25<sup>th</sup> March** from **2.15pm** at The Heights, 59-65 Lowlands Road ...at rear of Harrow on Hill Station. Agenda Item 13, *Questions from the Public*, is at 6pm.

Agenda Item 3, *Recommendations from Procurement Panel*, caught my eye. **Quality of Mental Health Patient Care: Shifting Settings of Care** is one of 4 proposed

**new Local Improvement Schemes**. It is a complicated document & a difficult read: increased GP care is proposed. See

<http://www.harrowccg.nhs.uk/media/8215/3.%20Recommendations%20from%20Procurement%20Panel.pdf>

**The CCG Mental Health Transformation Board** is starting to work on 5 Projects: *Shifting Settings of Care, Rehab Pathway Redesign, Dementia, CAMHS and Urgent Assessment & Pathway*. Sunny Mehmi is to contact me about involvement of carers. Do you want to participate?

## Other news

It is puzzling how care needs are defined as a social need, paid with a personal budget/self funded, or a health need, that is freely provided. Some local Boroughs, not Harrow, provide free Art Therapies in the Community. Harrow provides Art & Music in the Acute Wards of the Mental Health Centre. Initial feedback, via Shaun Hare, Dep. Director, HMHS, is from **Ann Sheridan, CNWL's Head of Social Work and Social Care** who says, "*The general feeling is that it is not easy to differentiate between a health and social care need*". Ann shares a general definition of social care that I will include in next newsletter, or send on request. Awaiting a definition of health care.

Rethink  
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Leading the way to a better  
quality of life for everyone  
affected by severe mental illness.

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## Other news contd.

**The Care Quality Commission (CQC)** wants to hear about experiences and knowledge of the help, care and support provided during a mental health crisis... by 30<sup>th</sup> April. This includes personal experience, experience from those who have cared for others, organisations & voluntary groups and can include care received from the Police, GPs, Ambulances, Hospitals and Approved Mental Health Professionals. Assurance is given that individuals will not be identified in the final report. Names need not be given but it would be wise to identify your location.

The on-line questionnaire is short and straightforward to complete. See

<http://www.cqc.org.uk/public/news/tell-us-your-experience-mental-health-crisis-care>

The CQC also wants to hear about good and bad experiences of care generally. See

<http://www.cqc.org.uk/public/get-involved/share-your-experience>

...or ring **03000 61 61 61**, a free-phone number.

**Belated CONGRATULATIONS – and THANK YOU** to **John Byrne** who was one of two who were **Highly Commended** in the **Lifetime Achievement Award** category in **The National Positive Practice in Mental Health Awards 2013**. John worked at the Harrow Rethink Assessment Unit, now Rethink Recovery House, before moving to Brent Mind. John made a fantastic contribution to lives of many people suffering a mental illness and their families in Harrow, with his unflappable determination that a good quality of life is within everyone's reach again.

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