

21 February 2011

Keeping People Well - update Transition to new services on 7 March 2011



This newsletter gives you details about the new Oxfordshire Wellbeing Service which is open to everyone and will be provided by Oxfordshire Mind from 7 March 2011.

The Oxfordshire Wellbeing Service



This new service will start on 7 March and be run by Oxfordshire Mind who will shortly be publishing a full timetable of events. Details will be on their website www.oxfordshire-mind.org.uk. In the meantime this newsletter gives you an idea of what will be on offer and tells you how to find out more.

What is the Oxfordshire Wellbeing Service?

The Well-Being service will help people identify what keeps them well, and give them the knowledge and support to help them move along a pathway towards recovery. The services available will include:

- **Information to help people understand their options** and find out more about mental health. E.g. If I am not feeling well, what help is available and how do I get it? What activities and support is out there for people who are living with mental illness? How can I find out about volunteering, or get in touch with other people with similar experiences?
-  **Short courses** ranging from understanding aspects of mental illness, to techniques to help people manage the challenges of daily life, to general courses (Art, music, Silversmithing, DJing and many more) where you can follow an interest, and/or learn something new in the company of people with similar experiences in a safe, enjoyable and stimulating space
- **Peer support groups** that can help people work together to understand their mental health needs, and support and learn from each other. These peer support groups will be offered in different localities around the county, but also for groups with similar interests or backgrounds E.g. women's groups, men's groups (and Dads football at Oxford Utd) groups for people interested in sport/exercise, parents, young carers, people from Eastern Europe, reading groups and so on
- **1:1 support** to help people who need more help developing their own personal recovery pathway, and helping those people identify the resources to support that, whether elsewhere in the Well-Being or Recovery services, or in the wider community



Where can I find out more?

Call 01865 247788, Mon-Fri 9.30am - 4.30pm. This number is available **now**, so if you would like more information about the Well-Being service - **call now**. From 7 March you can also drop into local information and option sessions-**call for more details**. Opening hours are:

Monday	Abingdon (10-12), Thame (10-12), The Mill (10-12), Banbury (1-2), Witney (12.30-2.30), Bicester (12.30-3)
Tuesday	Didcot (10-12), Henley (2-4), Cowley (10-12), Chipping Norton (12.30-3.30)
Wednesday	The Mill (10-12) and (5-7), Bicester (11-3), Didcot (2.30-4.30), Kidlington (3-4)
Thursday	Abingdon (10-12), Cowley (10-12), Banbury (11-1), Carterton (1-3), Witney (4-5)
Friday	Bicester (3-5)

The programme of activities and support will develop over time, according to local needs and what works best, with the input and direction of the people who use the services.

The Oxfordshire Recovery Service – an update

Our aim is that everyone who currently uses day services and who wishes to go forward into the Oxfordshire Recovery Service after 7 March will know if they have a place by 28 February 2011. This is what is happening now:

- Restore have now assessed over 200 people who wished to be considered for a place in the recovery service going forward
- Restore have allocated the available places to the people who were referred. Letters are on the way to the individual service users and their current organisation explaining where they have a place
- If someone has been given a place, but in a service or on a day that was not their first preference, they should contact Restore if they wish to discuss this further. These contact details are set out in the letter
- A very small number of people who were referred have not been allocated a place in the Recovery service. If they do not agree with this decision they can appeal to the Primary Care Trust (PCT). Details of how to do this are set out in the letter
- If you are waiting for a letter, please contact your current provider who can follow this up for you
- New places in the Recovery service commence from 7 March

Managing the changes

A project group made up of senior managers from the mental health trust, Oxfordshire Mind, Restore and the PCT have been managing this process. The key issues that still face us are

- **Rethink Gemini will close on Friday 4 March.** People who use the service are either moving to the Recovery Service, being supported by an interim 'Bridge-It' scheme run by Rethink, or forming a user led peer support group
- The **Archway Foundation** and **Oxfordshire Chinese Community Advice Centre** are continuing to provide services outside of *Keeping People Well*
- We are working hard to make sure that staff within the community mental health teams, and housing providers understand the changes and are ready to support anyone under their care or support through this transitional period
- We think that we have identified everyone who doesn't have a place in a service going forward, and who doesn't have anyone to help them in this period. ***If you or someone you know is in this position please contact your current provider now!***

Other news

In addition to the Well-Being and Recovery services, the 3rd element of Keeping People Well was planned to be an extended user led grants programme. This will be designed to enable service user led groups to have access funds to develop services or run activities/programmes that promote well-being and recovery. We are presently developing a plan for comments, and hope to publish this early in April 2011.

Next steps

The timetable going forward is as follows:

•	28 February	All referrals to Recovery service notified if they have a place
•	7 March	New Recovery and Wellbeing services commence
•	4 April	User led grants proposal to be available for comments

More information and next steps

- If you have any queries at any time, email info.bmh@oxfordshirepct.nhs.uk.
- A Frequently Asked Questions discussion forum will also be made available on our website at <http://bit.ly/kpwservices-transition>



- Or you can contact the Integrated Commissioning Team at NHS Oxfordshire on 01865 334605