

Staffordshire and Stoke-on-Trent Adult Community Mental Health Transformation Newsletter

JAN
2023

Welcome to the latest stakeholder newsletter for the [Community Mental Health Transformation Programme](#) which is delivered to you by Staffordshire and Stoke-on-Trent Integrated Care System (ICS), Midlands Partnership NHS Foundation Trust (MPFT) and North Staffordshire Combined Healthcare NHS Trust (NSCHT).



Aim of the newsletter

We will be regularly updating you on the key developments and news from this programme, which will transform the ways in which adult community mental health care and support is provided across Staffordshire and Stoke-on-Trent.

To find out more about the Community Mental Health Transformation, NHS England has created a short animation, you can watch it [here](#).





Voluntary, Community and Social Enterprise (VCSE) Co-delivery

Each month we're focusing on a different workstream within the programme, and for this edition it's VCSE Co-delivery.

Support Staffordshire and VAST have been involved in the delivery of the Community Mental Health Transformation since the very start of the programme. Both organisations work in partnership with the Staffordshire and Stoke-on-Trent Integrated Care System to represent and support voluntary sector organisations that are involved with delivering the transformation across the county.



As the transformation of community mental health care has progressed, the work of VCSE organisations has become increasingly intertwined with the work of the NHS. As a result, both sectors have benefitted from shared learning, discovering what works, and what can be improved further.

At the beginning of the transformation programme, ring-fenced funding was secured by Support Staffordshire and VAST; this was used to determine what non-clinical support is best suited and has led to local VCSE providers being procured to deliver holistic support around housing, finances, health and wellbeing, along with support around complex needs, such as drug and substance use. The funding was also used to create a small grants programme with the Community Foundation for Staffordshire to allow VCSEs to launch projects focused on groups that historically struggle to access mental health support.

To find out more about VCSEs co-delivering the transformation of community mental health services, you can listen to Support Staffordshire Chief Executive Garry Jones and Lisa Healings, VAST Chief Executive, in conversation by clicking either [MPFT's Podcast](#) or [Combined Healthcare's Combinations Podcast](#).





MPFT launches 'Safe Haven' Crisis Café and 'Safe Hands' Out of Hours Home Sitting Service in Staffordshire

Midlands Partnership NHS Foundation Trust (MPFT) has provided Burton and District Mind with funding to provide crisis support services for people aged 16+ with mental health problems in the East Staffordshire, Tamworth and Lichfield districts.

'Safe Haven' Crisis Café in Tamworth

This service is a non-clinical out of hours provision that runs 365 days a year. It will provide a safe, supportive, non-clinical environment where people can access support during their recovery for up to three hours. It will promote self-empowerment and independence in a relaxed informal setting.

The 'Safe Haven' Crisis Café will be available during the following hours:

Weekdays: 5pm - 11pm
Saturday & Sunday: 9am - 5pm
Bank Holidays: 10am - 2pm

'Safe Hands' Out of Hours Home Sitting Service

Working alongside the 'Safe Space' Crisis Café service will be the 'Safe Hands' Out of Hours Home Sitting Service, working from Tamworth and Stafford. This service will support the Crisis Resolution and Home Treatment team based from Lichfield, covering East Staffs, Lichfield and Tamworth, and from Stafford covering Stafford Borough and Cannock Chase. It is made up of two, two-person teams and will provide an on-call approach. It will relieve pressure from the following provisions:

The 'Safe Hands' Out of Hours Home Sitting Service will be available during the following hours:

Weekdays: 4pm – midnight
Weekends: 12noon - midnight

- Home treatment
- 136 Place of Safety suite
- Crisis Café
- Offer respite



Round 1 of Community Foundation awarded grants announced

Ten community and voluntary groups have been awarded grants to support and help adults with mental health issues across Staffordshire and Stoke-on-Trent.

This funding, from the Community Mental Health Transformation Programme will enable adults with severe mental illness to access care and support in a new, more joined up and effective way, regardless of their diagnosis or level of complexity. The successful organisations are:

North Staffordshire

- Veteran Support Network CIC - 'Veteran Art Recovery' will provide essential equipment, wellbeing sessions, tutor-led training and art recovery sessions, as well as a community allotment linked to the programme.
- British Ceramics Biennial – 'The Recast Programme' comprises a series of clay workshop sessions led by specially trained artists, where those in addiction recovery can make creative projects in clay.
- Walk Ministries – Funding to provide a support worker to support newly released prisoners.
- Stoke-on-Trent and North Staffs Theatre Trust Ltd – 30-week, expert citizen co-designed theatre programme.
- Restoration Shack – Funding to provide two part-time members of staff to deliver activities such as restoration, upcycling, furniture making, etc.
- The Grange Fishing Club – provision to purchase a 'talking' hub/cabin in Dingle Park.

Southern Staffordshire

- Inspiring Healthy Lifestyles – A cycling-based rehabilitation programme for people who have suffered with addiction.
- Staffordshire Network for Mental Health – 'Toolbox for the Services', a project supporting ex service personnel to improve their mental health, and to reduce isolation and loneliness.
- Cherishers 811 CIC – To provide support services over a six-month period, including access to art, green and talking therapy plus lunch clubs.
- Princess Street Training and Enterprise Centre – Funding for a variety of sessions, including healthy cooking and healthy minds sessions, as well as key/support worker resource.



VCSE online engagement event – Round 2 grant programme information

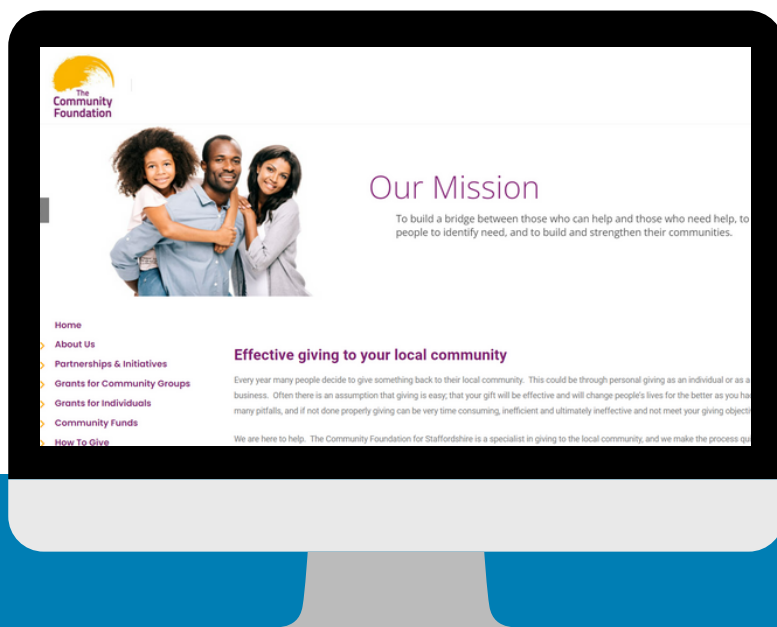
Round two of the voluntary, community and social enterprise sector (VCSE) grant programme launched on 16 January with a specific focus on supporting organisations who work with young people (16-25) with severe mental illness. A recent online event took place for interested VCSE organisations to find out more about the range of grants available and what the overall aims of the programme will be. There are three main priorities within the grant criteria:

- Projects that support the development of resources which enable/ support the transition from Child and Adolescent Mental Health Services (CAHMS) to adult mental health services aimed at young adults (16-18) and their family/ carers
- Targeted approach for young adults in the following groups or communities to encourage access to mental health services:
 - Gender identity issues
 - LGBTQ+ communities
- Peer support networks supporting transitions (CAMHS to adult mental health services, CAMHS to Primary Care, & CAMHS to community provision) for young adults and their families/ carers.

The application window for the second round of grants is open until 13 February.

For more information on the grant and to submit an application, visit The Community Foundation website

www.staffordshire.foundation and for VCSE organisations, both Support Staffordshire (<https://www.supportstaffordshire.org.uk>) and VAST (<https://vast.org.uk>) can provide help relating to applying to this second round of grants.



LATEST NEWS

Community Mental Health Transformation Programme voluntary sector development day

The Community Mental Health Transformation Programme voluntary sector development day took place in December. It was great to see teams from North Staffordshire Combined Healthcare NHS Trust (NSCHT) jointly involved in the event and finding out more about the voluntary, community and social enterprise (VCSE) delivery partners who they work alongside.

Colleagues heard from the Peer Support and Recovery Team as well as the Future Focus Support Service, which both sit under the umbrella of Changes Health & Wellbeing, a North Staffordshire-based user-led mental health charity. Both teams shared the key work they do in the community at a variety of Trust locations and the ways in which they empower and support service users.

Another local service, Everyone Health was also represented at the development day, alongside Citizens Advice North Staffordshire North and Stoke-on-Trent and Support Staffordshire. The day was a chance for teams to learn about the amazing work of each service and the way NSCHT is collaborating with essential VCSE partners.



Colleagues from Changes Health & Wellbeing, Everyone Health Staffordshire, Citizens Advice North and Stoke-on-Trent and Support Staffordshire



LATEST NEWS

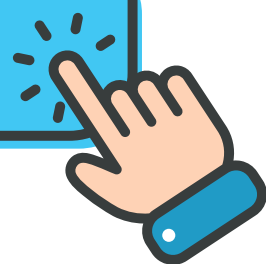
MPFT funds 'Warm Spaces' in partnership with local borough councils, and local VCSE organisations

Midlands Partnership NHS Foundation Trust (MPFT) has funded a network of 'Warm Spaces' across Southern Staffordshire to provide residents with a safe, welcoming, and heated space within their local community. The 'Warm Spaces' will give people a chance to get some warm food and drink, along with some company during the winter months. The organisations providing these 'Warm Spaces' are Trent & Dove, Tamworth Elim Church, Tamworth Borough Council, South Staffordshire Council, and Stafford Borough Council. The 'Warm Spaces' are open until the end of March and provide an important lifeline for communities. Find out what 'Warm Spaces' are available below:

- [Warm Spaces in Tamworth](#)
- [Warm Spaces in East Staffordshire](#)
- [Warm Spaces in Stafford](#)
- [Warm Spaces in Seisdon](#)



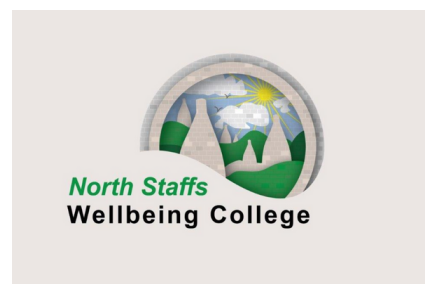
A full list of Warm Spaces in the South of Staffordshire can be found here.



Wellbeing College spring term and new prospectus

The Wellbeing College's spring term prospectus is now available to view [here](#). The College, which is working in partnership with North Staffordshire Combined Healthcare NHS Trust, has built on last term's course offering and will be putting on workshops across a variety of themes and topics including:

- Connect, adjust, include: Living with a learning disability
- Bi-polar disorder – Causes, triggers and symptoms
- An exploration into food, mood and body image
- Arts and minds



The College is built by trainers and co-producers for the community and works with a range of partners across Staffordshire and the Moorlands such as Keele University, Staffordshire Fire and Rescue, Port Vale FC Foundation, the Veteran Support Network and many more. For more information about the spring term provision or to be added to the Wellbeing College mailing list in order to receive the prospectus, you can email the team at wellbeingcollege@combined.nhs.uk.

LATEST NEWS

Mental health care planning

Midlands Partnership NHS Foundation Trust held its first co-produced care planning workshop in December attended by 17 people with lived experience and carers. The workshop saw presentations from the Professional Records Standard Body and Patient Knows Best, who demonstrated its software and app which will empower people with lived experience to be involved in, and have access to their mental health care plan. This was the first of a series of workshops focussing on care planning, and if you would like to know more or would like to attend future workshops via Microsoft Teams, please email fiona.moore@mpft.nhs.uk.



Leaflet and welcome pack focus group

Midlands Partnership NHS Foundation Trust (MPFT) held a recent focus group to co-produce leaflets and a welcome pack for people with lived experience who wished to get involved in community mental health transformation. MPFT's clinical teams will be sharing the leaflets with their service users and carers and will be available in Trust premises and on its website. People are also able to complete an online form which can be accessed [here](#).



LATEST NEWS

Lived Experience Community Mental Health Transformation Forum – new group

Are you someone who is living with mental health struggles, or caring for someone who does – or someone who is waiting for support?

We want to hear about your experience of mental health services in Southern Staffordshire so that we can improve and maintain services and practices.

Midlands Partnership NHS Foundation Trust will be holding monthly workshops via Microsoft Teams and will focus on a number of different topics such as:

- Carers
- Digital competencies / virtual consultations
- Support groups
- Care planning
- Medication



There are also lots of ways to be involved with the transformation throughout the Trust - whether you can give a little or a lot of time to the project. You can find more information at <https://gettinginvolved.mpft.nhs.uk/community-mental-health-transformation>. If you would like to know more, please contact fiona.moore@mpft.nhs.uk for Southern Staffordshire, or veronica.emlyn@combined.nhs.uk for North Staffordshire.

Recruitment

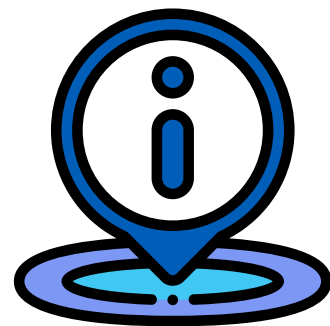
Keep an eye on both North Staffordshire Combined Healthcare NHS Trust and Midlands Partnership NHS Foundation Trust's recruitment web pages if you're interested in any forthcoming opportunities.

For Combined Healthcare roles, please visit the link [here](#) and for MPFT roles, please click the link [here](#).



Where to find more information

There's lots of work going on to transform community mental health services in North and South Staffordshire. Here's where to find the key information to keep you updated with our progress:



North Staffordshire

- North Staffordshire Combined Healthcare NHS Trust (NSCHT) podcasts – the Trust regularly produces its 'Combinations' podcast, with many topics on the Community Mental Health Transformation Programme. You can find all podcasts on [its SoundCloud page here](#) as well as by searching for the Combinations podcast across many other podcast channels.
- NSCHT social media – Combined Healthcare posts regular updates on the transformation programme across its [Twitter](#), [Facebook](#) and [LinkedIn](#) accounts.
- NSCHT news pages – visit Combined's '[Latest News](#)' page on its website for regular programme updates.
- Transformation in North Staffordshire also has its own section on the [Staffordshire and Stoke-on-Trent Integrated Care Board website here](#).

Southern Staffordshire

- Midlands Partnership NHS Foundation Trust podcasts (MPFT) - several Community Mental Health Transformation Programme podcasts are now available via MPFT's podcast channel, these episodes will provide a helpful introduction to the community mental health transformation. Further related podcasts are due to follow, you can find previous podcasts by searching for the MPFT podcast on Spotify, Google Podcasts, Apple Podcasts and a range of other channels, and all podcasts relating to the community mental health transformation can be found on the [Staffordshire and Stoke-on-Trent Integrated Care Board website](#)
- MPFT social media – the Trust has dedicated social media pages to provide information and updates relating to the transformation. You can follow MPFT on [Twitter](#) or like its [Facebook page](#) for updates.

Get in touch

If you have any questions relating to the transformation programme or feedback on the stakeholder newsletter and what you'd like us to cover, please email:

- North Staffordshire - cmhtransformation@combined.nhs.uk
- Southern Staffordshire - MH-Transformation@mpft.nhs.uk

