Hello and a warm welcome to the Summer edition of the Ealing HeadsUp Newsletter. This is our seventh edition and we have lots of information, and upcoming events to share with you. If this is the first time that you have heard of the HeadsUp Network, then please turn to the second page where you can learn more about what we do and how you can be a part of it. Here are the updates on what has been happening over the last three months;

- The Lotus Centre is moving to Ealing (page5)!!
- Committee meetings are held on a monthly basis, the focus continue to be on improving transitions between Secondary to Primary Care MH Services; see page 5 to learn more about what committees and members of the Network are asking for.
- Art & Mental Health: see page 3, 4 and 8 to read the contributions of five members and learn about how cinema helped us to reflect on mental health issues.
- The Service User Involvement Group is up and running at the Solace Centre!! See page 6 and 7 for more.
- The Primary and Secondary Care Mental Health Forums run on a monthly basis. See page 9 to read about involvement opportunities with Healthwatch and future event!
- The Network size continues to grow. This is great news as more people are getting involved. However, we want to hear from many more people. If you are interested or you know someone who would be, do get in touch!

Wow! Well those are our updates on what has been happening over the last three months. We hope that you enjoy this newsletter and we look forward to hearing from you!

Best wishes,

The HeadsUp Team

WE WANT TO HEAR FROM YOU!

Telephone: 07702562905
Email: headsupealing@mind-eh.org.uk

Our website: www.headsupnetwork.com
What is the HeadsUp project?

The HeadsUp project is Mind’s mental health network for service user involvement and co-production. We believe that those who have accessed mental health services are experts by experience, and should be able to have a say on how mental health services are developed and delivered. We provide a platform on which people can share their experiences, have their voice heard and influence mental health services in Ealing. We aim to do this through forums, focus groups, campaigns, and ensuring that service users are involved in the service development processes.

The HeadsUp Network has been live in Ealing since June 2016. We visited many services in the area, met with those who access these services, as well as West London Mental Health Trust Staff. We are always looking to expand our network and our membership has grown substantially. But we want this growth to continue!

We run inpatient forums at St Benard’s Hospital, so that patients voices can be heard by management. We also run monthly forums in the community - the Secondary Care Mental Health Forum and the Primary Care Mental Health Forum.

Forums are groups where a safe space is available for participants to share their experience. Participants enjoy learning more from each other stories and from our guest speakers. People have also fed back feeling less isolated and a boost in confidence!

There are also many other opportunities. The committee is a group of mental health champions, with lived experience of mental health problems, who meet once a month to discuss, plan and share ideas on how to improve mental health services and which activities to engage with to do this. Other members of the Network have attended panel interviews for mental health professionals, others regularly attend meetings within the West London Mental Heath Trust. Some of these involvement activities are paid too!

You can get involved as much or as little as you like; some people only like to receive the quarterly newsletter and some choose to commit to regular involvement activities a number of times a month. If you would like to sign up you can visit our website or drop us an e-mail!

TO SIGN UP you can visit our WEBSITE:

www.headsupnetwork.com

CONTACT DETAILS:
Telephone: 07702562905

THE MENTAL HEALTH NETWORK

Contact HeadsUp; Telephone ~ 07702562905   Email ~ headsupealing@mind-eh.org.uk
During our Mental Health Forums at St Bernard’s Hospital we found a good number of patients who use poetry and other forms of art as a way to express their emotions and feel better. We would like to thank those who decided to share their artworks and stories!

**Art Therapy**

“This above art work is about passion, chaos and disorder, also anger and rage to the point of feeling murderous”

“*The 2nd painting is about peace, containment, love and restfulness. It also on the other hand, depicted suicidal feelings and life after death and therefore a sense of quiet and peace too.”*

**Don’t be grey**

Don’t be grey, don’t let it be dark.  
If you can let the light shine through  
Try and make a brand new you.  
Look to the stars, look to the moon, moving scenes  
For all of us to view.  
Spring is in the air, summer is near  
Put a spring in your steps and have your  
Thinking clear.  
Despair is not the answer, love is strong try it  
And you may not be so alone,  
And may we all try to be strong!

*A member of the HeadsUp Network*
Some Mental Health Forums have been introduced by presentations focused on Cinema & Mental Health. Discussions during the forums ranged across several topics such as Autism, Emotion vs Rationality, Psychosis, and Stigma. A Member of the Network shares below his reflections about “Thunder Rock”.

The relevance of Thunder Rock to mental health as I see it, is that the main character (Charleston), as a response to his inability to cope with peoples’ responses to fascist threats to his pre 2nd world war world in the UK, as he sees it, (or such as we might do when overwhelmed by circumstances and or our mental health, by isolating ourselves). Charleston isolates himself as a lighthouse keeper on one of the great American Lakes. Whilst there, he descends into a hallucinatory world of visual and auditory delusions based upon deceased people from a shipwreck as detailed upon a plaque to a shipwreck which occurred 100 years previously, which is on the walls of the lighthouse. He engages in fantasy dialogues with these ‘dead’ people.

It takes a visit to the lighthouse from an old mate (Streeter), who is there out of concerns raised because of Charleston’s not cashing of his pay cheques and not taking any holidays. Such concerns as may be raised for us if we did not attend clinics or seemed to have exhibited out-of-character behaviour(s) etc...

It is this intervention (or in our circumstances, of a friend or the mental health services) of Streeter that assists the breaking of the psychological impasse that has developed within Charleston’s psyche such that subsequent to Streeter’s visit, he can heal to the extent that he resolves to re-join the World again.

This is a very shortened synopsis, and explanation as to why I think this film illustrates very well how we can draw mental health inferences from the cinema.

“The Thunder Rock is a message that reaching out to others has its place, embrace who you are, for what you resist, persists. Also, that we all must try to take some responsibility, (however small that may seem, and for some of us ‘baby steps’ are actually a huge achievement), for and be as active as is individually possible in the personal process of our healing, and that there can be hope for us all.”

A member of the HeadsUp Network

Contact HeadsUp; Telephone ~ 07702562905  Email ~ headsupealing@mind-eh.org.uk
UPDATES FROM THE NETWORK &
MENTAL HEALTH SERVICES IN EALING

Committee members and the members of the Network who have attended the forums this quarter have voiced the need for more preparation prior to a transfer of care. Communication seems to play a key role. Positives stories of recovery often include experiences of:

- Being listened to and understood by staff;
- Consistently discussing with professionals opportunities to reflect on one’s own recovery (e.g. relying on tools such as the Care Plan and/or through psychoeducational courses and psychological interventions);
- Consistently receiving information about what a service can and can not offer, and/or signposting to relevant services;

“After several hospital admissions my recovery had been possible not only thanks to the availability and competence of some professionals, but also thanks to my motivation and new desire to change”

A member of the HeadsUp Network

WE ARE MOVING!

Mind in Ealing & Hounslow are moving offices from 48 Hartington Road, Southall, UB2 5AX. Our last operating day at this office will be 3rd August 2018.

As of 6th August 2018, we will be located at:

St. Andrews Church Centre
Mount Park Road,
Ealing, W5 2RS
T: 020 8 571 7454
E: info@mind-ch.org.uk
Transport: 5-minute walk from Ealing Broadway Station.

For enquiries about the Lotus Centre group sessions please contact:
Reezeca VanDerVaal (Community Services Manager)
Tel: 0208 571 7454
email: r.vanndervaal@mind-ch.org.uk
Service User Involvement Group at the Solace Centre!!!

The HeadsUp Service User Involvement Group is up and running at the Solace Centre!!! The group runs on Thursdays, fortnightly, between 12 to 2PM. See the poster in the next page for future dates. This is an open group based on the principles of peer-support and co-production, Service Users and Professionals are welcome to attend! If you have any question do get in touch:

headsupealing@mind-eh.org.uk

This group has a long history, we had a launch event on the 14th of December 2017. The Ealing Committee Members have worked on a proposal and made this happen!!!

What is co-production?

Co-production is a form of service user involvement, where the input of service users becomes an integral part in the design, development and evaluation of mental health services. Professionals and service users work alongside, aware of their different areas of expertise. You can find more information on our Website!

So far several professionals joined this group to inform Service Users about the Mental Health Services available in Ealing and ask for feedback to improve the quality of service provision.

This quarter we welcomed the following guest speakers: Karen Lad, the Lead of Primary Care Mental Health Services, joined us along with Laura, a Trainee Clinical Psychologist, to explain the services on offer within GP practices and the Primary Care Mental Health Team; Helena Lewis, an Integrative Arts Psychotherapist, came to the forum to meet service users and talk about OnRoute, a local wellbeing centre and meeting place which offers a wide range of therapies and activities; a Member of the Network joined one of the meetings to talk about his experience with Bhangra Dance and to delight attendees with a performance! Rana Rashed, the Consultant Psychologist/Complex Depression, Anxiety and Trauma Pathway (CDAT) Lead, joined the committee meeting in May to inform committee members and ask feedback about the new structure gradually introduced within Recovery Teams focused on the 3 specific pathways.

Thank you All!!!

Do you want to know about all the Services and Projects offered by MIND in Ealing and Hounslow? Drop us an e-mail to ask for the MIND leaflet, where you will find all information in one document.
This is a safe and relaxed environment where you can speak about issues related to mental health, a group developed with the aim to enable choice through peer-support and coproduction.

On THURSDAYS, every two weeks, 12 TO 2pm at the SOLACE CENTRE!

Dates: July the 5th, 19th; August the 2nd, 16th, 30th; Sept the 13th, 27th. Solace Centre (58 Bowmans Close, West Ealing). This is an open Forum, if you are not on the HeadsUp network please contact us to have more information.

Contact: 077 02562905  Headsupealing@mind-eh.org.uk
BENEFIT BEING RE-ASSESSED? – Don’t Panic

Having your benefit re-assessed, whether ESA or PIP can be a really stressful and scary time. I have experienced having my ESA re-assessed twice within the last two years and although very stressful I managed to get through it. My advice to anyone experiencing re-assessment is this. Firstly and most importantly is to get some form of support. Contact your keyworker/ care coordinator/ social worker, go through and complete the form together. Always think about what you do/ how you are like / how you behave on your very worst day and explain how this affects your daily life. This is very important. Secondly once you have sent your form try and forget about it and carry on with your usual daily activities.

In the event of being called for interview, contact your support worker and make sure they are able to go with you. This will give invaluable support on the day. At the interview I would wear casual clothes (like you would when relaxing in your own home). When answering questions, think of your behaviour when really unwell. Don’t worry if there are awkward silences – let the interviewer lead the interview – that’s their job and try not to be intimidated.

Once the interview is over you probably have to wait 4 – 6 weeks for a decision. Again, try not to worry.

My last bit of advice is if the decision doesn’t go your way apply for a mandatory reconsideration and if needs to be you can go to tribunal. Remember while your appealing, your benefits won’t be affected.

A member of the HeadsUp Network

“Given Over To Lucifer”

Given over to Lucifer in the early hours of the night.
My head starts to slowly spin round and around
I can feel a heavy weight, as if someone were pressing me down to a cross
A black shadow floats across the room making my body sweat profusely- there is no escape from the torment.
The knight of the underworld has taken a slip in my conscience to visit me.
I am in a frenzy- through the corner of my eye I see the blinds hitting the window pane in an ever more nervous passion.
I force myself to wake from the frenzy-
But the thoughts flood my mind from a distance – like arrows from crossbows flying through the air
No one can stop them but the Light of Day and the kind affection of my mother.
Her footsteps a warm welcome to gravitate away from negativity.

A member of the HeadsUp Network

“This poem came about after a day spent in the park, after an unsuccessful morning in Church where I was supposed to be helping my Children take part in their First Holy Communion. But I “chickened out big time” feeling I was an anxious wreck and feeling I would probably be seen to be that way. I was not noticed - but later I felt useless and avoided spending the day with my family. I felt I had let down the other Catechists and the children and their parents! This poem is pretty much a punishment on my own self……Since writing the poem I am much calmer and have re-focused on forgiving myself for my weaknesses. The catechist who I work with has since been in contact by text and has been nice to me. So, not only the World has not ended, but showing ourselves for who we really are, with all our vulnerabilities, is perhaps what allows us to connect with each other in a deeper way!”

A member of the HeadsUp Network
Healthwatch Ealing collects feedback from local people across the borough about the health and social care services they receive. Our Patient Experience Officer, supported by a team of volunteers, visits health and social care services daily to talk to and hear from patients, service users, carers and relatives about their experiences of local services. We use the feedback we collect from patients, service users and carers to put together reports which are presented to commissioners and providers of services with the aim of influencing the future planning and delivery of services.

Our Q3 Patient Experience report is now available on our website at: https://healthwatchealing.org.uk/what-we-do/our-reports/

Useful numbers and websites

DWP (PIP inquiries)
0345 850 3322 / www.gov.uk/government/organisations/department-for-work-pensions

Citizens Advice Bureau
0344 848 7903 / www.hillingdoncab.org.uk

Mind in Ealing and Hounslow:
020 8571 7545 / www.mind-eh.org.uk

Single Point of Access (mental health advice)
0300 1234 244

Ealing Samaritans
020 8560 2345 / www.samaritans.org/branches/ealing-samaritans

Upcoming events

Primary Care forum
6th August, 2PM—4PM @ RISE, 99-103 Broadway. Guest speaker: a member of the Network

Secondary Care forum
16th July & 20th August, 2PM—4PM @ TBC.

User Involvement Group at the Solace Centre
July the 19th; August the 2nd, 16th, 30th; Sept the 13th, 27th.

We hope that you have enjoyed reading through the HeadsUp newsletter and that you have found it interesting and informative. We are looking forward to seeing you at one of our upcoming forums.

Best wishes,
The HeadsUp team