



Issue 17. November 2019

Participation News

Follow us on Twitter
@spft_ppt



Who are the People Participation Team?

Rachael Kenny
Head of Participation
07738 757565

Alex Garner
People Participation Lead
07738 757493

Paul Thompson
West Sussex Engagement
Worker
07738 756820

Natalie Poland
Voluntary Services Manager
07810 656746

Deborah Owen
Lead for Peers
07768 357823

PPT Admin
0300 304 1434

Hello and welcome to the November 2019 issue of Participation News. Here you will find up to date information about our work and participation at Sussex Partnership and how you can get involved.

Suicide Prevention

This year's World Mental Health Day was 'Suicide Prevention'. In 2018 men accounted for three-quarters of death by suicide and that suicide is the most common cause of death for men aged 20-49.

People in Partnership (East Sussex) have shared with us resources and information about their work and findings and you can find more about this here: <https://www.southdown.org/how-we-help/mental-health-recovery/people-partnership-east-sussex>

General Election Update – Improvements to Mental Health Services in West Sussex

Due to the General Election we are unable to publish the results of our consultation into proposed improvements in Mental Health Services for adults, older people and those living with dementia in West Sussex. A revised timetable has been agreed.

For more information please visit:
<http://staff.sussexpartnership.nhs.uk/trust-news/3605-general-election-update-improvements-to-mental-health-services-in-west-sussex>

Have You Registered to Vote?

People who live with mental ill-health have the same right to vote in local and general elections as anyone else. The important thing is to register to vote. There has been some confusion around how to do this if you are currently in hospital or do not have a fixed address, but in fact it is a simple process.

You can vote if you:

- Are receiving community treatment
- Are a voluntary inpatient
- Are under a civil section (e.g. a non-forensic section)
- Are homeless/have no fixed abode/are in B&B accommodation

For more information and how to register, please go <https://www.gov.uk/register-to-vote>

If you have any questions about this information, please contact Alex Garner, our People Participation Lead on: 07738 757493 or email Alex.Garner@sussexpartnership.nhs.uk

Forthcoming Working Together Groups (WTG)

These regular groups (WTG) are for people who currently use Sussex Partnership Services and are interested in getting involved in improving quality locally. We are happy to pay travel expenses.

Contact participation@sussexpartnership.nhs.uk if you would like to take part.

Brighton & Hove Community
24th January 2020 between 10.30-12.30 at Aldrington House, 35 New Church Road, Hove BN3 4AG. Elm Room
Brighton & Hove Inpatient
25th November 2019 between 2-3pm at Mill View Hospital, Hove BN3 7HY. The main Café
West Sussex Community
5th December 2019 between 1.30-3.30pm at Chapel St Clinic, Chichester PO19 1BX
27th November 2019 between 1.30-3.30pm at Crawley Library, Southgate Ave RH10 6HG
12 th December 2019 between 1.30-3.30pm at New Park House, Horsham RH12 1RJ
18th December 2019 between 1.30-3.30pm at Shepherd House, 129 Brighton Rd, Worthing BN11 2ET

Please can you make sure you add the Participation email address to your safe addresses so communications do not end up in junk mail.

Safe Haven

Coastal West Sussex Mind is setting up a new evening and weekend mental health 'safe haven' in central Worthing. It will provide a supportive out-of-hours service specifically aimed at people who are struggling to cope when other mental health services are not available. Coastal West Sussex Mind (CWSx Mind) will be running this service as a member of Pathfinder West Sussex. It will operate for 46 hours per week from 6pm to 11pm on weekdays and midday to 11pm at weekends.

For more information please visit: <https://www.worthingherald.co.uk/health/safe-haven-for-people-with-mental-health-issues-set-to-open-in-worthing-1-9132284>

EBE Supervision Meeting next date

The next upcoming EBE Supervision Meetings is held in West Sussex on:

- **6th December 2019** at Swandean Hospital, Arundel Road, Worthing, BN13 3EP at Southdown between 10:00 and 12:00

These Supervision Groups are open to anyone who has attended the Experts by Experience workshop and is actively involved in work within the Trust. Payment and travel expenses are reimbursed. Some of our events, including the EBE Supervision have an open invite but it would be very helpful if you could let us know if you are coming so we can make sure the meeting is properly accessible and if there are any changes to the meeting we can let you know directly.

Please email participation@sussexpartnership.nhs.uk if you like to attend.

The Participation Workshop

The Participation Workshop is an informal introduction to getting involved at Sussex Partnership. The next two workshops are on **9th & 10th January 2019 in East Sussex – Council Chamber, Hastings Borough Council, Muriel Matters House, Hastings TN34 3WN** and **20th and 21st February in West Sussex - Northgate Community Centre, 23 Barnfield Road, Crawley RH10 8DS**. All workshops start at 10am and finish at 4pm. Hot and cold drinks are available but please provide your own lunch.

Travel expenses will be reimbursed on the day. For more information, more dates and to book your place via the Sussex Recovery College, please register online at: <https://www.sussexrecoverycollege.org.uk> or contact the Participation Team for help on 0300 3041434 or email: participation@sussexpartnership.nhs.uk