Up2date

Making life better

2gether NHS Foundation Trust
MEMBERSHIP NEWS / Autumn 2014

Alcoholism
Shaun's story

Ask the Experts
We answer your questions

Latest News
Updates from your trust

Tackling Stigma & Talking Mental Health

FOR WORLD MENTAL HEALTH DAY

Take a look at our recipe to use up your leftover turkey!

See page 15

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Making life better

2gether NHS Foundation Trust NHS

Welcome

Welcome to the Autumn edition of your Membership Newsletter.

We hope you enjoy reading the contents, which include the latest Trust news and updates, personal accounts from people who have overcome serious illness, and some recipes you can enjoy creating over the festive period.

If you have any suggestions for our next edition, please do get in touch.

CONTENTS

3 Trust News & Updates

6 Shaun's Story, Alcoholism

8 Tackling Stigma & Talking Mental Health

10 Ask the Experts

12 Simon's Story, Living with CMT

14 Trust News & Updates

15 Recipes and Wordsearch

16 Useful Contacts

Get in Touch

Remember, if you don't already receive your newsletter by email, let us know and help us to save resources.

If you have an article, letter, poem or story you would like to be included in the next edition, just let us know.

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Welcome to Andrew

We have recently welcomed a new Director of Finance and Commerce.

Andrew Lee has worked within the NHS for more than 30 years and has previously held director level positions, in both an interim and substantive capacity, for a number of commissioning and provider NHS organisations.

A resident of Cardiff, the 54-year-old married father and grandfather has also worked for the Welsh Assembly Government.

Prior to being formally appointed, Mr Lee had previously been interim Director of Finance and Commerce for ²gether.

"I am delighted to have been appointed as Director of Finance and Commerce for ²gether," he said.

"Having worked for a short period here as an interim director, I have been able to see how dynamic the organisation is. I am very much looking forward to working with my colleagues to drive the organisation forward and deliver the best possible services for our service users, while working within our financial resources."

Trust Chief Executive Shaun Clee said: "Our recruitment and selection process for this position was extensive and we are extremely pleased with our appointment.

"Andrew is an experienced Executive Director of Finance, having held several high profile permanent and interim positions. He has experience in mental health, in community services and in commissioning.

"Andrew has been working with us as our interim Director of Finance and Commerce for the last four months and so will be hitting the ground running. I am very pleased to formally welcome Andrew to our board."

Trust News&Updates

Stroud Hospital League of Friends

Medical devices to help people with dementia have been donated to us by Stroud Hospitals League of Friends.

Amplifiers to help people who are hard of hearing, and light boxes to help with mood disorders, were handed over at Weaver's Croft, in Field Road, where the equipment will be in use.

Dr Martin Ansell, our Clinical Director for Older People's Mental Health Services, said: "We are extremely grateful to the League of Friends for their continued support, and this equipment will be put to very good use.

"The light boxes are increasingly used to help alleviate behavioural issues and sleep disorders in dementia patients, and we are looking forward to being able to assess the impact of this treatment with the people we work with."

Dr Roy Lamb, who is President of Stroud Hospitals League of Friends, said: "The League of Friends are always pleased to enhance all the medical services and treatments at Stroud's hospitals.

"It is with great pleasure that we are able to make a contribution to assist the treatment of patients at the Mental Health Services, Weaver's Croft with the light therapy boxes and communicator amplifiers."

Work Begins on Forest Base

Work has recently begun on redeveloping our Collier's Court site, in Cinderford.

We have delivered services from Collier's Court for many years, and we are now carrying out building work to create a new clinical team base for our staff to work from while serving the Forest of Dean.

Staff working from the site will include nurses, psychologists, physiotherapists, speech and language therapists, art therapists and psychiatrists.

We plan to use the outpatient suite at the base for one to one therapy, group and family work.

However, a high proportion of our work is carried out in the community – in homes, health centres, GP surgeries, the community hospitals, care homes and other locations.

Some of our staff currently provide services from other sites in the Forest, such as Coleford House, in Coleford, and from the Belle Vue Centre, in Cinderford. However, we plan to relocate those staff to the new Forest hub and vacate those premises. In fact, we have already moved out of the Belle Vue Centre.

As most of our service users are seen within their own homes or other community buildings, we hope there will be minimal disruption. However, we will use clinic facilities in other Forest towns to ensure that our services continue to be as accessible as possible.

Let's Talk Herefordshire!

Colleagues in Let's Talk Herefordshire have helped launch a campaign to raise awareness of the local help available for stress, anxiety and depression.

One in four people will experience these sorts of problems in any one year. So in fact, it's really common but people may not know how to get the help they need quickly and early.

Let's Talk is 2gether's Improving Access to Psychological Therapy (IAPT) service. Our trained therapists and practitioners offer a wide range of courses and talking therapies to help manage difficult days, lift your mood and improve overall wellbeing.

You can book a course online, so to find out which is right for you, please visit **2gether.nhs.uk/feelbetter.**

You could also call the team on **0800 073 2200**. You can access the service locally in Gloucestershire by using the same contact details.

Share the good news! Please help us to let as many people as possible know about our service and how to contact us. Share our tweets and posts using **#gettalkingHfds**.

Pilot Project Addresses Heart Health of Mentally Ill

We have been chosen along with three other NHS Trusts to participate in a national pilot study that aims to identify and prevent cardiovascular disease in people with serious mental illness.

The Living Longer Lives team at NHS Improving Quality is leading the project, to test ways to better identify people with serious mental illness who have or are at risk of developing cardiovascular disease so they can receive appropriate treatment.

The life expectancy of people with serious mental illnesses is 15 to 20 years less than the general population. Many of these early deaths are caused by preventable illnesses such as, for example, heart attack and stroke.

Although the nature of each of the pilot projects is different, they will all use the recently updated Lester Tool (2014) to assess peoples' physical health.

2gether has been selected to take part in the pilot along with Mersey Care NHS Trust, Northumberland, Tyne and Wear NHS Foundation Trust and Tees, Esk and Wear Valleys NHS Foundation Trust.

John Trevains, our Deputy Director of Nursing, said: "We are absolutely delighted and intend to use the funding for a nurse to fulfil a health facilitation role so that our vulnerable service users, both within our inpatient units and our communities, are not only having their mental health needs addressed, but also getting the physical health care they need."

YOUNG PEOPLE GET ARTICULATE IN CREWE

A group of eight young people supported by our Gloucestershire Children and Young People Service (CYPS) attended an event aimed at helping them to learn new skills, improve their communication skills and build self-esteem and resilience.

The event - ARTiculation – is a residential arts event in Crewe run by Action for Children, a leading children's charity which provides over 650 services to improve the lives of young people.

Action for Children family support practitioner Nikki Mayer and two volunteers accompanied the group to the event.

Nikki said: "ARTiculation offers young people an opportunity to learn new creative skills, improve their communications skills, meet new friends, forget about their problems at home and enjoy themselves. It also broadens their horizons by introducing them to people from different backgrounds and different parts of the UK, and helps to overcome social anxieties and build confidence.

"The young people also took part in a creative consultation where they were asked about what things are important to them and what they want to see from services and policymakers alike.

"The event was a great success and the young people all enjoyed the weekend, overcoming some big personal challenges to engage in the activities. Friendships were formed, barriers overcome and a lot of fun was had!"

16-year-old Frankie was one of the young people who went. She said: "ARTiculation was incredible! I loved the dance and the relaxed atmosphere of the weekend. It was such a positive experience for me!"

Action for Children works with us to support children and their families and help them find solutions to improve their emotional health and wellbeing.

DEMENTIA RESEARCH

Our research team is supporting a national study aimed at increasing understanding of the genetics of people with mental illness and dementia.

We are recruiting service users with a diagnosis of Schizophrenia and Bipolar, who will be asked to complete an interview conducted in person or via telephone and have a blood sample taken by a member of the research team.

Who can take part?

Participants must be over 18 years old and be of White/Caucasian English, Irish, Welsh or Scottish Ethnicity. Parents and grandparents must also be (White/Caucasian English, Irish, Welsh or Scottish Ethnicity). With the exception that one grandparent may be of White/Caucasian European ethnicity.

The research will aid the advancements in knowledge to tailor treatments to individuals based on their personal genetic makeup, improving effectiveness and reducing side effects.

Can anyone else get involved?

To add to this understanding we need help from volunteers who have not experienced mental health problems. The same ethnicity criterion is required, but volunteers should not have any personal or family history of mental health problems or dementia.

If you would like more information or you would like to take part yourself then please contact the research team:

Email: 2gether.research@glos.nhs.uk

Telephone: 01452 894048

Shaun's Story
ALCOHOLISM

Even while lying in an induced coma, the only thought on Shaun Baynham's mind was when he would be able to leave hospital to get an alcoholic drink.

The 53-year-old father of three has come a very long way since those dark days.

Shaun, who grew up within a loving family in Hereford, always remembers alcohol being around - even as a child. He had his first drink, a shandy, aged nine.

"When I left school at 16 and started working in a factory, Friday lunch time always involved a couple of pints in the pub and it gave me a fantastic feeling," Shaun explained.

His drinking in his younger years usually involved socialising and he never hid it, but he always drank that little bit too much, using alcohol as a crutch to combat anxiety.

"Once I had a drink I wanted more. Like most alcoholics I don't know my limitations."

Shaun worked for many years as a painter and decorator, then an engineer in the National Health Service.

The culture among his work mates revolved around trips to the pub. His employers suspected he and a colleague were drinking at lunchtime and caught them in the act, which led to suspension from work on full pay. His first stop after being suspended was the pub, where he spent a lot of his time before returning to work six months later.

However, when he went back it was clear he had become alcohol dependent.

"My drinking in the evenings was so bad that the next day I was shaking and couldn't complete my paperwork" Shaun said.

"I had to have a drink before work and kept a bottle of wine in the car boot. This went on for a long time without anyone noticing."

Eventually Shaun visited the doctor and was signed off work. He realised he would have six months on full pay, and six months on half pay, by which point he was determined he would have given up alcohol.

"I had the dates in my head and thought I would be able to stop and everything would be hunky-dory, but I just couldn't," he explained.

Dismissed as being unfit for work, he then began having memory problems.

He struggled to cut down on his alcohol consumption and failed in his attempts to stop drinking. The physical impact was shocking - seizures, palpitations, vomiting and shaking. He was so paranoid he could barely leave the house, which meant he often couldn't attend support meetings, and at one point he lost the use of his legs.

"It was a living hell", Shaun says. "I kept thinking tomorrow will be different but I just couldn't stop. At one point I was seeing things and talking to the television. I thought it would get better, but it didn't and I realised I needed help."

He sought support from Drugs and Alcohol Services Herefordshire (DASH). He began community treatment with a specialist alcohol nurse but it became apparent that Shaun required further support at a residential rehabilitation centre.

With the help of DASH social worker Anne Holland Shaun found a place in a private rehabilitation centre in Weston-Super-Mare. He successfully completed a five month programme of detoxification and rehabilitation, which in the end he had to pay for himself. He became physically and mentally stronger, re-gaining independence during this time.

A stay in a 'dry house' in Bristol followed, but his recovery had its ups and downs. At one stage he ended up living above, of all places, a pub, but he has not looked back since finding accommodation in a centre for people with substance addictions in Clevedon. At 'Andrew House' Shaun has received invaluable support from the staff team, especially Tina and Simon.

Shaun has now been able to regain his financial independence and his own home, regain contact with his two children and stepson and drive his own car. A fitness fanatic, he has been known to swim 100 lengths of his local pool.

"What were dreams and things I never thought were obtainable have come back to me now."

He credits his recovery to a lot of things but has drawn much of his strength from his religion. His recent baptism was the first time he had ever spoken on a microphone in front of a room full of people, without consuming alcohol first.

"People can frown upon alcoholics, but we are physically dependent. It's a disease and it can take you to death's door," Shaun said. "I've hurt a lot of people through my addiction, but I feel very positive now. I take it one day at a time and enjoy life."

"We do recover," Shaun adds. "You may not think it when things are at their worst and it takes an awful lot of hard work. You've got to want to overcome your addiction, but we do recover."

What is DASH?

Drugs and Alcohol Service Herefordshire is a free service for adult drug and alcohol users, families and others who are concerned.

Open to all adults in Herefordshire, the service is staffed by an experienced professional team, including doctors with specific substance misuse experience. Services provided include:

- Advice and information
- Initial assessments for treatment and comprehensive care planning
- Detox treatment
- Health screening and advice
- Access to counselling
- Satellite clinics around the county
- A community hub group programme

How to get in touch

Telephone: 01432 263636

Call in: 30 Commercial Road, Hereford, HR1 2BG

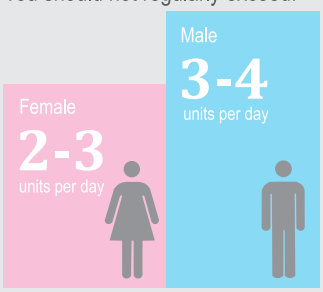
Opening hours: 9am until 5pm Monday to Friday (late night opening til 6.15pm on Tuesdays and Wednesdays).

Other sources of support:

- If you are concerned about your drinking, speak to your GP
- Drinkline: 0800 917 8282
- www.drinkaware.co.uk

Daily Unit Guidelines

You should not regularly exceed:



Did you know?

A pint of lager contains as many calories as a slice of pizza.

Alcohol disrupts the balance of chemicals in your brain that affect your mood.

Give alcohol-free days a go

Many medical experts recommend taking regular days off from drinking to ensure you don't become addicted to alcohol.

KEEP TRACK OF WHAT YOU'RE DRINKING

Your liver can't tell you if you're drinking too much, but the MyDrinkaware drinks calculator can. It can even help you cut down. Visit Drinkaware.co.uk for more information.

World Mental Health Day 2014

We've been encouraging businesses across Gloucestershire to talk openly about mental health and tackle the stigma that surrounds it. Depression, anxiety and stress caused 15 million days of work loss in the UK last year, and many staff feel too embarrassed to speak up and seek help.

Working with other organisations, including NHS Gloucestershire Clinical Commissioning Group, and Expert by Experience Dan Beale-Cocks, we have been visiting employers countywide to have a cup of tea and chat about how mental health can be openly discussed in the workplace, and the range of support available.

The main focus of the campaign was World Mental Health Day, when we teamed up with Gloucester Rugby Club among others to highlight the message to the media and wider public.

Following our visits to employers, we also helped to host an event at Cheltenham Borough Council offices in early November. This event was also for employers, and we spent a morning with them talking about supporting colleagues with mental health difficulties in the workplace.

Guest speakers at the event included David Owen of Gloucestershire First and Sue Baker, Director of Time to Change - England's biggest programme to challenge mental health stigma and discrimination.

Ask the Experts

Why is smoking a bad idea for people on clozapine or olanzapine?

Helen Elliott
Smokefree Lead at ²gether

Smoking is a bad idea regardless of what medication you are taking. Tobacco accounts for over 100,000 deaths in the UK each year and 42% of all cigarettes are smoked by people with a mental health condition.

The latest evidence suggests that a smoker with a serious mental health condition has the same life expectancy as a person living in the 1950s (on average life expectancy is 20 years less).

In addition to the immediate and long term physical health benefits that result from stopping smoking, such as improvements in cardiovascular and respiratory health, your mental health improves.

The longer an ex-smoker manages to remain abstinent, the greater the likelihood that their symptoms of depression and anxiety will be reduced.

The chemicals found in tobacco can stop liver enzymes from absorbing some medications, therefore a higher dose of medication is needed to get the correct blood levels of the medication.

In terms of people smoking and using drugs such as Clozapine or Olanzapine, the good news is that when they quit smoking, they could potentially reduce their dosage under guidance of their clinician by 25-50%.

Are e-cigarettes better than regular cigarettes?

James Curtis
Gloucestershire Stop Smoking Service (GSSS)

E-cigarettes are a very popular product for smokers and they are less harmful than real cigarettes which contain over 4,000 chemicals, 200 poisons and 70 carcinogens which are very harmful to health.

At present they are sold under a commercial license therefore the contents within these devices cannot be guaranteed in terms of safety.

Gloucestershire Stop Smoking Service (GSSS) does not discourage the use of e-cigarettes but won't recommend a particular e-cigarette until there is a licensed product which has gone through the relevant safety testing. A licensed e-cigarette that could be prescribed should be available next year.

GSSS can offer support for people who are smoking and using an e-cigarette.

For more information on e-cigarettes go to **www.ncsct.co.uk** for their e-cigarette briefing.

For more information about all the help that is available to smokers please speak to a ²gether Smokefree Champion or go to **www.stopsmokingglos.nhs.uk.**

If you live in Herefordshire, help to give up smoking can be found via your GP surgery, local pharmacies and Halo Leisure Centres.

Stop smoking support on your mobile phone

If you have an iPhone, iPad or iPod touch download the free NHS Choices Stop Smoking app from the iTunes App store.

The app offers daily support, a real-time counter to show the time since you stopped and keeps track of the money saved.

Search for '**NHS Stop Smoking'** on the App Store.

What should you do if you are worried about your own or someone else's memory?

Kathy Holmes
Engagment and Involvement Lead with Managing Memory ²gether, Gloucestershire

Going into another room and forgetting why – does that sound familiar? It is 'normal' to forget things now and again especially if you're busy or you get distracted.

Lots of things can affect memory such as stress, anxiety, depression and a number of physical health conditions.

Generally people become more forgetful as they get older and for some people the cause of their memory problems will be the onset of dementia.

If you are worried about your own or someone else's memory:

- Book an appointment with your/their GP, ask for a double appointment to give you more time
- Write down when you first noticed the problems along with examples of the changes in memory loss, conversation, mood, behaviour and organisational skills
- If the person you care for doesn't recognise they have a problem or does not want to seek help or you just want to talk to someone contact Managing Memory and we will listen to your concerns and offer advice on what to do next

Your/their GP will usually do some blood tests, complete a short memory test and may also request a brain scan.

If all other treatable causes for the memory problem are ruled out then your/their GP will either diagnose dementia at the surgery or will make a referral to Managing Memory ²gether, Memory Assessment Service.

Seek medical help as soon as possible if the person you care for rapidly becomes confused and disorientated as they may have an infection or other health problem.

Caring for someone with dementia can be very stressful and at times upsetting. Getting the right support to help you and the person you care for is really important. We can help by:

- Offering a single point of contact for information and advice on any aspect of dementia care, including access to support, such as Community Dementia Nurses and other professionals
- Offering group information sessions for the person with dementia and their carers to help them understand the illness, to meet with others in a similar situation and get practical tips on coping with dementia
- Referral to Dementia Advisers
- Referral to peer support groups for people living with dementia and their families such as memory clubs, cafes and singing for the brain
- Referral to services that provide practical and emotional support to carers
- Referral and advice on dealing with practical issues like Power of Attorney, informing the DVLA of the diagnosis and managing finances

If you are worried about your own or someone else's memory then talk to your GP or talk to us at Managing Memory ²gether **0800 694 8800** or email **managingmemory@glos.nhs.uk.**

If you live in Herefordshire you can contact the Dementia Service on **0800 234 6343** or email **memoryservice@herefordpct.nhs.uk.**

Have you got a question for our panel? Is there something you've always wanted to know about mental health? We cannot answer questions about individuals or specific cases but if there is something you've always wondered about, get in touch via **2gether.comms@glos.nhs.uk** or write to Communications, ²gether NHS Foundation Trust, Rikenel, Montpellier, Gloucester GL1 1LY.

Living with Charcot Marie Tooth Disease

SIMON'S STORY

Simon Shorrick works in our Health Facilitation Team, giving support and advice to people with learning disabilities. He has a condition called Charcot Marie Tooth Disease (CMT) and here he tells us about the impact it has had on his life.

In my early teens I was a keen sportsman, playing cricket and rugby from the under 12s to the 1st teams. I became captain of the school swimming team and swam for my county (Cambridgeshire) and South Wales. Next goal - to qualify for the GB Olympic swimming team. Then things started to go wrong.

I started to fall for no apparent reason. My nick name in rugby was 'Slippery Sam' as I kept losing my balance and falling. Cramps in my lower limbs and ankles kept me awake most nights. I was afraid to tell my parents. I felt isolated and depressed. I also lost concentration to study.

Then one day my mother found a letter from a great uncle who was a GP, describing the symptoms of CMT, the callipers he wore to keep him upright and similar signs initially described as polio. My father took me to see an orthopaedic surgeon in 1979. He hooked me up to what is best described as a battery with wires on both arms for a nerve conduction test. The pain was excruciating.

Then a referral was made to Great Ormond Street where I was asked to undress and run up and down the ward. Observed by 20 junior doctors and three neurologists, it was the most embarrassing thing I had done. After x-rays, CMT Type 1 was formally diagnosed.

> " I was 1 of 8 people in the country to have this diagnosis, with no known cure. I did not know whether to feel privileged as I was in the minority or give up any hope."

In my 20s I went into what I felt was remission. I fought to carry on with my sports, played rugby for my college and swam with local clubs.

> "I did not want to let CMT hold me back. To fight my frustration and anxiety I joined the Territorial Army - the 5th Royal Anglican Regiment in Lincoln."

Firing, handling and dismantling weapons started to become awkward and a parachute jump from a training tower at Aldershot resulted in me twisting my ankle on landing. I felt I would become a hindrance and endanger my colleagues if I went to Northern Ireland the following month. After a year I resigned.

My rugby continued into my early 30s. At the Royal College for the Blind in Hereford, I took up judo again for the first time since 1968. I met a young blind judo player who competed in the 1988 Seoul Paralympics and came back with a bronze medal. That was it; I was hooked. I found a way out of my depression and anxiety.

I qualified with the British Judo Association as a club coach and after injuries and frustration fought to gain my black belt (1st Dan). I set up the integrated judo club in Hereford and a local club in Ledbury.

I returned to education, starting an Open University degree and then studying at Cardiff University. I delved into my sport, Chairing British Blind Sport junior, senior and national squads with my judo teams competing in Europe and America. I also had four players qualify for the 1996 Paralympic games in Atlanta. Wearing the five rings for the first time, I had the privilege of being team manager and junior coach of the Great Britain Judo Team and part of a fantastic Great Britain team.

My team came back with a gold and two bronze medals. The whole team finishing third out of 127 countries overall.

Shortly after a visit to Downing Street to see John Major who gave a party for the Gold medal winners, my cramps returned. Balance fluctuated, chronic fatigue increased and my walking mobility deteriorated.

I saw a third consultant neurologist, had further 'Nerve Conduction Tests', weeks of physio and trialled many ankle foot orthotics which I wear to this day. Three further operations to break and straighten and pin my toes and a hand tendon transfer were to follow.

A driving test in Birmingham recommended adaptations be made to the car, which now has two accelerator pedals (one for my right and left legs respectively) and a wheel peg. For years I have fought not be labelled disabled but my GP and neurologists spelt out the advantages in relation to support and adaptations.

I trained as a Community and Hospital Social Worker for 13 years and finished my degree. The studying took my mind off CMT but the driving between four hospitals and heavy caseloads nearly took its toll. Falls seem to be the norm, but judo has helped me to fall a bit more safely. I try to avoid stairs.

How do I cope now?

DIY, classic cars and travelling. Helping at my local church and village hall continue to keep me busy. I organised annual fetes in the village and became a trustee of CMT UK. I am so thankful for my step daughter and my caring and supporting wife, who is my 'right arm'. I thrive on organising events, planning conferences, training and bringing people together to work in partnership. This for me is making a difference.

"I know CMT is progressive and slowly debilitating, but you just grit your teeth and get on with what life throws at you."

For over six years I have been a Strategic Health Facilitator working with vulnerable people with a learning disability, which I am very passionate about. The Experts by Experience and teams I work with are equally as dedicated and a privilege to work and train with.

My philosophy is you only get out of life what you put into it. Life is what you make it.

In the words of Winston Churchill: "Never, never, never give up."

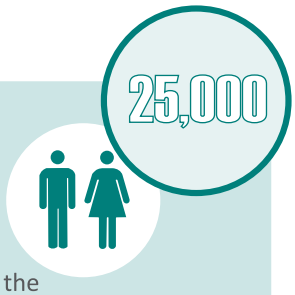
What is Charcot Marie-Tooth disease (CMT)?

Charcot-Marie-Tooth disease (CMT) is a condition that damages the peripheral nerves.

These nerves run from the spinal cord to the extremities and are responsible for passing on commands from the brain to the muscles in the arms and legs, and for passing information back to the brain about sensations, such as pain, heat, cold and touch.

Because of the nerve damage, people with CMT may find that their muscles become slowly weaker over the years, particularly in their hands and feet, and the sense of feeling can become duller or numb in the same areas.

How many people are affected by CMT?



In the UK, 25,000 people are thought to have CMT (approx. 1:2500) making it the most common inherited neurological condition.

CMT is an acronym for Charcot-Marie-Tooth, the surnames of the three doctors that first described CMT in 1886: Frenchmen Jean-Martin Charcot and Pierre Marie; and Howard Henry Tooth from the UK.

Web: www.cmt.org.uk

Email: info@cmtuk.org.uk

Helpline: 0800 652 6316

Trust News&Updates

Cantilupe Artwork

A new piece of artwork is now gracing the wall in the office of our Chair Ruth FitzJohn, thanks to the service users of Cantilupe Ward, at Stonebow, Hereford.

The artwork was presented to Ruth by Julie Burchill and Linda Tocknell, of Cantilupe, a short time ago.

Linda, Occupational Therapy Support Assistant, explained: "This work was commissioned in 2013 to highlight the art of the patients of Cantilupe Ward.

"It needed in some way to reflect the essence of the ward. Patients themselves came up with ideas which were then symbolised in simple pictures, including iconic places in and around Hereford and also, more immediately, to the life of the ward.

"Examples revolved around the activities on the ward such as cards, jigsaws, storytelling, reminiscence, singing and a lot around the garden and gardening projects. It was autumn when the work began on the picture and an idea put forward was to do with autumn colours. This led to the theme of the seasons as the backdrop for the picture."

Techniques involved in the artwork include ink on wax rubbing, paper mosaic, and textile printing.

Mental Health Reference Group

The Herefordshire Mental Health Reference Group includes carers, service users and clinicians and is open to anyone with an interest in mental health. Meetings are held monthly, between 2 and 4pm, at the Kindle Centre, next to the Asda Supermarket, in Belmont Road, Hereford.

Dates for 2015 are as follows:

- January 19
- February 16
- March 16
- April 20
- May 18
- June 8
- July 6
- No meeting in August
- September 7
- October 5
- November 2
- No meeting in December

For more information please contact Dawn Lewis.

Address: 78 Holme Lacy Road, Hereford, HR2 6DA

Telephone: 01432 508801 Mobile: 07855 698 535

Email: dawnlewis001@yahoo.co.uk

Website:www.MentalHealthReferenceGroup.org

Hereford Get 2gether

Thank you to everyone who attended our 'Get 2gether' to mark World Mental Health Day in Hereford on October 10.

The event was very well attended, and there was lots of discussion and an opportunity to visit stands, find out information about our services and also learn more about the many partner organisations we work with across the county.

We hope to hold more 'Get 2gethers' in the coming months, so please keep an eye on our website or the local media for details.

You can also follow us on Twitter @2getherTrust or visit our Facebook page at www.facebook.com/2getherNHS.

FESTIVE FARE

Carly Atkinson, Specialist Dietitian at ²gether has shared some great recipes for you to enjoy over the festive period. These recipes are from The British Heart Foundation, for more recipes visit **www.bhf.org.uk**.

Turkey and Avocado Salad

Serves: 2 **Preparation time:** 15 minutes

Great for using up leftover turkey!

Ingredients

55g baby spinach leaves

¼ cucumber, sliced

3 sticks celery, chopped

125g cold cooked skinless boneless turkey, diced or torn into strips

1 small ripe avocado

2 ½ tbsp of your preferred salad dressing

Ground pepper, to taste (optional)

2 tsp sunflower seeds

Method

1. Put spinach leaves, cucumber, celery and turkey into a mixing bowl; toss together to mix.
2. Halve avocado, remove stone and scoop out flesh. Chop flesh and place in a seperate small bowl. Add dressing to taste; toss gently to coat avocado all over.
3. Add avocado to salad; toss together gently to mix. Season to taste with black pepper, if you like. Serve immediately with sunflower seeds sprinkled over.

Don't fancy any more turkey? Swap it for poached salmon.

Spicy Carrot and Lentil Soup

Serves: 6 **Cooking time:** 20-25 minutes

Perfect starter for Christmas or New Year celebrations

Ingredients

2 teaspoons vegetable oil

1 onion, finely chopped

2 sticks celery, finely chopped

2 carrots, coarsely grated

55g split red lentils

1 teaspoon ground cumin

1 teaspoon ground coriander

850ml vegetable stock

Ground black pepper, to taste

Method

1. Heat oil in a saucepan. Add onion and celery and cook until soft, stirring.
2. Add carrots, lentils, cumin, coriander, stock and black pepper. Stir to mix.
3. Cover, bring to the boil, then simmer gently for 15-20 minutes or until carrots and lentils are soft, stirring occasionally.
4. Ladle into soup bowls. Serve hot with fresh crusty bread.

Low fat and only 63kcal per 100g portion.

CHRISTMAS WORDSEARCH

Can you find the following Christmas words in our wordsearch?

CHUTNEY
CRANBERRY
DATES
FIGGY
GINGERBREAD
GRAVY
BRIE
PARSNIPS
SPROUT
STILTON
STOLLEN
STUFFING
TURKEY
YULE LOG

E I J C H M B H O W D S N A Q Q K Y V P
N Y X L R L U G O A M T O N R I E F A E
H L U G N A B Z T N H U T H E K N R E I
S P R O U T N E R S I F L S R L S C E R
C F W O X H S B U J F F I U E N L L E B
G I N G E R B R E A D I T G I O U O Q G
W G Y V A R G R L R A N S P J Y D A T D
D G S Y E N T U H C R G S X Z S G B H S
A Y W A L R V O O K S Y V K V R Q B Y I
U H M J Y U L E L O G U L I G F T S I K

²gether Service Experience Department

Let us know your views about ²gether services including compliments, suggestions, comments, concerns and complaints.

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Email: complaints.2gether@glos.nhs.uk

Carers Gloucestershire

Local information, support, advice , advocacy and support groups for carers.

Tel: 0300 111 9000

www.carersgloucestershire.org.uk

Drugs and Alcohol Service Herefordshire (DASH)

A free and confidential service for adults affected by substance misuse problems.

Tel: 01432 263636

Dementia Service, Herefordshire

Information, advice and support for people affected by memory problems.

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Gloucestershire Adult Social Care Helpdesk

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Tel: 01452 426868

www.gloucestershire.gov.uk

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Information and enquiries about services for children and families, including requests for a needs assessment.

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www.gloucestershire.gov.uk

Gloucestershire Young Carers

Support for young people aged 8-25 years whose lives are affected by caring for a relative.

Tel: 01452 733060

www.glosyoungcarers.org.uk

Healthwatch Gloucestershire

Consumer champion and provider of information and advice about health and social care.

Tel: 0800 652 5193

www.healthwatchgloucestershire.co.uk

Healthwatch Herefordshire

Consumer champion and provider of information and advice about health and social care.

Tel: 01432 364481

www.healthwatchherefordshire.co.uk

Herefordshire Carers Support

A registered charity providing practical support and advice to the carer community in Herefordshire.

Tel: 01432 356068

www.herefordshirecarerssupport.co.uk

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Support for individuals, families and communities with concerns about mental health, alcohol and drugs.

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www.independencetrust.co.uk

Let's Talk

Information, guidance and therapy during times when you feel stressed, anxious or depressed.

Tel: 0800 073 2200

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Managing Memory ²gether

Information, advice and support for people affected by memory problems.

Tel: 0800 694 8800

Mind

Information, advice and support for people experiencing mental illness and their carers.

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www.mind.org.uk

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Health advice 24 hours a day, seven days a week.

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Tel: 01452 894072

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