



2020 Carer Groups List

Our Carer Groups list has been updated for 2020. Please visit our website carerssupport.org.uk/our-services/support-groups/ to download a list of groups in your area. Or for more information, please get in touch with our Carer Response Line on 0300 028 8888.

Carer Representatives Needed

Sussex Partnership NHS Foundation Trust are looking for potential carer representatives who would like to come along and speak at their induction days for new staff and volunteers. It's useful for new staff within the Trust to hear from carers about their experiences, as this can help them to understand the role of being a carer.

The 2020 Trust staff and volunteer inductions will take place at Claire Hall in Haywards Heath on the following Monday's:

- 3rd February
- 17th February
- 2nd March
- 16th March
- 30th March
- 20th April
- 27th April

If this is something that you would like to take part in, but are not sure, then you are welcome to come along and observe one of these induction sessions before deciding if you'd like to participate as a speaker. For more information, please contact Adeelah Khan at network@carerssupport.org.uk

Mental Health Steering Groups

Opportunity for Experts by Experience: Review of Mental Health Social Care Services

West Sussex County Council, in partnership with Sussex Partnership NHS Foundation Trust, is reviewing its Mental Health Social Care services. They have set up two new steering groups and are inviting carers to join.

- **Mental Health Social Work Service Steering Group:** For those with personal experience of living with mental illness and/or caring for someone with such issues.
- **Approved Mental Health Professional Service Steering Group:** For those who have been assessed and detained under the Mental Health Act, or as a carer of someone who has been assessed or detained under the Mental Health Act.

Each group will have around 8-10 people combining expertise from those with a lived experience of mental illness and those caring for a relative or friend with mental illness. As a member of the group, you will be asked to share personal experiences and views on 'good' and 'bad' examples of mental health services. Travel expenses and payment at the National Minimum Wage (hourly rate) will be offered. This will include any necessary preparation time for meetings, for example, pre-meeting reading.

Meetings will be held on a monthly basis from January to June 2020. They will last approximately 1.5 hours and will be held in venues alternating between Worthing, Horsham and Chichester.

The first meetings will be held in January 2020 as follows:

- Mental Health Social Work Service Steering Group - 16 January 2020, 12pm to 1.30pm, Centenary House, Worthing
- Approved Mental Health Professional Service Steering Group - 4 February 2020, 2pm to 3.30pm, County Hall North (Parkside), Horsham

If you are interested in being involved with this work or you would like more information, please contact Abbie Murr, Improvement Lead for Safeguarding, Enabling Risk and Improving Outcomes, by phone on: 033022 24075 ext: 24075 or email abbie.murr@westsussex.gov.uk