Mental Health Forum

Note of Meeting 1st March 2011 - Horsham

Present:

Linda Chapman – Time to Talk

Sue Moseley – Time to Talk

David Murphy – C A M H

Val Poole – Cruse Bereavement Care

Rachel Skidmore - CCVS

Dawn Fairbrother – Dementia Cafe

Tim Wilkins – Alzheimer's Society

Maitha Darwish – CHAT

Sandra Ferguson – HACVS

Sue Moseley, Locality Manager for Time to Talk and Linda Chapman shared some information about their service which provides primary care talking therapy services to people with mild to moderate mental health problems in West Sussex. The service may be accessed through a referral from the person's General Practitioner. The service has established close links with the Community Mental Health Teams and local practices. A stepped care approach is taken where the person may be offered guided self-help by telephone or face to face contact, or may be offered books on prescription which are stocked in libraries across West Sussex. If required the person may then be offered a psycho-educational course which can involve face to face therapy and counselling and mood management group lasting approximately 12 weeks which follows a Cognitive Behavioural Model. Two groups are currently running: 'Overcoming Anxiety' and 'Overcoming Depression'. Leaflets and posters were made available to those at the meeting. There is a development plan to progress to a self-referral system.

Organisational Updates:

CHAT (Cognitive Help and Therapy) are currently recruiting more volunteers and would like interested individuals to get in touch.

Rethink- Funding has ended and will not be extended. This service will close at the end of March.

Alzheimer's Society – Currently running a consultation project and would like to be put in touch with people who are living with Dementia who would be interested in sharing their experiences. A leaflet was made available to those present at the meeting.

Dementia Café – Cafes running across the districts to provide relaxed and informal support and opportunities to socialise for those living with Alzheimer's. It is free to attend and newcomers are welcomed. A leaflet was made available to those present and it was agreed that the local café would be advertised on the HACVS webpage for Health and Wellbeing.

Cruse Bereavement Care – funding is an issue for this group who are currently seeking a new Chairperson.