

Enabling great conversations between people affected by, and involved with, mental health issues



This B&NES event was run by and for people with lived experience, carers and professionals. It was an opportunity to consider how support and services work for people affected by mental health issues in B&NES.

With exciting examples of client and carer involvement: the whys? and wheres?

Stories about what works for people in their mental health recovery/journey.

Good ideas and examples of practice that puts clients and supporters at its heart.



The Start Of A New Phase

Elvis Presley once said that "Ambition is a dream with a V8 engine". The Bath and North East Somerset World Mental Health Day "What Works" conference was a realisation of a shared dream, fuelled by an ambition to see service users and carers in B&NES genuinely at the heart of developing local mental health services. Our V8 engine are the service users and carers, supported by local organisations and funded by B&NES Council and CCG, who gave their time to pull this day together. Partnership working, creativity and hopefulness are some of the driving forces of local mental health service improvements and

the What Works conference (its title chosen specifically by its organisers) was both a culmination of those driving forces and the start of a new phase of development.

"...Ambition is a dream with a V8 engine"

I would like to thank everyone who took part in the day, the magnificent organisers and the follow-up team producing the conference film and this report. I very much look forward to continuing to work together.

Andrea Morland



Also inside...



“I became involved in New Hope and the conference organising group because I didn’t want anyone else to go through what I did, when I suffered poor mental health and didn’t get the support I needed. I wanted to help other service users to positively influence services and provided the best care for people in the community”

New Hope is a group made up of people affected by mental health issues (clients, carers and supporters). They aim to ensure people affected by mental health issues are well informed and have a voice that improves local groups and services; they are also passionate about reducing the stigma surrounding mental health. Andy was at the birth of new Hope in September 2012 and is its current chair.

Andy Provides New Hope For People



The What Works Conference has given me more confidence and a sense of achievement, as I’ve achieved things that I’ve never done before. I’ve now been part of a group that’s organised something big, and on the day I was interviewed for the great video and did the opening speech with a Commissioner. It was well worth the worry and hard work that went into the planning and running the event, as they say

blood sweat and tears, to make such a successful day. I’m glad we were ambitious and set the bar very high in what we wanted to achieve too.

On the morning of the conference I was feeling nervous as it was all new to me, and I realised I kept checking to make sure we had everything we needed and that I was worrying about all the little things. I started to relax when

Andrea and I went through our opening speech and then started to enjoy it as the conference took on an energy of its own. As the day progressed I became really happy, that I had been part of a great group of people that has pulled this event together.

One thing that stands out for me was the way the organising group all pulled together on the day. Even with all the planning there was still loads of things that needed doing, and we all just got on and did what was needed; at that moment it felt there was no difference between staff, clients, carers or commissioners. Another thing was the noise, it felt the same as when I DJ an event and this feeling was amplified by the feel good factor from everyone else.

The other reason I wanted to be involved with New Hope was to help my recovery and to help me live comfortably with my bi-polar. I find being involved in positive events, such as the What Works Conference, have a positive impact on my wellbeing. In the future I hope that we can go on and create even bigger and better events with others, that greater numbers of carers and clients become involved and the council helps by providing venues for community events to happen.

Andy Mcleod, New Hope Chair

“We want people’s experiences of services to be central to making policy”

The Clinical Commissioning Group (CCG) is responsible for planning and buying local NHS services and covers a population of 192,000 people. There are 28 GP practices and these form five clusters for the CCG.

Improving Available Services

“Improving mental health and wellbeing is one of the six key objectives of the CCG,” said Dr Ian Orpen, Chair of NHS B&NES Clinical Commissioning Group (CCG), speaking at the conference. That is alongside meeting the needs of older people, improving quality and patient safety, promoting healthy lifestyles, improving access to care and working to make services easier and fairer to access.

Ian spoke about increasing local targeted campaigns, increasing self-care so that people are able to take more responsibility for

themselves and challenging stigma. The CCG would like to see more flexibility in Primary Care in relation to talking therapies. It is also looking at links into acute care and how acute care is provided and how mental health liaison works for people of all ages.

“People’s experiences of services matter, said Ian. “We want to improve that experience and the quality of life for people with long term conditions. We want peoples experiences of services to be central to making policy.”

Dr Ian Orpen, Chair, B&NES CCG



“I’ve Written Myself Better:” Andrew Joyce

Andrew described his life as being divided into three distinct ‘eras’. 20 years within school and education, 20 years in and out of the asylum system and now 20 years living in the community.

While in the asylum system he felt it was like a revolving door of cycles of psychosis, asylum and vagrancy and criminal activity. His escape was provided by him getting medication through tablets rather than injection - something he achieved only through rebelling against the injections.

Andrew particularly referred to Gordon McManus’ definition of recovery: “I am not free of the symptoms of schizophrenia but at least I am in the process of Recovery... Recovery for me means, coping with your illness and trying to have a meaningful life.” He also talked about the importance of different individuals who had empowered him.

Using powerful images taken from his recent graphic novel “Side Effects”, a graphic account of a life with schizophrenia <http://sideeffectsbyandrewjoyce.wordpress.com/>

Andrew took the conference with him on his extraordinary journey into psychosis and subsequent recovery.



Andrew was born in Bexhill, London in 1951. A serious road accident at age 17 left him with a disability which, combined with other life events, led him to develop schizophrenia. Over the course of 20 years, Andrew received multiple admissions and discharges to asylums in East Sussex and Kent. He was admitted eight times, three of these under the Mental Health Act, and ordered to receive antipsychotic medication.

Administered by injection, the medication caused a debilitating side effect called akathisia, or constant restlessness, which

lasted for seven days afterwards. Upon discharge Andrew would cease to turn up for injections, psychotic episodes would follow, together with contact with the criminal justice system, and Andrew would be returned to an asylum.

Andrew made us laugh as he shared the irony that it was Margaret Thatcher, of all people, who changed his life when she oversaw the closure of the asylums under the NHS and Community Care Act 1990 and the introduction of community care.

Andrew is a believer in the power of narrative to be a therapeutic and cathartic activity. As well as being a creative process, narrative can lead to catharsis and can enable moving on from difficult times.

He has revived his academic career by obtaining an MA in social and public policy, has engaged with the mental health service user movement and has seen a quality of life with personal relationships.

He acknowledges the support and encouragement he has had from day care staff, from artists, and from local commissioners who have enabled the setting up of a social enterprise which Andrew is proud to say has now achieved two successful years.

Andrew adds:

“What works for me? I can say that some things do work to enable my mental health, and I set these against a contrast of what did not work for too long a time.

“I spent many years where my life was destroyed by mental illness and the asylum system. I am happy that the asylums are now closed.

“What works for me is effective medication and talking therapy, and a meaningful life. When I became ill when at university the first time, my brain just stopped working, and remained useless for years and years. I am now pleased that my brain has become a useful tool for me to take on a new and satisfactory identity.

“I can give hope – hope in the context of personally meaningful hope rather than everything being put right. I can give hope and say what works for me, for me there are positive events, positive outcomes, in our too often chaotic world of mental health.”

“I find that writing my narrative is a powerful and cathartic process, and to have my story turned into Side Effects graphic book with its dramatic colour scheme is truly amazing. It was so good to get such a welcoming reception for my talk and Side Effects book at BANES on World Mental Health Day.”

Andrew Joyce

Side Effects: A Graphic Book



Workshop Feedback

Working Together to Meet People's Drug, Alcohol and Mental Health Needs

It was interesting in the workshop to hear case studies reviewed. People took part in discussions about what support is needed to meet drug/alcohol and mental health needs and what services could be provided to meet drug/alcohol and mental health needs.

DHI explained current service provision around dual diagnosis and effective practice. They gave an overview of B&NES drug and alcohol service and an overview of how they work together with partner agencies.

There were a lot of excellent suggestions including the need for collaborative assessment. People felt that building relationships is more important than completing a full assessment within set timescales; matching this up with what is required and what can be provided. It was apparent there is frustration knowing about services available and entry requirements. Workshop feedback highlighted the need for an up to date guide and the importance of having a single point of contact or a care co-ordinator who can signpost clients to the relevant services. Events such as the 'What Works Conference' are useful as they provide the opportunity for people to come together, to engage in informative discussion and to find out what services are available.



Wellbeing College Workshop

The Wellbeing College aims to break down barriers between those who are well and unwell. It will be achieved by offering a wide range of courses empowering people to move away from statutory and medical services and to focus on developing their own wellbeing.

The College hopes to reach people from all sectors of the community and attract those who might feel isolated, such as single parents and others without support networks. This provides the opportunity for new friendships in a wider social context.

Discussions were held about the types of courses to deliver including holistic therapies, managing stress, mindfulness and learning more practical skills



such as managing debt and employability, with further support provided by advocacy services.

Peer tutoring will be led by those with lived experience of mental health and was seen as a positive approach for shared experience and real life examples of finding a way forward.

The College will initially run alongside GPs and other services with providers eventually making referrals. Acting as an information bank/resource centre, the College can offer people a choice on different approaches to health and wellbeing, rather than just the traditional models. Effective management will be key to ensure services complement each other within communities.

Volunteering and Employment

Delivered to 11 participants by Lisa Plummer the workshop started with an introduction to the Development Team, employment background and a discussion around the restructuring of welfare, housing and benefits giving unemployment and mental health statistics where relevant.

Workshop participants were asked the question, "Why work?" and examples of what work means to them included: the opportunity to learn, confidence, self esteem, respect, satisfaction, friendship/meeting others, feeling supported, being part of a team and having structure.

A current service user spoke about his own personal journey and the work he is doing now, which participants found interesting and useful.

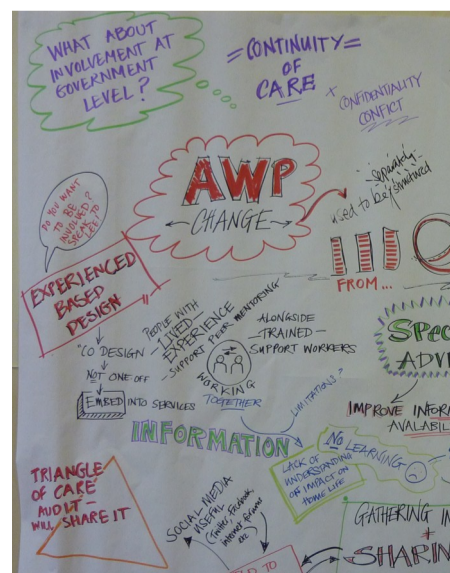
One participant summed up the workshop by feeding back, "Lots of good appropriate questions asked!"

LIFT – Least Intervention First Time

LIFT provides a psychological service and are keen to talk to communities to see what they need and to meet their needs. They will be offering individualised programmes of care. The aim is that people will be able to access the best intervention very quickly and that this service will empower and encourage people to try other ways to change their lives first. LIFT is a prevention service and allows for spontaneous recovery.

Accessing the LIFT service is through GP or self-referral. There will be an initial 1-to-1 assessment and then the offer of psycho-educational courses for stress and mood management, managing panic, anxiety and worry and principles and practice of relaxation. In 2014 LIFT hopes to run courses including: Beating Low self esteem; Wellbeing after Baby; Managing Long term pain; Managing type 2 diabetes; Moving on from separation and divorce; Bereavement and support; 1-to-1 Low intensity looking at specific goals, exposure work, encouraging people to build

experience and confidence; High Intensity supporting depression, generalised anxiety, chronic stress etc. There will be an offer of CBT, applied relaxation, psychodynamic therapy, behavioural couples therapy, interpersonal psychotherapy; Books on Prescription – self-help books through libraries; Computerised CBT – Beating the Blues; Living Life to the Full; Mood Gym; Psycho-social interventions – Social Prescribing – encouraging non-clinical resources in local communities, exercise, training, adult education, support groups; Opportunities for Service User Involvement in courses.



Workshop Feedback



Peer Led Groups

Co-producing a group can have a significant impact on people's recovery journey. This workshop presented by Soundwell Music Therapy Trust, St. Mungo's and New Hope opened discussions around how groups help empower participants from the start of their recovery journey to build hope, motivation, and confident communication.

Feedback from the discussions centred around what would make groups even better. The advice included making more funding available for different types of groups, support and training to create new and different opportunities and tools for each person with lived experience of mental health issues. Collaboration and communication was seen as

part of the solution and different ways of working, perhaps to improve time management. Some felt that there has been a power imbalance and recommended this be addressed putting clients at the centre and managing risk in a proactive way. Creativity was recognised as being important for people to express themselves uniquely and individually.

Soundwell Music Therapy gave a very interesting example of how the First Steps projects empower participants from the start of their recovery journey - using music to build hope, motivation, and confident communication. The music improvisation helps people develop group and leadership skills, to take initiative and gain self-esteem, motivation and make their voice heard in a group. *"Each person's music contributes to*

the whole and is of equal value.

We are all musicians."

"I'm normally trapped in myself in conversation but with the music I'm totally set free"

"it gives you a sense of worth. I can actually participate! I can actually do that!"



Carer's Charter

Fifteen participants gathered to discuss the Carer's Charter with **Keep Safe Keep Sane**, the peer support group for carers of people for mental health issues. In small groups people discussed identifying carer's and their needs, communication, care pathways, clear information, clear sign posting and the balance between caring role and private life.

Participants talked about their aspirations which included the need for crisis planning for the onset of change and regular supervision. They felt that carers needed job descriptions and a probation period. They felt that the care plan needed to address

confidentiality issues. A final question asked "What makes a professional a carer?"

Keep Safe Keep Sane, wrote a **Carer's Charter** that was written solely by carers. "When we heard that the AWP were writing a Trust Wide Carers Charter, we felt it was important that the voice of the carer was heard."

Keep Safe Keep Sane has used this information along with a workshop run with the AWP to produce the new AWP Carers Charter. Some of the charter points are:

- Early recognition of the carer
- Carers will be given information on what to do in a crisis, where to get support

- Carers will be offered a carers assessment
- Carers will not be expected to care or manage risk without sufficient support and information to do so
- The family will be offered support.
- The rules of confidentiality will be shared with carers

There are 10 points on the new charter from the AWP, all of which can be measured. "We feel that the "What Works Conference" helped us get evidence to help push through a charter that was more representative of carers views and needs."

Words Connecting People

The Tiny Monuments, a Bath based collective of artists, writers and creative, facilitated this thought provoking workshop. All the members have lived experience of mental health. Mental health is part of their story rather than being the total focus of their work. They use creativity to overcome the stigma of mental health issues and their workshop offered a reflective space in which the audience could explore their experiences of the day and the What Works conference through words and dialogue. A vibrant collection of words engaged everyone and inspired expression and poetry from all.

Here are a few excerpts:

I see the changes that others have undergone and gain a perspective of their sense of journey. From this I gain inspiration and feel like I can overcome the obstacles around me.

I have chosen admiration because I have admiration for the people who have spoken and shared their experiences here today. I have chosen positive because that's how I feel the day has progressed and started.

"Sounds" – Clapping – acknowledgement, appreciation, validation. "Sight" – the amount of people who have come today despite busy work lives.

I woke to find a morning that overwhelmed me with its beauty. Bright sky, that dazzled the senses and the cool invigorating feel that signals at last the coming of Autumn.

You can read more of the words from this workshop on page 6.

Editorial



“The conference was a great model of joint working Everyone had been so closely involved in developing the conference and that made a big contribution to its smooth running and it was brilliant being a part of working together and seeing people easily fitting in.” with whatever was needed because we had a shared understanding of what needed to happen.”

When 40 people turned up to feedback on World Mental Health Day 2012 and plan for 2013, and then decide they want two events, a summer festival and a What Works Conference, we knew it would be a busy year, but also one that could make a real impact, and so it proved.

What we really loved about the Conference was the coproduction of clients, carers, staff and commissioners all working together in the planning, running and taking part. From the outside it would have been impossible to know who was and wasn't staff.

The conference itself was great, the buzz of participants as they walked into the World Cafe, was a high point, as was watching Andy a New Hope member opening the conference with Andrea, a B&NES commissioner.

We believe that the event will have a real impact, by pushing client and carer involvement higher up agencies agendas. My favourite comment came from Lee Rawlings AWP's B&NES client and carer involvement lead “I'm really jealous I want us to have events like this”.

The warmth, integrity and focus of the committee members encouraged participation. This positive energy, collaboration and shared vision continued as a strong thread throughout the conference.

The day provided opportunities for both organisations and individuals to come together sharing experiences, skills and abilities. As a consequence of careful preparation the timetable and technology ran smoothly. This meant that speakers and facilitators of the groups presented their material confidently, enabling clearer communication with delegates. There were a variety of workshops. These workshops offered possibilities for expression, learning and evaluation of the day. I was encouraged and felt inspired by meeting and sharing with delegates. The day also made me more aware of the possibilities of reaching a wider audience.

For me the conference was about having a voice, being heard, being seen and the collective power of like-minded people.

With thanks to the following people for contributing to the What Works Steering Group: Ronnie - The Care Forum, Ralph - St. Mungo's, Andy, Simon and Nigel - New Hope, Lisa – Soundwell Music Therapy Trust, Beverley, Adam, Gilly – Tiny Monuments and Philippa and Sam – Creativity Works

Words From The Day

Chaos, disorganisation, random events
no control
no direction
a tiny boat jostled on a troubled sea.
a sense of tiredness
hopelessness.
A sense of being alone.
Good friends
a clear head,
a good nights sleep
and chaos can give way to purpose
a sense of place
delight
and the joy of feeling
the sense of journey.

Today I have felt lightness and space inside and out, sunny and chilly autumn day, first I like it. I felt welcomed. I have enjoyed eye contact seeing people. Listening to inspirational and moving stories about people's experiences. I smelled coffee as I arrived which cheered me up enormously as I needed it this morning. The feel of the warm mug in my hands as I saw a familiar face when I came in was comforting.

Clear, daydream, open space
Red, green blue in the corner of my eye

New steps, autumn colours
Lift psychology, SDAS, travel
didn't know, where has my middle gone?

I come along bothered by the odd illusion that pre-dates me.
Overwhelmed and anxious – where do I fit in?
Warm coffee in my hands
Let myself down, usual pattern, I sit with those I know, talk of things that
I know my small group know.
Grapple with should I wear my badge, shield?
Finally settle and choose – [Me] the Human.

When I first started to feel unwell and realised that what I was suffering from was anxiety, there was nothing like this. It's taken 15 years for me to get to this point. I knew that creativity helped my mental health but all the doctors did was give me pills, never looking at the person that I was and what I needed. It is a sheer delight to see that things are changing. People do recognise 'what works.' Art, music, writing, being with like minded people, being creative expressing yourself and being in touch with your creative identity. I am constantly dazzled by all the inspirational people I meet on my journey back to myself.

Horoscopes

If it's your birthday today:

Your dreams are important, but you have commitments and people depending on you. Use your idealism today to inspire others in positive ways. Take up any opportunity for creative pursuits. This may open up possibilities for new friendships.

ARIES

Try to become more aware of others around you who may benefit from your optimism, generosity and confident leadership. Channel your innate Aries enthusiasm into a humanitarian cause. You may be surprised by the show of appreciation you receive.

TAURUS

Taurus is a sign for perseverance. Use your stubborn and determined streak today to encourage those you meet who might be feeling overwhelmed. If you have the chance to create a comfortable and homely setting take it!

GEMINI

The Gemini quick wits and mercurial vitality will be in demand today. You may find yourself in the spotlight with local dignitaries. Your adaptability and communication skills can be used today to bring strangers working together.

CANCER

Get away from your usual surroundings it will do you good. Take the opportunity to travel if it

arises. It is favourable to stop daydreaming and take those new steps you have secretly been contemplating.

LEO

A combination of Venus and Neptune will bring your humanitarian instincts to the fore today. Don't let yourself be dazzled by promises of success though. This suits your need to be ambitious and you have the confidence to achieve your goals, but be wary of becoming domineering.

VIRGO

This could be the time to explore what you sense under the surface of those around you. If a friend has been feeling troubled recently "where has my middle gone?" then this is the day to find new ways to help others.

LIBRA

Life is for laughter and showing appreciation, don't be scared. Your idealism and diplomatic skills will be needed today. If you hear nervous sounds or rustling papers step in gracefully. Your aura of peacefulness will be like 'the comfort of the warm mug in my hands.

SCORPIO

If you have been experiencing tiredness lately, don't worry. You can't be dynamic all the time! It will be a cool start to the day but those Autumn clouds will lift and your passion and zest for life will return. Find creative ways to express your deepest feelings.

SAGITTARIUS

If there are too many open spaces in your life today then fill them with all the daydreams you have yet to share. You will get the greatest satisfaction from being with all those you feel a close connection with. Gather with like-minded people. Share those dreams.

CAPRICORN

Life will continue to be positive and inspirational. There is a link between creativity and mental health. If you need the privacy of a small red-lit room which reminds you of home before you can create, then today is the day to find it. Keep going forwards! Play!

AQUARIUS

Life is supposed to be fun – remember? Revel in the patterned red, green, blue in the corner of your eye. You are original and inventive. There will be opportunities abounding to use your wit and original views on life. Wear exotic perfume today.

PISCES

The more variety you have today the more fun you will attract. Allow others to help ground you if you suddenly feel overwhelmed by responsibilities. If asked to speak in public today, be accepting and adaptable. You might receive applause, people clapping to show their appreciation of your efforts.

Using words from delegates at the What Works Conference.

Letters

Just to say how much I enjoyed meeting all the wonderful people at the BANES event for WMHD. There were so many interesting conversations I had, and I will come away with personal impressions of so many dedicated people. Lisa and Beverley, Ralph, Bob, Andrew, Ronnie, Simon and Adam, and all the others I spoke with came across as very purposeful people. Maybe it's because there is the urban concentration of so many people, that such a group as were at the Fry centre can emerge. In my limited experience, the work, attitude and projects around Bath are up there with other urban centres.

Thanks once again for engaging me, it was a terrific experience.

Best wishes, Andrew Voyce MA.

And on the Time to Change website, Andrew, who is a Time to change champion, wrote:

"I was fortunate enough to be asked to speak at the Bath and North-East Somerset event for WMHD..... I travelled there from where I live in Sussex and was very pleased with the reception for the 20-minute talk I gave on 'What Works', which was the theme of the day. I was very impressed by the talented and dedicated people I met and with the activities of the day, some of which I joined in with.

"A great day. It was empowering for me to tell my story to the 80 people at the event, and moves me on another stage towards independence and a meaningful life. I was delighted to sell a few copies of my graphic book, 'Side Effects', which seemed to go down well."

<http://www.time-to-change.org.uk/champions/update-looking-back-world->

Word Search

S	E	C	I	V	R	E	S	F	M	I	N	V	O	L	V	E	D	I	R
E	G	E	V	I	T	I	S	O	P	U	N	Y	S	S	W	V	N	S	E
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- ASPIRATION
- BETTER
- BUILD
- CAREFORUM
- CLIENT
- CONFERENCE
- CONVERSATIONS
- CREATIVITY
- ENABLE
- EVENT
- EXAMPLES
- EXCITING
- EXPERIENCE
- FRYS
- INVOLVEMENT
- ISSUES
- GOOD
- GREAT
- HEAL
- HEALTH
- HEART
- HOPE
- IDEAS
- INCLUSIVE
- INFORMATION
- INSPIRING
- INVITE
- INVOLVED
- JOURNEY
- KEYNSHAM
- LIVED
- MENTALHEALTH
- MOTIVATION
- MUNGOS
- MUSIC
- NEW
- OCTOBER
- OPPORTUNITY
- PEOPLE
- POSITIVE
- PROFESSIONALS
- RECOVERY
- SERVICES
- SHAPING
- SHARE
- SOUNDWELL
- SPEAKERS
- STEP
- STORIES
- SUPPORT
- SUPPORTED
- SUPPORTERS
- THERAPY
- THURSDAY
- TRANSPORT
- WHATWORKS
- WORKSHOPS

The best part of the conference for me was...

“It was nice to work with a host of people from different organisations. All very well organised, interesting and interactive.”

“Sitting in the workshops, meeting different professionals and other group sectors, and having to learn their views on how mental health group in the local authority work and their effectiveness in the community.”

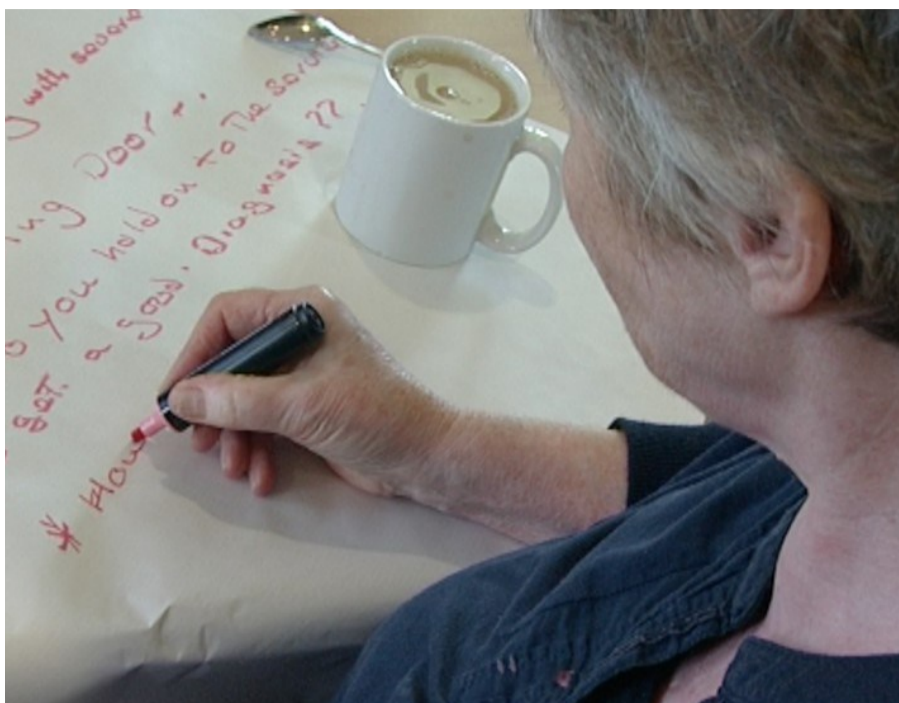
“Hearing about the road to recovery and what works in different areas – creating narrative, music, writing and art. Having a say in improving services, meeting of service user/ carers, actioning and further consultation after discharge.”

“Meeting new people, learning new things about different services, chatting and sharing information with like-minded people. The workshops were really interesting and I loved the questions at the end when people moved tables to discuss answers.”

“Co-production of a B&NES event that will always have the effect of raising awareness, partnership working and collaboration as spin off benefits.”

Feedback from some of the Conference participants

World Cafe



End. New. Well. Fear. Lack. Next. Service. Support. Chapter. Process. Revolving door. These were a few of the answers to the question: “What does the word ‘discharge’ mean to you and what would be the best way to describe it?” They help show the breadth of experiences of people at the conference in relation to discharge.

These answers were from the afternoon World Cafe workshop session at the conference. The idea behind World Cafe is about putting

conversations to work, creating a space where people can all be part of talking productively and having positive ideas for action.

People were welcomed back into the conference hall with cafe style tables, French cafe music and conference organisers ushering customers to their seats with checked aprons. Key to the World Cafe idea is asking the ‘questions that matter’. The workshop asked about people’s experiences of discharge, to understand what discharge meant to people and

identify good experiences, as well as poor ones and what had made them so. The aim was to learn from what worked for people in relation to discharge so this could be the experience for more people in mental health.

What we heard...

What emerged as absolutely critical was collaboration and communication: “Clients, service providers and others talk, talk, talk”. Information, signposting, training and networking are fundamental to this. Also closely linked is that discharge needs to be properly managed, with people not just feeling ‘kicked out’.

Good support planning is vital to a positive experience of discharge for clients and carers. This is a key message to providers.

Plans need to include information about where to go for support after discharge. Effective planning is empowering. **It turns discharge into an opportunity not a closed (or revolving!) door.**

Music Review

Lunchtime entertainment at the What Works Conference at Fry’s was provided by Soundwell musicians Bamboozle - “A great up and coming band” Simon Payne, Somer Valley FM. Bamboozle are a local singer-songwriter duo and they performed songs from their new demo CD ‘For all the tea in China’ featuring Luke Thompson’s original compositions, the lyrics of which have come out of his own personal experience of mental health issues.

One of the songs performed at Fry’s, Empty Pockets, has been chosen to form part of the sound track of the What Works Film, ending the soundtrack with the fitting words inspiring action and hope “What are you waiting



for?” As a spin-off from their What Works performance Bamboozle have been invited to be interviewed by BBC Radio Bristol. Luke is generously donating all proceeds from the CD’s sale to Soundwell Music Therapy Trust who use music to help people affected by mental health issues in B&NES and Wiltshire. Luke has been supported by

Soundwell for several years and, in his own words:

“The CD would never have happened without Soundwell”.

You can find out more at www.youtube.com/musicbamboozle ‘For all the tea in China’ is available from:

See the conference video at [http://www.youtube.com/watch?](http://www.youtube.com/watch?v=rX7VHI-40YA)

[v=rX7VHI-40YA](http://www.youtube.com/watch?v=rX7VHI-40YA) or scan:

