

Membership Update E-Bulletin

December 2021

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with our news and updates online!



Christmas Message



**Wishing all our members the
very best for the festive season
and a heartfelt thank you for all
your support.**

Covid-19 Vaccination Centre

The vaccination clinic will be open to all aged 16+ from 9am-5pm (last appointment at 4.30pm) on the date throughout December and January at Swandean Training Centre in Worthing and the Sussex Education Centre in Hove.

For dates and further information visit:

<https://www.sussexpartnership.nhs.uk/what-new/covid-19-vaccination-centre-worthing-and-hove-open-public>



TAKE A LEAD

Show kindness to a friend you'll never meet over the Festive Season

In light of [#WorldKindnessDay](#) we launched our Festive Campaign, focusing on showing how your kindness can help an unknown friend in need of some joy.

The festive season can be an exceptionally hard time for our service users, particularly since the global pandemic. For our inpatients, being away from their family and friends can make what is often described as the 'most wonderful time of the year' a really difficult one.

This year, we are focusing on the theme of *showing kindness to a friend you'll never meet*, highlighting how your generosity can help an unknown friend in need of some kindness. There are various ways in which you can show your kindness, some of which have no monetary involvement.

For more information and ideas on how you can support is available [here](#).



Show kindness to a friend you'll never meet.

BE INVOLVED: What's coming up



Top Tips and Ideas to help you look after your wellbeing this Winter:

Mind have put together their Winter Wellbeing leaflet includes lots of ideas and tips to help you look after your wellbeing this winter. It also includes phone numbers and details of websites that you may find useful if you need help with your mental health. We hope you enjoy the leaflet and find it helpful.

Click [here](#) to view the Winter Wellbeing Leaflet.



Positive Practice Awards

Nominations for our 2022 Positive Practice awards are now open!

This is an opportunity for our staff members to recognise and thank a colleague who's gone the extra mile and made a real difference.

Find out more about the award categories and how to submit a nomination on the staff intranet.





SUSSEX RECOVERY COLLEGE OPEN DAYS JANUARY 2022

All courses are free for adults with mental health-related challenges, their supporters (relatives and carers) living in Sussex.

Our Open Days give you the opportunity to find out about us, speak to our trainers and consider our courses.

If you are unable to attend an Open Day, please apply online at www.sussexrecoverycollege.org.uk

Virtual Open Day on Zoom - 12th January 1pm - 2pm

Crawley - The Charis Centre, RH11 7EL.
Thursday 13th January 1pm - 3pm

Worthing - The Assembly Halls - Richmond Room, BN11 1HJ.
Tuesday 18th January 1pm - 3pm

Eastbourne - The Tennis Centre - Hardwick Suite, BN21 4BP.
Wednesday 19th January 1pm - 3pm

Hastings - East Sussex College - Station Plaza, TN34 1BA
Thursday 20th January 1pm - 3pm



Spring Term 2022 timetable available from 13th January 2022

www.sussexrecoverycollege.org.uk

BE INFORMED: What's been happening



Important announcement:

Our Chief Executive, Sam Allen, will be leaving her role at Sussex Partnership in the New Year to take up the newly established position of CEO at North East and North Cumbria Integrated Care System.

Sam's leadership has been instrumental in helping to improve mental health services; we will be sad to see her leave but wish her all the very best up North.

Sam Allen said:

"It has been a privilege to have been the CEO of Sussex Partnership for the past five years. I have had the pleasure of working alongside many wonderful people who work in our mental health and learning disability services across Sussex and Hampshire. I am incredibly proud of the work they do to provide skilled, kind and compassionate care to patients, families and carers. Their commitment to the people we serve embodies all that makes the NHS so special".

New mental health hospital in East Sussex - Plans Confirmed

Following a 12 week public consultation, the local NHS has confirmed plans for a new 54-bed hospital for inpatient mental health services in East Sussex to be built on a site in North East Bexhill by March 2024, at cost of around £46 million.

This means that, within three years, we will have a state-of-the-art hospital to replace the Department of Psychiatry which will provide a modern and improved therapeutic environment which will benefit both patients and staff.

Chief Executive, Sam Allen said:

"We are also delighted that our long-term plans to create a centre of excellence for mental health services on one site in the future were also given strong support. This plan will go hand-in-hand with improvements to community mental health services to help people stay in their own homes rather than go to hospital."

For more information visit the Sussex Health and Care Partnership website [here](#)

Improving
mental health
services in
East Sussex



BE INFORMED: What's been happening

Hearing Voices: Experts and patients share experiences: Two Sussex patients have co-written a chapter in a new book focusing on the issue of hearing voices along with an expert from Sussex Partnership NHS Foundation Trust.

The Practical Handbook of Hearing Voices: Therapeutic and Creative Approaches includes chapters written by Dr Mark Hayward, Director of Research and Development at Sussex Partnership NHS Foundation Trust, who writes from a clinical perspective and Angie Culham and Sheila Evenden, participants in therapy for voice-hearing. We are very proud that Angie is also one of our Service User Governors.

The book will be a useful resource for practitioners and trainee practitioners in this field as well as for people who hear voices and their families and friends.

The chapters written by the Sussex experts focus upon Cognitive Behaviour Therapy (CBT) and Relating Therapy, two of the therapeutic approaches utilized within the Sussex Voices Clinic. For more information visit:

<https://www.sussexpartnership.nhs.uk/whats-new/experts-and-patients-sussex-share-experiences-hearing-voices>



My Health and Care Record: My Health and Care Record is a secure online platform, bringing your mental and physical health information into one place, accessible around the clock. You control what goes into it, and who is allowed to access it. For more information click [here](#).

The advertisement features a teal background. On the left, the text reads: 'Sussex Health and Care Partnership', 'My Health and Care Record brings your key mental and physical health information into one place.', 'Access your key information anytime, anywhere. You can even choose to share it!', and 'Find out more at: sussexpartnership.nhs.uk/my-health-and-care-record'. On the right, there is a tablet displaying the 'My Health and Care Record' login interface, which includes a welcome message for 'Mark Johnson' and options for 'Send message', 'Write professional', and 'Start consultation'. A booklet titled 'My Health and Care Record' is also shown, with the text 'Register for access to your care records' at the bottom.

BE INFORMED: What's been happening



Heads On Christmas Card Competition:

thank you to everyone who entered; we had some fantastic designs. If you'd like to send a card to an inpatient in our services this festive season please get in touch email to:

headsoncharity@sussexpartnership.nhs.uk



Our winning four Christmas card designs

Men's Mental Health Talk took place on 30 November and brought together a panel of brave, open and honest men who chatted about all things mental health. The importance of raising awareness around men's mental health is huge and the evening enabled the space for men to just talk and more importantly be heard. The panel included John Partridge, Russ Kane, Guy Lloyd, Peter Kyle MP, Jon Wilde, and Dr Rick Fraser. You can read more about the talk [here](#).



We celebrated **Carers Rights Day** on 25 November 2021. Carers are often our unsung heroes so we took the opportunity to celebrate them as part of the #CarersRightsDay social media campaign. In a recent survey Carers UK found 78% reported that the needs of the person they care for have increased during the pandemic. The 'looking after someone' guide outlines your rights and what support is available to you as a carer; this can be accessed [here](#)



We'd love to hear from you.