

Community Mental Health Transformation

Quarterly Update



www.haylincolnshire.co.uk

Welcome to your new-look Mental Health & Wellbeing Transformation Newsletter!

Here you'll find updates about the programme from your local areas and all the latest info on and around HAY Lincolnshire. Each issue we'll introduce you to a member of the team and keep you posted on all things transformation!



MEET YOUR LOCAL COMMUNITY CONNECTOR

Lois Delong, Community Connector for Lincoln North



Hi I'm Lois Delong, Community Connector for Lincoln North (IMP) within the NHS Transformation Programme. I connect with communities and organisations across sectors, partnering to improve mental health. Recently my work has involved future preparations anchored by partnerships. Following the successful winter Warm Welcome initiative, several groups in Lincoln North are still open today. The NHS Winter Pressures Innovation Fund enabled groups across Lincoln to purchase refreshments and crafts, supporting their continuation. Spaces include Ermine Library, Dunholme Cosy Corner and St Giles Parish Church, to name a few. With each visit, 'How Are You Lincolnshire' (HAY Lincolnshire), has been received well. A recent visit to Buddies Dementia Café was an uplifting experience. Meeting on the first and third Thursday of the month, the team creatively combine low-level physical exercise and entertainment with a good helping of fun, providing a physical and mental well-being offer for those with dementia and their carers.



In recent Community Mental Health Partnership Board gatherings, Lincolnshire County Council's Family Hubs Team have shared with us, along with Gail Scrutton, regarding HAY Lincolnshire. This has been largely shaped by needs and gaps arising from partners this last year. We look forward to welcoming Paula Wade and colleagues from LPFT's Post-Diagnostic Autism Team next month. Across the patch, exciting work is taking place both in the development of community wellbeing spaces and important work around Health Inequalities. I look forward to continuing to build on existing community assets in partnership, amplifying the community voice through it all."

HAY Lincolnshire



How Are You Lincolnshire is now on Facebook and Twitter!! Click the links to follow us and share:

[How Are You Lincolnshire | Facebook](#)

[How Are You Lincolnshire \(@HAYLincolnshire\) / Twitter](#)

Check out these new groups on HAY...

A poster for the 'Assist' Well-being Space. The background is a light blue gradient. At the top, the 'Assist' logo is displayed, featuring a stylized red and blue figure. Below the logo, the text 'Welcomes you to our' is in a smaller font, followed by 'Well-being Space' in a large, bold, black serif font, and 'The Gathering Place!' in a slightly smaller bold serif font. The main body of text describes the space as a place to relax and have time for oneself, offering a variety of free activities like arts & crafts, mindful exercises, singing, guided relaxation, board-games, and poetry workshops. It also mentions that visitors can bring a hobby to share or simply sit and relax. Contact information for further information is provided at the bottom, including a phone number and an email address. At the very bottom, there are several small logos for partner organizations, including 'Lincolnshire Partnership NHS Foundation Trust', 'Shine', and 'Lincolnshire Partnership NHS Foundation Trust'.

CAISTOR ORCHESTRAL WORKSHOP

CONDUCTED BY MARY MICHELL

Polish your percussion! Brush up your brass!
Wipe down your woodwind! Spruce up your strings!

10am-12:30pm

Saturdays in 2023:
Jun 10th, Jul 8th, Aug
12th, Sept 9th, Nov 4th,
Dec 9th,

Caistor Town Hall,
Hight St,
Caistor,
Market Rasen,
LN7 6TJ

All you need is your instrument
and a music stand to join a
friendly group of amateur
musicians capturing the joy of
playing music together for fun!

We play a wide range of music
from classical to modern, film
music, music from shows and
more...

Sessions are free of charge, but
donations are welcome.

Just turn up and join in!

www.caistorahc.org.uk www.soundLINGS.org info@soundlincs.org
01522 510073





THE RESTORE CENTRE

THE STOREHOUSE, NORTH PARADE, SKEGNESS, PE25 1BY

The Restore Centre is a safe place for homeless people to access food, showers and laundry facilities.

We also host a wellbeing group which is a great place for friendships to be built. At the group we hang out and chat over tea and coffee and biscuits, play board games, computer games, table football and watch movies in a safe warm environment.

Drop-ins are also be available with the community connector, homeless team, housing associations, utilities suppliers and for mental health support.

Clothing rails and free-to-take food shelves are also available at the centre subject to availability.

For more information see our website:
thestorehouse.co.uk/restore

BOSTON UNITED COMMUNITY FOUNDATION

TACKLE IT

COMMUNITY HUB, THE JAKEMANS COMMUNITY STADIUM, PE21 7NE



TUESDAYS 6PM - 8PM
FREE!

FOR MEN AGED 18-50 YEARS OLD



Come and join us in the Boston United Community Foundation Hub and engage with others whilst using our indoor activities such as; archery, table tennis and pool!

TEAS AND COFFEES PROVIDED!

soundLINGS UpBEAT! present:

THE SPILSBY SINGING GROUP

A relaxed, fun and friendly group for those wanting
to share a love of singing.

No experience needed: just turn
up and sing!

Fortnightly on Tuesdays
from 23rd May
12.30pm-1.30pm

New Life Center, Church Street, Spilsby, PE23 5DU



Just Turn Up or contact Vic on 01522 510073

soundLINGS UpBEAT!
Unleashing potential through music

NHS
Lincolnshire Partnership

Lincolnshire
COUNTY COUNCIL
Lincolnshire Partnership

Shine
LINCOLNSHIRE

BOSTON UNITED COMMUNITY FOUNDATION

PILGRIMS CONNECT

THE JAKEMANS COMMUNITY STADIUM, PILGRIM WAY, PE21 7NE



GOLDEN GOAL - THURSDAY 10AM - 12PM

£3 EACH SESSION - COMMUNITY HUB, THE JAKEMANS COMMUNITY STADIUM

For men and women over 55, this is a group that is designed for those who want to connect with others in their age group, enjoy fun activities, and build new friendships. Whether you're looking to try new things or just want to chat with like-minded individuals, our group has something for everyone.



POSITIVE PILGRIMS - FRIDAY 11AM - 12PM

FREE TO ATTEND - 3G PITCH, THE JAKEMANS COMMUNITY STADIUM

A football session that's not just about the football, these sessions are here to help our participants get out the house and socialising with their team mates, helps them gain confidence and self esteem, a sense of belonging along with so many more life skills.



soundLINGS UpBEAT! present:

THE MEMORY LANE MUSIC GROUP

A relaxed, fun and friendly group for seniors
wanting to share songs, music and memories.

No experience needed: just turn
up and join in!

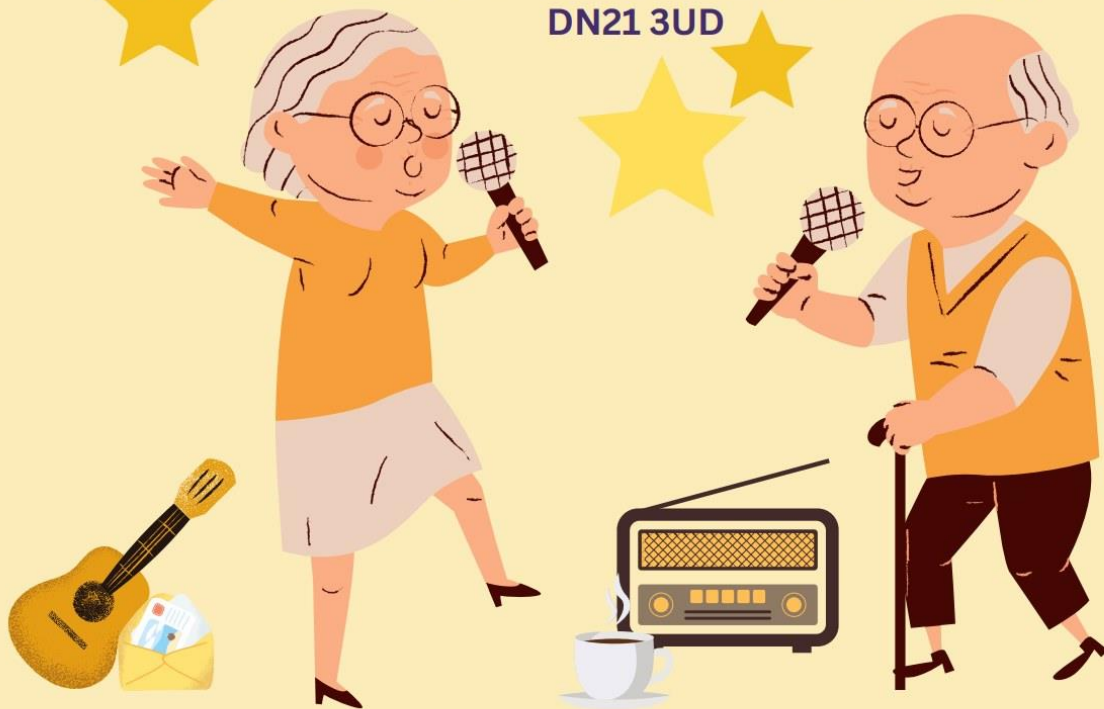
Live
Singing

Fortnightly on Mondays
from 29th May

1.30pm-2.30pm

The Manor Care Home, Scotter, Gainsborough,
DN21 3UD

Musical
BINGO!



Just Turn Up or contact soundLINGS on 01522 510073


soundLINGS
Unleashing potential through music

UpBEAT!
"Supporting Mental Health Through Music"


Lincolnshire Partnership

Lincolnshire
COUNTY COUNCIL
For a better future

 Shine
LINCOLNSHIRE

A Step in the Right Direction

MEET, MOVE, MEND (REPEAT)

**Free 1:1 coaching to help you
make a change**

**Approaching Lincoln and Life
differently**

Contact Ian 07534 444601

ian.enright@developmentplus.org.uk

**Get to know your
bike or loan one/fix
one/ride one.**



developmentplus™



Community Cycle Clubs

If you would like your organisation to be featured on HAY Lincolnshire, you can sign up [here](#)

Trauma Informed Care



Join us to share your personal experiences, reflect on practices and help improve care.

We'd love for you to be part of our Lincolnshire **Trauma Informed Care Community of Practice group**
Look beyond what you think you know

- An authentic, safe space for people to share their experiences and passion for good, quality care
- Helps us to better understand and support people through conversations, validation and learning
- Everyone has a voice, is valued and is appreciated ❤️
- Quarterly meeting via MS Teams

Together, our voices will make a difference to how we provide mental health care and support.

lpft.involvement@nhs.net 01529 222245

The Trauma Informed Care Community of Practice Group get together quarterly via MS Teams to share personal experiences, reflect on practice and help to improve care. They would love for you to be part of this group, this is a safe space for people to talk about their experiences, to better understand and support people through conversations, validation and learning.

If you have a passion for working in a trauma informed way, if you would like to talk with them about your experiences of receiving care and are interested in ensuring good quality care is at the centre of every persons treatment then please join them at their next meeting – everyone is welcome. **Next meeting is scheduled for Thursday 26th October, 1.30pm-3.00pm. For more details and the joining instructions for this meeting please contact sarah.cox4@nhs.net**

Mental Health & Wellbeing Training



Mental Health & Wellbeing Training is designed collaboratively by colleagues across the system and Experts by Experience, working in both statutory and voluntary sectors within a Mental Health and Wellbeing environment.

The training will upskill those delivering psychological interventions and inform wider service delivery, as well as supporting others who may encounter people who are presenting with mental health and wellbeing needs. Much of the training is free and delivered via a blend of both online and in-person learning, covering topics including:

- *NEW* Together we can
- Suicide awareness
- Boundary training
- Compassionate leadership
- Mental Health First Aid
- Trauma-informed care, and more...

To find out more visit: [Training :: Lincolnshire STP](#) A support card for professionals with key contact numbers and a 'leave behind' card for people to signpost them to services are available to download via the website or hard copies can be requested via email: lpft.lincsmhtransformation@nhs.net

Celebrating Our Communities Event



[Shine Lincolnshire](#) hosted the Celebrating our Communities event held at The Epic Centre, Lincolnshire Showground on 12th July 2023. The Community Mental Health Transformation Programme team was delighted to attend to celebrate all the incredible work taking place within our communities across Lincolnshire to support Mental Health & Wellbeing Transformation.

It was a fun-packed interactive agenda, kicking off with an invigorating welcome from [SoundsLincs](#) who encouraged the attendees to stand up, get moving and create harmonised beats using only the tap of tables, the clap of hands and the thud of chairs.

There were also the inspiring performances from [Stepping Stone Theatre for Mental Health](#), a peer support worker's journey from mental health recovery to supporting others, and a brilliant performance by [Aukestra](#), a musical collective based in North-East.

As part of the agenda, workshops were delivered enabling attendees to gain hands-on experience of groups and services happening within our communities, while giving everyone the opportunity to network throughout the day within the marketplace.

Reflecting on the day, Victoria Sleight, Head of Community Mental Health Transformation said:

“The event reflected everything that the CMH Transformation is about - putting people's mental health and wellbeing at the heart of everything we do. It was a fantastic day filled with genuine community spirit that brought people from all walks of life together to celebrate some of the amazing work that is happening across the county.

“I can't thank people enough for all their hard work and innovation in bringing this event together.”

Hot off the press...

Members of the Community Mental Health Transformation team meet Claire Murdoch, NHSE National Mental Health Director

Victoria Sleight, Head of Community Mental Health Transformation; Andrew Leaston, Peer Support Coordinator, LPFT, and Mike Farley Community Connector from Bridge Central and Bridge Night Light

Café, recently met with Claire Murdoch, NHS England's National Mental Health Director, as part of her visit to open the two new acute inpatient wards at the Peter Hodgkinson Centre in Lincoln.

They shared with her the work that the Community Mental Health Transformation Programme is undertaking across the county - particularly highlighting the work of peer support workers, community connectors, and the investment into the voluntary sector to support people to be more self-efficient in their care, prevent escalation into acute services and to ensure there are no gaps in the delivery of care. Mike Farley said:

"It was with great pleasure that I had the chance to speak with Claire Murdoch, in discussion with Victoria Sleight and Andrew Leaston. We were able to discuss the community mental health transformation programme and how the partnership with the NHS and community partners is having a real impact. "We spoke about Wellbeing Hubs, like Bridge Central, where guests join in a variety of wellbeing activities and how our specialist colleagues in the Integrated Placed-Based Teams, community rehabilitation, neighbourhood team and others, can meet clients in a warm, welcoming, and safe community setting. "Claire was really impressed by our partnerships and how all stakeholders meet with the unity of purpose to eradicate loneliness and increase greatly the wellbeing of our community."

Night Light Café - John's Story



Peer volunteering at Night Light Cafes in Lincoln

I currently volunteer at the Night Light Cafes at Bridge Central on a Monday from 8.00pm-11.00pm, and St John's Church, Bracebridge Heath, on a Sunday from 6.00pm-9.00pm. I find this work very rewarding. It feels really good to be part of the team, and to be welcomed as such by both guests and volunteers. I feel I am "putting something back" in exchange for the wonderful care I've been offered over the last two-and-a-half years or so.



Volunteering helps me to fulfil my purpose in life, which is to help others, particularly, but not exclusively, those with mental health issues. Everyone needs a purpose in life, and I find that among my mentally ill friends, those who have no purpose, who drift through life, tend to be the ones who exhibit the worst symptoms.

My duties include, facilitating the conversation, by including people, tidying-up, making drinks for guests, and at Bridge, I like to accompany female volunteers when they answer the door, as we have had a couple of incidents involving unsavoury characters which could have turned nasty. I was pleased to be praised for doing this by a senior volunteer.

When the volunteers received their tee-shirts, which include the Night Light Café logo, I suggested that peer volunteers should have tee-shirts too, and sure enough, the following week, I got mine. Thank you, Stacey!

In conclusion, I feel the need to “plug” the Night Light Cafes. They are a wonderful asset to the mental health landscape in Lincolnshire, and help a great many people feel less lonely and isolated, so improving their mental health. Anecdotal evidence suggests that they may have cut the volume of calls to the Crisis Teams.

Long may the Night Light Cafes continue to prosper and grow!

by John Dwane.

Planned Events...



2023

**CONNECTING
COMMUNITIES IN
LINCOLN**

Lincolnshire
Community Mental
Health & Wellbeing
Transformation

NEIGHBOURHOOD WORKS
LINCOLNSHIRE

A chance to share and celebrate
the development of Mental
Health Transformation across
the PCNs, bringing together
statutory and community
partners to network, seeking
further collaboration

Local organisations
marketplace open all day

Drop in anytime
between
10am-3pm

Please respond
to the calendar
invite.

Constance Stewart Hall,
Bishop Grosseteste University

21ST | SEPTEMBER | 2023

Parking available at the venue

Connected Community Events have taken place across the different areas of the county over the last year and have been extremely successful in allowing staff to network and make links.

Lincoln is currently in the process of planning its joint PCN event on the 21st of September 2023 at Bishop Grosseteste University.

This event aims to bring together individuals, organisations, and stakeholders from the Lincoln City community providing mental health and wellbeing services, to share the progress of the community mental health transformation and also explore the possibilities of a more connected and collaborative future.

At the heart of these events is the belief that by fostering connections, sharing experiences, best practices and building relationships, we can create a stronger and more resilient community. It will

be an opportunity share ideas and showcase the incredible work already being done to enhance connectivity and social cohesion in our community with a focus on improving mental health outcomes.

Reach Out Project:

Supporting & empowering women to take control in their day to day lives



We are excited to start our 'Reach Out' project which aims to empower and support women with all aspects of their lives including;

- Benefits & challenging unsuccessful benefit applications
- Maternity Rights
- Child Maintenance Advice
- Financial capability sessions & budgeting support
- Employment Rights
- Enhanced knowledge of local services which may benefit them

- ★ A unique aspect of this project is that clients will be assisted by one advisor who will address all enquiry areas.
- ★ The project will address the pressures experienced by women with a view to reducing gender inequality and disadvantage.

To get in touch:



Phone us on:

0808 278 7942



Email us:

**outreach@citizens
advicemidlincs.org.uk**



Visit our Website:

www.camidlincs.org.uk



Mid Lincolnshire

Point Forward Project:

Supporting those struggling with mental health & preventing suicide



Our 'Point Forward' project aims to support & empower clients through;

- Benefits applications & challenging unsuccessful ones
- Money Advice, financial capability sessions & budgeting support
- Enhanced knowledge of beneficial local services
- Encourage people to seek help
- Support development of safety plans and coping strategies that enables a person to be proactive in their own care
- Encourage physical and social activity, healthy eating, sleep, avoiding alcohol / substances
- Providing a safe, supportive environment for clients to talk and express their feelings

- ★ A unique aspect of this project is that clients will be assisted by one advisor who will address all enquiry areas.
- ★ The project aims to ensure that clients are better able to manage, allowing them to have more control and take responsibility for their day to day lives

To get in touch:



Phone us on:

0808 278 7942



Email us:

**outreach@citizens
advicemidlincs.org.uk**



Visit our Website:

www.camidlincs.org.uk



Visit a Drop In Session:

Boston: Tues & Thurs 9:30-12:30
Sleaford: Mon & Wed 9:30-12:30

**citizens
advice**

Mid Lincolnshire



NHS LINCOLNSHIRE

AT LINCOLN PRIDE
SATURDAY 19TH AUGUST 2023

For the first time in 8 years, ULHT, LPFT and LCHS Lincolnshire NHS trusts have come together as headline sponsor for Lincoln Pride.

Want to help run the stall for a short period or fly the NHS Lincolnshire flag in solidarity with our LGBT+ colleagues, family, friends and patients?

FIND OUT HOW YOU CAN GET INVOLVED:

LPFT.EQUALITY@NHS.NET



Do you feel like you are walking on eggshells?
Do you feel isolated from friends and family?
Do you feel like you are being controlled?



Scan for information and support

LINCOLNSHIRE
DOMESTIC ABUSE
SPECIALIST SERVICE



Useful contacts and links

How Are You Lincolnshire website: [HAY Lincolnshire](https://www.haylincolnshire.co.uk) General Enquiries please email: lpft.lincsmhtransformation@nhs.net All things HAY, please email: lpft.haylincolnshire@nhs.net

<p>Don't bottle up your feelings</p> <p>Talking helps</p> <p>Call the confidential emotional and mental health support line in Lincolnshire.</p> <p>Our experienced support workers will provide you with emotional support, advice and guidance.</p> <p>mhm mentalhealthmothers</p> <p>0800 001 4331 Available 24/7</p>	<p>Here4You</p> <p>Mental health and emotional wellbeing advice line for young people, parents and carers</p> <p>0800 234 6342 Available 24/7</p> <p>Steps2change talking therapies</p> <p>Anyone over the age of 16 can self-refer or contact their GP for a referral to our steps2change talking therapies service.</p> <p>steps2change The Lincolnshire IAPT Service</p> <p>www.lpft.nhs.uk/steps2change</p>	<p>Lincolnshire Mental Health Advisor Helpline</p> <p>An advice line for those supporting people with their mental health</p> <p>0303 123 4000 Available 24/7</p> <p>Lincolnshire's Recovery College</p> <p>People over the age of 16 can access free educational courses on mental health and wellbeing through the Lincolnshire Recovery College.</p> <p>Lincolnshire Recovery College www.lpft.nhs.uk/recovery-college</p> <p>For more information please contact lpft.recovery.college@nhs.net, or visit www.lpft.nhs.uk/recovery-college</p>
<p>Further help is available should you need it: www.lpft.nhs.uk/accessing-support</p>		