

Report to: **East Sussex Health Overview and Scrutiny Committee (HOSC)**

Date: **16th September 2010**

By: **Director of Governance and Community Services**

Title of report: **Day and Vocational Mental Health Services for Adults**

Purpose of report: **To enable HOSC to assess the progress of the new model for day and vocational mental health services for adults across East Sussex after its first year in place.**

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## **RECOMMENDATIONS**

**HOSC is recommended to:**

- 1. Consider and comment on the progress of day and vocational mental health services for adults against the aims presented to the Committee in March 2010.**
  - 2. Agree whether the Committee requires any further reports.**
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### **1. Day and vocational mental health services**

1.1 Day services have a vital role within mental health service provision. They aim to provide meaningful daytime activities and to enable people to move onto greater independence, including mainstream employment or education.

1.2 The Department of Health document *'From Segregation to Inclusion: commissioning guidance on day services for people with mental health problems'* (February 2006) states that *'there needs to be a comprehensive range of day service provision designed to promote recovery, social inclusion and self-determination and to decrease social isolation'* and states that the range of services should fulfil four key functions:

- Provide opportunities for social contact and support.
- Support people to retain existing social roles, relationships and existing social/leisure activities that they value.
- Support people to access new roles, relationships and mainstream social/leisure opportunities of their choosing.
- Provide opportunities for people with mental health problems to run their own services.

1.3 The document also states that there must be a range of options available to fit individual needs and that commissioners *"must consider whether there are people with mental health problems who may not wish to participate in mainstream community activities. One approach will not fit all"*.

### **2. Service model in East Sussex**

2.1 In March 2009, HOSC considered a report on the recommissioning of day and vocational mental health services in East Sussex. NHS East Sussex Downs and Weald, NHS Hastings and Rother and East Sussex County Council's Adult Social Care Department had, following a review of services and a tendering process, jointly commissioned a new model of service, in line with the Department of Health guidance outlined above. The appointed providers of the new service model were expected to begin their contracts on 1<sup>st</sup> July 2009, following a six month transitional period.

2.2 The new service model was based around a rebalancing of service provision to achieve a better balance between services that provide refuge and those that promote participation in

mainstream social, leisure, educational, cultural and employment activities. Three new service models formed the basis of future day and vocational services provision across the county:

- A Well Being Centre – opportunities for social contact, support, structured activity and skills development, in a safe environment.
- A Community Links Service – help for individuals to participate in ordinary mainstream social, leisure, educational and cultural activities alongside other members of the community.
- A Vocational Service – help for individuals to find and keep jobs – based upon the Individual Placement and Support approach.

2.3 HOSC heard from two service user representatives who had been involved in the review and recommissioning process. They stressed their support for the new approach of 'recovery plans' which aim to empower service users and encourage them to experience more activities in the community rather than being confined to activities in day centres. However, they also recognised that the new model is challenging for some service users.

2.4 Overall, the aim of the new model was to achieve both better care for existing service users and more care for more service users. It was recognised that some service users had become accustomed to the previous service model and that the transition to new arrangements would need to be handled sensitively and gradually.

### **3. Progress report**

3.1 A report on progress with the new service model is attached at appendix 1. Appendix 2 gives more detail on the service specifications for each of the components of the new model of care and appendix 3 is an example of the regular newsletter designed to share information about the services amongst providers, staff and service users. Kate Dawson, Head of Strategic Commissioning (Mental Health Social Care and Supporting People), Adult Social Care, East Sussex County Council will present the report and take questions.

3.2 HOSC may wish to explore the following issues raised by the report:

- Whether the new model has sufficiently encouraged participation by groups who may have been under-represented in usage of day services in the past (e.g. younger people, women, ethnic minority groups)
- Whether there have been any differences in approach or impact between the new providers in different parts of the county.
- What feedback has been received from service users on their experience of the new approach.
- How the new model has catered for those who do not wish to participate in mainstream activities.

**BILL MURPHY**  
Interim Director of Governance and Community Services

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## Day and Vocational Mental Health Services – Update for HOSC

Kate Dawson, Head of Strategic Commissioning – Mental Health Services, Adult Social Care

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### 1. Background information

- 1.1 In March 2009 HOSC received a detailed report on the development of a new service model for day and vocational services for adults with mental health problems. At the time of the report contracts had been awarded to new providers, as outlined in appendix 2. A transitional process was underway. New contracts commenced on 1 July 2009.
- 1.2 The new services have now been in place for fourteen months. These services are subject to quarterly contract monitoring reviews. This is a joint process with the Primary Care Trusts, led by Adult Social Care.
- 1.3 Service user involvement is integral to the contract monitoring process. Providers are required to report on service user experience and outcomes and service users are involved in the contract monitoring meetings.
- 1.4 A day and vocational services development group has been established. This group supports ongoing service development and joint working between providers. Membership includes service providers, Sussex Partnership Foundation Trust, Primary Care, service users, and commissioners. A quarterly newsletter is produced to keep all service up-to-date with developments. The summer newsletter is contained in appendix 3.

### 2. East Sussex Day and Vocational Services update

#### 2.1 *Employment Service (South Down Housing)*

- 2.1.1 In its first year of operation the vocational service supported 261 clients with their employment goals, placing an average of 4 people per month into competitive paid employment. This has been achieved despite the current economic climate.
- 2.1.2 South Down Housing works closely with Sussex Partnership NHS Foundation Trust and has been nationally recognised by the Sainsbury Centre for Mental Health as an emerging Centre of Excellence. Services are provided in a personalised/tailored way clearly demonstrating positive outcomes. Excellent feedback has been received from the individuals using these services.

#### 2.2 *Day Services, Hastings/Bexhill (Together)*

- 2.2.1 Together run two well-being centres; one in Hastings and the other in Bexhill. These services are provided from the buildings of the previous day services. Service transformation has been effectively facilitated by ensuring clear communication between staff and service users. The service has continued to develop its well-being approach supported by workshops promoting mutual responsibility.
- 2.2.2 Together's Community Links Service (CLS) continues to be developed. Service user feedback has been excellent.

#### 2.3 *Day services, Eastbourne and the Wealds (Sussex Oakleaf)*

- 2.3.1 Sussex Oakleaf has ensured a smooth transformation of services across the largest sector in the county. This included the closure of three traditional day services and relocation of two new well-being centres. Eastbourne services are now provided from a single site named Brightview. The Hailsham based service has also moved to new and more suitable premises.

- 2.3.2 Sussex Oakleaf have delivered strongly against their key performance indicators. Service user representation is a priority at all levels. Feedback from service users across all its provision is highly commendable.
- 2.3.3 Sussex Oakleaf have delivered a particularly effective CLS service. It routinely focuses on all external opportunities and has linked many people into paid work and mainstream voluntary positions.
- 2.4 *Day Services, Lewes & Havens, Newhaven Community Development Agency (NCDA)*
- 2.4.1 The Newhaven well-being centre, Summerhays, acts as a community hub delivering core services. NCDA have emulated this model in Lewes together with drop in sessions. This process remains within its development phase.
- 2.4.2 The service is appreciated by those using it and feedback was good during recent reviews. NCDA promote the development of wellness recovery action plans (WRAP) for service users. An objective for NCDA in the year ahead is to identify more robust ways to demonstrate/capture some of the mental health benefits within its services.
- 2.4.3 NCDA continues to develop this services and CLS receives referrals from a range of community settings

### **3. Conclusion**

- 3.1 East Sussex day and vocational service providers successfully and sensitively managed the transition to the new contracts. The challenges inherent in this process have been considerable and included ensuring smooth transfer of staff, the closure of longstanding day provision and streamlining and reopening provision to meet appropriate local needs.
- 3.2 All providers are delivering the required key performance indicators. These ensure that individuals are integrated as much as possible with their local community and are positively supported to manage their own mental health. All organisations will further develop their CLS to improve access to mainstream and vocational services.
- 3.3 Service user involvement is a core philosophy within all services, this is central to the service model and principles of recovery. There is good co-operative working between all providers across the county. Providers continue to develop the service model enhancing personalisation independence and choice. Providers are working with commissioners to embrace the personalisation and self directed support agenda.

KATE DAWSON  
Head of Strategic Commissioning Mental Health Services  
7 September 2010

## **WELL BEING CENTERS OUTLINE SERVICE SPECIFICATION**

### **Philosophy of the Service**

The users of this service have a right to a service that offers access to safe environments where they can undertake meaningful activities, socialise with others, receive individualised support, develop life skills and pursue mental well being. The service will recognise that people are their own experts regarding mental health. Service users will be considered full and equal partners in the running of the service.

### **Service objectives**

To provide a safe space in a community-based, non-medical setting with access to other activities via supported pathways. Provision will include:

- Level of support to each individual that is appropriate, but no more than necessary, to their needs
- A resource base offering easy access to up-to-date information, advice and sign-posting to opportunities in the local community, including specialist support (eg, welfare benefit advice, support to pursue mainstream social, educational and cultural activities; support to pursue vocational goals)
- To provide stepping stones to other services by providing in-house surgeries by external specialist agencies, eg, Community Links service, CAB, employment support agencies, which will facilitate and encourage access to other services
- To encourage and support the development of user-run activity groups, drop-ins and social enterprises, including advice on direct payments
- Support service users to develop their own Well Being Recovery Action Plans (WRAPs)
- Co-ordination of the provision of suitable services in parts of the locality (eg, rural areas) where access to the Resource Hub would be difficult for residents of that locality, eg, distance, lack of public transport.

### **Service outcomes**

Whilst always providing a safe space for those people who need such provision, the provider will seek to increase the opportunities for service users to move towards social inclusion by ensuring that there are opportunities for people to

move towards social inclusion. Increased access to specialised support will result in:

- More people participating in mainstream community activities
- More people accessing mainstream education and training
- Improved quality of life, confidence and self-esteem
- More people receiving appropriate benefits
- More people expressing the desire to seek employment
- More involvement in service user participation in the design, delivery, management and evaluation of services
- More people developing their own WRAPs
- More people accessing peer support – for which training will be given – and self-help groups
- Increased ability for people to manage their own mental distress
- More user-run activity groups, drop-ins and social enterprises in mainstream settings
- Improved access to the service by groups that are currently under-represented within provision, who have specialist needs or who live in localities where access to day services is problematic.

### **Monitoring service users' views**

A 6-monthly survey should be carried out. Questions asked should cover the following areas:

- Do you have an individual development plan?
- When was it last reviewed?
- Have you had support to help you move towards your goals?
- Have you been treated with respect by other users and staff?
- Has there been an improvement in the size and range of your social networks?
- Have you experienced an improvement in quality of life?
- Have you had information about welfare benefits?
- Have you had information about Community Links and vocational Services?
- Have you had the opportunity to be part of a user forum, talking to staff about being involved in the planning, delivery, monitoring and evaluation of the services?

These surveys must be evaluated and the results made available to service users to discuss in a user/staff forum to develop the service.

## **COMMUNITY LINKS SERVICE**

### **OUTLINE SPECIFICATION**

#### **Philosophy of the service**

The service users have the right to individually tailored 1-1 support to engage in mainstream social, leisure, educational and cultural activities, in ordinary community settings, alongside members of the community who are not service users. The service will be underpinned by the philosophies of recovery and social inclusion. It will provide support into a range of life domains:

- Faith, spirituality and cultural communities
- Education and training
- Employment (should an Individual Placement and Support programme be unavailable)
- Volunteering
- Visual and performing arts
- Health living, sports and leisure.

Users of the service must be able to set the type, pace and direction of support received from the service, and to choose their activities.

#### **Service objectives**

Delivered via the Resource Hub, the objectives are:

- To provide individually tailored, 1-1 and ongoing support for individuals to engage in and sustain mainstream activities, in ordinary community settings, alongside other members of the community who are not service users
- To work in partnership with agencies and groups in the community to develop opportunities for service users to participate in mainstream activities, with other members of the community
- To work closely with community partners to ensure that these opportunities are available within welcoming, relaxed, supportive and safe environments and where people can participate without pressure or discrimination
- To assist people to achieve their personal goals by offering support to develop their skills and gain new skills in line with their interests and through their participation in the design and running of activities in the Community Links Service.

## **Service outcomes**

- More people volunteering in mainstream settings
- More people participating in mainstream community activities
- More people reporting an improvement in their social networks
- More people accessing mainstream education and training opportunities
- Improvement in physical health
- More people taking regular exercise
- Improvement in quality of life, confidence and self-esteem for many service users
- Increased ability to manage mental distress
- A service responsive to the diversity of need among the population of people with mental health needs
- An increasing number of mainstream organisations and groups offering a welcoming, supportive environment for the participation of people with mental health needs in the activities they provide
- Increased levels of involvement of service users in the design, delivery, management, review and development of services
- Improved access to the service by groups currently under-represented within provision, those with special needs and those who live in localities where access to day services is problematic.

## **Monitoring Service users' views**

A 6-monthly survey of user views should be carried out. Questions should cover the following areas:

- Have you had the opportunity to formulate your plans for personal, educational, social and cultural goals in the form of an individual development plan?
- When was the plan last reviewed/updated?
- Have you had the support to achieve what was in your plan?
- Have you been treated with respect by the staff?
- Have you experienced improvement in your quality of life, confidence or self-esteem?
- Have you had information about vocational services? Have you had information about benefits?
- Have you had the opportunity to become involved in the planning, delivery? Monitoring and evaluation of the service/

The surveys must be evaluated and the results made available to service users in a suitable format.

## VOCATIONAL SERVICE

### OUTLINE SERVICE SPECIFICATION

#### Philosophy of the service

Users of the service have the right to individually-tailored support to obtain employment – or develop self employment – that matches their preferences, their strengths and their needs. The service will be underpinned by the philosophies of recovery and social inclusion. It will be delivered in accordance with the key principles of the evidence-based Individual Placement and Support (IPS) approach to vocational services. The key principles are:

- Focus on paid employment in integrated settings
- Eligibility is based on an individual's preferences: anyone who wished to work is given the help to do so
- Programmes involve rapid job search and minimal pre-vocational training
- Vocational programmes are integrated into the work of clinical teams
- Time-unlimited support, tailored to needs of the individual is available
- Benefits counselling must be available to help people maximise in-work welfare benefits
- The service will be available to assist people who are newly unwell to retain their employment.

#### Service objectives

The service will make contact with service users via the Resource Hubs, drop-ins, user groups etc. Its objectives are:

- More people with mental health needs supported to formulate their vocational goals through individual plans
- More people with mental health needs finding paid employment or self employment
- Increased number of people with mental health needs retaining employment
- Increased number of people with mental health needs entering **time-limited** vocational training, voluntary work, work experience or other activity that helps them move towards employment
- Increased number of people retaining employment

- Improved awareness of the employability of people with mental health needs within community teams, acute in-patient teams and other agencies
- Increased awareness of mental health issues among local employers and their readiness to employ individuals with mental health problems.

### **Monitoring service users' views**

A 6-monthly survey of service user views should be carried out. Questions asked should cover the following areas:

- Have you had the opportunity to formulate your vocational goals in an individual development plan?
- When was this plan last reviewed/updated?
- Do you have a named Employment Adviser?
- Have you received support from that Employment Adviser to work towards your goals?
- Have you achieved any of the goals?
- Have you been treated with respect by the staff?
- Have you had information and advice about welfare benefits?
- Have you been made aware of the Community Links service?
- Have you experienced improved quality of life, confidence or self-esteem?
- Have you been asked for your suggestions for improvements to the service?
- Have you had the opportunity to become involved in the planning, delivery, monitoring and evaluation of the service?

The surveys must be evaluated and outcomes made available to service users.

# Day & Vocational Services Update News 5

Summer 2010

*Welcome to the Summer  
Newsletter!*

*Well done to our providers  
and congratulations for the  
first year's provision. This  
newsletter gives a flavour of  
activities and events which  
have happened over this  
summer (which already  
seems to be a distant  
memory). If you have any  
news you'd like to share my  
contact details are at the end  
of this newsletter.*

*Regards*

*Kenny Mackay.*

## **IPS Vocational service**

### **Working Partnership**

The East Sussex Vocational Service has now completed its first year of service and has already supported 261 clients with their employment goals.

A lot has changed in the last 12 months with a worsening economic climate being counter balanced by huge improvements in Mental Health Awareness and a growing realisation that work, rather than being incompatible with mental health illness; is actually beneficial in maintaining mental wellbeing.

Southdown have been providing their IPS (Individual Placement and Support) supported employment service to hundreds of individuals with mental health needs who are seeking to achieve or retain paid employment and have already supported an average of 4 people per month into competitive paid employment.

Their partnership working alongside Sussex Partnership NHS Foundation Trust has been such a tremendous success they have been nationally recognised as an emerging Centre of Excellence by the Centre for Mental Health.

This strong partnership has enabled Southdown's dedicated and passionate team of seven Employment Specialists to work with their clinical professional colleagues to provide instant and flexible support.

Each positive story of recovery and fulfilment through individuals achieving their work aspirations brings another leap forward in attitudes and the realisation that work *is* achievable and

sustainable for individuals with long term mental health conditions.

*"I am so grateful for this service. After spending most of my adult life in the mental health system and out of work, once I'd recovered I thought my prospects of employment were nil. This service helped me to find something and is now supporting me along the way, this support has been crucial to me. Now, my confidence is building and I feel like I have rejoined society"*

*ESVS Service User (July  
2010)*

If you want to know more about the support available, you can contact the service on 01273 405822, or you can email the Contract Manager Kevin on: [k.rozario-johnson@southdownhousing.org](mailto:k.rozario-johnson@southdownhousing.org)

## **Seaview Hastings** **August 2010**

Over the summer Seaview has been running a busy physical activities programme with our services users taking part in regular out of centre activities such as golf, bike rides, and dog walking, plus a range of activities and taster sessions using local sporting facilities and clubs. This includes boxing, swimming, archery and most recently sea kayaking. We have developed a relationship with the local disabled wheelchair basketball club with members regularly playing for the home team and one of our volunteers has accepted a role as wheelchair mechanic for the team and is being taken on tour with the team this summer. The highlight of our sporting achievement is the Seaview bowls team who are now just starting to win their matches in the Sunday Bowls League, Division 3.

This summer Seaview service users have been taking part the local summer festivals and carnivals. Our activities team entered and won the Bexhill carnival pram race, helped man the Seaview stall at the St Leonards festival, and, together with Dende Nation

Samba Reggae drummers who practice at Seaview, won second prize in the walking section of the Hastings Old Town Carnival.

The Seaview activity team are already working on the development of a new programme of activities to start in the Autumn, this will include all our usual activities service users are waiting for beach fishing to re-start after a summer break, and we are trying introduce our service users to a new team sport, Rock-it-ball, best describes as being something like a mixture of dodgeball and lacrosse.

**Contact Mike at:**  
[mike@seaviewproject.org.uk](mailto:mike@seaviewproject.org.uk)

## **Together**

### **Hastings Resource Hub**

#### **A Wellbeing Approach**

Together has developed it's own Wellbeing Approach to Service User Involvement and part of this involves holding Workshops in each project on this topic. On Friday 30<sup>th</sup> July this event was held at Hastings Resource Centre with a local Trainer and a Service User Trainer coming from London.

Both staff and service users attended and there were some healthy discussions about the obligations on both 'sides' to work together in an open and respectful way. An Action Plan was formed to ensure that good communication continued at all levels and that any suggestions received regarding the Centre was acted upon and the results made public within a short time scale.

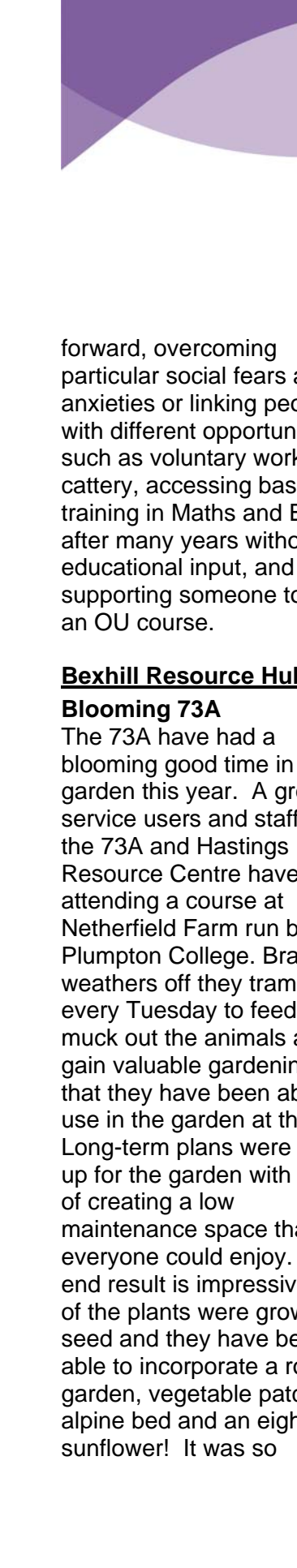
#### **Pirates Day**

On a lighter note there was also a small contingent of people who took part in Hastings bid for the Guinness World Record for the number of people dressed as Pirates in one place. The record was shattered with over 6,000 people participating and a good time was had by the assorted buccaneers who took part!

#### **Hastings CLS**

The Community Links Service (Marie and Richard) has been very busy lately with an increasing number of referrals from a variety of different agencies.

They have had to meet a wide range of very individual needs spanning practical issues that may be preventing people moving



forward, overcoming particular social fears and anxieties or linking people up with different opportunities such as voluntary work in a cattery, accessing basic training in Maths and English after many years without any educational input, and supporting someone to start an OU course.

### **Bexhill Resource Hub**

#### **Blooming 73A**

The 73A have had a blooming good time in their garden this year. A group of service users and staff from the 73A and Hastings Resource Centre have been attending a course at Netherfield Farm run by Plumpton College. Braving all weathers off they tramped every Tuesday to feed and muck out the animals and gain valuable gardening skills that they have been able to use in the garden at the 73A. Long-term plans were drawn up for the garden with the aim of creating a low maintenance space that everyone could enjoy. The end result is impressive many of the plants were grown from seed and they have been able to incorporate a rose garden, vegetable patch, alpine bed and an eight-foot sunflower! It was so

successful that they managed to scoop a First Place Special Award from Bexhill in Bloom. To celebrate this we held a barbeque in the garden which was attended by about thirty service users who enjoyed first rate food including home grown tomatoes, potatoes and a delicious crumble using blackberries picked that day. We would like to thank everybody involved in this project for all of their hard work which has benefited us all.

#### **Bexhill CLS**

It's all change at Bexhill CLS. Emma says welcome to Mark Ward and goodbye to Claire Hewitt, who left in May of this year.

The Referrals are still coming in and we are continuing to provide drop-in services in Battle and Rye on a weekly basis, as well as provide a monthly drop in at Battle Health Centre on the first Thursday of each month. With the new term starting in September we are looking forward to new referrals coming in, so I expect the next couple of months to be busy but pleasant.

#### **For further details contact**

**Tom Goulrey at:**

[tom-gourlay@together-uk.org](mailto:tom-gourlay@together-uk.org)

#### **THE DISAPPEARING ACT**

by Hilary

*Another productive day at Western Road Wellbeing Centre. Ron and Tom are discussing matters over a third cup of coffee.*

Ron: Here we are.

Tom: What's that then?

Ron: It's the latest edition of the Day and Vocational Services newsletter.

Tom: Oh, is that the one that Barbara does?

Ron: Noooo... Barbara left ages ago. Janice, the astrologer, took over from her.

Tom: So has Janice done this one then?

Ron: No Janice left too. Diets took it over from her.

Tom: So... don't tell me... she's left too.

Ron: Got it in one.

Tom: So what's happened to them all then?

Ron: Well that's the strange thing. One newsletter or so and then they mysteriously disappear.

Tom: What no sign of them?

Ron: Nope, no sign at all. It's the Bermuda Triangle of County Hall.

Tom: So what's that then?

Some kind of musical group?

Ron: Yep... they are destined to spend the whole of their careers in the percussion section of the Newhaven and Denton Light Orchestra.  
 Tom: That's very hard. Diets should have absconded to Pepsi while she had the chance.  
 Ron: You know I'm quite good at disappearing.  
 Tom: I hadn't noticed. You always seem to be here.  
 Ron: Ah yes, but think about it.  
 Tom: Yes, I'm thinking about it...  
 Ron: And...?  
 Tom: And what?  
 Ron: Oh really.. It's obvious...  
 Tom: Is it?  
 Ron: If I'm always here.... then I have disappeared from somewhere else, haven't I?  
 Tom: Oh I see.  
 Ron: ...and if I've disappeared from one place.... It means I've disappeared from a whole pile of other places too.  
 Tom: That's very clever!  
 Ron: I thought you'd like it.  
 Tom: So if you've disappeared from all these places... does it mean that I've disappeared from them too?  
 Ron: Oh no, definitely not.  
 Tom: Why's that then?

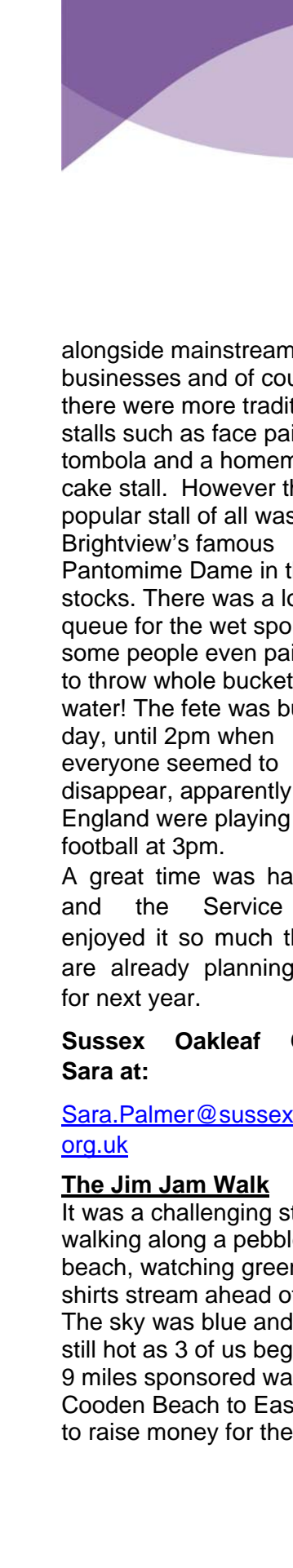
Ron: Because you're here..... and I can see that you're here.  
 Tom: I see.  
 Ron: So seeing as you are here... grab this triangle... four beats in the bar... and after me... 1234....(singing)  
*We'll meet again, don't know where, don't know when.....*

### **Sussex Oakleaf**

#### **Sussex Oakleaf Week**

Every year Sussex Oakleaf plan a week of events to celebrate, with the Service Users, its successes and diversity, this year was the 21<sup>st</sup> – 27<sup>th</sup> June. There were lots of things for people to get involved in, some serious but mostly fun events. The week kicked off with the Personalisation Conference in Haywards Heath, attended by over 100 delegates, both staff and Services Users from all Sussex Oakleaf services. Here in East Sussex we had information stands in our local shopping centre's in Hailsham and Eastbourne, the stands had information about Sussex Oakleaf and its services, as well as "Time to Change " information about Mental Health and stigma. On the Tuesday North Wealden staff and Service

Users did the Wealden Walk around Buxted Park, organized and advertised by Wealden District Council This one was advertised as the Sussex Oakleaf Walk, as many of our Service Users had trained as volunteer walk leaders and this was the first walk they were leading independently. For the rest of the week the East Sussex Services hosted a series of B.B.Qs, inviting Users friends and families, as well as fund raising cream teas and sponsored walks, raising money not only for the local services but for Sussex Oakleaf's new "Project Volunteer". The Grand Finale to Sussex Oakleaf week was the fete at Brightview in Eastbourne on Sunday the 27<sup>th</sup>, kindly opened for us by the Deputy Chair of East Sussex County Council, Councillor Rupert Simmons. We were blessed with a lovely sunny day and the public started to arrive early. There were all kinds of stalls, the Fire Brigade, St John's Ambulance, a bouncy castle, Segway rides, mini manicures and even the Eastbourne Play Rangers were on hand to entertain the children. Our Service Users had stalls to sell their crafts



alongside mainstream businesses and of course there were more traditional stalls such as face painting, tombola and a homemade cake stall. However the most popular stall of all was Brightview's famous Pantomime Dame in the stocks. There was a long queue for the wet sponges, some people even paid extra to throw whole buckets of water! The fete was busy all day, until 2pm when everyone seemed to disappear, apparently England were playing that football at 3pm.

A great time was had by all and the Service Users enjoyed it so much that they are already planning events for next year.

**Sussex Oakleaf Contact Sara at:**

[Sara.Palmer@sussexoakleaf.org.uk](mailto:Sara.Palmer@sussexoakleaf.org.uk)

### **The Jim Jam Walk**

It was a challenging start, walking along a pebbled beach, watching green t-shirts stream ahead of us. The sky was blue and the sun still hot as 3 of us began the 9 miles sponsored walk from Cooden Beach to Eastbourne to raise money for the local St

Wilfred's hospice. None of us had walked anything like that distance for at least 30 years!

At Norman's Bay there were no green t-shirts in sight. That's when we started to loose heart. Our feet were aching; our light-weight bags straining our shoulders. Healthy apples and nuts & raisins didn't hit the spot; in fact they were firmly rejected as we contemplated ways of jumping ship. Step by blistered step we kept moving forwards, and e-v-e-n-t-u-a-l-l-y we were greeted in Pevensey by a steward, guiding us into the pub – the rest-stop. 'Only drinks for the walkers' one customer cried. What a joy to queue for the ladies' toilet and have the chance to chat to other human walkers and compare struggles and cramps.

Off again, determined, refreshed, encouraged...but, soon enough, the straight long road that lead to Sovereign Harbour sapped our strength. Weak smiles met the enthusiastic hoots and encouragements shouted by Sunday drivers. We wove through the Harbour complex, a little uncertain, directed by fresh looking police cadets.

The sun was setting as we called for re-enforcements.

John, our Recovery worker, walked out from Eastbourne to meet us. Immediately we split into 2 possies: - the 'striders' and the 'strollers'. Encouragement at regular intervals along the sea front kept us going. As we passed the pier the stewards and the organisers swept us up from behind and gathered in their collective embrace, we were cajoled the last few 100 metres to the Big Sleep Hotel.

At 10.30pm, our exhausted bodies made their way up the carpeted stairs of the hotel, expectant of (thick steaming) Hot Chocolate and (those big American) cookies. The digestives had run out and the hot chocolate was from a machine but our evening was immediately worthwhile as 'Jack' from Eastenders put his arms around our shoulders and grinned with us at the camera.

It only (!) took us 3 ½ hours but we're still enjoying the memories and goodwill; and we've raised nearly £150 pounds for the hospice, and that's just 3 of the 465 participants.

By Cynthia Sheila and  
Maggie  
Sussex Oakleaf's The Old  
Chapel, Hailsham

## **NCDA**

### **NCDA update**

As reported in previous newsletters, there have been a number of staffing changes within NCDA. Fortunately from the beginning of August we hope to have a full staff compliment.

A new addition to NCDA services is Sompriti. Shahin Chowdury and Chi Ling Chung are trained and experienced bi lingual advocates who are based in Newhaven and work across East Sussex. They are able to take casework referrals from Lewes, Wealden, and Rother districts and from PCTs. As part of their community development role they can provide information and advice to local communities and activities to promote community links.

NCDA have been accepted by the ESCC as an approved contractor for their 'Support Planning and Brokerage' service. This is being taken forward by the wellbeing service and represents a

completely new way of commissioning services.

### **Well Being Services Update**

On Saturday 17th July Staff and Services users from Western Road attended the annual Lewes Societies Fair. They had a very productive day – signposting people to the Well-Being Services and finding a number of people who would like to receive further information from us on courses and activities. We also had a number of people approach who would like to volunteer, using their own skills to help run new groups and activities for us. We have already booked 2 tables for the event next year.

It was a warm summers evening on Friday 25th June when members of the Well-Being team, Finance and Service Users from Summerhayes joined forces to form the 'Summerhayes Ladies'. The event was held at Southover Grange, Lewes from June 18th to 23rd, people from across Lewes and the local district took part in the 41st annual skittles tournament. The Rotary Club of Lewes organised the event in aid of the Lewes Victoria Hospital

and a variety of good causes, the evening also featured a bar, barbecue and raffle. The ladies played 2 games of skittles against other teams, unfortunately we did not win either game but we did achieve 6th place overall. Plans are already afoot to form a team for next year's event.

Service Users at Western Road are currently building a scale model of the WASA, a seventeen century warship. This innovative project is designed and led by Elaine Woods, Service User. She hopes that everyone will be able to make a contribution to its construction.

Our WRAP team (Wellness Recovery Action Plan), have established a program of groups across the area. The feedback so far indicates this is a very positive tool for people to use. Contact Tony Rowe at:

[tony@ncda.org.uk](mailto:tony@ncda.org.uk)

***If you have anything you would like to share please send your articles for the autumn newsletter to:***

***Kenny Mackay***

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