

Thank You

It's a privilege to be here

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May 2012

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Together Working for Wellbeing

Together was formed in 1879. We have believed that people with mental health issues have the right and the abilities to lead independent, lives as part of their communities.

We believe that people experiencing mental distress can direct their own journey towards improved mental health and to living independent, fulfilling lives. We offer a range of services from advocacy support in secure settings, 24/7 supporting accommodation through to Your Way projects which are community based peer support.

Our mission is to be trusted leaders by using the expertise of service users. The service user involvement directorate was set up in 2004. We'll show through what we do that enabling people to shape the support they receive works to improve their mental health, whatever their life situation and however severe their mental distress and its impact on their lives.

Our seven core values give us the principles that ensure we deliver our services in a way that is consistent with our philosophy. They are:

- Individual-centred and holistic
- Choice
- Working alongside
- Listening, learning and adapting
- Valuing and involving
- Quality
- Future positive

Together has developed the **Service User Involvement Directorate** since November 2004



English Service User Movement History

It is important to begin by looking at our roots.

1970's

- Patients in mental hospitals and outside, formed unions for collective action to try and change flaws in the system they were experiencing.
- 1973 – Mental Patients' Union formed in London.

1980's

- The Edale Conference was arranged by Speaking Out, a survivor network.
- Survivors drew up a unanimous Charter of Needs and Demands.



www.studymore.org.uk



English Service User Movement History

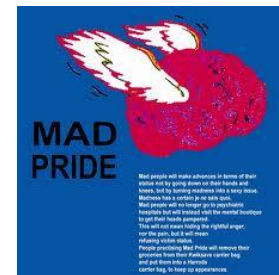
1990's

- Service user perspective became essential to mental health education and research.
- CAPITAL (Clients and Professionals in Training and Learning) was established for the South of England.



2000's

- End of 1990's a street protest movement developed into MAD PRIDE.
- 2007 National Survivor User Network (NSUN) was established



National Survivor User Network (NSUN)

- NSUN brings together organisations run by users and survivors of mental health services in one national network to engage, support and reflect the diversity of mental health service users and survivors across the country.
- Jan Walcraft spoke and paved the way for the establishment of NSUN based on the report 'On Our Own Terms'.
- David Crepez Keay chaired the 'Doing It For Ourselves' conference 2006.



www.nsun.org.uk





- Becoming an independent national service user led organisation

May 2010

- Strategic Partner with the Department of Health



- Coordinating and facilitating service user input into policy work

- Leading partnership work for service user involvement framework

- Supporting regional networking: South East / London / North East / North West



- Commissioning service user-led research: Dancing To Our Own Tunes / Unlocking Service User Involvement Practice in Forensic Settings / Service users' experiences of recovery under the 2008 Care Programme Approach / Values Based



We believe society itself can 'madden us'



- Poverty
- Sexism
- Homophobia
- Racism
- Poor housing
- Bulling and abuse



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What Helps Us?

PEER LED SUPPORT

The term peer support generally refers to mutual support provided by people with similar life experiences as they move through difficult situations. (Repper and Carter 2010).

Personalisation agenda and range of activities

(paid and unpaid peer support)

- On acute wards – CAPITAL
- In community – Corner House
- Paid – Peer support
- Claire Ockwell - clare.ockwell@capitalproject.org
- Bill Newman - bill.newman@corner-house.org.uk

Brokerage

Project Swap – now CIC Service user led

- Mark Kilby markkilby12@gmail.com

Direct payments / Individual budgets

– role of personalisation within the English Health and Social Care System



Peer support is an equalities and anti stigma issue

Presentation to ministerial advisory group – equalities

Forensic support

Research e.g. What helps us and what hurts us



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Business practice

Participation of people from minority communities e.g. BME, LGBT



Fidelity to the ideals and principals of peer support

Education



Overcoming barriers and challenges

Setting Standards / Principals

- Consultations around the country so ownership is service user led
- It seems to us that the essence of peer support is contained in these 12 principles*.

For peer support to exist and flourish, it must contain at its root the principles of:

- Mutuality
- Solidarity
- Synergy
- Sharing with safety and trust
- Companionship
- Hopefulness
- Focus on strengths and potential
- Equality and empowerment
- Being yourself
- Independence
- Reduction of stigma
- Respect and inclusiveness

**Lived experience leading the way – Together,
NSUN, University of Nottingham)*



Overcoming barriers and challenges

Setting Standards / Principals - example Forensic Work:

- Working in Partnership -
 - Private Sector
 - Voluntary Sector
 - NHS
 - Research University
 - Service User Led Groups – Emergence, WISH, Network for Quality

All coming together to share experiences of success and challenges

- Pre-requisite patient council

Learn from each other to implement peer support, cost effective (bi-product), based on good principals



We are not alone in our thinking- Interrelate

Peer support

Australia

USA, New Zealand, Iceland, Scotland, Ireland, England, Canada, South Africa

RECOVERY / WELLBEING

Connected to:-

- Self
- Chosen loved ones
- Community

Leaders who support networking

Anne Beales and Dan Fisher – Building Global citizenship through network leadership - *Leadership in Mental Health*



Service user leadership

- Self governance
- Governance of the group
- Independent
- Peer Led Support

Our history and we will not be written out of it.



interrelate
recovery and wellbeing through hope and empowerment

www.interrelate.info

<http://www.mpuuc.org/mentalhealth/mentalTVInternational.html>

www.together-uk.org



together
FOR MENTAL WELLBEING