



**The Derbyshire  
Federation for  
Mental Health**

Promoting Independence

# Newsletter

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Stancliffe House, Molyneux Business Park  
Whitworth Road, Darley Dale, Matlock,  
Derbyshire, DE4 2HJ  
☎ 01629 733915

**This year's AGM is to be held at  
The Whitworth Centre, Darley Dale on  
Wednesday, 9th November, 2011  
from 10.00 am to 11.30 am  
Tea, coffee and cakes provided.**

**If you would like to come along, please let us know  
via your Support Worker or ring into the Office.**

Dear Service User,

*You will find enclosed a Questionnaire from 'The Escape Programme.' The Federation has begun to form a link with this project, and we are asking clients for their ideas. At this stage, the project is about being able to offer some activities and groups e.g. based at the new ARC Leisure Centre, to clients in vulnerable groups, such as people with mental health issues. The groups and activities could be mixed, involving people with several client groups e.g. other people receiving housing-related support. Things will start with a few client groups at first, but would be extended to other groups such as older adults etc. The project has a budget to help set up new groups/activities, which can then be accessed by clients who would like to be part of a group or activity but would need some extra support. The advantage is that Federation clients would be able to join forces with others who have similar interests, to make an activity viable in terms of numbers.*

*Even if you don't currently live in the Derbyshire Dales, we hope you will fill in a questionnaire, as we need everyone's input to understand what service users are looking for. Just mark your questionnaire with High Peak/Chesterfield or general area just to help us. There is also no need to add your name. If you need help, your support worker or anyone at the Federation office would be happy to help you fill it in. We look forward to hearing from you.*

*Marion, Support Services Manager*

## **THE ESCAPE PROGRAMME!**

We are a small team of people working on a project called the Escape Programme! and we work in the housing team at the Council in Matlock and are also part of support projects based in Derbyshire Dales.

We would be grateful if you could spare us a moment of your time to complete this questionnaire. We are looking at different ways people would like to spend their time in the day or the evening, with the aim of giving people the opportunity to take part in activities that they might enjoy either alone or within a group. We are putting together a directory of services that people can use to look at what opportunities are available in the Derbyshire Dales area.

Please return any completed questionnaires by either giving them to your Support Worker or posting them to:

Bec Reynolds, Community Housing  
Derbyshire Dales District Council  
Town Hall, Matlock, DE4 3NN

If you would like any more information then you can contact me (Bec Reynolds) on 01629 761308.

## **Supporting People Contracts**

The County Council has put out to competitive tender the Floating Support and Accommodation-based support work in Derbyshire. The County has been divided into four geographical areas for each of these services, so there are potentially eight contracts available. This includes work that is currently being carried out by the Federation. The work will be re-let to the successful tenderer/s from 31 March 2012.

The Federation has joined with two other Derbyshire-based organisations to bid for this work as part of a consortium. The consortium has been shortlisted down to the last two tenderers for the work, and interviews have been held. A final decision about who the work will be awarded to will not be announced by the County Council until January 2012. Once we have further information we will let you know.

## **New Recycling Facilities for Derbyshire Dales**



Northwood Depot, Harrison Way, Northwood,  
Darley Dale  
is open from 8.30 am to 6.00 pm daily.

If you have items for recycling, please speak to your Support Workers as they will be able to help you sort, bag up and take items to the Recycling Centre.

**Registered Charity No 1117141**

**Patrons: Lord and Lady Fenton of Kilburn**

## CHRISTMAS CARD 2011

**Are you artistic?**

**We are looking for an appropriate design for The Federation to use for our Christmas card for 2011.**

**Please submit your entry on an A5 sheet of paper (210mm x 148mm), unfolded, by Tuesday, 1st November, 2011 marking your entry for the attention of The Admin Team.**



## STAFF CHANGES

**In this edition we say goodbye to Marlene Seedhouse, Byron Manning both Support Workers and Isabelle Stuart, Administration Assistant.**

**Marlene and Byron left the organisation recently and Isabelle will be leaving at the beginning of December.**

## MENTAL HEALTH ACTION GROUP ACTS ON PUBLIC TRANSPORT

Derbyshire's Mental Health Action Group (MHAG) has completed a national report on **Mental Health and Public Transport** and delivered it to transport minister Norman Baker in Westminster.

The report draws on the direct experiences of people with mental health issues when travelling, and gives a list of twenty eight recommendations for action to improve those experiences for future travellers.

For further information, details of the visit to Westminster were covered by the Derby Telegraph newspaper.

We would like to take this opportunity to thank all our Service Users who participated in providing us with information which was forwarded onto MHAG.

## High Peak Update

The High Peak Project is now up and running with support being provided across the High Peak area. In addition, our first set of programmes are due to begin in December;

Anger Management will commence on 9th December 2011 and will run for 6 weeks at 2 hours per session. Anxiety and Depression Relief will commence on 11th January and again, will run for 6 weeks at 2 hours per session.

Anyone interested in taking part in either or both of the programmes can contact the Federation Office on 01629 733 915 and be added to the programme waiting list.

## ARC Leisure, Matlock

If any clients would like to visit the new leisure facilities in Matlock with a view to using the exercise facilities, please do speak with your Support Worker who will be pleased to accompany you. Arc Leisure Matlock is open weekdays from 6.30am - 10pm and weekends from 8am.

## Spring is in the air!!

If members have spare spring flowering bulbs they would like to donate to The Field project, it would very much appreciated. Donations can be made via Support Workers or please contact the office in order that we can arrange to collect them.



**This newsletter can be available in large print or as an audio version. Please phone 01629 733915.**