



## Experiences & support needs of those who support people with bipolar disorder

### What is this?

This is a study looking at how people experience supporting someone with bipolar. We wish to hear about your experiences and in particular, what kind of support you would like.

### Why are we doing this?

It is recognised that supporting someone with a serious mental illness can be rewarding, but also difficult. Our aim is to develop an online intervention for people who support people with bipolar disorder. We would like your help to design it.

### How will the study work?

You will be asked to take part in a group to discuss your experiences and what you would like from an online intervention. These ideas will be used to inform the development of the intervention.

### Who can take part?

Do you support a relative/friend with bipolar? Do you speak English and understand written English? Would you be willing to attend a discussion group? If yes, please contact us:

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## Be Part of Shaping Mental Health in Lancashire

The most important person in managing a mental health condition is the person themselves.

We therefore want to involve a wide range of people living with a mental condition from the ideas stage onwards, to inform and shape our vision to improve mental wellbeing for all in Lancashire.

This "Lived Experience Network" will be central in determining and shaping the future activity of Lancashire Mind directly and the delivery of the partnership strategy "A Blueprint for Lancashire" (This is available on our website).

There is no requirement to have had previous contact with Lancashire Mind.

### What will I do?

You will be kept up to date with developments to provide you with regular opportunities to have your say on new activities including new projects, leaflet designs, campaign ideas and more!

You will also be invited to regular meetings across Lancashire to discuss and share ideas in a relaxed group setting. These meetings will be chaired by Geoff Smith who has a personal experience of mental health conditions. The meetings will also be supported by a member of staff from Lancashire Mind.

There is no commitment to come to every meeting and the meeting venue will move across Lancashire.

If you are unable to attend a group meeting you will have opportunity to comment on the planned discussions by email or phone.

Please note: The group is for specific discussions to help shape the approach to mental health in Lancashire and is not a peer support group for personal conditions/experiences.

If you are interested in getting involved or for more information, contact Lancashire Mind on 01257 or email: [info@lancashiremind.org.uk](mailto:info@lancashiremind.org.uk)

### Next Meeting of Network

On Wednesday 15<sup>th</sup> July we have a briefing session for members of the network. There have been requests to help with knowledge about personality disorder and the morning will have a focus on this subject.

We will hear from Cameron, who is part of Imago Training, and has experience of the condition as well as learning from our NHS colleagues.

The morning runs from 9:30am (9:15am for coffee) to 12:30pm and is at Artz Centre, Skelmersdale.

You can book on via [kirstie@wlcvs.org](mailto:kirstie@wlcvs.org) or ring 01695 733737.

More details will be sent out later.

Don't forget, we are a network for anyone, not just those who work in the Mental Health Service.

We would also appreciate your contributions to developing Terms of Reference for the network; what do you think the network should be about?

## NHS Listening Events

Health leaders from the NHS in West Lancashire are holding a series of informal events across West Lancashire and inviting local residents to share their experiences of local community health services.

The events, which work on a drop in basis, will be attended by senior representatives from NHS West Lancashire Clinical Commissioning Group (CCG), Lancashire Care NHS Foundation Trust and Southport & Ormskirk Hospital NHS Trust, and will focus on 'community health services'. This means anything outside of hospital, for example, GPs, district nurses and community matrons, mental health services, podiatry, dieticians, physiotherapists, occupational therapists etc.

Please come along to any of the following events:

Wednesday 24 June  
Upholland Library  
2-4pm

Friday 26 June  
Tarleton Library  
10am-12pm

Monday 29 June  
Skelmersdale Library  
2-4pm

Thursday 2 July  
Parbold Library  
2-4pm

Wednesday 8 July  
Brookside, Ormskirk  
6-8pm

Please just turn up at any event if you would like to come along. If you would like to discuss anything in advance, please contact NHS West Lancashire CCG via the following details: [myview@westlancashireccg.nhs.uk](mailto:myview@westlancashireccg.nhs.uk) or NHS West Lancashire CCG, Hilldale, Wigan Road, Ormskirk, L39 2JW



## Happy to Talk

What is Happy to talk? Happy to talk is a new idea to encourage & celebrate making the time to connect with others & feel happier by inviting people to become Happy to talk Champions. Champions are members of the Lancashire Community who are happy to talk & have everyday conversations about simple things that boost happiness. Champions also lookout for times when people may need to be signposted for support.

Why is this needed?: Most of us are aware of what to do to take care of our physical wellbeing such as keeping active & remembering our five a day, however we often overlook nurturing our mental wellbeing despite Lancashire having low mental wellbeing compared to many parts of the UK. The good news is there are simple things we can all do to improve our mental wellbeing; connecting with others, finding ways to feeling great & having a positive outlook on life. Happy to talk encourages us to make time to connect & chat about ways to feel happier & healthier to bring mental wellbeing into the everyday.

A new session has started at the Concourse in Skelmersdale. It is on Thursday mornings, 10am in the ASIA International shop and café. A particular focus of this group is to bring people together from different cultures in order to prevent isolation. There is always a Happy to Talk champion present, usually Klaudia or Cerys, and there is material available on a range of agencies and services. Everyone is welcome, whether you want to sit and have a chat for the whole hour or just say hello on your way past.

## MacMillan Health & Wellbeing Events

Free Health and Wellbeing Events in partnership with Southport & Ormskirk Hospital NHS Trust for people adjusting to life with and beyond cancer.

Visitors will have the opportunity to talk to Cancer Nurse Specialists and find out what local support, information and facilities are available. There will also be talks, pamper sessions & healthy living activities.

Being held at Southport Theatre and Convention Centre, The Promenade, Southport on:

Thursday 9th July 16.00-18.30  
Thursday 12th November 13.00-15.30

Booking is Essential. Contact Southport Macmillan Information and Support Centre on

0151 288 6893 or  
[SFCCG.macmillancic@nhs.net](mailto:SFCCG.macmillancic@nhs.net)

Don't forget—  
you can print off  
our directory of  
Mental Wellbeing  
services and  
groups by going  
to:

**[www.wlcvs.org](http://www.wlcvs.org)**  
and click on the  
Mental Health &  
Wellbeing link!

**West Lancs CVS**  
Certacs House  
10-12 Westgate  
Skelmersdale  
West Lancashire  
WN8 8AZ

01695 733737  
[cerys@wlcvs.org](mailto:cerys@wlcvs.org)



## **Provision of Adult Carers' Support Services in Central and West Lancashire**

You may have recently been contacted by the outgoing provider of the above services regarding the recent tender process which awarded the contracts for Central and West Lancashire to n-compass Northwest Ltd.

Having provided this service across North Lancashire for a number of years n-compass are delighted to extend this provision and we are very much looking forward to working closely with you to identify and support Carers to sustain their Caring role.

Working as part of Carers Lancashire throughout the County n-compass provides support and information to Adult Carers (18+) and specialist support to Carers of Adults (16+) with a mental health condition. We do this through provision of 1-2-1 and group support, information, Carers breaks, Carers Assessments and Contingency plans. Additionally we deliver Carers Awareness Training for Professionals administer grants for Carers Groups and operate a Carer Involvement strategy that facilitates Carers to have a voice in shaping and developing services in the communities they live in.

Referrals can be made to our Services Support Team by telephone on 0345 688 7113 between 8am and 6pm Monday to Friday, by email to [admin@ncompassnorthwest.co.uk](mailto:admin@ncompassnorthwest.co.uk) and at our website [www.ncompassnorthwest.co.uk](http://www.ncompassnorthwest.co.uk).

In addition to our Carers Services n-compass also provides Advocacy, Health and Wellbeing and Self-Harm services across the Northwest details of which can be obtained from the above contact details.

**n|compass**

looking towards a **brighter** future