

What this involves:

Care Right Now [CRN] are delivering a group session on week four entitled ‘**You’re in charge**’.

This is an informal group session where we will look at:

- **Mental Health – what this means** (theories and concepts, and how good mental health is inseparable from physical health, society and the environment). All delivered in plain language
- **Recovering, surviving and leading a healthy happy life**
- **Getting the best from the services** (doctors, nurses, and all support services)
 - This will include a group exercise ‘**know your patch**’ – where we will aim to map out all support services (including peer support), how to find them and link this to your experiences. This ‘map’ will be updated throughout the course
- We will focus on some **key areas**, and provide materials (in a variety of formats) to help you:
 - **Getting a good night’s sleep**
 - **Taking care of yourself**
 - **Managing negative thoughts**
 - **Coping with depression**
 - **Relaxation**
 - **Medicines and treatments**
- Finishing with a **summary of what we’ve learned**, what else is needed, how to access the text line / on-line resources, details of how to book a one to one session, and your priorities for two further sessions in the community clubs.

What to expect:

In the group sessions we will give you information on mental health in the same way as we train clinical staff. This isn’t always offered to groups of ‘patients’, and should be.

This is part of Care Right Now’s mission, which is to put patients in control of their treatments, effectively giving you the option (as long as you feel well enough) to project manage your own care.

You will not be expected to share anything about yourselves in the group sessions, although you are welcome to do so if you wish.



Who will run the sessions:

The group sessions will be run by two Care Right Now Associates, who include:

Steve Turner – a General and Mental Health Nurse, with a clinical education qualification

Sam Williams – a mental health service user and CRN facilitator

Elaine Broadbridge – Pharmacist and lecturer

Mike Thomas – Specialist Nurse and lecturer

More information:

The Patient Led Clinical Reviews™ are based on this: <http://ow.ly/YBlSf>

There are some useful sources of information on medicines and treatments here: www.medsinfo.guru

One to one sessions - Patient Led Clinical Reviews™:

After the group session on week 4 there will be an optional opportunity to book a one to one session, where you can discuss your treatments and options with us in confidence. These are a new feature, which CRN is piloting, called Patient Led Clinical Reviews™. In these ¾ hour sessions we focus on your treatments. We allow you to tell your story and we make some notes. We do not keep these notes instead we give them to you, to help you manage your situation and for you to use when you see health professionals in the future.

For these sessions we have two CRN facilitators (so technically it's 'one to two'). This is so that we can listen, ask questions and take notes. Plus it gives you the benefit of two people's expertise.

‘Our aim is to help you become the expert! After all you are the only person who knows what you are experiencing.... They say knowledge is power and we want to offer you that power.’

Steve Turner, MD Care Right Now CIC.

How we evaluate what our sessions do for you:**Group work:**

At the start of the course, on week eight and at the end of the community club sessions you will be asked to fill in the 14 question Warwick Edinburgh Mental Wellbeing Questionnaire [WEMWBS]. Your responses to this will be used to evaluate the course. Your identity will be kept confidential and only overall figures used.

Active Plus will also be collecting feedback throughout the programme.

For the ‘You’re in charge’ sessions we will, collect feedback during and at the end of the group session and share this (keeping your identity confidential). We will also keep a group ‘reflective log’ and update this

when we meet. You can make comments anonymously or add your name if you want to. It's completely optional.

We are also keen to write up some case studies where you agree to this. These will be organised as needed. Some people on previous courses have been keen to do this. It really helps get the message across if something was particularly helpful, or there has been an experience that people can learn from.

Patient Led Clinical Reviews™

These sessions are confidential. We do not share information from them, unless you ask us to. We give you the notes we make, and do not keep a copy. The only exception to this is if you shared information which led us to believe you or someone else was at risk. Then we would be professionally and legally obliged to share this information and, wherever possible, would do this with your input.

External evaluation of Care Right Now's work:

We are pleased to have engaged Rob Hales as an external quality advisor for Care Right Now's work on this programme. Rob is a mental health service user and leads the influential national organisation Meeting of Minds Collaboration [MoMC].

Rob will attend some of the sessions in the role of external quality assessor, and will also contribute where appropriate.



CARE RIGHT NOW

Transforming Healthcare Together

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