



What are the 'You're in charge' learning sessions?

Care Right Now [CRN] are delivering group sessions for patients with long term conditions and /or mental health problems entitled **'You're in charge'**.

This is part of [Care Right Now's Patent Led Clinical Education service line](#), which puts patients in control of their treatments, effectively giving you the option (as long as you feel well enough) to project manage your own care and make the most of all available resources.

The aim

'You're in charge' is a general information session on emotional and physical wellbeing, delivered by professionals and people with lived experience of illness. The aim of which is to empower people to make the most of available resources and sources of help, with an emphasis on self-help and peer support.

What does this involve?

These informal 3 hour long group sessions are tailored to the needs of the group, covering areas such as:

- **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) that are important to you, 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 signpost to resources (in a variety of formats) to help you on:
 - o Getting a good night's sleep**
 - o Coping with depression**
 - o Taking care of yourself**
 - o Relaxation & Mindfulness**
 - o Medicines and treatments**
 - o Managing negative thoughts**
- Finishing with a summary of what we've learned, what else is needed, how to access the text line / on-line resources, including time for **group reflection**.

What to expect:

In the group sessions we will give you information on mental health and openly share our knowledge and experience, in a supportive environment. 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

Joanne Hunt – Facilitator and mindfulness trainer

Tara James – General Nurse

...we are also recruiting new trainers, for more information please email info@carerightnow.co.uk



The group session is designed to give people information which allows them to take the lead in their care. For those who need a little more, we can also offer a one-off **Patient Led Clinical Review**™.

Patient Led Clinical Reviews™:

After the group session there will be an optional opportunity to book an individual session, where you can discuss your treatment, and / or issues relating to physical and emotional wellbeing, with us in confidence. In these ¾ hour sessions we focus on your experiences. We allow you to tell your story and we make some notes to help you when you have appointments etc. It's an information session rather than a consultation.

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.

For these sessions we have two CRN facilitators. This is so that we can listen, ask questions and take notes. Plus it gives you the benefit of two people's expertise. For training, quality assurance and safeguarding purposes we require the name of your G.P. and an emergency contact, and also keep a brief confidential reflective log of these sessions.

CRN is unable to provide ongoing support outside the group and our web / text line information resources; however we will be happy to help you access support in your local area.

Confidentiality of 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 in the session, 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 obliged to share this information. Wherever possible, if this happens, we will do this with your input.

How we evaluate what our sessions do for you:

Group work:

At the start and end of the programme 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.

For the 'You're in charge' sessions we will collect some general feedback during and at the end of the group session and share this (keeping you identity confidential). Giving feedback is completely optional. We are also keen to write up some **case studies** where you agree to this. These are anonymous and will be organised as needed. Some people on previous courses have been keen to do this. It really helps get to the message across if something was particularly helpful, or there has been an experience that people can learn from.

External evaluation of Care Right Now's work:

We are pleased to have engaged Rob Halyes 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.

Our credentials:

Steve Turner, Managing Director of Care Right Now CIC, is a NICE Medicines and Prescribing Programme Associate, Nurse Prescriber and Associate Lecturer at Plymouth University. Care Right Now CIC is a Chapter of the Institute for Healthcare Improvement and has been awarded the Social Enterprise Mark. The company's Governance and Policies can be found here: <http://ow.ly/102S82>