



RICHMOND FELLOWSHIP HUDDERSFIELD

WHAT'S ON APRIL-JUNE

These activities are open to everyone aged 18 or over who live in Kirklees. You do not need to be seeing an employment advisor to join. If you or someone you know could benefit please get in touch!

Workshops:

Assertiveness & Communication: These 3 workshops spread over 3 weeks examine how we can help ourselves to better our health and wellbeing, and will take place at Recovery College, Mirfield:

Starts Monday 10th June 2019 1pm-3pm

Stress Management: These 3 workshops at Connect Housing in Dewsbury looks at the causes and symptoms of stress and ways to effectively combat it in daily life:

Starts Monday 29th April 2019 1pm-3pm

Basic IT Skills: This 4 week course is designed to teach you basics like how to turn a computer on, how to set up an email address, how to use Microsoft Word and how to use Find A Job search engine, and will take place at our Huddersfield office:

Starts Tuesday 30th April 2019 12pm-2pm

ACTIVITIES:

Art & Craft Group: Do you enjoy art or want to learn some new skills whilst making friends? Well this might be the group for you! Join us at the Huddersfield office:

Every Wednesday from 3rd April 2019 12noon-2pm, and ongoing

Newsletter Group: Would you like to contribute to the writing, designing and photography in our Summer newsletter of 2019? If so please come along to our Dewsbury or Huddersfield office, alternating every Thursday starting from 25th April 2019.

Every Thursday from 25th April 2019 1pm-3pm, and ongoing

FOR MORE INFORMATION OR TO BOOK A PLACE PLEASE CONTACT: Karl J. Lander on :

01484 434 866 or email: Karl.Jackson-Lander@richmondfellowship.org.uk

Huddersfield Office: 21 Old Leeds Road, Huddersfield, HD1 1SG. Dewsbury Office: 21 Bond St, Dewsbury, WF13 1AX



Your Voice in Kirklees

SPRING 2019



**CHILDREN USING APPS TO HELP MENTAL HEALTH,
CLAIMANTS STILL LOSING OUT, WELLBEING ARTWORK
AND THE WORDSEARCH!**

Want to get involved? Ask your Advice/ Support Worker about our group; use our contribution boxes in reception; email avoicainkirklees@gmail.com; post to Richmond Fellowship, 21 Old Leeds Road, Huddersfield, HD1 1SG



Welcome to the Spring issue of the RF Kirklees newsletter...

Once again we're coming out of the dark and into the light. The bulbs are sprouting, the birds are singing and the nights are getting lighter. The optimism of Spring helps many of us with our mental health, but not everyone is cheered by the lambs in the field and the warmer days. If you need a bit of extra help during the Spring - or Summer - don't forget the Samaritans are just a call away on 116123



Benefits Claimants At Risk Of Losing Out

Research conducted by York University has shown that people who suffer from mental health conditions have been shown to be at far greater risk of having their benefits stopped than those with physical illnesses.

Those with serious psychiatric conditions stand to lose as much as £141.10 per week, the study shows.

The study showed that 32% of the 148,700 people with a psychiatric condition included in the study had their DLA taken away. Compare this with the 16.4% of the 178,300 with diabetes or neurological condition who also had their benefits withdrawn.

In total, 40% of those with ADHD had their claim disallowed, as did 33% of those with anxiety and low mood. A further 32% of people with behavioural disorders suffered the same fate.

Government data concerning 327,000 with either type of health condition who switched from DLA to Personal Independence Payments (PIP) between April 2013 and October 2016 were used in the study.



The figures raise further questions over whether people who are struggling with mental health are at a distinct disadvantage when it comes to navigating the benefits system.

While it is unclear why people with mental health problems are more likely to suffer losing their benefits, the study highlights concerns the fact that few PIP assessors are specifically trained in mental health issues. It goes on to suggest that reliance upon "informal observation" of a claimant's appearance and body language as an indication of their mental state may be a factor.

Dr Jed Boardman, a spokesman for the Royal College of Psychiatrists and an expert on welfare and mental health, told The Guardian: "A benefits system that discriminates against people with mental ill health should not be tolerated.

"The push for parity [of esteem] between physical and mental health in the health service must be extended to the welfare system to give people the support they need and the best chance of recovery."

A DWP spokesperson told The Guardian: "One of the reasons we introduced PIP was to ensure that invisible and non-physical conditions were given the same parity as physical conditions. And that is why under PIP five times more people with mental health conditions receive the highest possible support than under DLA.

"PIP assessments are carried out by qualified health professionals and decisions are made following consideration of all the information provided. Since PIP was introduced there have been 3.7million decisions and of these five percent have been overturned at appeal, often because further evidence has been provided."

The study was initially released ahead of a debate in the House of Commons, organised by Angela Crawley, the Scottish National party MP for Lanark and Hamilton East. It was to be published in February in BMJ Open Psych.



WORDSEARCH



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Tadpole

Piglet

Duckling

Foal

Cub

Lamb

Kid

Eaglet

Kitten

Joey

Gosling

Calf

Fawn

Chick

Puppy

Infant

Apps To Help Children on the Rise

Children and young people can now be offered digital Cognitive Behavioural Therapy (CBT) as part of frontline treatment for mild depression, says the National Institute for Health and Care Excellence (NICE).

Group CBT, group interpersonal psychotherapy and group mindfulness have also been recommended.

One advantage of the digital CBT is that it can be accessed quickly, avoiding waiting lists, on the user's own phone, tablet, or computer.

NICE insists that the choice of treatment should be based upon clinical need, and patient and carer preferences. The child or young person's history, circumstances and maturity should also be taken into consideration.

The recommendation comes as new figures show the popularity of existing online counselling services soaring in the past few years.

The number of under-18s using free counselling service Kooth has more than tripled from 20,000 in 2015 to 65,000. Forecasts predict it will hit 100,000 later this year, as one hundred NHS clinical commissioning groups have now commissioned the service.



Another NHS approved app is Calm Harm, which helps people to self-harm less often – or in some cases not at all. A total of 123,138 people in the UK downloaded the app between April 2017 and the end of 2018. Of those, 56% were aged 10-18 and 82% were girls or women.

A total of 18 apps are endorsed by NHS England to help tackle mental ill-health. These include BlueIce, which helps young people manage their emotions through use of a mood diary, techniques to reduce feelings of distress, and automatic routing to emergency numbers if the urge to self-harm continues.

Experts have welcomed the trend, but have warned that the apps must not replace the face-to-face appointments with therapists, psychologists and psychiatrists.

Claire Murdoch, NHS England's national mental health director, said: "Technology is constantly evolving and young people are usually at the forefront, so it's no surprise increasing numbers are turning to services like these which can certainly play a part, particularly when backed up by face-to-face support."

The NHS's forthcoming long-term plan, due next month, will "harness all of the benefits these advancements can bring", she added.

The Children's Commissioner recently revealed that 37% of the young people referred to NHS child and adolescent mental health services (CAMHS) in England last year were refused help. Of more than 338,000 children and young people referred to CAMHS last year, 31% were treated within a year. However, 37% got no help at all and another 32% were still waiting for treatment to start at the end of the year, she found.



Figures Revealed for Drug-Related Admissions

Between April 2017 and March 2018, Kirklees saw almost 700 hospital admissions for drug related mental health issues.

There was a total of 685 hospital admissions where the main cause, or a contributing factor, was drugs. This is up 24 from last year. The latest NHS England figures show this is a rise of 16% from four years ago – the first year this data was available.

Of the total, 460 admissions were men and 225 were women. Drugs were said to be a contributing factor for mental health factor, rather than the main cause, although they were diagnosed as the primary reason for behaviour disorders in 55 cases. It should be noted that the figures indicate only the numbers of admissions, not the number of patients; they could include one patient who has been admitted to hospital several times over that period.

The rate of admissions in Kirklees - 159 per 100,000 people – is lower than Yorkshire and the Humber's average of 185 per 100,000 people. Steve Moffat, from the charity Addaction, noted that the figures show a significant North/South divide. He told the Dewsbury Reporter: "In both the North East and North West, hospital admissions in this category are 50% higher than the national rate."

Across England there has been a 27% rise in drug related admissions over the last four years. Separate NHS Digital statistics have shown that admissions where patients were experiencing mental and behavioural disorders due to cocaine have almost trebled from 5,148 between 2007/8 to 14,470 between 2017/18. The plight of the over-50s was also highlighted, with 19,529 presenting with a drug-related health condition (a rise of 243%)

The figures also reveal the numbers of admissions for those who have overdosed on illegal drugs, such as ecstasy or heroin. During the same period, there were 135 admissions – a rise of 36 cases on the previous year. Again, this is a 16% rise on four years ago.

Lucy Schonegevel, from Rethink Mental Illness, told the Dewsbury Reporter: "This is yet another piece of evidence in an ever-growing list showing the pressure that NHS services are facing in treating people with mental ill health.

"We hear from our supporters about the difficulties that they face accessing services when they have a combination of mental health and drug issues.

"Services for people with mental illness, and services for people with substance misuse problems, are funded and provided by completely different organisations. Sadly, this can mean that people often fall through gaps in the system."

Steve Moffat believes that the increase could be due to improved recording practices in hospitals and "a greater willingness among people in general to admit to a history of substance use".

"These are both positive developments and we encourage anything that helps people be open and honest without fear of judgement," he said. "It's essential that people feel able to disclose a substance issue and ask for help."



Peaceful Painting

Sharon Goodall has been hard at work producing images to represent the various different aspects of the Ways to Wellbeing Course. The images show Connect; Keep Learning; Take Notice; Be Active and Give. The paintings are to be displayed in the Art Room Reception area in the Richmond Fellowship Kirklees Head Office in Huddersfield

