



United Communities came together once again in a virtual space for its October quarterly session.

United Communities brings together service users, carers, local support organisations and professionals from across the North East Hampshire and Farnham area to discuss local mental health provision, local priorities and new initiatives.

This session was delivered slightly differently via Zoom rather than Microsoft Teams. Having listened to member's feedback it was clear that Zoom provided a better participant experience for our members and so we were glad to change methods to ensure this meeting was as inclusive as possible.

The group of approximately 20 were welcomed by Steve Manley, Engagement Manager and Michael Scammell, Commissioning Manager for Mental Health and Learning Disabilities at North East Hampshire and Farnham Clinical Commissioning Group (CCG), who laid out the agenda for the meeting.

The first presentation was delivered by Colette Lane, Project Manager for The Community Mental Health Team's Personality Disorder Workstream and Senior Recovery Coach with The Recovery College, NE Hampshire.

Colette took the group through a new pathway of care which is being offered to those 18+ struggling with intense emotions. The new offer sees a range of support options, over a 3 tier system which patients can access after being referred via their GP. Self-referral support is also available for those who are carers. Further information can be found in the attached presentation and enquiries or questions can be directed to Nina Nwaosu, Tiered Pathway manager at Nina.Nwaosu@sabp.nhs.uk

Next the group received an update on the Mental Health Integrated Community Service (MHICs) pilot sites in Aldershot, Farnborough and Farnham. You can find back ground information on this service [HERE](#). Numbers of referrals have been good with very few patients failing to attend their appointments. Anecdotal evidence is showing that this services has been well received and valued by those who have been referred. As the MHICs service provides ongoing support more evaluation will be able to be presented at subsequent United Communities meetings.

At our July meeting we were joined by the staff from the Wellbeing Centre, run by [Andover Mind](#), which was undergoing a premises move from Aldershot to Farnborough. Suzanne Jenkins, Wellbeing Coordinator, was able to share with the group the new activities timetable showing where member's suggestions had been considered and included. The move has now taken place and the Wellbeing Centre is welcoming clients. You can read more about it [HERE](#)

Finally there was just time to recognise a new garden project taking place at the Aldershot Military Museum, hosted by the Hampshire Cultural Trust to support

veterans and civilians living with PTSD and combat stress. For more information on this project and to understand how you can get involved please see the attached information.

As always we would like to extend our thanks to members who continue to support this forum and to those who joined us to present.

The next meeting is planned for the afternoon of Monday 11th January 2021 and if you have any questions in the meantime please contact nehfccg.events@nhs.net