

Mental Health Day Services E-Bulletin

September 2007

- **CAPABILITIES FOR INCLUSIVE PRACTICE**

The modernisation of mental health day services often involves changing expectations of services and the need for the development of new skills in day services staff. So what characteristics are key to developing a socially inclusive service and what should such a service be looking for from its staff?

The 'Capabilities for Inclusive Practice' document uses the 10 Essential Shared Capabilities as the basis for exploring the skills that promote socially inclusive opportunities in a range of settings. It is intended to be a resource for reflection, challenge and practice change and can be downloaded at:

<http://www.socialinclusion.org.uk/home/index.php?subid=50>

- **MENTAL HEALTH, SOCIAL INCLUSION AND THE ARTS**

People who have been involved in mental health arts projects will have seen and experienced the benefits for participants. Now there is research evidence to back this up.

The research, conducted by a team from Anglia Ruskin University and the University of Central Lancashire, found that there were significant improvements in empowerment, mental health and social inclusion as a result of arts participation.

A full copy of the report can be downloaded from:

<http://www.socialinclusion.org.uk/publications/MHSIArts.pdf>

- **USE OF DIRECT PAYMENTS TO PROVIDE DAY OPPORTUNITIES**

Many areas are looking to develop the use of Direct Payments to enable people with mental health needs to access appropriate day opportunities. A DVD called 'Direct Payments for People with Mental Health Problems', including examples of how direct payments may be used, is available from: kevin.whiteley@csip.org.uk

There are some examples of Direct Payments being used collaboratively by service users to fund day opportunities, including a music group in Sunderland and a theatre group in Grimsby. Please let me know of any other examples at: ben.taylor@londondevelopmentcentre.org

- **FILMS ABOUT DAY SERVICES**

Has your organisation made a film about the restructuring of day services or your modernised service? If you have a film you think might be of interest and use to others involved in day service change, please get in touch with details at: ben.taylor@londondevelopmentcentre.org

- **SPREAD THE WORD**

This e-bulletin is mailed out monthly to over 500 people involved in mental health day services. If you don't receive it directly and would like to, or if you have a colleague you would like to add to the mailing list, please send details to: ben.taylor@londondevelopmentcentre.org

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If you do not wish to receive future e-bulletins, please reply to this e-mail with REMOVE in the subject line