



FAITH FORUM



READING

## **Reading Faith Forum introduces**

**Information & Advice Resource**  
For faith leaders and carers on mental health matters

**Working Together with mental health issues**

Prepared by the 'Hearing Voices' committee



## **Introduction**

This Resource Handbook has been prepared since the Hearing Voices event in July 2009, which was a landmark in NHS mental health professionals working with faith communities. A key issue from Hearing Voices was the need for faith leaders to have more information in order to better support service users in the community. This Handbook offers vital information about the services that are available and whom to access.

Each faith community group in Reading will receive a copy for their use. More copies are available through the Stronger Together office.

Faith leaders, with this resource, will be able to access and engage with relevant services and be enabled to enhance holistic care. The NHS guidelines now recognise that spiritual care is an essential part of providing physical and mental health care and that "having the opportunity to talk about spiritual issues can help carers and the people they care for to feel more at peace and better able to deal with what the future might bring."

This Resource Handbook will provide greater interaction for faith leaders with healthcare and service providers. Its aim is to support the important contribution that the faith groups can make to community health in general and community mental health in particular.

## **Mental Health**

### *What to do if someone is in mental distress?*

If someone in mental distress contacts you please advise the person to see a GP first then do contact the faith leader. The GP will assess and direct the person to whatever statutory mental health support they need, as below.

The Berkshire Healthcare NHS Foundation Trust has an informative website with information on mental illness: [www.berkshirehealthcare.nhs.uk/default.asp](http://www.berkshirehealthcare.nhs.uk/default.asp)

### *Out of hours?*

Speak to the out of hours on call doctor (WestCall), details of which are on most GP's answerphones, or to the Overnight Crisis Service (OCS) **0800 783 9505**. The overnight crisis service is accessible whether or not the person has a GP and is specifically for mental health emergencies. The OCS duty officer is a trained psychiatric nurse, or psychiatric social worker.

### *Urgent?*

If needing treatment or medical help urgently, the person can attend Accident and Emergency at the RBH where there is a mental health liaison nurse on duty. or phone 999 for the ambulance service.

### *Already a patient?*

Visiting times, refer the person to the chaplaincy, or if the family need support, contact Revd Rachel Wadey, **0118 960 5098**. New patients are asked if they have arranged or would like contact from their faith community and if there's anything they feel would help to meet their spiritual needs. There is a multi-faith sanctuary at the hospital.

### *Concerned?*

If you are concerned about someone in the community who you feel maybe a risk to themselves or others, please pass on your concerns to the Community Mental Health Team at Prospect Park, **0118 960 5000**. Patient confidentiality is upheld but they will listen and act on your concerns.

## **What's Available?**

**Talking therapies** counseling for people with mild to moderate mental health problems. Referrals can be via the GP, or self referral **0118 976 9121**

### **CRISIS RESOLUTION / HOME TREATMENT TEAM** Phone **0118 960 5999**

The CRT/HTT provide a crisis duty service from 8 a.m. to 9 p.m., 7 days per week, and are based in the Therapies Centre at Prospect Park hospital. This team will carry out an assessment of a person's needs and provide short term support whilst he/she is experiencing the crisis. The team will also provide a Home Treatment Service as an alternative to hospital admission to those clients who are acutely unwell. (please note this does not apply to persons detained under section).

## **Reading Community Mental Health Team**

The team works with people who have a severe and enduring mental illness. They provide practical support, care and therapies to help people retain their independence and reduce the impact of their illness. Referrals to the Team come primarily from GPs, but referrals can be made by anyone who is concerned about someone they believe has a serious mental health problem.

The **CMHT** can be contacted on **0118 960 5612** between 9 a.m. and 5 p.m.

It is made up of the following specialist services:

**SECTOR Teams** provide care coordinators (psychiatric nurses and social workers) to support people with severe mental illness, who have complex needs.

**The DIVERT Team:** made up of two psychiatric nurses who assess the mental state of individuals within the criminal justice system where there is concern about an individual's mental health. The staff offer support and advice, and will refer people into the local mental health services

**The FORENSIC Team:** provide support to mentally disordered offenders who are deemed to be a risk to the public. Referrals to this team come from the Court Divert service, the local Multi Agency Public Protection Panel, and regional secure units.

**The PRISON IN-REACH Service:** offer psychiatric services to young offenders and liaison with local mental health services to ensure the correct support is available when prisoners are released.

**The COMPASS OPPORTUNITIES Team:** This team take referrals from the CMHT Care Coordinators.

They use a 'recovery' approach to help clients identify their strengths, and rebuild their skills and confidence. In addition to working individually with clients, the team provide a range of community-based social, physical and educational activities to promote social integration.

**The EARLY INTERVENTION SERVICE:** offers intensive support to those aged 18-35 suffering with a first episode of psychosis, and their families

Phone: 0118 960 5000

## **REVIEW AND REABLEMENT TEAM**

This is a multi disciplinary team coordinating care for clients placed in nursing homes, residential care homes, and supported accommodation. The team carry out regular reviews on clients in funded placements, to ensure they are receiving a good quality service that is addressing their needs, and that the placement is helping the person to develop independent living skills.

The team will also help the client to move on to more independent accommodation by working with local housing providers, and support workers will continue to help clients maintain their tenancy once they are in their own accommodation.

## **Other Resources**

### ***Ongoing support for people with Mental Health Problems***

Samaritans	08457 909090 (Client) / 0118 926 6333
Rethink	01344 429139
New Directions	0118 901 5210 (learning & employment) 0345 842 0012
The Ways and Means Trust	0118 948 1944
RESOURCE	0118 958 0722 (employment, training and activities)
Shaw Trust	01225 716300, 08081 802003, 08457 697288
Connexions	0845 4085004 (Young people, education & employment)
Reading Single Homeless Project	0118 950 7656
Baker Street Clinic	0118 950 0489

## **Support for Carers**

PALS Confidential advice and support to parents, families and carers.

Information on the NHS and health-related matters.

PALS at NHS Berkshire West	0118 982 2829
PALS at Prospect Park	0118 960 5027
Reading Crossroads (Respite)	0118 945 4209
Princess Royal Trust Carers Service	0800 988 5462 (Freephone Carers Line)

*provides support, advice and information to all carers, with specialist support for mental health and black and minority ethnic carers.*

**\*\*Please note all carers of CMHT clients are entitled to a 'Carers Assessment' which will identify the carer's needs, in order to help them look after their loved one.**

Grant funding is available through Reading Borough Council to help carers have some respite from their caring role. THE HEALTH TEAM (CMHT) based at Prospect House, Prospect Park Hospital provides a service for residents living within the Borough of Reading.

## **General Support and Advice**

Reading CAB	0845 071 6379
Reading Welfare Rights Unit	0118 955 1070
Jobcentre Plus	0118 980 8200
DAIS (Substance Misuse)	0118 956 7441

## **Voluntary groups**

*Reading based, experienced in supporting clients with mental health issues:*

Mothertongue Multi-ethnic Counseling

0118 957 6393 [info@mothertongue.org.uk](mailto:info@mothertongue.org.uk)

## **Support for clients and families**

Mental Health Advocacy Service

Emma Wilcox-Davies

0118 975 4517 [emma.wilcoxdavies@seap.org.uk](mailto:emma.wilcoxdavies@seap.org.uk)

Reading Life Story

0118 958 0806

Berkshire Women's Aid

0118 950 4003

Talking Therapies

0118 976 9121 with Mothertongue interpreters

Care Quality Commission

[www.cqc.org.uk](http://www.cqc.org.uk)

## **Mental Health First Aid courses**

Contact Adanna Nwanguma, [Adanna.Nwanguma@berkshire.nhs.uk](mailto:Adanna.Nwanguma@berkshire.nhs.uk) 07500 951 392

or Shravana Lata Gehlot, [Shravana.Gehlot@berkshire.nhs.uk](mailto:Shravana.Gehlot@berkshire.nhs.uk) 07500 027 368

*Mental Health First Aid (MHFA) 2-day course is the help given to someone experiencing a mental health problem before professional help is obtained.*

*The course aims to:*

- *preserve life where a person may be a danger to themselves or others*
- *provide help to prevent mental health problems developing into a more serious state*
- *promote the recovery of good mental health*
- *provide comfort to a person experiencing a mental health problem*

## **Reading Faith Forum**

[www.readingfaithforum.com/wherewefit.aspx](http://www.readingfaithforum.com/wherewefit.aspx)

*A search page for the different faith communities in Reading and linked to the RVAdirectory*

## **Faith-based voluntary groups**

*Reading based, experienced in supporting clients with mental health issues:*

### **Churches in Reading Women's Centre**

*A place for women offering encouragement, support and nurture*

Telephone: 0118 957 6390

E-mail: [enquiries@cirwc.org.uk](mailto:enquiries@cirwc.org.uk)

### **Churches in Reading Drop In Centre**

*Day centre offering food, clothes, baths, health care, social contact.*

Telephone: 0118 950 2536

E-mails: [enquiries@cirdic.org.uk](mailto:enquiries@cirdic.org.uk)

### **Christian Community Action**

*Provides practical help, support, furniture and household goods.*

Telephone: 0118 951 2336

E-mail: [support@ccam.org.uk](mailto:support@ccam.org.uk)

### **CommuniCare**

*Advice, support & befriending service*

Telephone: 0118 926 3941

E-mail: [office@communicare.org.uk](mailto:office@communicare.org.uk)

### **Philippi Trust**

*Offers counselling, the best of Christian practice with secular wisdom.*

Telephone: 0118 966 7422

[reading@philippitrust.freeserve.co.uk](mailto:reading@philippitrust.freeserve.co.uk)

### **First Steps in the Community**

*Impartial counseling to adults primarily from Whitley community*

Telephone: 0118 967 3341

Email:

[enquiries@firststepswhitley.org.uk](mailto:enquiries@firststepswhitley.org.uk)

### **Spirit Enterprise**

*Working with families, dealing with issues of mental ill health*

Ms Linda Clifford-Hayes

Telephone: 07906 257563

Email: [minister5@btinternet.com](mailto:minister5@btinternet.com)

### **Reading East African Muslim Community**

*Supports members of the East African Community*

Mr Said A Mahmud

Telephone: 0118 942 1899

Email: [reamco@hotmail.co.uk](mailto:reamco@hotmail.co.uk)

### **Betheli Services**

*Support to those recovering from drug addiction and mental health problems.*

Mr Denis Mbui

Telephone: 0118 956 0998

Email:

[mungai.mbui@betheliservices.org.uk](mailto:mungai.mbui@betheliservices.org.uk)

**The Well Centre**

*Providing multi-agency partnership initiatives in the workplace*

Mrs Susan van Beveren

07919 416990

Email: [svan.beveren@well-centre.org](mailto:svan.beveren@well-centre.org)

**Envision Counselling**

*Expertise in working holistically*

Shirley Anstis (MBACP)

0118 966 0107

Email:

[shirley@envisioncounselling.co.uk](mailto:shirley@envisioncounselling.co.uk)

**Other Faith-based information****Chaplaincies**

Berkshire Healthcare Trust, Prospect Park Hospital

Rev Rachel Wadey 0118 960 5098 (office) 07906 266 495

Duchess of Kent House

Rev Judy Davies 0118 955 0400

Royal Berkshire Hospitals NHS Trust

Chaplaincy dept. 0118 322 7105

University of Reading

0118 378 8797 [chaplaincy@reading.ac.uk](mailto:chaplaincy@reading.ac.uk)

**Faith-based contacts**

**Christian:** 24/7 prayer line 01243 377 331

**Hindu:** Mrs. Ramila Tailor 07879 453 954

*Reading Hindu Temple Chaplaincy Volunteers Group*

**Jewish:** Rabbi Zvi Solomons 07828 742 282

*JAMI a positive approach to mental health in the Jewish Community:* [www.jamiuk.org](http://www.jamiuk.org)

**Muslim:** Kari Yasir 07973 450 765

Ajaz Mir 07720 383 587

**Sikh:** Mr Parmvir Singh 07814 245 220 [rsya@hotmail.co.uk](mailto:rsya@hotmail.co.uk)

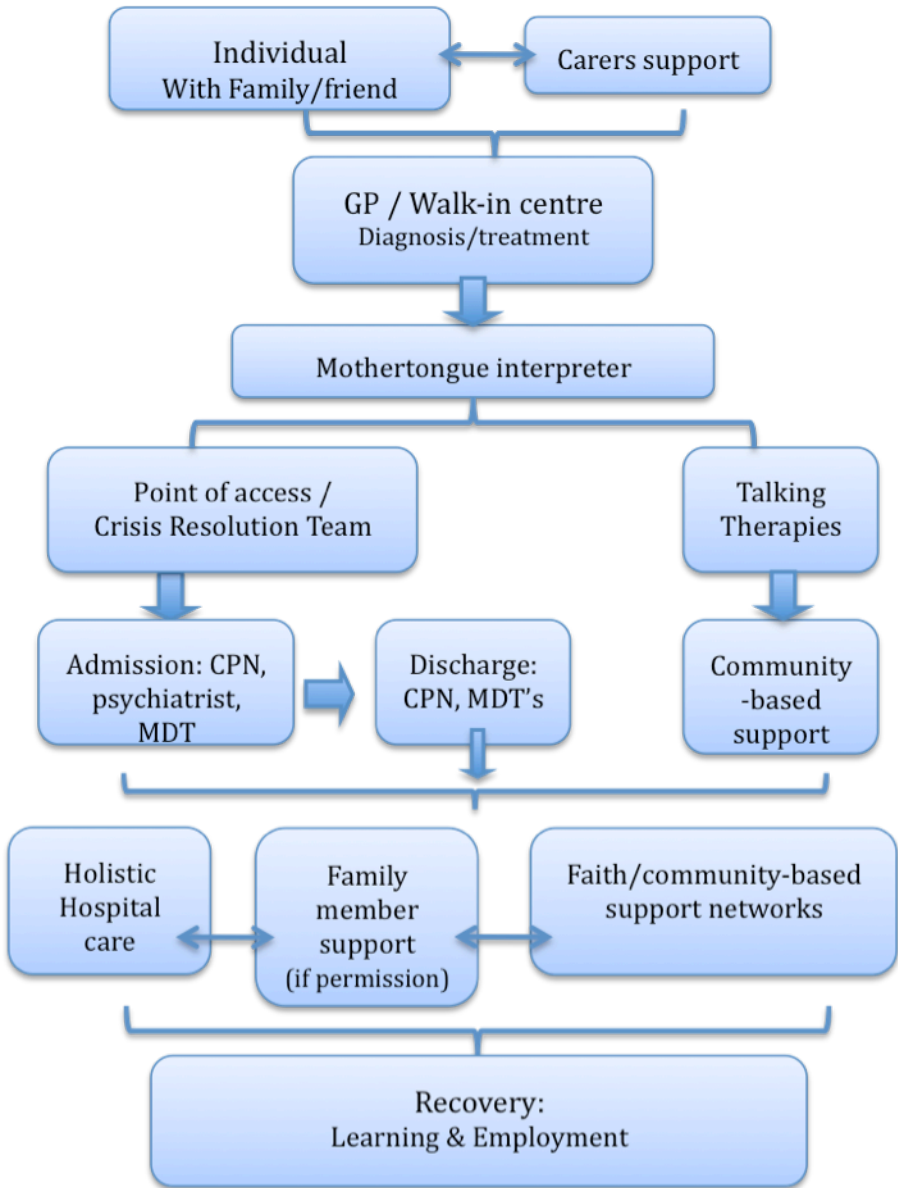
*Sikh community Chaplaincy service*

**Community link line** offers a free telephone call to the housebound. It is available to everyone no matter what age, race, faith, or gender. You will receive a friendly call by trained individuals on the same day and time each week. If you would like to be part of this scheme and receive a call, phone 0118 979 4568.

**Directory**

Most Faith communities and faith based voluntary organisations are listed on the Reading Voluntary Action Directory at [www.rvadirectory.org.uk](http://www.rvadirectory.org.uk)

**At a glance:**



## Acknowledgements:

The Hearing Voices Conference (July 2009) was a joint event organised by the Reading Faith Forum and SAKOMA as part of the Stronger Together Consortium. The two fora have worked with sub-groups to develop and enhance partnership with other voluntary and community groups as well as statutory sector colleagues.

Reading Faith Forum continue to support the ongoing work from the conference feedback and this resource is one of the results. Paper copies will be sent to all faith communities. Online and downloadable pdf copies are now available from Reading Faith Forum website: [www.readingfaithforum.com](http://www.readingfaithforum.com)

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## Stronger Together

The Stronger Together Programme brings together four forums into a consortium with Reading Voluntary Action to ensure that the voice of the voluntary and community sector (VCS) is able to influence strategic decision making. The

four forums are:

Reading Children's and Voluntary Youth Services (RCVYS)

Reading Faith Forum

SAKOMA (BME communities)

The Forum (the wider VCS Forum)

Contact us:

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Reading Voluntary Action  
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