

Mental Health News

Promoting “World Mental Health Day”

Workshop for people who experience voices, paranoia and unusual beliefs.

The Mental Health News e-bulletin is a daily bulletin issued by the Mental Health Improvement Programme (MHIP) containing an item relating to a Mental Health issue, development or outcome in the North West.

The aim is to bring awareness to our stakeholders about service improvement and innovative projects underway in Mental Health across the North West, and to encourage you (the reader) to act as vehicle for ensuring that you or your organisation is engaged with the work where applicable.

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Cheshire and Wirral Partnership NHS Foundation Trust are a mental health trust that covers a large geographical area. In the West locality (Chester and Ellesmere Port), Linda Shuttleworth, clinical psychologist, has developed several different psychotherapeutic groups, one of these is a *Coping with Psychosis* group. The guiding principles of this group are to promote a psychological and normalising approach to understanding and dealing with experiences often termed psychosis. This group has been run several times over the last few years, by different clinicians. At the end of several of our group sessions a number of clients expressed an interest in continuing to meet up for mutual support, unfortunately there was no forum for this. Consequently a joint workshop has been organised between *Mind* in Chester and Cheshire and Wirral Partnership NHS Foundation Trust, with the aim of offering further workshops to help those interested set up their own locality based Hearing Voices Network Group. It was felt appropriate that the workshop should take place on World Mental Health Day.

The one day workshop is for people who experience voices, paranoia and unusual beliefs. The workshop aims to offer a psychological understanding of these experiences and coping strategies that can be adopted. It will also be covering information about the *Hearing Voices Network*. Their website <http://www.hearing-voices.org/> outlines their aims as:

- To raise awareness of voice hearing, visions, tactile sensations and other sensory experiences.
- To give men, women and children who have these experiences an opportunity to talk freely about this together.
- To support anyone with these experiences seeking to understand, learn and grow from them in their own way.
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For more information about the workshop day contact Linda.shuttleworth@cwp.nhs.uk

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