

Content headnote - this mailout contains or links to webpages or files with mentions of the following topics: *mental health services, work capability assessments/DWP, Ageism, Oxevision, drug and alcohol, sobriety, depression, trauma, inpatient care*

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Independent Mental Health Network
Newsletter - September 2023

Dear Reader,

Hello!

I hope you are well and have been enjoying the last of the summer weather. There are lots of events, opportunities and news pieces to share with you this month - do get in touch if you have any content we can share with our networks!

Take care,

Lauren Davison (Communications Officer)

**DEPARTMENT OF WORK AND PENSIONS - WORK
CAPABILITY ASSESSMENT CONSULTATION**

You may have heard that the DWP is planning to eventually scrap the Work Capability Assessment (WCA). Before they do, they are consulting the public on changes to the process.

The DWP is considering completely removing the low capacity for work-related activity (LCWRA) criteria altogether. If this were to happen, not only would claimants in this category lose [up to £390.06 per month](#), their benefits could also become dependent on "[mandatory tasks](#)" that can be distressing.

It is assumed to be part of a drive to push disabled and sick people into remote work - which can be incredibly detrimental to recovery and daily life.

If you want to have your say in the consultation, [click here.](#)

THE PEER PARTNERSHIP - ONLINE WORKSHOPS



The Peer Partnership are offering 4 online workshops this October. Click the link by each session to find out more and register.

1. [Boundaries in the Health and VCSE Workplace](#) – Tuesday, 3rd October 2023 – 9:30-13:30
2. [Group Dynamics](#) – Tuesday, 10th October 2023 – 9:30-13:30
3. [Recognising and Responding to Challenging Behaviour](#) – Tuesday, 17th October 2023 – 9:30-13:30
4. [How to Design Peer Support](#) – Tuesday, 24th October 2023 – 9:30-13:30

WHAT'S ON

Bristol Wellbeing College - September/October sessions - [Click here to see the available sessions.](#)

Throughout October - Charlie Waller are offering Eating Disorder workshops for parents and carers of children. [Find out more and register here.](#)

Thurs 14th September - 10:30-12:30 - Bristol Older People's Forum - Challenging Ageism Workshop - Click [here](#) to register.

Thursday 21st September - 4:00-5:30pm - National Survivor User Network meeting (Open to NSUN members only) - [Register here](#) -

- The meeting will hear from the Stop Oxevision campaign, and will be joined by NSUN Trustee and author [Mad World: The Politics of Mental Health](#), [Micha Frazer-Carroll](#), and the panel will be led by NSUN's Communities and Grants team, Ruairi White and Alaina Health.

Friday, 6th October - 10:00am - Keeping Bristol Safe Partnership Conference - [Register here:](#)

OPPORTUNITIES AND JOBS

TransSober - Transforming Drug and Alcohol Services for Trans and Non-binary People - if you are a member of the Trans and Non-binary community, wishing to participate in research on how drug and alcohol services can be better tailored, [do feel free to fill in this survey](#). To be entered in the draw for a £50 Amazon Voucher, you can email info@transsober.org

Designing new sexual health services for Bristol, North Somerset and South Gloucestershire - click [here](#) to take part in the survey, and share your thoughts and ideas.

STOP OXEVISION CAMPAIGN

STOP oxevision

Stop Oxevision and The National Survivor User Network have been working to campaign against the roll-out of Oxevision in Inpatient settings.

For those who don't know, Oxevision is an Inpatient monitoring system which contains infrared sensors and cameras - and therefore a 24-hour surveillance system without needing informed consent from service users. This particularly has implications for patients with trauma as a result of surveillance.

You can find out more about the campaign [here](#).

YOU MIGHT FIND INTERESTING

[Benefit backlog costing disabled people £24m a month, says Citizens Advice | Benefits | The Guardian](#)

[Simon Cowell opens up about power of therapy after depression struggles | The Independent](#)

[Youth mental illness drives rise in benefit claims, study suggests - BBC News](#)

[Wotton Lawn: Fears policing changes will harm psychiatric patients - BBC News](#)

[Mad Freedom have uploaded a free copy of the Routledge International Handbook of Mad Studies - with a RRP of £200](#)

IMHN is recruiting: new Lived Experience reps



We are recruiting Lived Experience Reps - to join the Young People's Transition project.

You can find out more about the roles on our website - [click here.](#)

Applicants must be 18+ and send their applications to engagement@imhn.org.

Applications will be reviewed on a rolling basis until roles are suitably filled.



WANT TO BE A TRUSTEE?

WE'RE LOOKING FOR VOLUNTEERS TO BE PART OF A GROWING MENTAL
HEALTH CHARITY. WE'D LOVE TO HEAR FROM YOU!





Bristol, North Somerset & South Gloucestershire Talking Therapies

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We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

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Our easy 3 step approach

01

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02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.



Contact us today - it is a FREE and confidential service.



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Text 'YOU' to 88802

Scan to self refer



**Making People Better in Bristol,
North Somerset & South Gloucestershire**

Keep in touch!

Have a story you want to share? Running an event that you want help promoting? Have any questions about the Independent Mental Health Network? Then get in touch! Drop us an email or send us a message via social media:

Email: engagement@imhn.org

Twitter: twitter.com/BristolIMHN



Have you been forwarded this email?

Someone thinks you might be interested in IMHN's work in mental health.

[Click here for more information about our network, and to join as a member today.](#)

*You are receiving this email because you have opted to receive news and updates about the Independent Mental Health Network's work. If you have any questions about membership of IMHN, please email **membership@imhn.org**.*

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