

# What's new.

## Bury Rethink Mental Illness Carers Group

### Getting a fair deal in tough times

Rethink Mental Illness successfully hosted a much anticipated conference in Blackpool at the end of September for mental health service users, carers and professionals. The event, which included a 3 course meal, was hugely popular; over 150 people attended the all day event at the Imperial hotel in the heart of Blackpool. Free to members of Rethink Mental Illness, the conference focused on two key areas:

- Welfare rights, changes to benefits, cuts to services
- Mental illness and your GP: reasonable adjustments and physical health checks for carers.

The event was well attended by the Bury Carers Group. A special thank you, on behalf of the group, to our Co-ordinator John Taylor for arranging transport and his part in organising the event.

Speakers from across the region included:

- Elaine Walker, *Head of Primary Mental Health Services for Blackpool Council*
- Doug Feery and Lindsey Rhodes, *of Switalskis' Court of Protection team*
- Paul Jenkins, *Rethink Mental Illness Chief Executive*
- Ellen Thomas, *a service user who spoke about her struggle but ultimate success in being granted reasonable adjustments from her GP surgery.*



*Members of Bury Carers Group, Blackpool*

### New Members Welcome

Our door is always open to carers of those with severe mental health problems. We meet socially and offer mutual support. We are passionate about bringing about positive change in mental health services in Bury.

The group meet on the **fourth Thursday of every month from 7.00pm - 8.30pm** and on the second Thursday of every month from 11.00am - 12.30pm at Bury Carers Centre, 9-13 Silver Street, Bury.

If you would like to come to a meeting feel free to contact John Taylor on 07875 040292, to confirm the details, as we occasionally hold them at different venues.

## October 2011

## Celebrating the life of Ellen Foran

Our friend and dedicated campaigner for mental health, Ellen Foran, sadly passed away on the 28<sup>th</sup> September after a long illness.

With a background in mental health nursing Ellen went on to devote her retirement to improving mental health care in Greater Manchester. She fought tirelessly for many years to give those affected by mental illness a voice. She was instrumental in setting up the Rethink Manchester Carers In Action group.

As a carer herself, Ellen understood many of the issues facing people affected by mental illness. Never one to shy away from a challenge, Ellen lobbied local MPs and never tired of acting as a champion for those living with mental illness and their family and friends.

In 2007 Ellen was recognised as a community hero and given the Citizen of the Year award at the Manchester Community Awards and was recently nominated for a Pringle award.

Olga Standing, member of Bury Rethink Mental Illness Carers Group, said: "Even when she was very ill and in considerable pain she would attend meetings and would remain active. She had a great sense of humour, was very brave, kind and wise. She is without doubt a great loss."

John Taylor, co-ordinator of Bury Rethink Mental Illness Carers Group, recalls: "I remember Ellen setting up a meeting with Ivan Lewis MP which led to a dialogue between carers, the local authority and the Pennine Care Trust, which continues to this day with beneficial results.

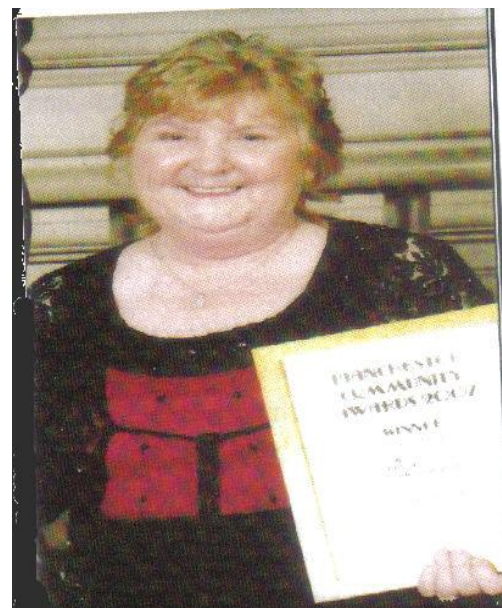
We feel privileged to have known Ellen and all her energy and enthusiasm. Our thoughts go out to her family and friends who should be very proud of her immense contribution.



*Janis, Olga, Barbara & Joyce, Blackpool*



*Ellen Foran, Wynn Smith and Lily Reid at a Bury Carers Group event*



*Ellen Foran receiving the Manchester Citizen of the Year award, 2007*

## Rethink Mental Illness – what have we done this year?

Read about our successes this year as the leading mental health membership charity by downloading our **free** Annual review 2010/11 at

[www.rethink.org](http://www.rethink.org). Three key achievements this year:

- Extending our services to people with mental illness in the criminal justice system.
- Our *Fair Treatment Now* campaign winning access to psychological therapies for people with bipolar disorder and schizophrenia.
- Being awarded the Investors in People Gold Standard.

Three aims for next year:

- Raising our profile – so we can help millions more people suffering the effects of mental illness in silence.
- Strengthening our membership – so the people we serve are at the very heart of our organisation.
- Developing the Rethink Information System – so we can monitor the outcomes of our work better.



**Leading the way to a better quality of life for everyone affected by severe mental illness.**

For further information on Rethink Mental Illness  
Phone 0300 5000 927  
Email [info@rethink.org](mailto:info@rethink.org)

[www.rethink.org](http://www.rethink.org)

## Hope

Following the re-branding of rethink to Rethink Mental Illness in September we also have a new set of statements that encompass what we offer people affected by mental illness. We want to reach more people by offering:

- Hope
- Understanding
- Commitment
- Expertise
- Passion

At Rethink Mental Illness we know that mental illness does not have to mean the end of someone's hopes and dreams. Every day we support people to realise their



potential as we work to improve the lives of the millions affected by mental illness. We work with the different circumstances and goals of each individual, recognising people's personal strengths and resources.

Are you, or someone you know, interested in subscribing to our monthly newsletter or even volunteering for our Carers Group?

Contact [helen.jackson@rethink.org](mailto:helen.jackson@rethink.org) or telephone 0161 2263332/07733 886935

## contact us

**Group Name:** Bury Rethink Mental Illness Carers Group

**Group Contact:** John Taylor  
**Bury Carers Centre**

9-13 Silver Street  
Bury  
Lancashire  
BL9 0EU

**Telephone:** 07875 040292

**Email:** [jrt@northernparrots.com](mailto:jrt@northernparrots.com) or [jrt7190@gmail.com](mailto:jrt7190@gmail.com)