

Bury Rethink Mental Illness Carers Group



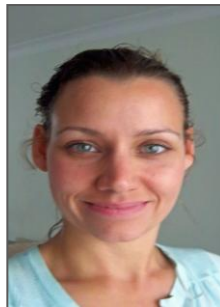
Welcome to Bury Rethink Mental Illness Carers Group first Newsletter!

Launched in 2008, the Bury Rethink Mental Illness Carers Group meet twice a month for mutual support from other carers of those with severe mental health problems. The group hold discussions, invite speakers and share information and publications relating to mental health. The meetings provide an opportunity to learn from other carers in similar situations, whilst alleviating some of the isolation often felt by those coping with caring responsibilities.

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. Please contact John Taylor prior to attendance

Group Development Officer

I am delighted to introduce myself as the newly appointed Group Development Officer. A successful application to Bury Council led to a 12 month contract being awarded to fund the role via the Age of Opportunities Scheme.



It is a privilege to be working with the Bury Carers Group. I have been an employee of Rethink Mental Illness for over three years, supporting several services in the North West.

My primary aim is to raise the group's profile, to reach carers of all ages and create links with local services and similar groups.

Helen Jackson
Tel: 0161 2263332

To subscribe to this newsletter please contact helen.jackson@rethink.org or telephone 0161 2263332

New Members Welcome!

Our door is always open to carers of those with severe mental health problems. We are passionate about bringing about positive change in mental health services in Bury and the more we grow the greater our say and influence on decision makers.

Contact Group Co-ordinator John Taylor on 07875 040292 or email jrt@northernparrots.com and come along to our next meeting on **Thursday 8 September (11am - 12.30pm) or Thursday 22 September (7pm - 8.30pm) at Bury Carers Centre**

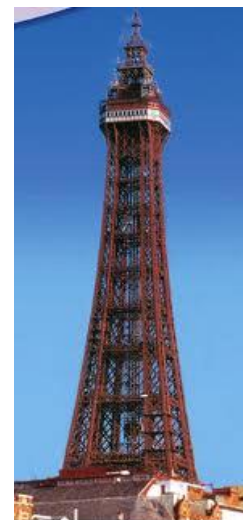
support group newsletter

**Bury
September 2011**

Getting a fair deal in tough times

Wednesday 28 September 2011, 10.30a.m – 4.00p.m
BLACKPOOL (Imperial Hotel)

An important conference for service users, carers
and professionals



The conference will focus on two key areas:

Welfare rights,
changes to benefits,
cuts to services

Mental illness and
your GP, and
physical healthcare

Not booked your place yet?

Please send your completed
booking form and remittance
to; [Reservations, Rethink Mental
Illness, 122 Westgate, Wakefield,
WF1 1XP](#)

For more information please
contact: yne.nw@rethink.org or
telephone 01924 433202

Rethink Members **FREE** (join now)

Service Users/Carers **£12***

Professionals **£50**

*If you are paying £12 for registration, why not join Rethink Mental Illness instead? You will get access to this conference and six months membership, you will get two issues of our magazine *Your Voice* and the chance to find out if membership is for you in the long term

Contact John Taylor if you
are interested in a place
on the minibus from Bury

If you're not already a member of Rethink you can [join today](#)
(£12 for six months or £24 for one year)

revitalise your inner strength

Rethink Advice Line

A team of highly trained staff provide specific solution-based guidance and offer information and advice to over 10,000 enquiries every year.

Advice and information on a wide range of mental health issues is available including:

- treatment, medication and therapy
- getting a second opinion
- living with severe mental illness
- money and debt management
- benefit entitlement
- the law, individual rights and Government
- the police, courts and prison
- information for carers
- help with inquests and court hearings.

As of 19 September the advice line has a new number; making it cheaper for the many people who call from mobiles to reach us. The existing 0845 number will still work as normal.

Telephone: 0300 5000 927



Rethink re-branding

Look out for the launch of the new Rethink brand later this month to **Rethink Mental Illness.**



We've listened to feedback that our name was confusing because it was unclear what the charity is actually about. Changing our name so that we clearly say 'on the tin' what we are about is the first step to raising our profile. There is also the added benefit of urging society to rethink misconceptions and myths about mental illness.

The new logo is a circle. This represents the solid circle of support – or circle of friends – which is at the heart of Rethink's work.

By including a full stop in the design we are making a powerful statement that people need to rethink mental illness.

For information about other Rethink groups please contact Stephanie Miller stephanie.miller@rethink.org

<http://www.rethink.org>

Rethink Mental Illness at the party conferences

Autumn conference season is a chance for our political parties to come together, reflect on the year they've had, and debate and formulate new policy.

Often it is a platform for flagship announcements or leadership challenges. Rethink Mental Illness have a presence at the three main party conferences each year, using the unique environment to raise awareness of our campaign issues amongst decision-makers, and get them to take action.

This September and October, we are putting on two key events, as well as meeting as many politicians on a one to one basis as we can. First, we are working with Age UK and the Local Government Association (LGA) to debate the future of the NHS.

Councillors will have a range of important powers in the new system, and we want them to know how to engage with mental health services, people with mental illness and carers in their communities.

We will be joined by intrepid Rethink Mental Illness activists at each conference. Find out more about their experiences of party conference campaigning with us at www.rethink.org/campaigns

The Coalition and mental health – one year on

As the autumn edition of *Your Voice* (Rethink's membership magazine) went to print, Parliamentarians were gearing up for party conference season. The conferences are a natural time to reflect on the previous year and look to the future in terms of policy. But after taking power in such unique circumstances, how should the Coalition be reflecting on the future of mental health and how have they performed so far? *Your Voice* gave their verdict on several key areas including Psychological therapies:

'We were delighted in October last year when Chancellor George Osborne committed to funding psychological therapies for people with severe mental illnesses in a budget announcement. Now we need to keep the pressure on to ensure that this becomes a reality in every area of the country.'

If you are interested in campaigning to ensure the Coalition lives up to its promises email campaigns@rethink.org or telephone 0300 5000 927.

contact us

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Group Contact: John Taylor

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Working together to help everyone affected by severe mental illness recover a better quality of life



INVESTOR IN PEOPLE



Registered in England Number 1227970. Registered Charity Number 271028
Registered Office 89 Albert Embankment London SE1 7TP
Rethink is the operating name of the National Schizophrenia Fellowship, a company limited by guarantee