

Lincolnshire's Managed Care Network
for Mental Health

Lincolnshire
COUNTY COUNCIL

Lincolnshire Partnership
NHS Foundation Trust

Mental Health Support Networks in Lincolnshire

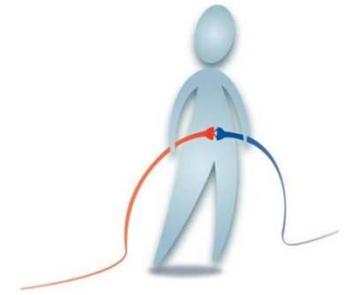
Shine & The Managed Care Network for Mental Health

Adult Scrutiny Committee

26th November 2014



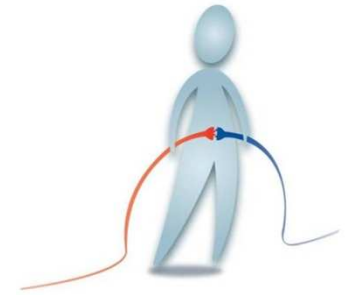
**LGC Awards
2014
WINNER**



Lincolnshire County Council
Lincolnshire Partnership NHS Foundation Trust
Shine Mental Health Support Network



LGO | Awards
2014
WINNER



Health and Social Care

Lincolnshire Community Mental Health Support Networks

- "A leading edge initiative involving co-production of services and collaboration with communities.
- There are some moving stories of people who take up services and end up running them.
- This initiative is ambitious and innovative working alongside the voluntary sector with community participation.
- A very clear agenda has been set of external evaluations.
- This project has been led with creativity, commitment and determination."

SHINE Mental Health Support Network



Independent network of people, groups & organisations that share an interest in supporting people with mental health problems

lincsshine.co.uk

Managed Care Network for Mental Health



Funded by the Mental Health Promotion Fund

“Co-ordinated, managed & integrated”

sharon/lpft/mcn-shine

SHINE

Mental Health Support
Network in Lincolnshire



Photograph courtesy of the Lincolnshire Echo

*connecting people with the services and support
that will most effectively meet their needs*



www.lincsshine.co.uk









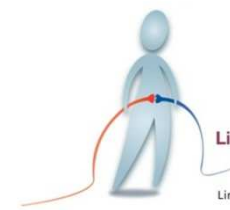
- **600 Members**
- **67 Ambassadors**
- **298 organisations**
registered on Lincsshine

lincsshine.co.uk

SHINE activities



- **LincsSHINE website** 
- **Shine Ambassadors**
- **Administration / Membership** 
- **Staying Well** 
- **Inward Investment**
- **The Lincolnshire Mental Health Newsletter**
- **Positive About Mental Health**
- **Prompt** 
Tele-messaging & graduated support
- **Excellence in Peer Support** 
- **Fit & Well** 
Promoting Physical Activity



Supported by an investment from
Lincolnshire's Mental Illness Prevention Fund

Lincolnshire Partnership NHS
Foundation Trust

Lincolnshire
COUNTY COUNCIL



Connect with Mental Health Support

If you are experiencing mental health difficulties, our site has people or services to help you. You can find anything from opportunities to make friends and get healthy to places where you can gain support, advice or learn new skills.

For general health information try [NHS Lincolnshire](#)

Connect with a contact in Lincolnshire by using our Search function below.

- A-Z listing
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0-9

carers

All words Any words Exact Phrase

- Be healthy
- Be active
- Feel safe
- Connect with other people
- Be creative
- Learn new stuff
- Be useful
- Get involved

Found 35 result(s)

Carers Connect

"Carers Connect aim is to ensure that information, advice, practical and emotional support is available to all carers across Lincolnshire. Our Education, Employment & Learning Scheme provides Carers with learning opportunities through the following training courses:

Address :
Marie Cottam EELs Co-ordinator (Education, Employment & Learning)
Carers Connect Age UK
Lincoln Activity Centre Park

Search for a service

Search our subscribers' pages to find local information about services, support organisations and people.

User survey

Please can you help us make this website better by answering the following questions

Did you find what you were looking for on this site?

Are you likely to use this site again?

Thank you for your help

POWERED BY FOX CONTACT

Latest Events

Carers Mental Wellbeing Event

Wed Oct 29 @ 10:00AM - 04:00PM

Learn to Relax with Sophrology

Wed Oct 29 @ 1:00PM - 02:30PM

NHS Board meeting open to the public

Thu Oct 30 @ 9:00AM - 12:00PM

SHINE

**Mental Health Support Network
in Lincolnshire**



What is normal?

I have good days, bad days,
sane days and mad days.

There are heaven days, hell days
and coping sort of well days.

There are wet days, dry days and
'God I need to cry' days.

Then I have the Dread Days:
The 'I will stay in bed' days.

Also the days I smell success
and see my way out of this mess.

Those days when I look and feel great
and those days thunderous with hate.

These are my days, some full of strife,
some full of hope, this is my life.

But there is this; they tell me it's true:
That it's very much the same for you.

*Jane A Moxhaybaker
14 February 1992*

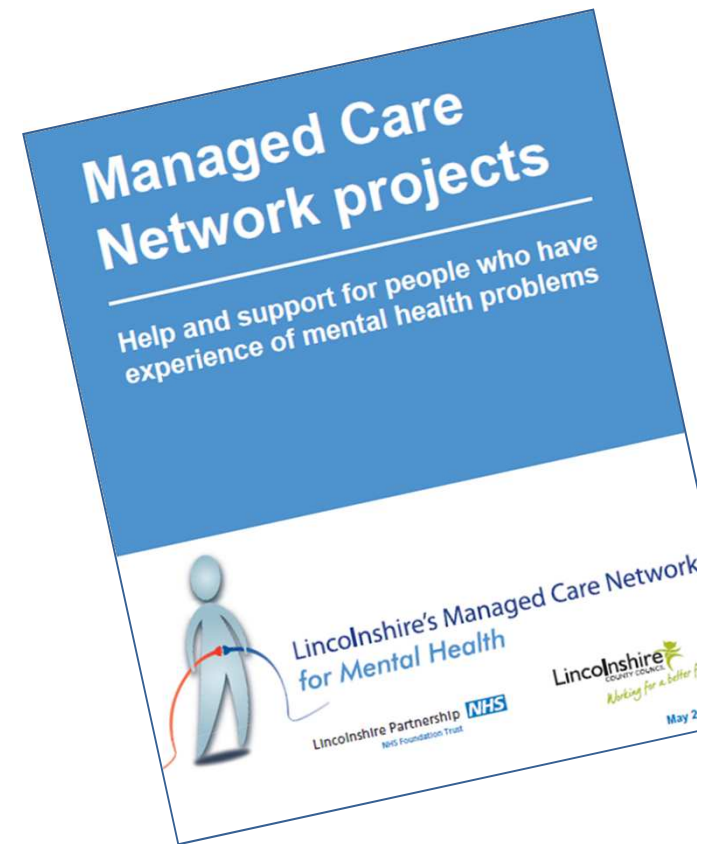
connecting people with the services and support that will most effectively meet their needs

SHINE Newsletter - July 2013



The Managed Care Network for Mental Health

**More help,
more quickly,
for more people,
nearer to home,
for less money,
with better outcomes.**



Before the MCN

?

activities

5

groups and organisations

6

projects

6

Sites

?

estimated beneficiaries



Joining the Dots

32

activities

67

groups and organisations

72

projects

including 14 countywide projects

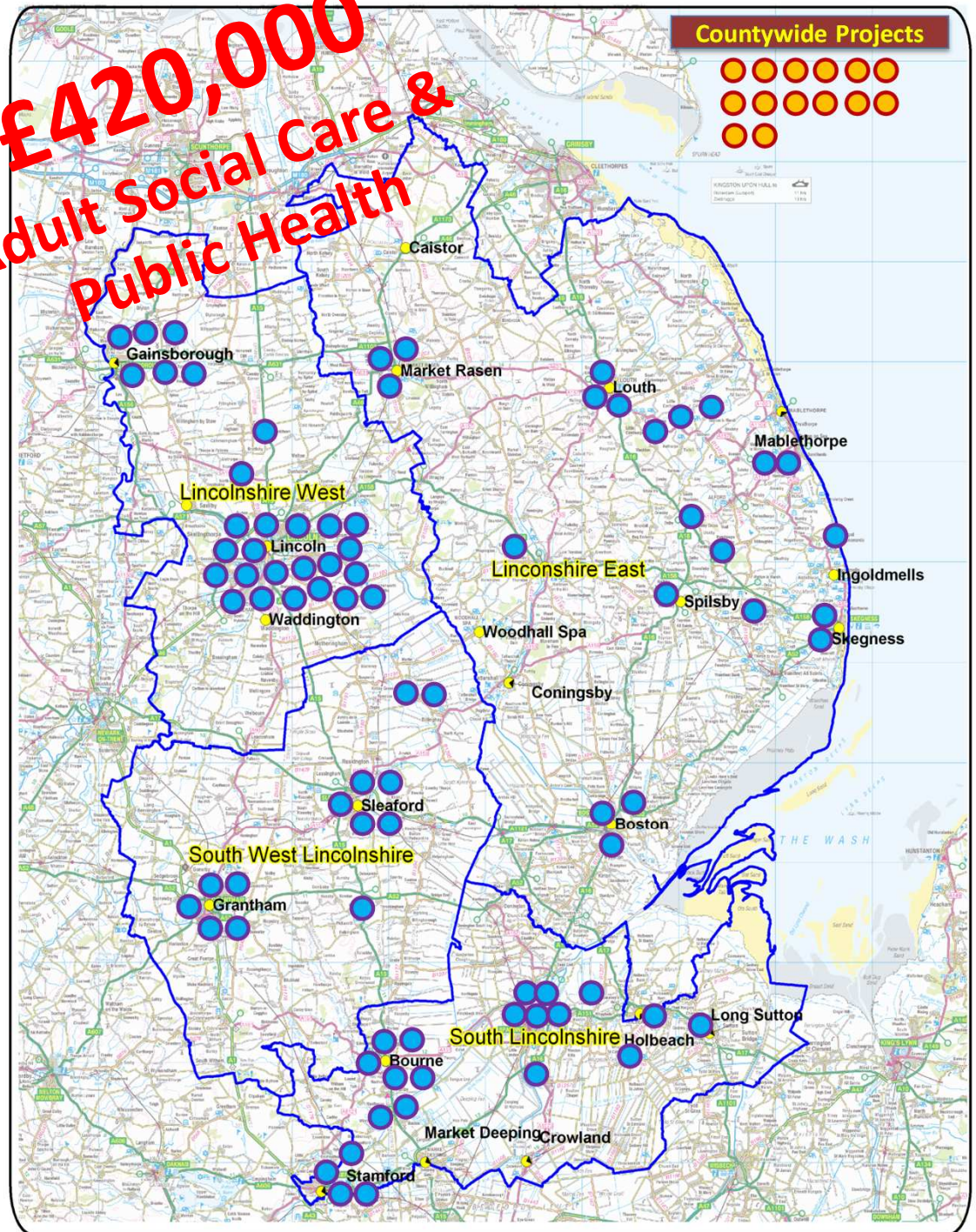
83

Sites

3000

estimated beneficiaries

£420,000
Adult Social Care &
Public Health



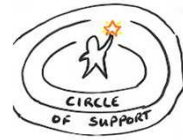
MCN Activities



Short breaks



Relaxation



Carers Support



Performing Arts



Hearing people's views



Social Activities



Peer Support
& Advocacy



Sports coaching



Mentoring



Awareness



Formal & Informal Learning
& Recovery College



Parental
Mental Health



One-to-one Help



Horticulture



Help for
Homeless People



Volunteering



Vocational Training



Woodland Activities



Social Enterprise



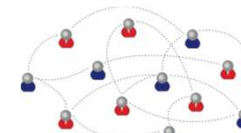
Information &
Social Networking



Staying Well
small grants



Prompted &
Graduated Support



Local groups



Early onset
psychosis support



Eating & Living Well



Health checks



Money Advice



Physical Activity



Promoting Groups



Creative writing,
Arts & Crafts



Tranquility

Nottingham University Institute of Mental Health

Impact Assessment: Phase 2

Achievement of strategic objectives

- The MCN groups are quite evenly spread across the county, with the largest proportion in the West of Lincolnshire (26%) and the smallest in the South West (11%).
- The MCN offers a wide and varied range of projects.
 - 56% Support (e.g. peer support, financial support, access to services, general advice, family support, support in accessing paid and/ or voluntary work);
 - 22% Activity Specific (e.g. fitness, craft, cooking, media activities, horticulture);
 - 11% Training (e.g. education and workshops on mental health, work experience training);
 - 11% Other

Nottingham University Institute of Mental Health

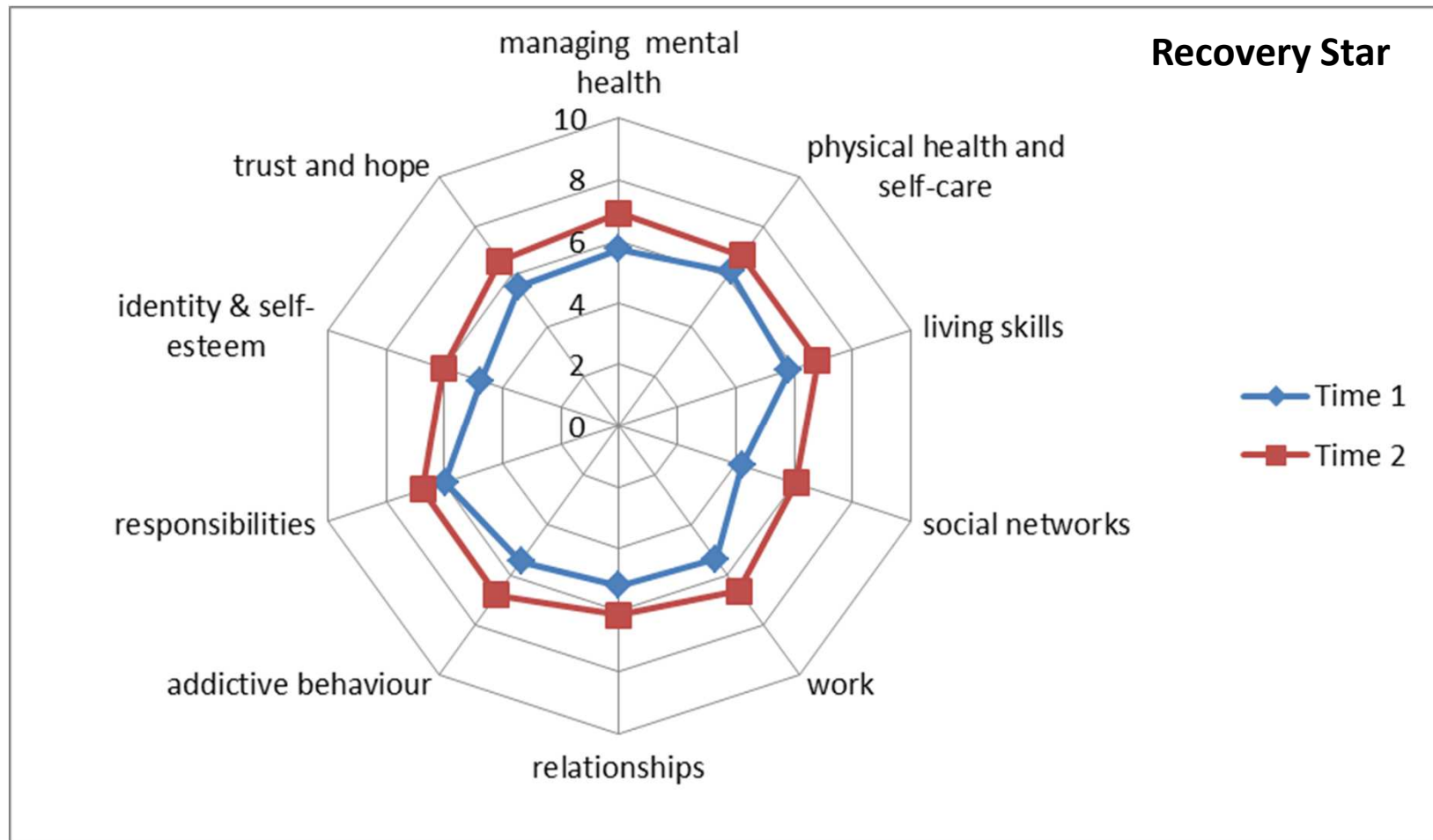
Impact Assessment: Phase 2

Achievement of strategic objectives

- Limited early evidence of effect on Mental Health service use (noting the difficulty in attributing direct cause to the MCN)
- Early indication of good cost effectiveness, with quite large numbers helped by small levels of investment
- Being part of the MCN was a positive experience, and one which helps the members to offer the Beneficiaries better levels of support than they would if working in isolation.

Nottingham University Institute of Mental Health

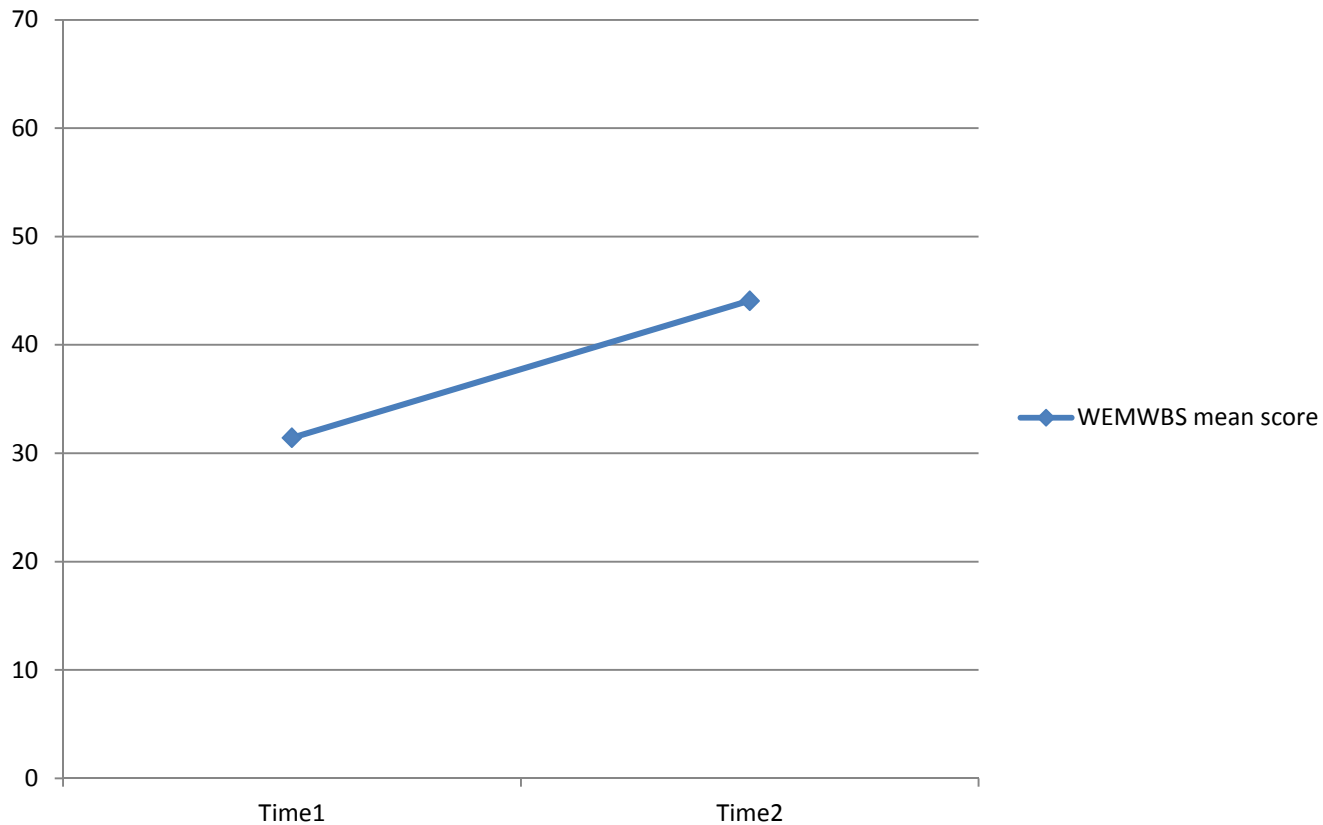
Personal Outcomes



Nottingham University Institute of Mental Health

Personal Outcomes

WEMWBS mean score



Nottingham University Institute of Mental Health

Personal Outcomes

Mood map

