

News for members of South London and Maudsley NHS FoundationTrust

August 2009

SLaM

membersnews



Meeting of minds

Your new website: great stories and a place to air your views



Changing attitudes to mental health
Stress - top tips and expert interview
Win a DVD player. More inside...

This newsletter by numbers

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Number of years since the elections to establish SLaM's first Members' Council. Page 3

9

Current Members' Council vacancies. Page 5

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Number of tips on managing stress you'll find on page 11

73

Percentage of respondents in a recent survey who said that people with mental health problems should have the same rights to a job as anyone else - up from 66 per cent in 2008. Page 13

1915

The year that the construction of the Maudsley Hospital was completed, after which it was handed over for use as a military hospital. Page 14

9007

Number of SLaM members. Page 16

14 000

Number of people who took part in last year's national mental health patient survey. Page 17

200 000

Estimated number of heroin addicts in the U.K. Page 17

164 600 00

Number of UK households with internet access - 65 per cent of households and an increase of 1.23 million households since 2007 - according to the 2008 National Statistics Omnibus survey. Page 18

SLaM members is produced by the Communications Department.

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For more information about membership see

www.members.slam.nhs.uk or
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Tel: 020 3228 2441

Welcome to the first edition of the new look newsletter for members of South London and Maudsley NHS Foundation Trust (SLaM)

We've relaunched the newsletter as part of our efforts to improve the way we communicate with you, and we've tried to pack as much information as we can into this edition. You can find out even more about what's happening at SLaM on our new website for members – more about that on page 18.

It's hard to believe that it's almost three years since we held the first elections to help establish our Member's Council. Today, the Council plays a really important role within the organisation. And our meetings are always interesting and enjoyable. That's because of the richness of discussion you get by bringing people together who have a range of different perspectives on mental health - service users, carers, clinical staff, partner organisations and public.

I'd like to take this opportunity to say a big thank you to the individuals who devote their time and energy to being part of the Members' Council, some of whom will be stepping down in the coming weeks as we gear up for our next round of elections. You can get a bit of an insight into what it's like to be on the Council by reading the interviews with some of the people who are part of it on page 6.

I'd also like to encourage you to take part in this year's elections. This is your Member's Council, and the elections provide you with the opportunity to decide who sits on it. You might even be interested in standing for election yourself, and you can find out how to do that on page 5.

I hope you find this newsletter interesting and enjoyable. Do let us know what you think. You can do that by contacting the Membership Office or, even better, by coming along to our Annual Public Meeting on 15th September – see page 17 for details.

Finally, I'd like to thank you on behalf of the Members' Council for being a member of SLaM. We really value your support.

Madelienne Long
Chair, South London and Maudsley NHS Foundation Trust



Bethlem Sunfayre, 18 July 2009

Thanks to those members who came along to this year's Bethlem Sunfayre back. Lots of people, lots of fun and barely a drop of rain!

Thank you to the SLaM Charitable Funds for supporting the Sunfayre.



Can you be elected? Yes you can!

If you care about mental health issues and are interested in getting more involved in the work of SLaM, then why not stand for election to our Members' Council?

The deadline for putting yourself forward for election to the Members' Council is 16th September. All you need to do if you're interested is ask for a nomination pack from our membership office email Laurence.whittle@slam.nhs.uk or phone 020 3228 2441. You'll need to complete and return it by 16th September – just contact the membership office if you need any help or have any queries.

On page 6 you can find out a little more about what it's like to be on the Members' Council. Here is a selection of some of the many issues the Council has discussed over the last year...

- Redeveloping the Ladywell Unit, University Hospital Lewisham
- Appointing Non Executive Directors to the SLaM Board of Directors
- Redesigning the Maudsley Hospital
- Developing the 'Make Me Smile' campaign whereby people can bid for up to £750 for an initiative which involves improving the patient experience, promoting mental well-being or social inclusion

Members' Council vacancies

Constituency	You can put yourself forward for election if you are aged 18 or over and...	Number of vacancies
Public	...live in England of Wales	3
Service user (local)	...have used SLaM services in the last five years and live in Croydon, Lambeth, Lewisham or Southwark	1
Service user (national)	...have used SLaM services in the last five years and live in England or Wales	3
Carer	...are the carer of anyone who has used SLaM services in the last five years	1
Staff	...are employed by SLaM	1

Election timetable

Elections will take place if any of the Members' Council vacancies are contested by two or more people. If only one person expresses an interest in any of the vacancies, then he / she will automatically become a member of the Council without it needing to be put to a vote.

28th August 2009

The election process gets underway, administered by the Association of Electoral Administrators (AEA)

16th September

Deadline for putting yourself forward for election

5th October

Details of candidates published on members' website (www.members.slam.nhs.uk)

12th October

Ballot papers sent out to members

26th October

Closing date for receipt of ballot papers

27th October

Counting of the votes

29th October

Results announced

What Members' Council means to me...

So what's it actually like to be part of the SLaM Members' Council? We caught up with six of the people who are part of it to find out.



Polly de Blank, elected member, service user constituency As someone who has used SLaM's services for several years, Polly is able to reflect on the care she received and recently fed back on the "blockages in the care pathway" she experienced to a senior manager at the Trust. She says: "From the Trust's perspective, the Members' Council is an opportunity for people – staff, carers and service users – to have direct access to each other and to interact."

Polly was unsure what to expect when she joined the Council: "I remember at my first meeting being really surprised at how much the Trust listened - not just to the staff members but also to the users and carers."

"It's been really interesting finding out more about how the system works, and how much Government policy affects what goes on in the Trust."

As to the future, Polly will be encouraging more service and carers to join the Council. "We are massively under-subscribed in comparison with the staff members, for example. My big hope is that more service users and carers will know it exists and understand what its role is and the part they can play."

Is it demanding on her time? "It's really up to you. You can choose how much you want to get involved."



Dr Dele Olajide, elected member, staff constituency Consultant psychiatrist Dele Olajide is a staff representative on the Members' Council. Alongside his clinical expertise, Dele brings a wealth of knowledge to the role – not least from the informal networks he has developed over the years with local community-based black groups and churches.

"Most of the work of the Council is extremely interesting and rewarding, and I have not been disappointed," he says. "Some staff seem to feel that decisions are taken without them. I believe that as a staff representative on the Members' Council, one can help to bridge that gap."

Now in his third year as a council member, Dele is an enthusiastic advocate for the role and urges others to follow in his footsteps. "It's important that the Council is not a 'closed shop'," he says.



John Muldoon, elected member, public constituency John's professional and personal background is clearly a boon to the Members' Council. As a former approved social worker in the Boroughs of Southwark and Lewisham, he brings an in-depth understanding of mental health legislation and has also been a carer for a service user.

Now in his second term, John says: "I am also on the nominations committee, which gives me and my fellow members responsibility for interviewing non-executive directors and recommending them for appointment. We also appraise the chair and set remunerations for the chair of non-executive directors."

The Members' Council "fulfils a very useful scrutiny role and provides accountability", he notes. "When we have council meetings, the various constituency representatives – service users, staff, carers, the public – are able to question executive and non-executive directors."

While John believes that "difficult times lie ahead" for the public sector across the board, he is convinced that SLaM is "in a strong position to continue to grow".



“Most importantly, for me, it’s a source of assurance back to my Board that SLaM is making good decisions, being a good steward and providing services in a safe, high-quality way.”

● **Magda Moorey, appointed member, NHS Lewisham**

Magda is a speech and language therapist. She has chaired Lewisham Primary Care Trust’s professional executive committee since 2004.

“The committee ensures that when we take commissioning decisions the views of mental health service users, patients, public and clinicians are taken into account.”

Each of the four local London boroughs covered by SLaM – Croydon, Lambeth, Lewisham and Southwark – has a place on the Member’s Council, and Magda is Lewisham’s representative.

“Being on the council helps enormously in understanding the business of the Trust from which we are commissioning services,” she says. “Most importantly, for me, it’s a source of assurance back to my Board that SLaM is making good decisions, being a good steward and providing services in a safe, high-quality way.”

Magda is fired up by initiatives at SLaM to promote mental well-being, and is eager to see the day when people are no longer “embarrassed or ashamed” about having a mental health problem.

She would like the Trust to show more willingness to use the Members’ Council as a “sounding board” when key decisions are being hatched. “They do that to an extent already, but I think the make-up of the Members’ Council is a very good microcosm of the whole population of south London that they are providing services to. In my view, the sum is greater than the individual parts.”



Roger Oliver, elected member, carer constituency

Roger is one of two carer representatives who make a vital contribution to the work of the Members' Council. He lives in Croydon, where he and his wife support a daughter who has a diagnosis of schizophrenia.

Roger feels that the role of the carer and service user representatives is still evolving, and would like to see events being held in the local community where individuals and groups could be introduced to their special 'rep'. "You might find members or others have interesting ideas or examples – on social inclusion, for example - that could be passed on to the Trust."

A highlight of Roger's summer will be to help sift through the applications the Council received for funds for projects designed to improve the lives of people with mental health problems and foster social inclusion. Roger believes that awarding the grants, worth up to £50,000 in total, show how the Members' Council is committed to fostering local innovation.



Noel Urwin, elected member, public constituency

Noel is clearly relishing the opportunity to serve on his second term as an elected member of the Council. Last year he was voted in for three years, having previously completed a two-year term.

He believes his grass-roots experience stands him in good stead. "I have quite a long association with SLaM, having been a Mental Health Act manager for ten years or so and also having done complaints convening."

Being on the nominations committee gives Noel a chance to help choose who should be appointed as non-executive directors. "The advantage is that we make the running and don't have to depend on a body like the NHS Appointments Commission from which to choose potential candidates. I've been very impressed with the three fresh appointments we have made since SLaM became a Foundation Trust, and am quite sure that we have a confident and broad-based Board."

Noel is keen to promote more interaction with the wider membership: "Even though the membership has increased quite a bit recently, we really have a big job ahead to help the Trust members to have a much greater understanding of the benefits of being a Foundation Trust, and of the role of the Members' Council."

Talk about stress

Paul Salkovskis practises what he preaches. Asked at short-notice to contribute to an article on coping with stress in our fast-paced world, the SLaM psychologist chatted in a relaxed fashion on his mobile phone for half an hour from Alton Towers, where he was supporting families whose children have obsessive compulsive disorder (OCD)

The clinical director of the Maudsley Hospital Centre for Anxiety Disorders and Trauma was technically on a day's leave from work, acting in a voluntary capacity to support an organisation with which he has forged close links over the years – OCD-UK.

For some of the children, just being outside their normal environment was a major step, he explained. "Although I don't know much about the kids here today, some of them may have concerns about being around people because of contamination fears or might worry they have left the gas or electricity on at home."

In his day job, Paul leads a team that not only caters for residents in the SLaM catchment area but also acts as a national centre for "some of the most severely distressed and disabled obsessional patients in the country".

For SLaM, the clinic also covers other disorders such as panic and general anxiety. The team there also provides some of the training, supervision and treatment for a new initiative, known as Improving Access to Psychological Therapies (IAPT).

The IAPT initiative clearly excites Professor Salkovskis, and by the autumn there will be three new services up and running within SLaM. "The whole point is to increase access to services. It's completely new money, and a pool of new therapists is being trained and supervised. For the

first time, the NHS has recognised that it is appropriate for people to self-refer for psychological help.”

The team uses cognitive behavioural therapy (CBT). “Essentially, CBT is based on the clear finding that people are anxious because they think things are more dangerous than they really are. When that’s the case, you often do things to try to stop the “danger” from happening.”

“For example, a person with panic will stop going out of the house in case they have a panic attack. They might worry that their panic will run out of control and they will have a heart attack and die, or ‘go mad’. Other behaviours in OCD might include hand-washing, avoidance or constant checking – all meant to stop bad things happening.”

Therapy, Professor Salkovskis explains, helps people to identify their misperceptions of danger. But the next crucial step is to encourage them to confront those feared situations, under the guidance and support of therapists, and hopefully to realise that “the world is not nearly as dangerous as they thought, and therefore to start to engaging with it”.

“That is kind of what these kids are doing today at Alton Towers. Ultimately, we help people to work out what their hopes, dreams and ambitions are. It’s not just about ‘taking the bad feelings away’ – it’s about reclaiming their life.”

But with all the pressures facing us – like swine flu and the economic recession – wouldn’t it be entirely logical to draw the curtains, lock the door and stay at home?

Professor Salkovskis’ answer is straightforward: “Yes. If your primary aim in life is to watch day time TV and eat food from the freezer, then, of course, that’s exactly what you should do. But if you want a rich and fulfilling life, that’s not going to take you very far.”



Professor Salkovskis' top ten tips on coping with stress

- 1** Focus outwards. Think about your dreams, values and what you want out of life. If you want to study for a business degree, for example, what is the first step?
- 2** Grow some tomatoes in a pot on your window ledge. It will give you a new focus and some healthy vegetables to eat
- 3** Be kind to yourself once a week. Don't feel guilty or that you are being self-indulgent if you have a treat or a break from work
- 4** Read a novel or listen to music. Professor Salkovskis reads detective novels or science fiction stories at night before dropping off to sleep
- 5** Go for a walk. Exercise is recommended by NICE as a treatment for depression
- 6** Having money to pay the bills is important, but don't think having lots of money is a route to happiness. It isn't
- 7** Have enough sleep. There is no set amount. As Prime Minister Margaret Thatcher was said to thrive on four hours a night, but others need ten
- 8** Cut down on caffeine. It's not just found in high levels in coffee and tea. Don't follow the example of Professor Salkovskis' friend, who used to drink two cans of caffeine rich soft drink immediately before going to bed
- 9** Be kind to the people that you care for
- 10** If you have a persistent problem, go and see your GP



Professor
Graham
Thornicroft

Squaring up

Championing mental

We're used to being urged by advertising campaigns to buy a particular brand of washing powder or to bin an outdated mobile phone and switch to the latest version instead.

But now anti-stigma campaigners are borrowing methods used successfully for decades by commercial organisations in a bid to usher in a sea-change in attitudes towards people with mental health problems in England.

The initiative, which is backed by celebrities such as Ruby Wax and Stephen Fry, includes a national advertising campaign and a host of local projects that are designed to promote well-being and reduce discrimination and isolation.

One leading figure who is especially keen to see what effect the recently-launched 'Time to Change' campaign has on members of the public is Graham Thornicroft, Professor of Community Psychiatry and Head of the Health Services and Population Research Department at the Institute of Psychiatry, King's College London.

Drawing from international research studies and his everyday experiences as a clinician, Professor Thornicroft, who is also a consultant psychiatrist and director of research and development at SLaM, has amassed in-depth knowledge on tackling the stigma faced people with people with mental illnesses.

It is this impressive track-record that no doubt led to Professor Thornicroft and his team being handed the remit to assess what the impact the anti-stigma campaign has in England over the next four years.

Other countries – notably Scotland, New Zealand and Australia – paved the way by launching their own anti-stigma campaigns in recent years, Professor Thornicroft explains. Research findings suggest that such initiatives may well have had a positive influence on public opinion, though he stresses that a range of factors can come into play.

Looking back on the ups downs in the public's attitudes towards those with mental illness in England in recent decades, Professor Thornicroft says: "Throughout the 1990s, most of the results showed stable and broadly favourable public attitudes in most respects towards people with mental health problems."

"In the second phase – between about 2000 and 2006 – some important trends went in a negative direction. In particular, these occurred in relation to people's wariness about wanting contact with people with mental illness and concerns about violence and unpredictability."

"Some people have said that this happened during a period in which there was widespread

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controversy over proposed Mental Health Act amendments, and when there were frequent stories in the media that were based on the assumption that mental illness and violence are closely connected.”

Earlier this summer the Department of Health published its Attitudes to Mental Illness 2009 report. Based on interviews with 1,751 adults, the findings point to a widespread feeling that people with mental health problems deserve sympathy and that society needs to show more tolerance towards them (86 and 85 per cent respectively).

Such revelations will give Professor Thornicroft and colleagues a ‘baseline’ set of data against which to chart the impact of the Time to Change campaign. “One of the measures we will be making is to see whether this national annual public attitudes survey shows changes after the start of this new anti-stigma campaign,” he explains. “We will see next year and in subsequent years whether there is any detectable positive change in public attitudes in England - as there seems to have been in Scotland.”

Some key findings from the latest survey of public attitudes:

- Three respondents in four (73 per cent) said people with mental health problems should have the same rights to a job as anyone else - up from 66 per cent in 2008
- Eight in ten (79 per cent) agreed that mental health services should be provided through community based facilities - up from 72 per cent in 2008
- Such positive findings were tempered by less encouraging findings, however. For example, 18 per cent of respondents said a lack of self discipline and willpower were major causes of mental illness - up from 14 per cent in 2008
- One respondent in ten (11 per cent) said he or she wouldn’t want to live next door to someone with a mental health problem, up from 8 per cent since 1994

The Time to Change programme is being run by Mind and Rethink, thanks to a £16 million award from the Big Lottery Fund and £4 million from Comic Relief. For further information go to www.time-to-change.org.uk

To view the full DH survey findings, visit: http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsStatistics/DH_100345

Read more of this article on our members’ website, and tell us what you think by logging on to the discussion forum.

Grand designs

At the end of last year, SLaM members were invited to take part in a design process to think about the future of the Maudsley Hospital. The challenge you were set was to help us to think about how best to change the look and feel of the Maudsley to improve the experience of service users, staff, visitors and the local community.



Thank you to those of you who came along to the workshops we organised to look at how to redesign the hospital and also to those who took part in our on-line survey. The feedback received has been pulled together into a report by a Creative Process and Emoli Petroschka Architects – the consultants we have been working with on this project. You'll find the report on our new members' website (www.members.slam.nhs.uk).

The plan is to appoint an architect by early next year to work with us on developing a long term 'masterplan' for the site (it'll take a few months

to do this because it is important for us to make the right appointment).

The first phase of developing the hospital will involve the construction of a new building to house some of our inpatient wards. The SLaM Board of Directors has set aside funding to do this, and the plan is for this development to take place within the next 3 years.

We'll keep you posted about the plans, and there will be plenty of future opportunities for you to become involved.



10,000 in sight - phone a friend and win a DVD player

We're looking to recruit our 10,000th member and we'd like to ask for your help. And just as an added incentive, we're giving you the opportunity to win a brand new DVD player.

All you need to do is encourage someone to join up – a family member, friend, work colleague, neighbour – and your name will go into a draw to win the prize.

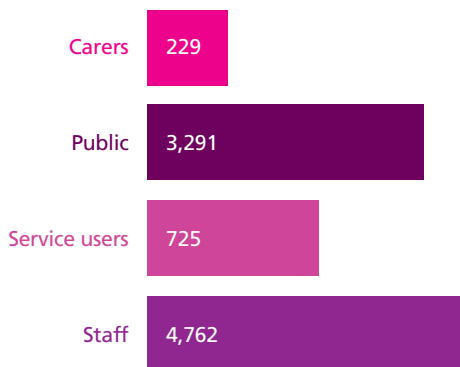
You just need to get the person you recruit to fill out the card that comes with this newsletter, make sure they add you details in the section which says 'recommended by...' and get it back to us in the Freepost envelope provided no later than Wednesday 30th September.

Making the case for membership A few helpful hints to help you recruit...

- Help us put mental health on the map. In the past, mental health services have sometimes been seen as the poor relation to other parts of the NHS. If you believe that mental health services are important, then we hope you will say so by joining up
- Help determine our priorities. As an NHS Foundation Trust, our Board of Directors has a statutory responsibility to take account of the views of the Members' Council on issues such as determining our priorities for the future. As a member, you help decide who sits on the Council
- Sign up and have a vote. You need to be a member in order to have a vote in deciding who sits on our Members' Council
- Add your weight to the voice of SLaM membership. Membership provides an opportunity for service users, carers, health and social care professionals and others to come together and create a powerful voice to lobby for informed public debate about mental health issues. You don't need to agree with everything the Trust does in order to become a member – the only 'party line' we ask you to share is a belief in the rights of people with mental health problems to receive dignity, respect and high quality care and treatment

- Help us make the most of membership. The concept of membership is still evolving at SLaM. By becoming a member, you have an opportunity to influence this. How do you think we can make the most of membership?
- Make us truly representative. Mental health and well-being is an issue for everyone. We need a broad range of opinion to help us make the best possible decisions about how we provide healthcare. So, for example, we believe it is important that our membership isn't just made up of health and social care professionals. We also need to ensure that other groups have a voice –including service users, carers and public.

Current SLaM membership



Total 9,007

RIOTT at Annual Public Meeting

Research results revealed.

Results from a major scientific trial to evaluate a new style of treatment for heroin addicts will be unveiled SLaM's Annual Public Meeting (APM) on 15th September.

The Randomised Injectable Opioid Treatment Trial (RIOTT) involves piloting the use of injectable diamorphine and methadone under medical supervision. It targets a minority of people who have experienced years of drug dependency and who have proved difficult to treat. The aim is to help people their reduce dependency on street drugs, manage the risk of them becoming involved in criminal activity to fund their drug habit and - in the long term - conquer their addiction.

The first results from the national study will be introduced at the APM by Professor John Strang, Director of the National Addiction Centre - which is managed in partnership by SLaM and the Institute of Psychiatry, King's College London.

"As a clinician who has worked in this field for 25 years, I have been greatly struck by the

enormous improvements in the patients who have taken part in the study," says Professor Strang. "We're talking about a group of people with the most severely entrenched heroin addiction. Up until now, no treatment has worked for them."

At the APM you will also be able to hear about an initiative at SLaM - the Productive Mental Health Ward Scheme - which has increased the amount of time that inpatient nursing staff are able to spend on direct care.

Annual Public Meeting

Tuesday, 15th September 2008, 5.30pm
Glaziers Hall, 9 Montague Close, London Bridge, SE1 9DD

All members welcome. See page 19 for more information about what's coming up in the months ahead.



Professor John Strang

A measure of quality

Every year, people who have used NHS mental health services across England and Wales are invited to rate the quality of care and treatment they have received.

Questionnaires are sent out to a random sample of patients, and the results are used by the independent healthcare watchdog - now called the Care Quality Commission - to assess local NHS services such as those run by SLaM.

Last year, only about a third of SLaM patients who took part said they had the number of someone from their local NHS mental health service that they could phone out of office hours. One of the things we did in response was to produce

newsletter which we posted to 20,000 people who have used our services. This included information about who to contact out of hours, as well as general advice and information on issues such as healthy eating. The newsletter is also available on a new section for patients which we have introduced on the main SLaM website (www.slam.nhs.uk/patients).

The results of the national latest patient survey will be published on the membership website as soon as they are available (see page 18). The report from the Care Quality Commission will show how the feedback on SLaM services compares to other NHS mental health trusts.

Your feedback, your website

You told us that it wasn't very interesting to visit,
exciting to look at or easy to use...

...so we thought it was high time we should do
something about our website for members. And you
can now see the results at www.members.slam.nhs.uk

You should have received an e-mail from our
membership office with your own password for the
site (which can you change when you log on for the
first time). If you haven't, then please let us know by
contacting membership officer Laurence Whittle:

E-mail: Laurence.whittle@slam.nhs.uk
Telephone: 020 3228 2441

We'd really like to know what you think about the
website. One of the way you can do this is by logging
on to the discussion forum and having your say.

For those of you who can't access the web at home,
there are now two computers with internet access in
the Maudsley canteen.



A taste of what you'll find on the new look website...

**Stigma,
discrimination and
mental health -**
Read all about it from
the man who wrote
the book on it

How to be happy -
How SLaM is
encouraging people
to use using humour,
creativity and positive
psychology to 'bounce
back' from adversity
and reduce stress

Features in full -
Read more of the
articles on public
attitudes to mental
health and stress
which feature in
this newsletter

**What's on your
mind?**
Get involved in our
new look discussion
forums and have
your say

Some dates for your diary

	Event	Date / time	Location	Contact Details
Aug 2009	Election process for SLaM Members' Council begins	Fri 28 Aug	N/A	Membership Tel: 020 3228 2441 Email: membership@slam.nhs.uk
	Carnival del Pueblo Day (Annual Latin American carnival – Community event)	Sun 30 Aug	39-41 North Road London N7 9DP	Cares of Life Tel: 020 3228 3753 Email: risq.animasau@slam.nhs.uk
Sept 2009	'Make Me Smile' campaign: grant applicants to receive feedback from Members' Council panel	Early Sept	N/A	Paul Mitchell Trust Board Secretary Email: paul.mitchell@slam.nhs.uk
	SLaM Board of Directors meetings	Tues 15 Sept 1pm – 3pm	Glaziers Hall 9 Montague Close London Bridge London SE1 9DD	Paul Mitchell Trust Board Secretary Email: paul.mitchell@slam.nhs.uk
	SLaM Members' Council Meeting	Tues 15 Sept 3pm – 5pm	Glaziers Hall 9 Montague Close London Bridge London SE1 9DD	Membership Tel: 020 3228 2441 Email: Membership@slam.nhs.uk
	Annual Public Meeting	Tues 15 Sept From 5.30pm	Glaziers Hall 9 Montague Close London Bridge London SE1 9DD	Membership Tel: 020 3228 2441 Email: Membership@slam.nhs.uk
	SLaM Members' Council election: closing date for nominations	Wed 16 Sept 5pm	N/A	Membership Tel: 020 3228 2441 Email: Membership@slam.nhs.uk
	Southwark Black Parents Forum 1 Southwark Town Hall	Thurs 24 Sept 6pm – 9pm	Southwark Town Hall Peckham Road London SE5 8UB	Cares of Life Tel: 020 3228 3753 Email: risq.animasau@slam.nhs.uk



	Event	Date / time	Location	Contact Details
Oct 2009	Altered States Exhibition	3 - 9 Oct	Linbury Room Dulwich Picture Gallery, Gallery Road, Dulwich, London SE21 7AD	Cooltan Arts Tel: 020 7701 2696 Email: info@cooltanarts.org.uk
	World Mental Health Day	Sat 10 Oct	Various events taking place across SLaM, funded by the SLaM Charitable Funds	Email: communications@slam.nhs.uk
	Sponsored Walk Largactyl Shuffle to mark World Mental Health Day	Sat 10 Oct	tbc	Cooltan Arts Tel: 020 7701 2696 Email: info@cooltanarts.org.uk
	SLaM Members' Council elections: ballot papers to be issued to members (if vacancies on the Council are contested by two or more people)	Mon 12 Oct	N/A	Membership Tel: 020 3228 2441 Email: Membership@slam.nhs.uk
	SLaM Members' Council elections: closing date for receipt of ballot papers	Mon 26 Oct	N/A	Membership Tel: 020 3228 2441 Email: Membership@slam.nhs.uk
	Southwark Black Parents Forum Southwark Town Hall	Thurs 29 Oct 6pm – 9pm	Southwark Town Hall Peckham Road SE5 8UB	Cares of Life Tel: 020 3228 3753 Email: risq.animasaun@slam.nhs.uk
	SLaM Members' Council elections: results announced	Thurs 29 Oct	See www.members. slam.nhs.uk	Membership Tel: 020 3228 2441 Email: Membership@slam.nhs.uk
	SLaM Board of Directors meeting	Tues 20 Oct 3pm - 5pm	Maudsley Hospital Boardroom	
Nov 2009	SLaM Board of Directors meeting	Tues 24 Nov 3pm - 5pm	Maudsley Hospital Boardroom	Paul Mitchell Trust Board Secretary Email: paul.mitchell@slam.nhs.uk
Dec 2009	SLaM Members' Council meeting	Thurs 10 Dec 5pm – 7pm	Maudsley Hospital Boardroom	Membership Tel: 020 3228 2441 Email: Membership@slam.nhs.uk
	SLaM Board of Directors meeting	Tues 15 Dec 3pm - 5pm	Maudsley Hospital Boardroom	Paul Mitchell Trust Board Secretary Email: paul.mitchell@slam.nhs.uk