



Oxford Health
NHS Foundation Trust



Bucks Primary Care Mental Health Hub

Extended support to communities



**Buckinghamshire, Oxfordshire
and Berkshire West**
Integrated Care Board

Introduction

A number of communities face barriers in identifying and accessing mental health services. This means they have a lower chance in comparison to their compatriots of getting the help they need to support recovery or to prevent further ill health.

Examples of such groups include ethnic minority communities, LGBTQ+, Gypsy Roma and Traveller communities and those with severe mental health issues.

The voluntary sector is ideally placed to create services that are accessible to these communities and to work with them to build greater understanding about mental health.

Our partners

Elmore - www.elmorecommunityservices.org.uk

Bucks Mind - www.bucksmind.org.uk

Chiltern Music Therapy - www.chilternmusictherapy.co.uk

Wycombe Mind - www.wycombemind.org.uk

Lindengate - www.lindengate.org.uk

Elmore

Elmore has launched a new service working specifically with clients from South Asian backgrounds who have mental health needs.

The aim of this work is to help people access mental health support and other relevant services (including Domestic Violence, Benefits & Housing) where they may have struggled to do so in the past.

The Elmore case worker will be spending some of their time placed within GP surgeries and to work with staff to identify people that are struggling with their mental health.

They are also be embedded within community services that support minorities.

Additionally, workshops are offered in community centres to talk about the reality of mental health and overcoming stigma.

This service is part of Elmore's existing High Intensity Need/Floating Support provision with the Primary Care Mental Health Hubs (PCMHHs) across Buckinghamshire. Referrals can be made directly to the Bucks Primary Care Mental Health Hub.

Bucks Mind

Mind the Gap provides peer support groups for people experiencing social isolation and mental health difficulties, who are over the age of 18 and living in Buckinghamshire.

All groups are facilitated by a minimum of two volunteers and the service is overseen by two members of staff.

There are 5 weekly social groups and 2 activity groups across Chesham, Aylesbury and High Wycombe with the key aims of

increasing attendee's social networks and improving their mental wellbeing.

Please contact Pauline Hayden on 07788 438 134 or pauline.hayden@bucksmind.org.uk for referrals.

Chiltern Music Therapy

Chiltern Music Therapy are running a weekly music therapy group for people who are currently accessing or have accessed mental health services.

The group runs from 10am to 12pm on Wednesdays in the Glen Henry Hall at Aylesbury Multicultural Community Centre.

Sessions will consist of improvising, conversation, music listening and potentially some songwriting too. They will provide an opportunity for creativity and self-expression, as well as the chance to be with others in a friendly and supportive environment.

Please come along for a trial session, after which you are able to self-refer if you would like to join the group. All instruments are provided, and no musical experience is necessary.

Wycombe Mind

Wycombe Mind have developed a range of services focusing on addressing inequalities.

There are services are working with the Asian community including Roshni Asian Women's Peer Support Group, held at

the Wycombe Mind Centre on Wednesdays from 10.30am to 12.30pm and The Listening Place, for information, advice and signposting to be held at The Hive Community Centre, High Wycombe, on Wednesdays from 10am to 12pm in the Terriers Room.

Wycombe Mind are also working with individuals from the LGBTIQ+ community and have a group for young people aged 13 - 17 and a group for adults 18+.

To discuss referring for these specialist services, please directly contact Wycombe Mind.

Mind also plan to launch a peer advocacy group for members of the Gypsy, Roma and Traveller communities focussed on issues identified by members themselves. These may be individual or collective concerns.

In addition to these groups there is a hoarding and decluttering project called 'Free Space'.

The approach is person centred and enables the tenant to make the decisions needed to improve the safety and organisation of their home.

We welcome referrals from NHS colleagues, please email all initial enquiries to enquiries@wycombemind.org.uk or telephone 01494 448279.

Lindengate

Lindengate is a mental health charity that provides social and therapeutic horticulture in their gardens to people of all ages. Lindengate is in Wendover, Buckinghamshire.

Lindengate offers a range of opportunities through their wellbeing programmes, volunteering, and open gardens times for the general public.

A recent addition to the wellbeing programmes at Lindengate is 'Nature Care- Time for Me', which is a fully funded course for Carers who are supporting people with serious mental health illnesses.

NATURE CARE – TIME FOR ME

A five week fully funded course for Caregivers aged from 7 to 60+ who are supporting people with a serious mental illness,

What will you be doing? Having a break, exploring and experiencing nature, horticulture, conservation and craft activities.

What can you get from the course? – new skills, enjoying social interactions, combating social isolation and an opportunity to share your experience.

Self and Professional Referrals should be emailed to referrals@lindengate.org.uk or info@lindengate.org.uk

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Buckinghamshire Primary Care Mental Health Hub
Oxford Health NHS Foundation Trust
The Whiteleaf Centre
Bierton Road, Aylesbury
HP20 1EG

Phone 01865 901 000

Email BucksMentalHealthHubAdmin@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971

Email PALS@oxfordhealth.nhs.uk

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