



Northamptonshire Healthcare
NHS Foundation Trust

#weareNHFT

NSTEP

INFORMATION PACK FOR CARERS

 01536 452411
 nhft.nhs.uk/nstep



MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

CARERS RETREAT SUPPORT GROUP

FIRST THURSDAY OF EACH MONTH: 7PM TO 9PM

Jan 2019 – no group	7 February	7 March	4 April
2 May	6 June	4 July	1 August
5 September	3 October	7 November	5 December

Venue: Campbell house, Northampton, NN13EB

Do you look after a friend, relative or loved one who suffers with a diagnosis of a mental health disorder?

Do you feel isolated?

Then this support group is for you!

This support group gives you a great opportunity to meet other carers for peer support, information and tips, as well as share your journey and experiences over a cup of tea or coffee.

For more information please contact:

Chrissie Brown - 01604 658827 or 07717228252



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St Mary's Hospital
Kettering
NN15 7PW
Telephone: 01536 452411
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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফলেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

NSTEP

FRIENDS AND FAMILY SESSIONS

This is a service for families or friends or someone who is experiencing psychosis. The sessions allows them to express and explore emotions and thoughts safely with the help of NSTEP staff.

WHAT IS IT?

It is a programme of two sessions which aim to provide information on psychosis and address the questions and concerns you may have about your relatives diagnosis.

WHO IS IT FOR?

It is for parents, partners, siblings and friends of people who have experienced a first episode of psychosis.

WHY HAVE IT?

It can be very distressing when someone close to you experiences a psychotic episode. Families can feel something has "not been right" for a long time, often experiencing a sense of relief when the problems associated with psychosis are recognised. For others the emergence of psychosis is more dramatic. In either case, it is likely to mean a time of concern for both the person involved and their family.

Often families and friends have only received limited information about psychosis and the issues surrounding

the person's adjustment and recovery. As a service one of the ways we try and address this issue is to offer these structured educational sessions to provide information and answers to common questions.

WHAT WILL HAPPEN?

Each session runs for one and a half hours with refreshments available.

The facilitators will offer opportunities for attendees to share their experiences. These sessions are not designed to be therapy groups and you will not be expected to talk about your own situation unless you would find it helpful to do so. If you wish to, you can attend the groups purely to listen to the information on offer.

There will also be opportunities to ask questions, although the facilitators will not be able to enter into detailed discussions concerning your relative or friend.

THE SESSIONS WILL INCLUDE:

- What is psychosis?
- What causes psychosis?
- The recovery process.
- Different kinds of treatment and therapy (including medication)
- How families can help with recovery

As well as providing information, people who have attended in the past have often found that meeting other friends and families in similar situations has been beneficial to them. There are informal opportunities for contact with each other during the tea and coffee break.

Please ask your key worker if you have any further questions about the sessions.



NSTEP FRIENDS AND FAMILY SESSIONS 2019:

NORTHAMPTON - 6PM TO 8PM:

Oak Room (above reception) Berrywood Hospital, NN5 6UD

- Thursday 11 and 18 January
- Thursday 10 and 17 May
- Thursday 20 and 27 September

KETTERING - 5.30PM TO 7.30PM:

Seminar Room, Carey Block, St. Marys Hospital, NN15 7PW

- Tuesday 5 and 12 June

WELLINGBOROUGH - 5.30PM TO 7.30PM:

Health Education Room, Castle unit Isebrook Hospital, NN8 1LP

- Tuesday 6 and 13 February
- Wednesday 12 and 19 September

CORBY - 5.30PM TO 7.30PM:

Willowbrook Health Centre, NN17 2UR

- Tuesday 10 and Tuesday 17 April
- Tuesday 13 and Tuesday 20 November

USEFUL INFORMATION

NSTEP

01536 452411

Opening hours: Monday to Friday,
between 9am and 5pm.

Please note we are not a crisis service.
If your care co-ordinator is not available –
we operate a duty worker system.

OUT OF HOURS:

Crisis and Telephone Support Service
(CATSS): 0800 917 0464

NHS 111 service

You can call 111 when you need medical
help fast but it's not a 999 emergency.
NHS 111 is a fast and easy way to get
the right help, whatever the time.

Other services:

Samaritans: 116 123
NSF Mental Health Helpline: 08457 660606
Saneline: 0845 767 8000
(open 12noon to 2am)
Northamptonshire Carers: 01933 677837
(Monday to Friday, 9am to 5pm)

WEBSITES:

YouTube

Search 'Simon Says: Psychosis!'
How three young people 'journeyed back
from the edge' with help from an early
intervention service

NICE guidance

Search for 'Psychosis and schizophrenia in
adults: prevention and management'
Version of the NICE Guidelines for
Friends, Families and Service Users



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