



Report of the September, 2011 meeting of Heads Up East Lothian in Tynepark Resource Centre, Haddington.

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Who was there:

Laurelle Edmunds	Carers of East Lothian , Mental Health Joint Planning Group
Rosina Sansom	Friday Friends
Andrew Kernohan	NHS peer supporter
Fiona Kernohan	
Reg Henderson	
Peter Inglis	Signpost, SAMH
Ken Morrice	Crossreach , Tynepark Manager
Linden Ross	Home Start Service Manager
David Barrie	ELCCF/NTRA
Paula Dawson	NHS Lothian
Fiona Macdonald	CAPS (Individual Advocacy)
Nikki Moran	CAPS
Helen Dalley	Haddington CAB
Carolyn Boardman	Carer
Karen Hamilton	ELCCF Development and Outreach Worker

Apologies:

Myra Waugh	East Lothian Befriending Scheme
Ross Macphail	ELCCF
Nikki Moran	CAPS

- Linden Ross chaired the meeting. Linden has recently retired as senior co-ordinator of Home Start East Lothian; she also contributed to the Equally Well project, the local response to the Scottish Government's health improvement initiative. Linden said she will still be involved with Heads Up when she can.

Amendment to meeting report of July

Marshall Boardman attended the last meeting.

Crisis Support Questionnaire

It was agreed at the last meeting that Heads Up East Lothian would carry out some additional research work that could inform the Joint Mental health Planning Group on Crisis Support in East Lothian.

Karen and Helen from the sub-group presented draft questionnaires for the Forum to discuss and revise (the Service User, and Carers and Providers questionnaires).

Karen explained she had encouraged the subgroup to focus on crisis questions only (and not to include housing questions as suggested at the last meeting) as they are both substantial issues. The sub group had agreed with this decision. ELCCF and East Lothian Council will be holding a housing consultation on the 2nd November 2011 in Haddington.

Discussion focussed mainly on the Service User questionnaire, although the group felt Carers were too important not to be included in the research on crisis.

One carer said 'we want to hit as many people as possible' through the questionnaires. There is a knock on effect if someone you are looking after is having a crisis.

One carer added that, when looking after someone in crisis, it can be a crisis for the carer, too.

"Carers can get completely subsumed by the person they are caring for."

"We didn't get the support we needed at the time."

All agreed, to meet again on Tuesday 27th September to finalise the questionnaires in time for mental health week (10th-14th October).

Wellbeing Passport

Karen gave out a few samples of a draft passport from Ross Macphail - a passport sized card containing information people would like to share with a GP or new support worker when they are unwell.

As Ross and Nikki were unable to attend the forum, it was agreed to postpone discussion till the next meeting.

Heads Up Action Plan - Goal 3 - a facelift for the forum

The Facelift covers timings, access, name, comfort, fun activities, increasing involvement, sub-groups/ more meetings.

What has already been agreed:

- To meet every 3rd Tuesday of every 2nd month with alternating venues.
- To have more meetings around the county, so more carers and service users can access meetings; and try different times.

One service user commented: "It's important we have somewhere central and make sure venues are near to a bus route."



Members of the HeadsUp forum organise future dates.

Proposed dates and location of the next 6 meetings are:

15th Nov 2011	Musselburgh	2pm-4pm
	Fisherrow Community Centre	
17th Jan 2012	Haddington	10am-12noon
	Tynepark Arts Centre	
20th March 2012	Dunbar	2pm-4pm
	(Venue to be confirmed)	
15th May 2012	Haddington	10am-12noon
	Tynepark Arts Centre	
17th July 2012	North Berwick	2pm-4pm
	(Venue to be confirmed)	
18th Sept 2012	Haddington	10am-12noon
	Tynepark Arts Centre	

Meetings in Haddington will be held in Tynepark Arts Centre if there is availability. Venues will be confirmed nearer the time.

Good practice at meetings

- encourage more service users and carers to attend and to have a say in generating an agenda.
- a coffee break in the middle of each meeting
- name badges at meetings.

One carer stated that 'it needs to be less high powered' as it puts people off and tight agendas can be stressful.

One service user stated: "We need to get more users here ...it's a big county...and more cutbacks are on the way."

There was discussion on how to make meetings more informal and how to get more carers and service users involved.

Suggestions included keeping the Haddington meetings formal and other meetings around the county more informal, with themes involving guests speakers.

Karen will contact John Moody from the **Scottish Recovery Network** to see if he is available to give a talk on WRAP at the next meeting. WRAP is a tool to help people better manage their mental health and wellbeing and support recovery from mental health problems.

Report from Mental Health Joint Planning Group

Wellbeing passport

Laurelle reported back from the last Mental Health Joint Planning Group. The JPG is interested in the development of the Wellbeing Passport although have raised their concern regarding who has access to the information.

Tender for day services

Andrew was able to confirm that the invitation to tender for day service for adults with mental health issues (currently run by Tynepark) has now been signed off and will be published and **available online** very shortly. The closing date is 21st October with whoever wins the tender to be up and running by the end of December. There will be a transition period of 3 months.

AOB and future dates

East Lothian Community Care Forum AGM is on Monday 26th September.

Tynepark is holding a festival day on the 12th October, during mental health week, with activities and taster sessions. All are welcome to come along.

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**The next meeting of Heads Up East Lothian - will be held in
Fisherrow Community Centre, from 2-4pm on Tuesday,
November 15th, 2011, EH21 6AT.**

**You can contact the ELCCF office with any comments or
views at 3-4 Sidegate, Haddington EH 41 4BT,
telephone 01620 822 212. Email: info@elccf.org or tell us at
the **Have Your Say** section of the **ELCCF** website
www.elccf.org ELCCF: SCO 28791.**