



Report of the

January 27, 2009 meeting of the Mental Health Forum in Tynepark Resource Centre, Haddington.

- If you receive this report in PDF format, you'll be able to click on the words highlighted in this colour of red to link to the relevant site in your web browser.

Who was there:

Phyllis Wilson	Chair, ELCCF
Ken Morrice	Crossreach , Tynepark
Nikki Moran	ELIG Development Worker
Anne Byrne	ELSAS
Carolyn Boardman	Carer
Marshall Boardman	Carer
Ken Morrice	Crossreach
Lesley Aitkenhead	ELCCF Development Manager
George Paterson	ELCCF Communications Worker

News/ Introductions:

Those attending introduced one another, and welcomed ELIG's new Development Worker Nikki Moran to the Forum.

Sexual Abuse Service

Anne Byrne told the meeting about the progress of East Lothian Sexual Abuse Service and informed the meeting of the ELSAS launch event and seminar at Port Seton Community Centre on March 6.

Nikki's New

ELIG's Nikki Moran takes over from Ross Macphail. Nikki explained her new role and outlined work for the future in enhancing and extending the work of ELIG.

Young People

There was some discussion on mental health services and the the point was made that there was little provision for young people in East Lothian. Carolyn suggested [Edinburgh University](#) may have a source of information for younger people on mental health issues. The University already offers a [leaflet](#) on mental health for its students on its 'Health Matters' website.

Planning Group:

In the absence of Laurelle, ELMHF Representative on the Joint Planning Group, Lesley reported on the meeting in December.

The Community Mental Health Team is up and working well. The Intensive Home Treatment Team has been particularly busy and has reduced the amount of inpatient admittance to Herdmanflat.

Peer support

Two support specialists have been appointed to work in East Lothian on a job share basis. One Peer support specialist, Vicky Knight has now started working to support patients in Garleton Ward and the other, Andrew Kernohan will be due to start work in February. When the ward closes this year they will work alongside the Intensive Home Treatment Team.

Carers support worker

The new carers support worker, Claire Thomas has settled into working alongside the Community Mental Health Team supporting carers.

Hospital siting

Under review was the siting of a new psychiatric hospital to serve Edinburgh and the Lothians. Suitable spots were at the new ERI at Little France or maintaining the site of the RIE at Morningside. There was also a rumour that the Western General was being considered, but given its position in a difficult-to-access spot in the city, Forum members thought it an unlikely contender.

Cameron Cottage

The need is still for care cluster housing within the community in East Lothian for long term recovery and transition from hospital. Assurances were that Cameron Cottage will offer facilities of this nature under revised mental health services in East Lothian.

SWOT Analysis

As part of work to form ELCCF's new business plan, the MH Forum was asked to discuss and note ELCCF Strengths, Weaknesses, Opportunities and Threats as a **SWOT analysis** tool

Strengths:

- ELCCF bridges gaps
- It opens up communication
- It has continuity - we know where it is and we know it will carry on

Weaknesses:

- Perhaps the times of meetings need to be varied
- More meetings on a theme
- Difficulties in contacting people to take part
- Difficulties in time and capacity for advancing development work

- Lack of data and evidence on and from communities served by the Forum
- Clarity in the role of the MH Forum

Opportunities:

- Get 'celebrities' involved
- Location
- The chance to mix business and pleasure - socials, community carnival
- Examine other localities eg. West Lothian/ Midlothian
- Community action research - what are the questions?
- How do we evaluate
- A combined MH event with other areas

Threats:

- Lack of resources
- Rural community

What do you think are the Forums' Strengths, Weaknesses, Opportunities and Threats? Tell us at the new **Have Your Say** section of the **ELCCF** website.



The next meeting of East Lothian Mental Health Forum will be on Tuesday, March 17th at Tynepark House, Haddington.

Contact ELCCF c/o Tynepark House, Poldrate. Haddington EH41 4DA. Tel: 01620 822212, email info@elccf.org. Visit www.elccf.org.

We're saving trees - fold over the flipside of this page and fold again to turn it into a pocket-sized ELCCF leaflet you can pass on to others.



Visit the Mental Health Forum on the web at www.elccf.org/forumh.asp



You can now write in
and 'Have Your Say' at
www.elccf.org/haveyoursay.htm

"Transport is a real issue. Getting around and about is a real issue for those of us in wheelchairs or for those of us in wheelchairs or People's care packages should focus on the needs of the individual - not to fit in with existing services."
"It's important to get better support for carers."

It links into local groups to enable views from the 'grass roots' to be heard at the planning table.

The Forums are lively and welcoming. They give us a chance to talk about the things that affect us, and what can be done to lead our lives as independently as possible. Whether it's earning a wage, recreation, respite care, or that old subject transport... we always have something to talk about.



We'd be happy to see you.

East Lothian Community Care Forum helps people have their say about how health and community care services are planned and delivered. ELCCF has, under its wing, four speciality Forums which meet regularly. Common issues are shared, stories are shared, and concerns, views and ideas are put to the people who make the decisions.

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We also discuss, and help to advise on, local plans and national policy affecting people of the Forum communities. If we get hot under the collar about matters important to us, we can let off some of the steam together - and try to get something done.

We think a lot about how people are treated in community care. Carers, service users, health service providers and local authority representatives regularly attend Forum meetings.

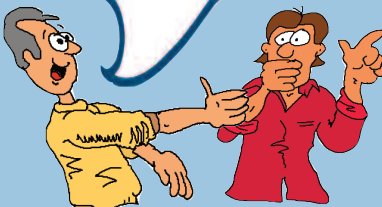
Community Care Services aim to enable people to stay in their own homes, and give them choice and control over their lives.

People and their carers who engage with services have a special knowledge. They have experience of living with an illness or impairment, or providing care for a loved one.

First hand experience is very valuable to help improve services for the people who need them.

A lot of people need services, so it's important for everyone that the money is spent fairly, and in the most effective way.

This is where your voice counts.



Visit the Forum's Website at www.elccf.org



The website has news and scheduled dates of the Forum meetings, reports of past meetings, information, links to other organisations and resources - and a chance to

Have Your Say.

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Tel: 01620 822 212 email: info@elccf.org
Scottish charity No. SC029791

We'd just like to say...

We want our voices to be heard - here's how we do it...



East Lothian Community Care Forum
ELCCF
Involving service users and carers in the planning process