



Report of the July 19th, 2011 meeting of Heads Up East Lothian in Tynepark Resource Centre, Haddington.

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Who was there:

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| Laurelle Edmunds | Carers of East Lothian, Mental Health Joint Planning Group |
| Ian Stevenson | Service User Tynepark |
| Andrew Kernohan | NHS peer supporter |
| 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:

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| Rosina Sansom | Friday Friends |
| Myra Waugh | East Lothian Befriending Scheme |
| Ross Macphail | ELCCF/CAPS |

Introductions and welcome

Corrections/Amendments

Crisis Support

● Ken suggested amendments to the last report. He believed it gave the impression that when people were in crisis they only needed someone to talk to rather than somewhere to spend the night. It was agreed that crisis care meant different things to different people and that a choice of support options were important which might also include a temporary non medical residential option. It was agreed that further discussion on crisis support was required.

Members agreed and had a further discussion on crisis support and how support is not always available for a social crisis. This can then lead to a health crisis and can be difficult to distinguish between the two.

- Paragraph beginning: 'One Forum member advocated

Matters Arising

CAPs is currently supporting a consultation on NHS 24. It would be useful to set up a focus group. Nikki suggested she could bring someone along to the next meeting to further this.



Day Services Specification

At the last Mental Health Joint Planning Group it was confirmed that day services will be put out to tender. The planning group has not been involved in the determination of service criteria as it would be an unfair advantage to some services. The process will take at least eight months.

Laurelle and Nikki reported that a project board has been set up to oversee the process, also a working group to carry out the procurement work.

Tony Segall and Andrew Kernohan, both members of this working group, are in regular contact with Tynepark and will be over the coming months.

Wellbeing Passport

Nikki feedback on the development of a Wellbeing Passport (see CAPs newsletter). The VOX emergency card was shown as a good example showing the size and how the wellbeing passport could be used. Andrew K also showed the WRAP card. They were both handy sizes.



There is funding available to develop a wellbeing passport and a pilot was suggested. This model is a small card containing basic details about the service user that he/she could hand over when unwell.

The passport is intended to prevent service users repeating information to health and social care professionals, and to support service users if they become unwell in a public place - the information on the passport would help people access appropriate support quickly.

Linden said it would be useful in her area of work as an introduction that would lead to a more in-depth conversation. The information on the passport should only contain what the service user was willing to disclose.

There was further discussion about a more in depth document containing information that one might find in a person centred plan. Information in such a document would empower service users to assert their needs and wishes when working with health or social care workers. Voluntary providers present all said they would welcome this approach.

Action: Nikki will meet with Ross Macphail to develop the process through a sub group.

Feedback from the Joint MH Planning Group

The Mental Health Strategy and Implementation Plan:

The Joint Mental Health Planning Group are about to revisit the East Lothian Mental Health Strategy and re-align it alongside the wider Lothian Health Mental Health Strategy. Following that process, the JPG will write an implementation plan.

Review of the health and social care planning structure

Lesley informed the group that the planning process is now being reviewed, led by ELC's Head of Adult Social Care Murray Leys.

On 11th August the Community Planning themed group 'Health and Social Care' will debate what changes need to take place to

ensure that health and social care planning connects to the local authority community planning process.

Forum members were keen to ensure that the current lines of involvement through the joint planning groups were protected.

Action : The forum agreed to write a letter prior to the August meeting to raise the Heads Up forum's concerns regarding the possible changes to the process i.e. moving towards a top down approach, as opposed to the current process working in partnership with people who use services and their carers.

From experience, a top down approach has not always worked well in the past.

Nikki recommended the **Scottish recovery indicator website**, which has tools which help to demonstrate involvement and participation.



(www.scottishrecoveryindicator.net/the-parts/the-indicators).

Evaluating Community Mental Health Services

It has been early two years since the redesign of mental health services and the relocation of the acute beds to the Royal Edinburgh Hospital.

The outcomes of the redesign were to improve mental health services in the community with fewer admissions to hospital. At the last planning group meeting ELCCF representatives questioned why admissions to hospital are still at the same level as before the redesign.

The planning group has agreed to look at this issue and collect data that might shed some light on why this is the case. Lesley asked Forum members on their views about this. Members all concurred with the expectation that the number of acute admissions would be reduced and supported the representatives pursuing this matter at the planning group.

One member pointed out that comparisons with Midlothian should be made with caution as their community teams were well established when acute beds were moved to Edinburgh.

Carolyn also suggested it might be useful to get in touch with University of Edinburgh Department on Informatics www.informatics.ed.ac.uk to help manage and make sense of information being gathered.

Fiona spoke about the difficulties experienced with hospital discharge where taxi costs were unaffordable and transport links lengthy and difficult for people coming out of hospital care.

Similarly, it is difficult for visitors to maintain regular visits.

Crisis Support



Social Crisis plans were not achieved in the last implementation plan and the Joint Planning Group has agreed that it should be a priority in the next plan. Nikki is setting up a sub group of the MHJPG to look at this issue.

Following a lengthy discussion it was agreed that Heads Up East Lothian could do some additional research work that could inform the planning group.

Members felt it was important to establish what service users mean by crisis care and to evidence the need for alternative non-medical support in times of crisis. Nikki and Karen will head up a small group in August to take this forward with the aim of producing questions to ask groups and individuals during mental health week.

Group members agreed to bring along any documents/questionnaires to help inform this work. This group will circulate questions before the next Heads Up meeting on Tuesday 20th September.

Karen reported that ELCCF were organising a joint consultation meeting with ELC Housing department in November and there was a need to also gather information on people's housing needs as the local housing strategy is currently being updated.

Develop time table for the year

As there was little time to discuss a plan for the year, Karen

encouraged members to develop actions for the next three months. Karen made the following suggestions:

- Cut meetings down from every two months to every quarter with sub group meetings in between. This was rejected by members who felt it was too long a gap to effectively respond to planning issues. It was agreed to continue with status quo.
- Plan a timetable for the next 12 months to present at the next meeting and focus on particular themes at each meeting e.g. John Moody and Andrew Kernohan gave a presentation on WRAP recently to Tynepark and it was agreed to invite them to speak at the forum.
- To look at ways to get more people who use services and their carers involved. To work jointly to gather views and evidence need, producing reports for the Joint Planning Group. It was agreed this could be done using the Community Action Research team more and /or working in partnership with other organisations to gather collective views.



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**The next meeting of Heads Up East Lothian - will be held
10.30am-12.00 on Tuesday, 20th September , 2011 at
Tynepark Resource Centre, Haddington EH41 4DA.**

**You can contact the office with any comments or views
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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.**

