



Report of the May 20, 2008 meeting of the Mental Health Forum in Tynepark House, 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:

Ross Macphail	ELIG
Ken Morrice	Crossreach , Tynepark.
Laurelle Edmunds	Carers of East Lothian , Mental Health Planning Group
Paul Noyes	Social Work Planning
Lesley Aitkenhead	ELCCF Development Manager
Elaine Turner	Signpost, SAMH
Veronica Forrest	Convener, ELIG
Helen Daly	Haddington CAB
Andrew Karnohan	East Lothian Bipolar Group
Anne Lannan	Tynepark Project Worker/ Drama Teacher
Marshall Boardman	Carer
Carolyn Boardman	Carer
George Paterson	ELCCF Communications Worker

In attendance:

Richard Leckerman	National Development Officer Breathing Space
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Breathing Space Presentation

Breathing Space's National Development Officer, Richard Leckerman described the phone and online service, and distributed leaflets to the Forum.

Brought under the NHS umbrella in 2004, Breathing Space was set up to help overcome the number of young male suicides in Scotland. Aimed primarily at the 16-40 age group, it operates 365 days a year and offers a confidential listening service.

Although it can be contacted independently, it can be reached by 'warm transfer' of calls passed directly from the NHS 24 phone line. Calls are recorded by Breathing Space.

Breathing Space is part of the **National Programme for Improving Mental Health and Well-Being in Scotland** and is funded by the Scottish Executive Health Department.

The service is unable to offer clinical help but can signpost callers to other services. Breathing Space is recognised by COSCA as a Counselling Skills Organisation - staff are trained specialist advisors but are not Councillors.



Depressed or know someone who is? Call Breathing Space Scotland - 080083 85 87 phone lines open 6pm-2am Monday -Thursday, and 24 hr; 6pm Friday - 6am Monday at weekends. Email: info@breathingspace.scotland.co.uk. Address: Clyde Contact Centre, Beardmore Street, Clydebank G81 4HX. Web: www.breathingspace.scotland.co.uk.

Direct calls to Breathing Space are free, but a call to NHS 24 is charged. If you're transferred from NHS 24 to Breathing Space, you can ask to call them back on their free phone number. Operating hours are limited by funding. Outwith these times, calls from NHS 24 are passed on to the Samaritans.

Breathing Space's gives callers a sympathetic ear and the time to talk about problems seriously affecting them - mainly personal relationships, and worries on existential issues, spirituality, faith, self worth, bereavement, sexuality or bullying.

Breathing Space also actively promotes its services at events and via the media, and enjoys a public awareness greater than expected given the time it's been in existence.

Joint Planning Group Feedback

➤ **A Kaizen** (Japanese philosophy of organisational and life improvement) **event** is being held on 25/26 June at the Doughty Centre at Herdmanflat to iron out and pin down progress on the new Community Mental Health Team.

An invitation from David Haldane, Clinical Services Development Manager, ELCHP, has been received for the event.

Lesley introduced a flip chart to note what issues could be brought up at the event. Another area of concern was ensuring that people in hospital had continued access to their community support workers.

"One of the most important keys to recovery is to see the same person throughout."

➤ **The Director** of the Mental Welfare Commission has applauded East Lothian Council for learning from the 'Case of Mr.G' report, which turned the practice of treatment and care.

- **The issue** was raised of there being a gap in psychological services for the elderly, but there was news of funding being now available for a part-time psychological placement. This may help shorten the current list of patients waiting to be seen.

Forum members reacted:

"It really is disgraceful if they can do this in Midlothian but not in East Lothian."

"In my personal experience, it was terribly difficult to get through my GP. It would be good to have a psychologist attached to a GP."

Forum members raised the question of how the referral process was overseen.

Paul said one solution to help the waiting list problem would be to assign patients to appropriate services rather than simply direct them to a clinical psychologist. This should happen once the CMHT is up and running.

- **Cameron Cottage** came up for discussion.

"What we need to talk about is a Community Rehabilitation Unit."

"There's a problem about accommodation for people with mental health problems in East Lothian."

"The Planning Group still needs to address medium to long term rehabilitation for people."

"There's a discussion to be had about the closure of Pencraig(Ward at Herdmanflat Hospital) and what the specification is on Cameron Cottage."

Talk centred on the criteria for admission to Cameron Cottage and the pressing need for a service agreement mirroring that of Park Cottage in Midlothian for Cameron Cottage to be used as a rehab centre for people coming out of hospital.

Paul said September was the target date for when people and infrastructure would be put in place.

- **The Tidal Model** is being introduced to acute inpatient settings for mental health recovery in East Lothian. It was suggested that Gerry Power, manager for Mid and East Lothian Community Health Partnerships be invited to the next Mental Health Forum Meeting.

- **Workshops** are being held throughout June and August for stakeholders to discuss the repositioning of services at the Royal Edinburgh Hospital.

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The Mental Health Forum meets again from 1-3pm on Tuesday August 26th in Tynepark House.