



# Report of the May 17th, 2011 meeting of the Mental Health Forum in Tynepark Resource Centre, Haddington.

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## Who was there:

Laurelle Edmunds	Carers of East Lothian, Mental Health Joint Planning Group
Ian Stevenson	Service User Tynepark
Andrew Kernohan	NHS peer supporter
Sharon Magee	Service User Tynepark & Friday Friends
Rosina Sansom	Friday Friends
June Irvine	Service User Tynepark
Fiona Graham	OT NHS Lothian
Peter Inglis	Signpost, <b>SAMH</b>
Ken Morrice	<b>Crossreach</b> , Tynepark Manager
Myra Waugh	<b>East Lothian Befriending Scheme</b>
Linden Ross	<b>Home Start</b> Service Manager
David Barrie	ELCCF/NTRA
Ross Macphail	ELCCF
Karen Hamilton	<b>ELCCF Development and Outreach Worker</b>
George Paterson	<b>ELCCF Communications Worker</b>

## Welcome to Karen

The meeting opened with a welcome and introduction to Karen Hamilton, ELCCF's newly-appointed part-time Development and Outreach Worker.

## Previous Report/ Matters arising:

The report of the March Meeting was accepted.

## Well Being Passport

The 'passport' is a user friendly document designed to carry information to health professionals and others, so lessening the need for service users to repeat themselves when describing their situation.

Ross showed everyone a draft copy he had been working on to get people's opinion. The passport lists personal details, physical health, mental health, medications, marital status, leisure time activities and more.

The holder could also express their own views on their health. As he was adding his own personal information to a copy of the draft, Ross said he found it helped focus his thinking. The passport also followed a person centred planning approach.

Forum members voiced some concerns over confidentiality and people's vulnerability if the passport went astray. Responsibility for the information and its security lay with the passport holder, said Ross.

It was suggested that 'the dream' section at the end where the service user gave a brief idea of what they hoped to experience in life (the destination of travel in the passport) should be placed at the beginning.

### **Report from the Joint Planning Group**

Laurette reported that the issue of specification for mental health day services expected to arise at the last planning group meeting had been passed over to the agenda for the next JPG on Wednesday May 25.

There was great concern over the time it was taking for the JPG to pursue the issue and forum members criticised the 'slippage' of the item from the Group's agenda.

**Action:** Laurette will urge Tony Segall, CoEL and Nikki Moran of CAPS to report back from JPG at the next MH Forum meeting.

### **Crisis support**

Service users have been asked their opinion on crisis support, and have expressed more of a need to speak to

someone than wanting someone to spend the night.

Forum members felt East Lothian needed a facility like the **Orchard Centre** operating in Midlothian, which has an early intervention and crisis response service with a telephone hotline.

One Forum member advocated a particular counselling telephone line for men, as it was felt it can be easier for a man to talk to someone over the phone than face to face.

### **Exhibition**

A **CAPS** project highlighting collective advocacy, **Oor Mad History** is looking for a venue to put their travelling exhibition round the community. It has done really well.

### **Planning the Future for the Mental Health Forum**

Members took on board the task of reviewing/rethinking name remit and function of the MH Forum, and carrying out an action plan for the year.

George gave an update of ELCCF's progress over the past year including new premises, shop fittings, new computers, the beginnings of a social enterprise and new development outreach part-time worker Karen Hamilton.

There was also room in the new premises to hold small meetings and consultation sessions.

Meet with Myra suggested some advice on taking on volunteers.

**Action:** Karen will meet with Myra.

A new name for the MH Forum was discussed - the winner with the most votes was 'Heads Up East Lothian'.

From the 'way forward' arrow diagram drawn up at the January Forum, points came up for discussion:

- Although members felt there should be monthly meetings held alternately in Haddington and outreach venues elsewhere in East Lothian, there arose the question of capacity and staff time.
- Items in MH Forum, or Heads Up, reports should end in action points for the designated forum members to take up.
- Planning group agendas/minutes should be made available by JPG.
- Meetings should only be an hour in length and be held as close as possible, timewise, to the JPG meeting.



**The next meeting of East Lothian Mental Health Forum - or Heads Up East Lothian - will be held 10.30am-12.00 on Tuesday 19th July, 2011 at Tynepark Resource Centre, Haddington EH41 4DA.**

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