



Report of the

October 26, 2010 meeting of the Mental Health Forum in Tynepark Resource Centre, Haddington.

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Who was there:

Ross Macphail	Service user, ELCCF
Laurelle Edmunds	Carers of East Lothian, Mental Health Joint Planning Group
Fiona Graham	Occupational Therapy Service Manager
Veronica Forrest	Tynepark
Ian Stevenson	Tynepark
Peter Inglis	Signpost, SAMH
Ken Morrice	Crossreach, Tynepark Manager
Myra Waugh	East Lothian Befriending Scheme
Linden Ross	Home Start Service Manager
Marshall & Carolyn Boardman	Carers
Anne Lannan	Tynepark Project Worker/ Drama Teacher
Jennifer Brown	Community Psychiatric Nurse
Peter Inglis	SAMH
David Barrie	ELCCF
Lesley Aithkenhead	ELCCF Development Manager
Sue Cim	Medical Student

Laurelle chaired the meeting and welcomed everybody

Previous Report/ Matters arising:

There was some confusion over the reports of the previous two MH Forum meetings. Lesley apologised for the delay in getting the May Forum report out and said she would send out the August report in case people had not received it.

Flowchart illustration of services

Lesley was asked at the May meeting to produce a visual/pictorial structure - a 'map' - of the mental health services raised from discussion at the May meeting.

She circulated a first draft showing a pathway through services. Members were supportive of the idea and suggested a sub-group be set up to develop it further.

Action: Ross, Myra and Lesley will work on it and bring a fresh draft to next meeting.

Feedback from Joint Planning Group

Laurelle reported back from JPG:

Suicide database

There is a review of suicides and drug related deaths across the Lothians. This is part of a pilot which will be part of a **National Suicide Database**.

Acute beds in the Royal Edinburgh Hospital

East and Midlothian will share a ward of 20 beds at the Royal Edinburgh hospital.

CAPS

CAPS, (Consultation and Advocacy Promotion Service) a mental health advocacy project based in Edinburgh, is now providing collective advocacy in East Lothian - previously provided by ELIG (East Lothian Involvement Group) which has now disbanded.



Day service Sub Group

Laurelle reported that this new group has now been formalised and membership expanded to start work on developing a new specification for day services in East Lothian. The work is being led by ELC's Kerry Brooks and Carers of East Lothian's Tony Segall.

There were questions from people present about the validity of the group, what the remit of the group is, who oversees the group and requests for clarification about consultation and timescales.

Members representing Tynepark expressed frustration and confusion about the information they had previously been given about timescales for consultation in October/November. These timescales are not working and members have not been informed of changes.

Lesley is a member on this sub group. She explained that, to her knowledge, it had met only twice; initially to kickstart the process and formalise a piece of work to develop a specification for day services.

Service user representation on this groups was discussed. Service users expressed their preference to have two people represent them on the group.

It was agreed that Ross would attend the next meeting of the sub group as an interim measure.

Lesley also suggested the MH Forum invite the sub group to a special Forum meeting at the end of November/ beginning of December to answer questions raised.

Additional points for the next Joint Mental Health Planning Group:

- What progress is being made regarding updating the mental health directory?
- Minutes of the Joint Planning Group should be circulated at least a week before the planning group meeting.
- In the interest of transparency for service users and carers, minutes should show clearly any developments with timescales.

Revamping East Lothian Mental Health Forum

Renaming

At a previous meeting members felt that it was time to revisit the name and the remit of the East Lothian Mental Health Forum.



Linden kicked off the discussion by saying that as a new member to the forum she feels that a more positive name for the forum would go some way to giving the forum a new lease of life and attracting new members.

This view was supported by all member present and the group brainstormed possible names:

- 'The Positive Mental Health Forum'
- 'East Lothian Recovery and Resilience Forum'
- 'Ways/Paths to Wellbeing' with strapline 'positive futures for all'
- 'Pathways to Progress/Health'
- 'Engage'
- 'Looking to the Future'
- 'True Growth'
- 'Positive Engagement'
- 'Positive Futures'

'Positive Progress'

It was agreed that members present would ask their constituents for more suggestions.

Remit

Members spent some time discussing the remit of the Forum. Some of the ideas suggested were:

- Involve people in the health and community care planning process.
- Networking, partnership opportunities. Valuing networking as a priority, especially in the current financial climate, and prioritise this function at meetings.
- More formal information through speakers/presentations.
- Provide learning/training opportunities.
- Develop accessible materials.
- Achieve a balance between formal and informal.

Some of the challenges highlighted were:

- Slippage - not keeping a dynamic pace and getting things done.
- Attracting new members, especially service users and carers.
- Being more active in pursuing change and putting more pressure on the authorities through our representation at the MH Joint Planning Group.
- Achieving regular contact with planners and encouraging the Joint Planning Group to be more visible in its actions and achievements.

This clearly was a start to the 'revamp'. Linden volunteered to take the Forum through a planning process at the January meeting that will tease out a formula for the forum and a planned agenda for the next year. Forum members agreed.

AOCB

Look Forward

Linden reported that the 'Look Forward' Group set up through Home Start for parents who self harm is still very much in its infancy and there are no plans to extend the service to other areas of East Lothian.



Workchoice

Peter Inglis told Forum members that the government 'Workstep' supported employment initiative is now called 'Workchoice'. Peter said it is a similar format to the previous initiative for people who use the service, however there are some major changes for providers.

Hilton Court

Carolyn and Marshall Boardman reported that Hilton Court in Fife, a residential facility for people with a mental illness, has quite a few members from East Lothian and all seem to be doing very well there.

There were questions about how Cameron Cottage, an East Lothian rehabilitation facility, compared with Hilton Court in terms of service provision. **Action:** Lesley to find out.

Thanks to all

Laurelle thanked everybody for their attendance and contribution to a successful meeting.

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**The next meeting of East Lothian Mental Health Forum
will be held on Tuesday, January 18, 2011 in**



**Tynepark Resource Centre, Haddington EH41
4DA.**

**You can contact the office with any comments or
views at info@elccf.org or Tell us at the **Have
Your Say** section of the **ELCCF** website**