

# Run-up Newsletter

## February 2006



**Members Meeting:** There were 9 people at the January meeting. Unfortunately Marilyn Wilson sent her apologies to the group and will attend February's meeting instead. Val Leahy stepped in to attend at short notice. Val is the NELMHT

Patient Advice and Liaison Officer running the PALS service single handedly across all the boroughs. Val can support people in resolving any issues they may have with their care both on the wards and in the community. She can act as an intermediary to resolve things quickly and to also provide support if you would like to make a formal complaint. The group were very interested in what she had to say and asked many questions about the service. We also discussed the Government's plans for Incapacity Benefit and the emphasis on 'helping' claimants back to work. More information needs to be found out about this initiative and we could invite a speaker from the Welfare Benefits Advice Team to come to talk to us about it. It was agreed at this meeting that instead of the March Members Meeting we would hold a buffet and quiz night at the Friendship Café for all our members. This will be on March 29<sup>th</sup> 06 from 6pm onwards.

### **Supporting People Mental Health Review Panel:**

The purpose of the meeting is to look at the funding provided for community housing projects. The borough receives local

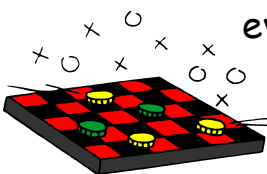
government grants to spend with private organisations that provide a package of care at various sites within the borough. Decisions will then be made about where and how the

funding will be allocated. Asifa Ali asked me what the needs of clients were, but I said that I would need to visit sites to get an idea of what was presently on offer. I also raised the issue of education about client's conditions that this needs to be done in order to redress the balance of power in favour of the client. Supporting people is a government grant to be allocated to community housing schemes throughout the borough. These schemes are to be reviewed by the supporting team panel with a view to re-allocating money to some

services while cutting funds to others. This will mean that some community homes will be closed down to make way for new projects to be opened.

There was much discussion about which services might be improved and which services can be cut. For funding to be re-allocated, an assessment of residents needs to be done, but the panel is considering cutting the funding without knowing their present needs. This is not in the best interests of residents.

**Mark Twain Unit:** We would like you to know about an event on our ward over the Christmas period, which involved our patient's determination to create a better environment whilst in hospital. We have a community meeting every morning, usually facilitated by the nurses, however each Thursday the community meeting is run by the patients. Between them they decided they would have a sponsored event (a patient waxed his chest) to raise money (£60), which subsequently financed a 'free view' box and various board games for patient leisure (which they shopped for themselves) Well-done to all concerned.



**Emily Bronte Acute Day Hospital:** The Emily Bronte Acute Day Hospital in Redbridge has officially opened. The unit seeks to become an effective alternative to admission in Redbridge and one that will truly promote independence and patient recovery. Being on the ground floor with two private enclosed gardens creates a really pleasant and private environment for patients.

More about this unit in the next newsletter.

**Work Plan 2006/7:** As you know Run-Up has a very busy year ahead a copy of the plan is enclosed with this Newsletter. Christine and Ellen are asking for your help. Would you be a User Consultant? Why not come along to the office for a chat or telephone us on 0208 590 5890 and we can give you more information.

**Conference 'Your Service - Your Recovery':** A one day conference is planned for July 6<sup>th</sup> 06 in Ilford for Service Users and Carers and a limited number of staff from NELMHT. The theme is around the recovery model and we will be reviewing where we are with services since the changes came in to place at the end of last year. We will be identifying what's important to us, setting out our priorities for future service developments. Mark Leveson, Head of User Participation & Development, at the London Development Centre for Mental Health, and a service user himself will chair the Day. We will have a couple of speakers talking about the recovery model and also diversity. Expenses will be paid and also a buffet lunch will be provided. Registration is from 10.am for a 10.30am start and the day will close at 3.30pm. The venue is Shout Café/Bar next door to the Cine World Cinema in Ilford just beside the Library. So get your diary out and book it in now!



## TODAY'S THOUGHT IS:

I have learned this: it is not what one does that is wrong, but what one becomes as a consequence of it.

--Oscar Wild

Today I will take care to make choices that match my values.



### Volunteer Drivers and Buddies:



The Emily Bronte Day Unit is looking for drivers to collect and drop off patients attending the unit at agreed pick up points around the borough. They are also looking for 'Buddies' to accompany the driver to provide support for patients whilst in the vehicle. There are two mini buses that will pick up patients in the mornings and drop them again at the end of the day. CRB checks will be carried out on all applicants, but this standard procedure for those working with vulnerable people. Please contact Run-up in the first instance on 020 8970 5890 for an informal chat.

### **Play is ...**

The laughter you hear from afar  
A babbling brook dancing on its way  
A jolly cat rolling across mountains of string  
A sparrow washing itself in a puddle drying in the sun  
A field of monkeys let loose with paintball guns  
Children giving us joy and happiness  
Fruity jellybeans and jumping jacks  
Happy and fun

'Talking Heads' Poetry Group 2005

**The next Members Meeting will be at the  
Friendship Club Café, Wellesley Road, Ilford**

**on**

**Wednesday 28<sup>th</sup> September 05  
6pm - 7pm**

**CONTACTING RUN-UP**

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**Email; [runupuk@hotmail.com](mailto:runupuk@hotmail.com)**

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**The drop-in is open on Tuesdays between 10am-2pm**

**Run-up**

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*Disclaimer*

The views expressed in this newsletter are not necessarily those of the editor or staff and trustees of Concern for Mental Health