

NOVEMBER
EDITOR
NIKKI SHARP

RUN-UP 2007
"YOUR
SERVICE
YOUR
RECOVERY"
CONFERENCE

NEW RUN-UP
LOGO
LAUNCHED
ALONG WITH
COMPETITION
FOR NEW TAG
LINE. SEE
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CREATED FOR
YOUR NEWS
AND VIEWS.
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LISHED ON
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ON WARDS.
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ESTABLISHED
AT MELLMEAD

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MEETINGS SEE
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RUN-UP NEWS

ISSUE 3

NEWSLETTER

Run-up's Conference 2007 was a success

Run-up held its "your service your recovery" 2007 conference on the 17th October at Fullwell Cross Library, and I'm please to report that it was a roaring success. This year's conference was a follow up from last year's and an opportunity to hear about what progress has been made on the priorities you as service users identified at last years conference. The conference was very well attended. There was presentations from Sue Merchant & Debbie Taylor about Communication of Information to Patients, which went down well. Sue also spoke about Service User Standards. Jon Abrams & Pam Lloyd also gave an interesting presentation about Mental Health Promotion Wellbeing & Social Inclusion. This included looking at the history of Mental Health services and the treatment of Mental Health users,

going back to the 18th century and how things have progressed from there to now.

Tim Kidger also presented and spoke about how finally—yes finally Redbridge are looking at



the prospect and finances of having a respite/crisis house in the Borough. Tim gave examples of respite/crisis houses he has looked at in other borough's sharing with us the pro's and con's of those facilities. He did point out that we ought to be careful what we wish for, when a suggestion was made about

having a drop-in and help line facility attach to this respite/crisis house, should it ever get off the ground. He said with all those things attached it might actually lose it's focus.

Mike Smee also gave a presentation about recovery which the audience seemed to find interesting. Shelia Henry from Advocacy was the last to present and unfortunately had little time due to the over running of the programme, but all in all it all went very well with excellent comments from the audience that was given in on our feedback sheets.

We hope all that was discussed will be followed up and acted on.

A special thanks to Christine Bullivant who chaired the meeting and to our Service User Consultants who helped us with this event.

NEW MEETING HELD AT MELLMEAD

On the 18th of September we held a new members meeting at Mellmead House, Rodney road Wanstead. The meeting proved to be a success in that 6 members attended and 1 carer. Some were brand new members which was encouraging. This new meeting was very much supported by Kathy Blackburn and the guest speaker was Trish Mossey, the General Manager from Anxiety Care. The meeting was friendly and Trish gave us a talk about the many services Anxiety Care

provides including Counselling which is not restricted to 6 sessions. One thing that was brought up by a few members was the closure of the Mutual Support Group that Anxiety Care used to run at Mellmead house on a Thursday afternoon. Trish explained that this was very unfortunate but it had to close due to lack of attendance. Members expressed a real interest in having this group put on again in the near future. Trish said this was a possibility if more people expressed an in-

terest in having it. Trish went on to explain to members why a small fee was necessary to attend the groups Anxiety Care run. She said that Anxiety Care is a charity and struggles to get any funding from the PCT, having said this she also said that nobody would be turned away if they really could not afford the small fee charged. Anybody wanting more info about Anxiety Care ring 0208 262 8891

Thank you to Alan Wren our User Consultant who gave feedback on this meeting.



**SEND IN YOUR
LETTERS OR
VIEWS TO US**



Ellen's thought for this month is

THE IMPORTANCE OF MOTIVATION

The prime mover of every human action in motivation...Our motivation should be simple and sincere. Whether we achieve the goal or not does not matter so long as our motivation is very sincere and we make the attempt.

Your news your views

In this space we would like to try something new. We here at Run-Up thought it would be a good idea for this space to be used by you — the service user or carer. I am sure many of you have views and feelings about issues that effect you. views, feelings and thoughts that make you happy, sad, frustrated or even angry. This space will be open for you each time

this newsletter is published. What we would like you to do is send in by post a letter or viewpoint that you would like to see published. You may supply your name if you wish or remain anonymous. Please note that this space is enough for 200 words, but no more.

What we here at Run-up will do is to put all the letters we receive into a hat and ask Ellen (our

admin assistant) to randomly select one and then it will be published in our next newsletter. We hope you make use of this space in a way that serves you.

Please do not forget that if you wish to remain anonymous please state that in your letter. It would also be really helpful if your letter was typed, not hand written.

Response to article published in Septembers

Newsletter concerning Drug and Alcohol Misuse on wards

With reference to the article that was published in September, I had a few phones calls from concerned members asking me how and what was being done by the staff regarding this issue about drugs and alcohol usage on the wards.

I contacted Valli Agbollege (Redbridge Acute Service Manager) who was kind enough to respond. Valli pointed out firstly (after contacting the police herself) that she or they have no knowledge of sniffer dogs patrolling Goodmayes hospital at night,, but did go on to say that 18 months -2 years ago the staff invited the police and dogs onto the wards to counteract what was then a problem with both alcohol and drugs being brought onto the wards.

That was then—this is now. Valli went on to say that first and foremost should anybody be under the influence of either drugs or alcohol, the staff's priority is to CARE for them whilst in acute care. She pointed out that yes some patients still do try and bring in drugs/alcohol but staff do not allow use of drugs or alcohol on any of the wards in chapters. Should the staff become aware of substances on the wards, they have the right to confiscate the substance and if need be advise or call in the police. She went onto say that such incidents are also reported to the relevant consultant and documented in the persons records. Valli says the staff are vigilant with regards to this issue but cannot control what happens outside

of the wards. The fact remains that it is impossible to have eyes everywhere on the vast Goodmayes site to which I reluctantly have to agree with.

If anybody wants to pick up on this issue or have anything more to say / suggest about where we go from here, you can contact us here at Run-Up or use "your news your views" space.

I would like to take this opportunity to thank members who contributed towards this ongoing debate and to Valli for her response. Anybody who would like the full copy of the Policy for the Management of Substance Misuse on Psychiatric Inpatients Unit can contact me, but please be aware that this document is 25 pages long!!

OUT AND ABOUT WITH PROJECT ASSISTANT

I've been out and about so much it's difficult to relay all the information that I have gathered. However in this space I shall give snippets of all whom I have visited and please do not hesitate to contact me if you need any further information about any of the services mentioned. Firstly I met Ian Mckelvie and team from Occupational Therapy Day Services. Ian was kind enough to run through the history of the service and brought me up to speed with all the different programme's they currently run (which are many) Anger Management, Psycho-Education Group,

Sports Groups to name just a few. Access to the service can be via any mental health professional



(except GP) involved in their care or via self-referral. Next I met with Stuart Marks from the CMHT East. Stuart was keen to tell me that the team have managed to cut

down waiting lists down over the last 18 months and now clients are now seen within 2 weeks. Clients can self-refer or be referred by their GP. After that next on my agenda was with meeting with Hycinth Taylor the Centre Manager at Ley Street Resource Centre. Hycinth was kind enough to give me a copy of the list of activities held at the resource centre—again there are many. She also was able to tell me that Shaw Trust, Advocacy and Benefit Advisory Service all visit the premises on a monthly basis, and the snack bar is run by the service users.

Next on my list was to visit Kathy Blackburn the Practice Manager at Mellmead House. Kathy showed me round, and introduced me to some team members. With Kathy's help and support we now managed to hold a members meeting there once a month. For now I have ran out of space but be assured other visits will be published next time.

MENTAL CAPACITY ADVOCACY (IMCA) IN REDBRIDGE

Mental Capacity Advocacy (IMCA) In Redbridge

North East London Advocacy (NELA) provides the IMCA service for all those who live in Redbridge. The Mental Capacity Act was introduced in April 2007, to safeguard the human rights of people who lack mental capacity and are unable to

make important decisions for themselves. If this group of people have no family or friends an IMCA should be instructed to assist them. The IMCA service is very specific and focuses on issues such as, serious medical treatment, resettlement, adult protection and reviews.

This service may apply to people with severe mental illness,

dementia, learning disability and brain injury. Referral: only from social care and medical staff.

North East London Advocacy
Goodmayes Hospital
Barley lane Ilford IG3 8XJ
Tel 020 8970 5731
Email: imca@nela.org.uk

**NEED HELP
OR ADVICE
FROM
ADVOCACY
ON THIS
ISSUE. CALL
020 8970 5731
.....**

Beware of phone number change and the cost

As you know in our last newsletter we published that fact that our number here at Goodmayes had changed to 0844 600 1201 ext 7891 for the main office. What we did not know at the time was that some people are still ringing the old number. This number for some reason has not been disconnected so therefore the person ringing that number

hears the ringing tone, but no one answering. We appreciate that this could be very confusing to the caller and one might assume we have gone out of business. Let me re-assure you WE HAVE NOT. We hope that our old number will be disconnected and quite why this has not been done is anyone's guess.

it has also been brought to our

attention that the new phone number is very costly. Even on BBC this morning's show they stated that numbers beginning with 0844 cost 35p per minute from mobiles although less costly from landlines but still dearer than local calls. Please let us re-assure you that if you call us from a mobile phone, tell us and we will ring you straight back.



Registered office:
Redbridge Concern for Mental Health
98-100 Ilford Lane, Ilford, Essex, IG1 2LD
Registered Charity No. 1065770
Company : Limited by Guarantee No. 3115971

**NOVEMBER
EDITOR
NIKKI SHARP**

**RUN-UP
GOODMAYES HOSPITAL
BARLEY LANE
GOODMAYES
ESSEX IG3 8XJ
Phone: 0844 600 1201 ext 7891**

E-mail: runupuk@hotmail.com



This is our new logo. Please find enclosed our competition for you to enter. £20.00 prize money to be won. Just complete and return to us at Run-Up

UP-DATE ON OTHER MEMBERS MEETINGS, RECRUTMENT OF USER CONSULTANTS AND INCREASED MEMBERSHIP.

As you are aware we here at Run-up have been updating our membership files. I would like to inform you that although numbers of members went down initially due to people moving out of the borough and moving in general, thankfully now our numbers are once again on the increase. We have also employed three new User Consultants. They are Alan Wren, Kieran Delaney and Shane Craven to whom we give a warm welcome.

The Friendship Café members meeting held in August proved once again to be a lively meeting. Mike Smee and colleagues attended. They gave a talk on the benefits of becoming a Foundation Trust. In brief then it was said that by becoming a foundation trust it will help to provide better services. It will also mean secure contracts from the PCT of 3 years and not 1 year as it is now, this will be of benefit to service

users also. It was also stated that service users can sit on Improved Planning Committee, and if Redbridge manage to recruit the largest numbers of public members there is a £15,000 prize to spend on service development in Redbridge. (Lets hope then ,if NELMET win it's spent wisely)

Septembers meeting held at the Friendship Café also proved to be lively and topical in debate. Mary Burnett (Co-ordinator) from London Borough of Redbridge Safeguarding Adults Services was our guest speaker. Mary and members discussed what constitutes abuse, whether that be physical, sexual, emotional or psychological, financial, neglect or discriminatory. The sad fact is that although most people are well cared for by families, neighbours and services, abuse happens and can include all or some of the above. Mary pointed out that

attending our meeting was to raise awareness about abuse and her intention is that an 'Awareness' program needs to be rolled out across the Borough, which is now happening . Enclosed with this newsletter is a pamphlet giving you all the information including contact numbers. Mary also said that raising awareness about abuse is filtering through to the Social Work Team within the CMHT'S. and spoke about the need for training amongst the Advocacy team about this issue. What was also suggested was that should a crisis house ever be set up in the borough maybe a confidential helpline could be included.

Many members were generous with their experiences and comments and Mary said she would revisit us to give an update on how and where the 'awareness program has been rolled out. We look forward to seeing her again.