

JANUARY 12

EDITOR

NIKKI SHARP

RUN-UP NEWS

NEWSLETTER

Austerity Hits Us All (and that includes RUN-UP)

As the heading suggests in light of the current economic climate and in an effort to cut costs, we will for the foreseeable future be printing this newsletter in black and white. We would also like to invite you to tell us if you would like to receive future newsletters by post **OR** by email, this again is because of the costs involved. Many of you I know have appreciated receiving the newsletter and the information that's in it and that won't change. We would however really appreciate you filling in the slip of paper enclosed telling us how you would prefer receiving this newsletter in future. Once you have filled that in, please pop it into the enclosed envelope **which does not need a stamp** and then pop it in the post. Please ensure that if you require the newsletter via email to put your current email address on the slip of paper. Many thanks to you all.

**AUSTERITY
HITS US
ALL**

**SAVE
FOREST
HOUSE
PSYCHO-
THERAPY
CLINIC**

**KEEPING
YOU
UPDATED**

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AND 4**

Forest House Psychotherapy Clinic Restructuring

We recently received an email telling us about yet another possible closure of a vital service. Forest House provides longer-term psychodynamic psychotherapy and is highly valued by its service users. Naturally we are very concerned for all service users that this will affect when this proposal goes ahead. So we have contacted the appropriate people and asked the following questions:

If a consultation has taken place? If so, what form did it take? If it is to close what safeguards have been put in place for this vulnerable client group if any? If Forest House is to close what was the decision based on? Was there any evidence to suggest it was ineffectual or is it cost cutting/savings?

Thankfully we got a swift response which was this: Forest House provides longer term psychoanalytical psychotherapy in Waltham Forest. There is no such service in Redbridge or Barking and Dagenham and Havering. In line with national policy regarding access to psychological therapies NELFT has started to review the way that psychotherapy services are provided across north east London. This will affect the psychotherapy service based at Forest House on the Thorpe Coombe Hospital site in Waltham Forest. A proposed, new care pathway for outer north east London wide psychotherapy will be shared with a wide range of users, carers and other local stakeholders as part of a consultation programme that will be launched in January 2012. Stakeholder events will take place in each of the four boroughs and we would welcome anybody who is interested to take part in these. Details will be widely circulated later in the New Year.

Current service users of Forest House services should be reassured that any changes that may take place following the consultation will be in a planned and safe way.

RUN-UP met with Sue Boon, Managing Director for Mental Health Services who assured us that she will give us details of the consultation programme which we will pass onto you as soon as we have them. This will be your chance to get your views heard! All the questions raised above will be dealt with in the consultation.

“KEEPING YOU UPDATED”

November Service User Network Meeting

Guest speakers were Ruth Ezekiel (Freedom Pass Supervisor), Sharon Pinagli and Jannet Kale from the London Borough of Redbridge (LBR for short) Payments and Benefits to talk about the new version of the application form for a Disabled Persons Freedom Pass.

At the beginning of the meeting we made it clear to the group that they had the opportunity to look at the new draft Freedom Pass Form and asked if they felt the questions were easy to understand. The meeting was not about the problems with the old form.

At the September's Service User Network meeting a draft form had been looked at and suggestions fed back to LBR, so this was another opportunity to review the form with LBR attending to listen and answer any questions.

The first comment was about Q6 dealing with Learning Disabled people. The wording "arrested" was discussed. It was explained that questions like this are written in a legal form taken from an Act of Parliament and LBR consider it necessary to use the exact wording. It was suggested that an organisation such as The Daffodil Advocacy Project should have an input into the questionnaire as well as Run Up.

Q5 about loss of limbs was another question with difficult

language such as "congenital absence of both upper limbs" though it was pointed out that someone without the use of arms would have a care worker filling in the form for them as often would a person with Learning Disability. In LBR only 4/3000 passes are for people without upper limbs. The Waltham Forest form had been looked at and thought to be easier to understand. LBR took notes of suggestions made by the group and would get back to Run Up when they've been considered.

Other points about the Freedom pass included questions about ability to drive a car yet still receive a Freedom Pass. In the past it was automatic but now it depends upon your health and is normally only awarded as a discretionary pass. Some people with a mental health issue and a driving license can have a pass but generally the rules are you only get a pass if the Driver and Vehicle Licensing Agency (DVLA for short) have suspended your driving license on medical grounds after a GP report. This does not include being suspended from driving through a criminal act such as drink driving.

It was also said that a pass lasting 5 years is valued at ten thousand pounds and is not means tested so LBR do check on peoples need for a pass if their health improves or if they move out of the borough so it's not automatic that you can keep a pass for the full 5 years. An example is

someone who has had an epileptic fit. A GP has a duty to report this to DVLA and their driving license would be withdrawn and a pass would be issued on application. However LBR would check up after 1 year and if there had not been another epileptic fit the pass would be withdrawn as the person could apply for their license and drive again.

The group was reminded that only one of the seven questions needed to be ticked to apply for a pass along with any evidence requested. Also people on Income Support not qualifying for a pass can get a bus and tram Oyster card that gives them 50% off the normal bus fare. This card will only cost a maximum of £1.80 per day as it's capped at that level but you can make as many journeys as you like.

Under Any Other business we reminded people that there is no meeting in December and shared with members that we were hoping to have the Mental Health Contracting Manager from NHS Outer North East London attend.

Information on a service user questionnaire on Psychological Therapies by University of Sheffield was also given out to those who were interested.

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December Redbridge CVS Meeting

Below are the focal points raised in the meeting:

“KEEPING YOU UPDATED” Cont....

It was reported that the Accident and Emergency Department is to remain open at the King George Hospital until such time as Queen's in Romford passes certain tests, which they have previously failed. There is no timescale as yet.

There is a Start Up tool kit available from RCVS on how to set up your own organisation.

The RCVS Annual Report has been produced and is on their web-site.

Concerning The Redbridge Conversation there are cuts in services to be made in April.

There has been a consultation on the following bus routes: 103,128,66,145, and 366. The findings are out on the 23 December 2011.

There were 3 presentations. The first presentation was by Tasleem Hamid about the 2012 Games and the Voluntary Sector. There are to be cultural events and celebrations around the borough of Redbridge leading up to the Olympic Games. The Olympic torch goes through Redbridge on the morning of Sunday 22 July 2012. The Redbridge Ambassadors still require volunteers.

The second presentation was by John Kenning from the Valentines Singers and the last was by Fozi Hussain on behalf of Ubuntu Arts.

November SURG (Service User Reference Group) Meeting

Run-Up attended the Redbridge SURG and Pete Williams, Assistant Operational Director who has taken over from Carol White chaired the meeting.

Pete asked if there were any issues from the past that needed to be brought up and also that an up to date list of membership needed to be done, as there had been people on the membership who had never attended. It was mentioned by the group that Run-Up should be invited guest but we still don't have a right to vote. However, because we have over 500 on our membership list, we have contact with other service users who have an interest in the services provided in Redbridge.

Letters will be sent out to all members who have not been able to attend regularly and asked if they wish to continue with SURG; the group would look at the criteria and questions to be asked at the interview process of new members wanting to join.

It was decided that Pete would chair the meetings till the group was more settled. Paperwork from the main SURG would also be passed down to Redbridge SURG. Agendas need to be sent out in time and people can also let Pete know of items they wish to add to the agenda.

Some of the members had issues with Practice Improvement and the admin side of things there, Pete said he would look into these issues.

The group wanted more involvement in meetings and some members wanted to go to the new wards to see them as they had missed out on the last opportunity, there will be a discussion as to how it would be done, as it was felt that this would be going on the wards just to look at patients which would be unfair to patients.

It was suggested again that guest speakers are asked to attend the group and the group asked for a Community Development worker and someone from the Trust to talk about reports and key findings and recommendations on Black Minority Ethnic Communities (BME for short) within the trust. Pete again said he would look into this.

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December Model of care for people experiencing crisis project steering group (A new meeting)

This was the second meeting and Chris Bright (An Assistant Operational Director) gave an overview of the current NELFT crisis response services and the single point of access which is the mental health direct line. Redbridge have the smallest team in all the four boroughs which deal with crisis, there is a different team that deals with psychosis and will be looking at the over 65

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“KEEPING YOU UPDATED” Cont....

teams.

The group will look at lessons learnt and working at the improvement of services in Redbridge. Due to time running out service mapping was only spoken about very little but would be looked at in the next meeting.

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December's Employment, Education and Training Implementation Group Meeting

Due to our workload, we were unable to attend this meeting.

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December's Recovery Community Team East

Business Meeting.

Kate Harrison (our User Consultant) attends this meeting and included in her report was that the Equalities and Diversity forum has been disbanded and that some service users under this team with input from staff are to trial an Advance Decision which will be reviewed in February 2012.

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December Crisis Resolution Home Treatment Team Service User Forum.

As you know by now, this is a forum that our Kate Harrison facilitates. Kate reports that 6 service users were at the meeting. As usual Kate

introduced herself and outlined what RUN UP was about, what we do and why we do it.

The group discussed the new timetable of groups available, and a popular group is the Sign-posting where service users make realistic goals to set in their lives.

A lot of the group wanted reviews with the doctor concerning their medication and were informed that this was possible on Thursday mornings. The group also discussed side affects to medication and how they deal with them.

It is not our intention to offend, upset or devalue any individual or any organisation by the articles published in this newsletter. We carry the responsibility to raise concerns brought to our attention by the Service User Community. Should you want to contact me please do so. You have a right to reply via writing an article that will be published under our heading “your news your views”.

Our motto is “Working In Partnership With Others”

The views expressed in this newsletter are not necessarily those of the editor or staff or trustees of RUN-UP or Redbridge Concern for Mental Health.