

JULY 2007  
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# RUN-UP NEWS

VOLUME 1, ISSUE 1

NEWSLETTER DATE

BOROUGH  
DIRECTOR  
ATTENDS  
FRIENDSHIP  
MEETING

ARE YOU  
AWARE  
OF "YOUR  
SHOUT"  
AND IT'S  
PURPOSE

TELEPHONE  
NUMBER  
HAS  
CHANGED

RUN-UP  
WANTING  
TO REACH  
NEW  
MEMBERS

COMIC  
RELIEF  
FUNDS  
NEW POST  
AT RUN-UP

## Lively Meeting at friendship café

Last months members meeting at the friendship café proved to be a lively discussion. The meeting was well attended and the Borough Director for Redbridge, Mike Smee offered to come along to talk to members about "Your Shout". Mike explained that "your shout" meetings were to give the service users a chance to be heard and to say what they think of services they receive, also what services service users would like to see in Redbridge. The service users voice will be heard by staff who attends these meetings.

The meeting opened into

a lively debate and at times strong opinions were voiced about what gaps in services members felt were missing in Redbridge. A "respite house" in the borough being one of those gaps in



Redbridge at present. Members again spoke of having trouble accessing psychiatric staff out of normal working hours. Both Mike and Valli Agbolebe who also attended pointed out the "Home Treatment Team" were on hand to help in times of crisis.

However members pointed out that service users sometimes just wanted to talk to someone professional over the phone or wanted a place they could phone or walk into before they reached crisis point.

This particular point has been raised in meetings since and something Run-Up will be following closely.

Other points raised in this meeting were maybe having a host service user on the wards when a new patients are admitted. Another point raised was more encouragement needed for new members to join us.

## Comic Relief funding new Project Assistant

Hi, my name is Nikki Sharp and I am the new Project Assistant here at Run-up. Some of you may already know me as I have been to some members meetings already. As some of you know unfortunately Terry Esquant left this post in March 2007. Terry leaving was a huge blow to Run-Up and we would like to thank her for all her hard work

and commitment. I have taken over from Terry (hard act to follow I know) and my post has been secured for three years, which has been funded by Comic Relief. As part of this funding we are obliged to monitor information and it has been two years since we last updated our files on our members, so shortly you will be getting a new membership

form which will be a slightly different form to the one you originally completed. You will get it through the post with a self-addressed envelope for you to post back to us here at Run-Up. We hope you continue to be members and look forward to you re-joining us.

I personally welcome this opportunity to be working for Run-Up and on your behalf.

## “YOUR SHOUT” SHOUT ABOUT WHAT AND WHY?

NEED TO SHOUT?

COME ALONG TO

“YOUR SHOUT”

As captured on the front of this newsletter, it seems that many service users are un-aware or unclear what “your shout” meetings are for and what they are about. Perhaps that is why they are or have not been very well attended so far.

In brief then, the “your shout” meetings take place every four months, it gives staff a chance to outline what the services in the Borough of Redbridge are doing, it’s a way of service users being updated and to monitor the way services

are provided in our Borough.

The last meeting took place on the 7th June from 2pm to 4pm at Aldborough Room, Fullwell Cross Library. From the feedback that’s been given it was highlighted that this forum needs to be more widely advertised to service users and we believe here at Run-Up that this meeting is a good place to hear what changes and new plans are taking place, but also a good place to express your views, worries and concerns and be

HEARD by the staff who attend these meetings.

There were many points listed in the Discussion Outcomes of this meeting and nine issues causing concern, far to many unfortunately to list in this space, but again the issue about a “safe” house” (respite house) was one of them, along with carers’ needs and carer’s assessments.

We will keep you posted!



PLEASE BE AWARE THAT OUR TELEPHONE NUMBER HAS CHANGED!!!!

OUR NEW NUMBER IS 0844 6001201 EXTENTION 7891

## NEW IDEA’S AND FOCUSES HERE AT RUN-UP

Here at Run-Up we are having a re-vamp and to some extent a re-focus on what we provide to our members.

As a new member of staff it was suggested that I (Nikki Sharp) go round all the different departments/service on a monthly basis, possibly taking a User Consultant with me, firstly to introduce and promote Run-Up more actively along with our User Consultants, and secondly and perhaps more importantly to you, see what/how services are provided to service users and if there is anything new in the way services are imple-

mented. That way we can keep you updated and informed of what’s taking place within the different services.

Currently here at Run-Up we have a couple of projects on the horizon, one being a small focus group taking part in a research project for Health and Social Care Advisory Service. This research is aimed at looking at and discussing with the focus group their views on medication and on any psychological intervention the individual may have had. A few of our members at our last meeting vol-

unteered themselves to take part in this. Another project that Run-Up completed was the “Roots to Routes” project, aimed at finding out about the quality of Mental Health Services in Redbridge provided to Black, Asian and other Minority Ethnic groups. It’s findings will be launched at Ilford Business Centre on 17th July. You will get an invite.

We intend to keep this newsletter going and hope it will be sent to our members and beyond every other month.

