

MARCH 2008
EDITOR
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SHARP

RUN-UP NEWS

ISSUE 4

NEWSLETTER

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MEMBERS MEETINGS UPDATE

Up date on members meetings held at the Friendship Café.

As you are aware there was no meeting here in December due to Christmas, so I'll just update you with January's meeting, as February's will be to late for this publication. In January we invited Brian Johnson (manager of C.P.A.'s) who came along and spoke about Care Planning Approach and the Care Plan Standards that have be adhered to. Brian was hoping to advise us on what the government's report outcome was on the reviewing of CPA's, but unfortunately the outcome of it has be deferred till later this year. The meeting proved a lively debate as enhanced and standard CPA levels were discussed. Some members were not aware of what level of CPA they were on or remember ever having a CPA. Brian pointed out that levels can change due to the individuals needs. There was

real concern that those on a standard level of CPA would have services taken away from them, Brian however seemed assured that this will not happen or at least hoped it would not happen.

Our thanks to Brian and for handing out the info on Care Planning Standards. We look forward to his return for an update on this issue.

Mellmead Meeting Updates. On the 8th January our guest speaker was Val Leahy from PALS Service. Val spoke about her service and how attitudes are changing towards Service Users within the Trust. Apparently being discussed is having 1 person in each borough to represent PALS. Val also spoke of Katalyst which was started by 2 people, their aim, to improve services, user involvement along with user recovery workshops. All these help the trust and its staff change its attitudes involving service users. Val present the group

with 2 brochures produced by Katalyst which was helpful. Our thanks Val for being the speaker and to Joyce who took notes during this meeting due to the absents of our user consultant.

February's meeting was an update given by Kathy Blackburn (manager of CMHT West). Kathy brought along draft 1 of the questionnaire she and her team wish to send out to those currently receiving input from the CMHT. The purpose being to gather information about the support service users receive from the CMHT. Members of the meeting read through it and amendments will be made in draft 2. Kathy wanted service users input on this to make sure it was user friendly and helpful to those who are eventually going to receive it. We look forward to the final document and a big thank you to Kathy and her helpers for providing afternoon tea. Delicious !

YOUR SHOUT MEETING

The last "your shout" meeting was held on the 6th February 2008. unfortunately it was not very well attended, but valuable in the sense that those who did attend raised many issues. Mike Smee, the former Borough Director gave the presentation which prompted the discussion. Far too many points for this short space, but in brief, concerns were expressed about the

length of time taken to issue Freedom Passes. Also raised was the relatively new service Early Intervention Team and the good work they are doing, how ethnic minority groups could be encouraged to attend the "your shout" meetings, the need for NELMHT speakers to be asked to attend the "your shout" meetings and speak about Health & Well-being,

older people's service, Clozapine, along with Vocational Issues. Talking of which the next "your shout" meeting is going to be hopefully in early June (this to be confirmed) but the focus is going to be on Vocational Opportunities and supporting people's employment ambitions and difficulties caused by mental health issues.

YOUR NEWS, YOUR VIEWS

SEND IN YOUR
LETTERS OR
VIEW VIEWS TO
US



ELLEN'S THOUGHT

FOR THIS MONTH....
GIVE AND TAKE

By showing concern for other people's welfare sharing other people's suffering and helping other people, ultimately one will benefit. If one thinks only of oneself and forgets about others, ultimately one will lose.

Londoners on income support can get half price bus fares

LONDONERS on income support can still take advantage of half price bus and tram travel.

The cost of a single bus or tram fare with the discount card and an Oyster card is just 45p. The scheme is part of a groundbreaking deal with Venezuela where London gets cheaper oil in exchange for advice and expertise in city management.

To apply for a half price Oyster card simply collect a form from your post office or download it from www.tfl.gov.uk/discountcard and fill it in. Then take this along with proof that you are on income support, such as a letter from the Department of Work and Pensions, and proof of ID with you to your post office.

Proof of ID can include a passport, driving licence, bank card or a Post Office Card Account card, birth or marriage certificate, NHS medical card or a recent utility bill in your name.

People who have none of these items can still get a discount card by contacting -

Cost of a single bus or tram fare would be 45p

Transport for London's

helpline and making a different arrangement. Applicants must live in a London borough, be aged between 18

and 59 and not be receiving any other discounted travel concession. « For more information call the helpline on 0800

731 4564. (THIS ARTICLE WAS

PUBLISHED IN THE

LONDONER, JANUARY 08)

WHAT IS UQUAT? (User Quality Action Team)

UQUAT Who are we?

The User Quality Action Team (UQUAT) is a group of trained and supported service users who help the Trust get direct feedback from other service users.

What do we do?

We help to improve the performance of our trust (NELMHT). Our feedback acts as a measure of how the Trust is performing.

How do we do this?

We visit services and obtain feedback from clients who are receiving services from that specific service.

Why do we do it?

Because we want to help to improve the services in our Trust (NELMHT). The members of UQUAT have experience of the different services provided by NELMHT and we are keen to use that experi-

ence to make a differ-

ence. If you have experience of NELMHT services and would like to get involved we would be very pleased to hear from you. To declare an interest in UQUAT please leave your name and contact number on the answer machine of this free phone number: 0800 783 1853.

Thank you to Shane for providing this article.

UP AND COMING WORK FOR RUN-UP CONSULTANTS

We here at Run-up hold regular User Consultants Meetings, where any existing and up and coming work for our consultants is discussed.

Some of the points raised at our last meeting included two of our consultants volunteering to become part of a committee for the forthcoming 10th Anniversary Celebration of Run-up, which

we hope to hold on the 30th July (we shall keep you posted). We would also like to invite two of our members onto this committee. Anyone who would like to put themselves forward please contact me (Nikki).

Another item on the agenda was the promotion of Run-up and it's service to the community. It was felt that a sub-

committee needs to be formed through our User Consultants who will push our service forward, along with recruitment of BME members who seem to be under represented in terms of our members and as User Consultants. Again anyone from those communities or other communities who would like to join us please contact me.

OUT AND ABOUT WITH THE PROJECT ASSISTANT & THANKS TO YOU ALL.

Unfortunately I have nothing to report in this section. As some of you know I was off from work for the whole of January due to illness (pneumonia). This has put my schedule for visiting different service behind.



ing physically ill can have a huge impact on one's mental health. So once again a huge thanks.

Rest assured that I shall be visiting other services soon and will of course inform you of all the details.

What I would like to say is a very big thank you for all the "get well wishes" along with cards that I received. This

was very much appreciated and lifted my spirits. I am sure many of you know and can identify with me that be-

FREEDOM PASSESS. We know this is a very sensitive issue with most of you. We are informed that passes will be valid until 31st May 2008. we will give you more information as and when we receive it.

SMOKING BAN —ASK SHEILA

Smoking Ban Count Down

Between 1 July 2007 and 31 June 2008, mental health units were permitted to provided a designated smoking areas where smoking was permitted for patients.

As from 1 July 2008 smoking will be against

the law in any enclosed or substantially enclosed part of any mental health establishment. This will include smoking by patients, visitors or members of staff and will include all residential mental health units, regardless of whether they provide acute or long-term

services.

With the introduction of the new Deprivation of Liberty Act, there is a fundamental question, how will the Smoking ban impact on the liberty of those smokers who are detained in mental health units? Watch this space.

NEED HELP OR ADVICE FROM ADVOCACY ON THIS ISSUE. CALL

020 8970 5731

Assertiveness & Confidence Building Course for Members

Attention all Members. Run-Up are shortly going to run again the Assertiveness & Confidence Building Course . This will be ran by Jan Jaulim (one of our User Consultants) a qualified instructor who will be assisted by another User Consultant.

The course will run for 6 weeks and 10 places will be available. it will be on a first come first serve basis so please look out for the flyer that will be coming your way shortly through the post.

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

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**Newsletter now on
redbridge concern for
mental health—website
[www.rcmh.org.uk/
runup.htm](http://www.rcmh.org.uk/runup.htm)**

Would you like to advertise your service in this newsletter? If so contact me (Nikki Sharp) on the above telephone number or via Run-up's email.

MEMBERS AFTER CHRISTMAS — CHRISTMAS PARTY, HAILED A SUCCESS

The members after Christmas—Christmas party held at the Friendship Café on the 9th January 2008 was hailed a success. (nothing new there then). Around 30 of our members attended and by all accounts thoroughly enjoyed the evening. I myself was very disappointed at not being able to attend due to illness, but the feedback I've been given is that it was nice to see old friends and new faces. Pass the parcel was played, along with a quiz and an excellent buffet was provided. We here at Run-up, along with you I'm sure would like to take this opportunity to thank firstly Mr Philip Burnett for drawing up the quiz questions, Mr John

Fordham for reading out the questions and Monica and her team for putting on the excellent buffet, which I understand was really well managed this year.

Once again we here at Run-up would like to thank you for supporting and making it an enjoyable evening. Hopefully next year I will be able to join you in the fun and games!

