

MAY 09

EDITOR

NIKKI SHARP

# RUN-UP NEWS

ISSUE 10

NEWSLETTER

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## RECOVERY / ASSERTIVENESS COURSE

As you will know from our previous newsletters, we have been running another 6 weeks Recovery/Assertiveness course, which by the time you receive this would have finished. Again, as previously mentioned these courses take a great deal of effort on our part to ascertain the funding that's needed. This course was again funded by NHS Redbridge and Comic Relief and the initial take up (as with the last course) was very good, and once again we had to turn people away. It is then, with some

regret that I have to inform you that not all those that started the course finished it.

Like the last course (that was facilitated by different trainers) the feedback from service users who did complete the course has been very good and encouraging, though they themselves said they would have like to see more people complete the course. To try and address this issue we are currently in discussion with Anxiety Care, and one way forward that has been suggested (should we get funding in the

future) is to maybe have a group interview before the course starts. That way all those initially interested could get an idea of what the course actually involves, who the facilitators are, the commitment that would be required and hear about what would you gain from attending.

A survey has also been sent to those who were unable to complete the course asking for their feedback in order for us a gauge what also could be done differently in the future. We look forward to receiving those back.

## User Involvement wanted or Not!

Recently we sent out details of a workshop reviewing the National Community Mental Health Service Users' Survey, that was being held on 21st April 2009 by the Healthcare Commission.

Through someone's experience of trying to

book a place and getting a frosty reception, we found out that the invite was not a blanket invite, meaning not open to all.

An apology has since been published.

We are finding this a lot lately, where service user

involvement is wanted but then it transpires that

actually it's not. One wonders therefore, as in our experience of different services/organizations, sometimes if its just a tick box exercise just to say they had asked for user involvement..

## “KEEPING YOU UPDATED”

“ YOU SAID” at our Away Day - “WE DID”

Request: Run-Up to focus on Training, PR, Increasing & Identifying New Members, Increasing Numbers of User Consultants.

Action: 1. By working in Partnership with Anxiety Care we have now rolled out two Assertiveness/Recovery courses and are hoping another one will soon be on its way.

2. Have increased our Membership by appealing to a wider audience & outside of the Borough of Redbridge.

3. Are about to employ New User Consultants that we hope will engage with Run-Up’s promotion within the current services and identify new ones.

Other requests from that day will be published in future newsletters.

You may notice this article and newsletter is shorter than last time (thank goodness for that, I hear some say). This is because since early February Christine has been off work, and continues to be. She very much appreciated the card some of you signed at our last network meeting and appreciates all of your messages and concerns.

Well it’s not quite been like the Mary Celeste (Which was a brigantine merchant ship famously discovered in early December 1872 in the Atlantic Ocean unmanned and apparently abandoned, in spite of the fact that the weather was fine and all crew had been experienced and able seamen)

I’ve been here some what haphazardly sailing the ship and so has Sharon, but as you may know I am part-time (3 days per week) and Sharon works 1 day a week. Needless to say I haven’t managed to get along to all the meetings Run-up is usually involved with, but here is a brief update.

In February we held our Service User Network Meeting at the Friendship Café. We didn’t arrange a speaker as such at this one because the meeting was going to be shorter (one hour) but Val Leahy ( User

& Carer Involvement Co-Coordinator) was kind enough to attend. Val gave us a brief update of what she is involved in within the Trust and Service Users which was helpful. An update on ‘VolClub’ (a supported volunteering scheme) was given by a Mentor of that scheme (see opposite page for full details) which was really helpful. Another issue on the agenda was an update on the London South Bank University Project. A project which is asking for Service Users input into the training of Occupational Therapists. Handouts were given to those interested for April’s Network meeting.

Concerns were also raised about future of the Friendship Club, (see article on next page).

The final item on the agenda was related to the evaluation sheets given at the end of each meeting to those who attend. It became apparent through this important feedback that not everyone attending is getting a chance to speak, if they want to. I asked attendees how this could be rectified. It was suggested that house rules could be drawn up and brought to the next meeting for discussion. (this is being done).

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In March I met with an organisation called Re-Start. A nice chap called Monday Osagie came to our office. He explained what Re-Start is and how Run-Up could possibly work in partnership with them. Re-Start is a Social Work Led Voluntary Organisation. There are two main headings under which they work, they are; Bridges2work which is specifically for vulnerable unemployed people, it’s a programme designed to help people achieve their full potential, through training, education or going back to work. A service for people who are out of work and live in the London area. Also they offer counselling. Their telephone number is 020 8501 1096.

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We were unable to have our March network meeting because the Café was needed for the last ever Friendship Club get together. See page 3 for details.

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In April I met with Nisema Patel who is the Community Development Worker for Redbrige and has been in post since January 2009. see opposite page for full details of what she is involved with.

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## THE FRIENDSHIP CLUB

At their last AGM in March, the members of the Friendship Club Café took the decision to close. With effect from the 15th April 2009, 'Outlook Drop in Service' took over the running of the Outlook at the Friendship Club Service. The drop in will operate on a Wednesday evening from 5pm to 9pm, in line with the

other Outlook Drop in Services venues around the borough. If you have any queries, please contact Jo Stuckey at the Concern office on 020 8925 2435.

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On March the 25th Monica had arranged a free buffet for members of the Friendship Club and a presentation was made by Jo to Monica as

an appreciation from all service users. Although they hope to see Monica again they thanked her for all of her hard work over the past few years wished her all the best.

All members of Run-up who attend our Network Meetings I'm sure would also like to thank Monica for all her hard work over the years.

### BI-POLAR GROUP

The Redbridge group meets at the Concern office, 98-100 Ilford Lane, Ilford, from 2.30 – 4pm. For more details, please contact Annette Challenger at Concern on Monday or Thursday.

## COMMUNITY DEVELOPMENT WORKER

Redbridge CVS' Mental Health Community Development Worker, Nisema Patel, is currently working with NHS Redbridge and the Cineworld cinema in Ilford to put together a mini film festival for the 30<sup>th</sup> of June and the 1<sup>st</sup> & 2<sup>nd</sup> of July. The event will show films (with a focus on Indian film makers) that relate to issues of mental health and wellbeing. The films will be accompanied by talks and

discussions with some of the film makers and actors, as well as with local mental health service providers. The event aims to help local communities to start discussing mental health more openly, and to challenge some of the misinformation, stereotyping and stigma that stop us from freely discussing issues of mental health and wellbeing. Entry to the event will be free, but booking is essential.

Booking will start taking place from the 1<sup>st</sup> of June 2009. We expect the event to be popular, so early booking is recommended. The days' events will run from 10am until around 1pm each day. We will be able to confirm the films and speakers nearer the time. For further information and bookings please call Nisema on 020 8514 9620 or email: [nisema@redbridgecvns.net](mailto:nisema@redbridgecvns.net)

## VOLCLUB, through a Mentor's eyes

As mentioned in "keeping you updated," 'Volclub' is a new pilot scheme that allows its members to help themselves look for voluntary work and other training. There are four Mentors who guide members through six weeks of sessions, to enable them to find voluntary work.

The Mentors are available to help search websites, telephone organizations, help complete application forms and to advise on writing C.V's. As mentors, Kate said "we work with members on a one-to-one basis". Currently there are 8 members on Volclub books. My thanks to

Kate Harrison for this information & I understand that Volclub meets every other Friday between 11am and 2pm & no referral is necessary. For details contact Shilpa at the Concern office on 020 8925 2435

## WORKING IN PARTNERSHIP, that's our motto

At the beginning of March and again at the end of March I went on a couple of training courses ran by RCVS to do with recruiting, selecting, supporting & developing volunteers (User Consultants in our case). I found the training excellent and would like to take this space to advertise their services of all

who I met on the course. Not all are Mental Health Services but may be of use to you & some if not all are looking for volunteers.

- Arthritis Support Network (NE London)
- New Commonwealth Women's Mental Health Project
- Panjabi Centre

- The Welcome Project
- Parkinson's Disease Society
- Fair Care Enterprise
- Redbridge Carer Support Service
- Luo-Social Forum
- Victim Support

Should you be interested in volunteering contact Shilpa at Redbridge Concern for Mental Health on 020 8925 2435

### Update on recruitment of User Consultants

As you know in the last newsletter we advertised for User Consultants to join us here at Run-Up.

We have to say we have been pleasantly surprised and encouraged by those wishing to join us. At the moment we are sifting

through the application forms and sending letters to those who have been selected for a interview.

By the time you get this newsletter we hope to have appointed some if not all of the applicants.

We look forward to informing you who has joined us in the next newsletter in July 09.

Thank you to all who applied.

## DoLs (Deprivation of Liberty Safeguarding) support project

This project has been set up specifically as a result of the Mental Capacity Act 2005 Deprivation of Liberty Safeguards being introduced from the 1st April. The project is based at Redbridge Concern's office in Ilford Lane and is run by Lesley Harrison (Project Manager).

Who is the project for? Well during its first year the project will focus on working with people whose mental capacity has been affected by dementia and are living in long term care - whether this be a residential or nursing home or hospital; have little or no access to social activity or companionship.

For more info please contact Lesley on 020 8925 2435 or by emailing:

[Lesley@redbridgeconcern.org](mailto:Lesley@redbridgeconcern.org)

I will be inviting Lesley along to one of our Service User Network Meetings in the very near future to give us more details.

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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”

## SINGLE GENDER ACUTE ADMISSION WARDS

Recently we found out by chance that Redbridge had moved to Single Gender Acute Admission Wards. We heard it was in the pipe line (so to speak), then all of a sudden it happened. I asked Pete Williams for feedback on this and below is his response.

Redbridge acute admission wards for service users of working age have been reconfigured to enable single gender occupancy. Thomas Hardy ward in Chapters House on the Goodmayes hospital site is now male only and Mark Twain is dedicated

for female service users.

Pete Williams, Redbridge Assistant Operational Director responsible for Acute services said, ‘We’re very happy to announce this development as this is the best way to ensure safety, privacy and dignity for service users of both gender who go through the very difficult experience of an acute episode of mental illness.’

This does not represent a complete segregation of the genders as elements of the gender program will be still be

shared and visitors to the ward and the staff group will still be of mixed genders.

Initial feedback from service users has been positive and the initiative will be kept under review by ward staff and through service user feedback from community meetings. Do you have a view? Please write to us here or direct to Pete Williams c/o Goodmayes Hospital.

Run-Up would encourage you to feed back to Pete Williams and would like to thank him for this information.