

JULY 2018

EDITOR

CHRIS DAY

RUN-UP NEWS

NEWSLETTER

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SERVICES**

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New Redbridge Child & Adolescent Mental Health Services

Redbridge CAMHS services have been launched as Redbridge Emotional Wellbeing and Mental Health Service (EWMHS) in June. It is based on the i-Thrive model which is the implementation of the THRIVE conceptual framework. It is supposed to be a framework for how best to address needs while acknowledging how CAMHS services do not have all the answers.

It identifies needs in five categories; Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support. Emphasis is placed on prevention and the promotion of mental health and wellbeing. Children, young people and their families will have active involvement in decisions about their care through shared decision making, which is fundamental to the approach.

In Redbridge this means moving away from the current tiered system with multi-layers of treatments which depend on a person's needs, that has sometimes led to compartmentalisation of treatment and difficulties moving from one tier to another and often a re-assessment. There will now be a Single Point of Access called The Wellbeing Hub and a single referral form.

The Wellbeing Hub will support children and young people with emotional and psychological needs/disorders by providing assessments, sign posting and referral to the most appropriate type of support from the borough's services and direct specialist support when required. The Wellbeing hub is therefore the front door to all Local Emotional Well-being and Mental Health Support services.

The new model recognises that not all children and young people's emotional and well-being needs are best supported in specialist CAMHS services but rather within their own wider networks of support. The WellBeing Hub will accept self-referrals and Parent/Carer referrals along with referrals from professionals. It will process all referrals through a single point of access, and ensure children and young people have access to a network of support including online support, self-help strategies, and voluntary community support services.

Tel: 0300 555 1182 / 0300 300 1624

Email/Referrals: nem-tr.rbcypspa@nhs.net

“KEEPING YOU UPDATED”

SUN Meeting Feedback by Kate

The guest speaker tonight was Neelam Sharma whose son Ash (Sky) Sharma took his own life. Neelam described herself as feeling totally lost and didn't see any signs of depression etc. She remembers the pain from that day, the loss she felt and also the heart break of finding him. She wondered whether she'd had cross words with him or had told him off but she stated the pain stays with you forever. Neelam set up the Sky Sharma Foundation in his memory.

Some of the work the Foundation does is visiting primary schools and colleges and talk about encouraging the youth of today to talk about their problems e.g. self-harm and overdosing. To seek help and get referred to a counsellor. At Sky's university 50% of students suffered with a mental health problem. Many of these problems are caused by financial worries.

Neelam pointed out that Asian families and the different generations do not understand mental health issues and she is changing people's opinions by going out to the schools and universities to raise awareness on mental health and suicide. The foundation also campaign to end the stigma and taboo by raising awareness and getting individuals with mental health related issues to communicate and seek help.

EET Meeting Feedback by Jai

The two main group speakers were from the Maximus Work and Health Programme and the Sky Sharma Foundation (see above).

Maximus are well known for being the provider for Work Capability Assessments for ESA, taking over from Atos. But from 1st March 2018 they have been awarded a contract for nine boroughs including Redbridge and Barking and Dagenham to deliver a Work and Health Programme. This is supposed to assist residents into employment.

Examples of eligibility for the Work and Health Programme include:

- you are of working age,
- you have a disability,
- you have a health condition
- you have a dependency on drugs or alcohol,
- you are a carer
- you are homeless
- you have been unemployed for two years or more.

90% of the attendees will be voluntary and 10% mandated.

The focus will be to find sustained work offering ICT skills training, health and wellbeing support and English language skills. They will have outreach facilities, in many local locations including

“KEEPING YOU UPDATED” Cont....

Redbridge Central Library, Redbridge Adult Institute and Job Centres. Referrals will be from the Job Centre.

RCVS Meeting Feedback by Chris

The main subject for this meeting was Universal Credit. The DWP have been giving many presentations to local organisations about this big change in benefits, which was introduced into Redbridge recently. We have reported on this in previous Newsletters but will again outline the key elements.

Universal Credit combines six benefits into one. They are: Child Tax Credit, Housing Benefit, Income Support, income-based Jobseeker's Allowance (JSA), income-related Employment and Support Allowance (ESA) and Working Tax Credit. It is an electronically based credit meaning you have to apply on-line. All information is held in your "journal" on-line. You can then use the system to message your work coach or the JCP, or upload various documents and other work search information. Similarly the work coach or JCP will contact you via the journal. You can do this on your tablet and smart phone to access information about your claim.

At the moment, only new claimants will need to apply for Universal Credit. They are asked to sign a contract to say that they will actively look for work for as many hours as they would normally work. People currently receiving the old benefits will continue to receive them. The government aims to have all claimants moved to Universal Credit by 2022. Benefits people receive because of their health or care needs such as PIP or Attendance Allowance will remain separate from Universal Credit.

Job Centres will have computer suites for those who don't have internet access and or computers/smartphones. Frontline staff will be on hand to assist in making an application. If a claimant requires a home visit then a DWP visiting officer will be arranged. There is a Freephone number where assistance can be gained - ring the Universal Credit helpline on 0800 328 5644. Staff will also be available at Lynton House to support people with their claims.

The benefit is paid monthly in arrears, but advance payments are available for example to cover emergency situations. These must be repaid over a 6-12 month period. Couples will normally receive one payment between them. Both have to look for work (unless they are unable to look for work) in order to receive Universal Credit.

A video which shows how to claim Universal Credit can be found at: <https://www.youtube.com/channel/UC7Km4IXfVJB1n8SQUmkJD0Q>. Or an in-depth explanation of Universal Credit can be found at: <https://www.gov.uk/government/publications/universal-credit-and-you/universal-credit-and-you-a>

Update on Citizen's Advice Redbridge

The Citizens Advice has moved from its old home in Broadway Chambers to Redbridge Central Library in Clements Road. This is the information we have received on how to access the new service:

To contact Citizens Advice Redbridge for help, please phone 0208-514-9540

At the moment Citizens Advice Redbridge regret that they cannot cope with walk-ins.

Please ring between 10am-1pm or 2pm-4pm on Mondays.

Citizens Advice have advised that library staff are not connected with Citizens Advice, though they may be able to help you get onto a computer.

International Disability Awareness Day— Festival in the Park

One Place East, London Borough of Redbridge, Vision, Uniting Friends and Redbridge Forum worked together to present the first International Disability Awareness Day Festival which was held on Christchurch Green, Wanstead on 18th July 2018.



The weather was glorious and hundreds of people came together to enjoy a day of activities, music, dancing and fun.

The event highlighted what statutory, private and voluntary services are available and provided an opportunity to showcase what people with a disability **can** do, in the fields of sport, arts and entertainment.

This was an amazing day and feedback has been extremely positive – let's hope that 2019 can be even bigger and better.

Service User Network Meeting

Please remember we also hold a service user network meeting on the last Wednesday of each month at the Gloucester Room, Central Library, Clements Road, Ilford from 5.30pm to 7pm. Often we have guest speakers relevant to mental health, give out information and provide updates on services.

Everyone is welcome to join us.

Morris Ward Focus Group

We held a Focus Group on Morris Ward with the title of Exploring Relationships and Communications between carers and healthcare professionals. This is the third year that RUN-UP has participated in providing a session to healthcare professionals working on this ward. This year the focus was on Staff and Carer communication.

The relationship between staff and carers is paramount for many patients who use inpatient services on the ward and other wards within Sunflowers Court and across other healthcare services.

Staff completed a training session which heavily involved group work in the form of discussion and problem solving activity. The group created their own case studies did a brainstorming activity on how to get more carers involved in activities which take place on the ward. Activities on wards are an important part of people's wellbeing, providing valuable recovery work and a sense of purpose during their stay on a ward. This is not dissimilar to wards in acute hospitals, other than, there, most people are recovering from a physical health problem.

In addition health and wellbeing of carers was explored. Many of the areas explored within the session can massively impact both positively and negatively a patients recovery journey.

Some members shared their own carer lived experiences to help them reflect on the role and the relationship dynamics staff involved in the workshop displayed both sensitivity and respect towards those faced with caring for loved ones with enduring health conditions.

Mental Health & Wellbeing Seminar

This was the third seminar organised by the Christian Women of Faith and Power. It's an all-day seminar with guest speakers and subjects in the morning and a panel session with Q&A in the afternoon.

Chris spoke on the Next Steps project and gave a workshop on stigma and discrimination in mental health. Other speakers and subjects were: Mental Health and Suicide by the Director of Premier Lifeline; Mental Health and Social Media by Efe, a Life Coach; and Mental Health – is enough being done? by Ian, a Councillor and Mental Health Advocate. All of the speakers have lived experience of mental health. Then we sat as a panel taking Q&A in the afternoon. 40 people attended this event.

Peer Support Group

One Place East holds a weekly Peer Support Group. This is being extended. Please see enclosed flyer.

Share experiences, find hope, support, understanding and inspiration for the recovery from mental health distress.

To find out more about the group call: 020 8925 2435.

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News about our other work

Redbridge CCG have a monthly Protected Learning Event for GP's. At a recent meeting, the theme was Mental Health. Chris and Charmaine attended to talk about One Place East services; RUN-UP Next Steps and Peer Support Group. We were able to engage with nearly 100 GP's over a two hour session and highlight our services. It was no surprise to us that most GP's didn't know about the boroughs services, but were eager to have contact details and information leaflets.

We met with the new CCG Commissioning Lead for Mental Health and Learning Disabilities.

We gave workshops to Caterham High School Sixth Formers at the end of their school year.

We gave seven workshops on Mental Health Awareness to young people at Redbridge College during Mental Health Awareness Week. The students were from different study groups such as Health & Safety, Hair and Beauty and Skills for Work. Redbridge College is now officially known as the Redbridge Campus of New City College which includes Tower Hamlets and Hackney Colleges and Attlee A level Academy.

Chris and Ian gave a workshop on stigma and discrimination in Mental Health to staff at LBR during Mental Health Awareness week.

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 One Place East.