

APRIL 2017

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Trending To Talk

Mental Health and Dementia issues can affect anyone, yet people are still afraid to speak out about these topics because of the fear of stigma and discrimination. So Redbridge Concern is holding a 'Trending To Talk' event in May.

This is a day that aims to bring the community of Redbridge together to raise awareness and get people talking about the issues within Mental Health and Dementia that can silence our local people.

Redbridge Concern for Mental Health and Vision Redbridge Culture & Leisure will be joining forces at this event to promote TTT (Trending To Talk). This campaign, developed by Redbridge Concern for Mental Health, has been born through consulting with local people who have told us that it can be worse to live in isolation than to live with illness.

We hope that by getting people talking about Dementia and Mental Health we can improve local relationships by generating empathy and understanding, breaking down barriers, promoting recovery and taking the stigma out of an invisible condition that could affect us all.

There will be refreshments and stalls from local organisations and the opportunity to talk and share your views with us and learn about services available in the borough.

Please come along to the York and Gloucester Rooms, Ilford Central Library, Clements Road on Tuesday 23 May 2017 from 10:00 to 14:00.

For enquiries, call Charmaine at Redbridge Concern for Mental Health on 020 8925 2435/ 07950586575 or E-mail Charmaine@redbridgeconcern.org

TTT

Trending To Talk

“KEEPING YOU UPDATED”

SUN Meeting Feedback by Kate

Today we had a guest speaker who is an ex service user who told us her patient journey.

At the age of 12 she had her first breakdown, due to the death of a cousin. She was put in the bottom groups at school, and was kicked out of home at 16 when she got the results of her exams. She was also diagnosed with an eating disorder and between the ages of 12 and 26, she didn't tell people about her condition. Unfortunately she lost her Nan, Grandad and a friend so at 26, she decided to live her life on her terms. She decided not to treat her diagnosis as a dirty little secret.

From the ages of 26 to 41, she had four more hospital admissions. There is more to her than her condition. She met a lady on the Recovery College who helped her. Now she talks to children on how to keep well. Eight months in and she's still doing her school talks. She is heavily involved with Open Dialogue within NELFT. Also she attends risk assessment meetings with staff.

Her recovery is personal to her. It isn't like cancer but doing things on your own terms. She keeps well by taking medication and keeping active, following your own bliss. One of her mottos is "Don't let people define you".

CRT Meeting Feedback by Kate

The Clinical Lead for Mental Health Outcomes gave a presentation on HoNos (Health of the Nation Outcome Scales which is a system for measuring the health and social functioning of people with severe mental illness). There is a national drive to use Outcome measures.

There is more 'agile' working in the team with half now having laptops.

The Security Manager gave a talk on keeping safe while lone working and at work and in everyday life.

There has been an improvement on clustering which is a form of payment by results as it targets appropriate treatment for clusters of treatment for people with similar needs against funding streams.

EET meeting Feedback by Jai

Work Redbridge gave a presentation on their role in the borough. It's about working with Redbridge people to encourage improvement in work-based skills in preparation for getting a job. Referral for training, apprenticeships, work clubs, CV writing, Job searching and preparing for interviews can be arranged. You can have one to one appointments with a work coach who will guide you through the options available. In these times of more self-employment they can help you through various organisations in the borough to offer start-up business support. They work in partnership with others such as JCP, Redbridge Institute, Work Clubs and a number of local

“KEEPING YOU UPDATED” Cont....

businesses. If you think you're not ready for work, they can offer volunteering as a way to gain vital work experience that many employers now look for.

A partnership of Redbridge Concern, NELFT and Redbridge Institute have jointly started a new project that will deliver a series of mental health recovery focussed short courses and workshops, initially for one year. One of the courses will be 'Taking Back Control' which will consist of eight half days over eight weeks and then there will be some one day workshops.

Shaw TRUST talked about their new project Aim4Work which is jointly funded by the Big Lottery and the European Social Fund under the Building Better Opportunities programme. It's a free specialist employability programme for people with common mental health conditions living in: South, North and East London and it forms part of their commitment to invest in local projects to tackle the root causes of poverty, promote social inclusion and drive jobs and growth.

Redbridge CVS Meeting Feedback by Kate

The main presentation was on End of Life Care in Redbridge by Lesley Grainger from LBR. The aim is to improve end of life care for Redbridge residents, and encourage people to talk about this and make appropriate plans.

As people live longer and need care, consideration needs to be given to the impact on the health system and how it will be funded. Redbridge has the third highest number nationally of people who die in hospital – yet when asked, most people say they would prefer to die in their own home. Only 1 in 5 die in their own home in Redbridge which is the lowest in London and the 8th lowest nationally. Redbridge also has the second lowest percentage of deaths in hospices and other places compared to London. Most people prefer to die at home and receive care at home. Sometimes GPs are able to identify patients who may not want to continue with treatment to prolong their life but there is no provision available to assist them.

There are ambitions for Palliative and End of life care within Redbridge. Some of these include: Each person gets fair access to care, each person is seen as an individual, maximising comfort and wellbeing and ensuring that care is co-ordinated.

A bereavement group meets in Wanstead, every first Thursday of the month, called Mourning Coffee at the old Cherry Tree Café from 10am to 12 noon. More information from Lesley.grainger@redbridge.gov.uk

The Council and other partners have recently carried out a consultation process to develop a borough plan for the future. They asked people living and working in the borough to answer a few short questions about how they see the future of Redbridge. The questions were: What do you value about living in Redbridge? What you would like Redbridge to be in the future? What are the 2 things that would improve Redbridge by 2025? The consultation closed on 27 March 2017, we await the report and will let you know in due course.

News about our other work....

We had a stall at the Redbridge Healthwatch Market Place event held at City Gates. Thanks to Kerry and Ian for promoting RCMH services and their support for the project.

At Redbridge College Charmaine and Maria spent time talking to young people about stigma and discrimination and the services available at RCMH

Charmaine, Ian and Chhayal were at a DWP event at Seven Kings Job Centre Plus talking about stigma and discrimination in mental health to their staff and promoting RCMH services.

We started a new programme of schools work at Oakdale Junior School, South Woodford. This was the first time we held a workshop for year 6 students. More work is planned with this school in May.

Chris and Charmaine gave a mental health awareness session to Appropriate Adults on the Volunteer Centre Redbridge training course. Appropriate Adults are people who volunteer to safeguard the welfare and rights, and ensure the effective participation of, children and vulnerable adults detained or interviewed by police.

Congratulations

A new project jointly undertaken by RCMH, NELFT and Redbridge Institute will deliver a series of mental health recovery focussed short courses and workshops, initially for one year. Two of our volunteers Kerry and Sue successfully applied for the role as Sessional Peer Trainers.

Morris Ward is running a pilot project rolling out some of the Recovery College course work. Our sessional worker Kate has been appointed to be the service user lead trainer working alongside the lead OT on the ward to deliver this work.

Tea Bar

Last year we reported that with the closure and re-location of many services from Goodmayes, the Tea Bar would be closing at the end of October. But there was such a huge request from people in the departments still working there, that it was decided to keep it open for a little longer. Well today we're pleased to say that the famous Tea Bar is going as well as ever and has a future for a few months to come. Kathy along with a new team of volunteers, Jan, Sue, Nicole and Ian are happy to see you on the normal open days of Tuesday, Wednesday and Thursday.

Peer Support Group

Redbridge Concern for Mental Health holds a weekly Peer Support Group.

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.

An experience of HASS

Last year we reported on the new Integrated Health and Adult Social Care Service (HASS) in Redbridge, which is a service for Health and Social Care jointly provided by LBR and NELFT.

It has a clearer care pathway for people using the service with one single point of access and one holistic assessment process; and hopes to make the best use of our local services and an individual's own resources and does not just rely on traditional services. This includes: LBR Social Workers, Occupational Therapists and Support staff with some internal services including Day Opportunities and Extra Care. Some NELFT adult services are included such as the Memory Clinic, Palliative Care, Tissue Viability, Continence, and Nursing Services with more to follow.

This is one service user's recent experience: "I had an operation recently and needed to have Physiotherapy. I was advised by them to contact Occupational Therapy for a home assessment. I phoned the number 0208 708 7333 which is the single point of contact number you need to use. I was asked if I wanted to complete an on-line Contact Form and followed their instructions. I Googled Occupational Therapy Redbridge and got the page for HASS. Under the heading 'Referral Process' I clicked on mylife@redbridge.gov.uk and then clicked on 'complete the on-line contact form' and sent it. Within half an hour, I was contacted by LBR to check a few details on the form. I was told someone would call me within 48 hours. I was called the next day and offered a telephone assessment, or a form could be sent to me. I took the telephone assessment which lasted half an hour. I was told my case would be assessed by the team at Lynton House and I may receive a call the same day if the assessment was deemed an emergency or it would be referred to my local multi-disciplinary community health team and I would hear from them within 10 working days. There are four of these teams in LBR and you are referred to the one within your post code area.

"This was on the Wednesday before Easter. I was called the first day after Easter by an Occupational Therapist from my local team and a home visit was arranged for the following day. The Home Assessment took half an hour and we discussed certain needs I now have to try to live more independently. We agreed on the items needed and I was told someone from the equipment suppliers would be in contact soon. I was called 48 hours later and have agreed a date for the equipment to be fitted in less than a week from their call."

Obviously this is just one case and there may be other cases that have not been so smooth. If you've had a different experience from using HASS, we would like to know. You can call 020 8925 2435 or email: Chris@redbridgeconcern.org.

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.

Registered office:
Redbridge Concern for Mental Health
98-100 Ilford Lane, Ilford, Essex, IG1 2LD

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EDITOR
Chris Day

RUN-UP
GOODMAYES HOSPITAL
BARLEY LANE
GOODMAYES
ESSEX IG3 8XJ
Phone: 0300 555 1201 ext 67890

Email: runupuk@hotmail.com

Mental Health Crisis Line: 0300 555 1000



Understanding Recovery

One Day Workshop

What is the workshop about? Everyone who has experienced mental health problems faces the challenge of recovery and of rebuilding one's life. This one day workshop will help you to gain an understanding of moving forward with personal recovery.

Recovery and Hope. Many people have shown us that it is possible to live a meaningful, satisfying and valued life with, or following, mental health difficulties. Recovery is about living a fulfilling and hopeful life with or without ongoing mental health symptoms. Mental health recovery is a journey that may include making sense of what has happened, taking back control through building on your own resources and working towards life goals

Real Life Experience. Our team is made up of peer trainers (people with lived experience of mental health conditions) and mental health professionals with experience of supporting people with mental health conditions - who work together to design and teach every course.

When: Monday 8th May 10am – 3pm

Where: Redbridge Institute Gaysham Avenue Gants Hill IG2 6TD

Apply through RCMH website: rcmh.org.uk

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.