

FEBRUARY 2017

EDITOR

CHRIS DAY

# RUN-UP NEWS

NEWSLETTER

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## Time to Talk Event

This is the second year that Redbridge Concern have organised a Time to Talk event for the residents of Redbridge. Once again we worked with our Partners from Forest Farm Peace Garden and were delighted when Redbridge Adult Institute and Learning in Mind were also keen to get involved and offered us facilities at Redbridge Institute (Gearies) for the event.

Time to Talk Day takes place on the first Thursday in February every year. It's a day that brings the nation together to get talking and break the silence around mental health problems. Mental Health illness affects one in four of us yet people are still afraid to talk about it. So getting people talking about mental health can help break down stereotypes, improve relationships, aid recovery and take the stigma and discrimination out of something that can affect us all.

For nearly five years the Next Steps Project at Concern has worked tirelessly to reduce the number of people with lived Mental Health experience who are not able to talk about their experiences through our presentations on stigma and discrimination to schools, colleges and other organisations. Our service user reps who deliver these presentations have disclosed that this can be one of the worst parts of the illness.

We had more than 30 visitors who came to the event and could also get information about different organisations from the table top stalls and enjoy refreshments that were on offer; Forest Farm Peace Garden offered lots of their locally grown fresh produce for people to try. The event ended with a presentation by Victim Support.

Nationally it was reported that over 29,000 conversations had been logged onto through different events throughout the UK.



# “KEEPING YOU UPDATED”

## **SUN Meeting** Feedback by Kate

The guest speaker was Marta Chmielowska, a clinical studies officer from NELFT.

The presentation was about a new study for relatives or friends of someone with Psychosis or Bipolar Disorder. It is called Relatives Education and Coping Toolkit (REACT) and is an online peer supported toolkit. The aim of this study is to test the effectiveness of REACT for reducing relatives' and friends' distress and explore the costs involved in delivering this intervention. Participants must be aged 16 years old or over and have access to the internet, and be able to understand written and verbal English.

The team of researchers are from Lancaster University, Lancashire Care NHS Foundation Trust, Liverpool University and University College London.

This project is funded by the National Institute of Health Research Health Technology Assessment.

For more information or to register for this study please see the enclosed flyer for REACT or contact them on: [www.reacttoolkit.co.uk](http://www.reacttoolkit.co.uk)

After the guest speaker, we conducted our annual review of who the speakers we had listened to in 2016 and who we wanted to hear from in 2017.

Last year we had speakers from: Inpatient and Acute Care (MHIPAD), NHS Complaints Advocacy, LBR Welfare and Benefits, TB Awareness, Talking Voices (IAPT), Healthwatch, a local Councillor and an Independent Occupational Therapist. We also had a presentation on Mindfulness and Meditation.

The meeting would like some of these again in 2017 to update everyone on important issues in Redbridge for our service users such as Welfare and Benefits and issues within Mental Health Crisis Care teams. Hopefully we will also include subjects such as: Nutrition and Physical Health, Employment, Volunteering, Home Safety, Citizens Advice, the role of a Psychiatric Community Nurse and a local MP.

## **EET Meeting** Feedback by Kerry

The EET meeting had a single speaker from ATOS who are responsible for the care assessments for disability payments known as Personal Independence Payments (PIP) which are replacing the older form of disability payments known as Disability Living Allowance (DLA). The main speaker was a “Customer Champion” and she talked us through the assessment process as it should be. There were a number of challenges around statistics of outcomes from PIP assessments. Individual cases could not be commented on but the speaker confirmed that the assessors were Health Care Professionals and were trained to assess all aspects of disability regardless of their professional background as they were given robust comprehensive training before being able to carry out assessments. When asked what percentage of these were mental

# “KEEPING YOU UPDATED” Cont....

health professionals she was unable to answer.

The other item discussed was the research project currently under way in NELFT into the effectiveness of an online support tool kit for service users and their families known as REACT, which we have reported on in our report of the service user network meeting.

## **Redbridge CVS Meeting** Feedback by Kate

Ross Diamond the Chief Executive of RCVS told us that the Health and Well Being Strategy Consultation is out and it is hoped the Health and Wellbeing Board will give a presentation at a future Network meeting.

The main presentation was on Changes to the Operations in Policing in Redbridge and London and was given by Liz Pearce as apparently no-one from the police was available to speak. The changes are happening very fast. This involves the three boroughs of Barking and Dagenham, Havering and Redbridge. There is another similar pilot scheme in Camden and Islington.

The aim is to save £400 million across the Metropolitan Police area in the next four years. It will involve re-organisation of the structure especially the number of Chief Inspectors. It is designed to empower lower levels of staff to make their own decisions. It was stated that individual boroughs would still set their own local priorities.

A copy of the presentation is available on the Voluntary Sector Network page of the Redbridge CVS website at [www.redbridgecvs.net](http://www.redbridgecvs.net) . The draft Police & Crime Plan document is available to comment on at [www.bit.ly/PoliceCrimePlan](http://www.bit.ly/PoliceCrimePlan), or if you wish to write:

Police and Crime Plan Consultation  
MOPAC  
City Hall,  
The Queens Walk  
London  
SE1 2AA

There was a presentation by Tarun Singh, Service Delivery Manager from Victim Support. He was representing all four Boroughs. At Victim Support they offer face to face meetings, home visits, telephone support, sign-posting, advocacy. Also they liaise with police and housing and write supporting letters.

Victim Support offer home security, transport, food vouchers/food banks, accompanying victims to the housing department, interpreting and B and B hotels and counselling. They have 15 active volunteers.

Their contact details are: Victim Assessment and Referral 0808 168 9291 8am to 8pm, Supportline 0808 1689111 or Victims Information Service 0808 168 293 8am to 8pm

## News about our other work....

We had a stall at the Health and Wellbeing Fair at Redbridge Institute with our leaflets on all of RCMH services. Thanks to Maria and Jacqui for representing us at this event.

Chris and Charmaine had a meeting with staff at Brookside Hospital to present a case for closer working with young people with mental health issues, especially about opportunities they may not be aware of when they are discharged from hospital.

Chris and Charmaine have met with LBR Youth Council Team Leaders to discuss ways of closer working with young people in the borough on awareness on mental health issues. Last year the Youth Council put on a play around mental health issues.

We welcomed a representative from the National Citizen Service – The Challenge (NCS) to discuss a programme of work this summer with young people in Redbridge. This will be the third year we have worked with them.

Redbridge Council has a plan about awareness of dementia illness as a serious concern for its residents. It's called 'Don't you forget about me'. They have been offering training and awareness sessions and recently staff of Redbridge Concern for Mental Health including RUN-UP (Next Steps) had an awareness session of Dementia Friends with Mike O'Hanlon. In the picture, right, are some of the staff who took part in the awareness session.



## 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.

## 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.

# Service User Led Recovery Conference

We have been working with Awele Odeh on her research into the revolving door syndrome for mental health patients. She spoke at our December SUN meeting and has interviewed a number of our service users.

There is now a proposal for a service-user led recovery conference for June 2017. Some of our service users are on the steering group. More news on this will be forthcoming soon.



**London's first service-user led  
mental health focused recovery  
conference**

*Run by Service-users with lived  
experience to inspire:*

- *service users*
- *health care professionals*
- *support staff*

**Presentations  
Workshops  
Exhibitions**



**15 JUNE 2017, 10-4PM  
LEYTON ORIENT F.C,  
Matchroom Stadium,  
Leyton, Brisbane Road,  
E10 5NF**

## MENTAL HEALTH SERVICE-USER LED RECOVERY CONFERENCE

**Learn from individual service users stories:**

*Treatments that have been most useful and why,*

*Approaches to care that made the greatest difference*

*Factors that sustain recovery & reduce re-admissions to hospital*

Contact Coordinator Awele Odeh: [Awele@theworkstressbuster.co.uk](mailto:Awele@theworkstressbuster.co.uk), t: 07985 440014

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**Mental Health Crisis Line: 0300 555 1000**



## Update from January Newsletter NELFT Board Meeting Report

In the January Newsletter we reported on the ongoing problems with the Child and Adolescent Mental Health Services (CAMHS) in Redbridge. We said there are issues with waiting times for 'low risk' cases such as Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).

Since then, we've had a meeting with NELFT to discuss the current situation in CAMHS and Brookside. There are ongoing problems with funding of services in mental health, as there is with Adult Social Care, a lot of which is publicised in the national news and press.

NELFT will share information with RUNUP, regarding service developments, as it becomes available. We look forward to receiving this information and publicising it in our Newsletter, so more service users are aware of service provision as it inevitably changes. This applies to mental health and social care. We look forward to further meetings with NELFT and reporting back to you.

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.