

JUNE 2017

EDITOR

CHRIS DAY

RUN-UP NEWS

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Trending to Talk

As part of our May programme on Mental Health Awareness we worked in partnership with Redbridge Vision and held a Trending to Talk about Mental Health event in the York and Gloucester rooms at Redbridge Central Library. The event aimed to bring the community of Redbridge together to get people talking about the issues within Mental Health & Dementia.

The event included taster sessions, guest speakers, information stalls and presentations. Many organisations within the borough came together to promote their services including Befriending, Dementia Befriending, Victim Support, Redbridge Carers, DWP and Forest Farm Peace Garden.

We also had service users and peers speaking about their recovery stories, personal journeys of regaining life and we had two service users who sang and played music during lunch.



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SUN Meeting Feedback by Kate

There was a presentation by Dawn Cove, LBR Benefits Operations Manager from their Revenues, Benefits and Customer Services Team.

She started by explaining there was a rise in Council Tax last year at the same time there was fall in the amount of Council Tax Reduction (CTR) available. This means people who qualify for CTR have to pay more towards their Council Tax.

The maximum amount available to those eligible working age households is 80%, which means they would have to pay 20% of their Council Tax. There are some exemptions to paying Council Tax such as severe mental health issues or pensioners on other benefits. You can also spread your payments over 12 months, instead of the usual 10.

There is also a Hardship Fund which you can apply for if you find it difficult to pay for your council tax. This is mainly for people already claiming CTR.

If a house is divided up into rooms and a shared kitchen space it is known as multiple occupancy living space and there is no council tax to be paid. But if you move from this type of accommodation into a self-contained flat then council tax is due.

The new Employment and Support Allowance rules came out on the 3rd April of this year. New ESA claimants who are placed into the work-related activity group (WRAG) following a Work Capability Assessment (WCA) will not get the work-related activity component. This means they will get the same money as someone claiming Job Seekers Allowance (JSA). This change doesn't affect: existing ESA claimants who made a claim before 3 April 2017, claimants in the support group, who will continue to get the support group component, existing ESA claimants who have a further WCA (re-assessment) after 3 April 2017 and are placed into the WRAG, even if they move from the support group to the WRAG and Incapacity Benefit re-assessment cases that are awarded ESA.

Dawn also explained about Bereavement Benefits which are paid to the spouse or widower on their partner's death (also includes civil partnerships). Not everyone knew about these benefits. There's a one-off Bereavement Payment and a Bereavement Allowance paid for up to 18 months depending on circumstances. It's not automatically awarded, you have to claim it.

Dawn also mentioned changes to the Bedroom Tax. Now, if you are a single person and need overnight care and have a two bedroom property, you will not need to pay the bedroom tax. Also if couples are not able to share the same bedroom due to health issues they also are not required to pay the bedroom tax.

If you have any queries on Universal Credit or any other Governments benefits contact Dawn Cove on 0208 708 4011.

RCVS Network Meeting Feedback by Chris

The main speaker was Dr Sanomi, Redbridge CCG (Clinical Commissioning Group) on their proposals to restrict access to certain procedures. There are £17.7 million savings to be made and their proposals are to restrict access to: IVF (In Vitro Fertilisation), male and female sterilisation, some NHS prescribing including gluten-free food, over the counter prescribing soya

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based formula milk and travel vaccinations, Cosmetic surgery and Weight loss surgery. Some questions raised included: cutting services in one area can lead to increases in another area e.g. mental health issues and although we are told people in ‘exceptional circumstances’ will be able to get these treatments, does this mean people on low incomes and will they be means tested? He said that doing nothing was not an option and people opposing these proposals need to make alternative suggestions.

The Head of Operations for Adult Care, Public Health and Wellbeing spoke on the Health and Wellbeing Strategy for 2017-2021. The strategy includes ‘ambitions’ in 6 areas: achieving the best start in life, diabetes prevention and management, mental wellbeing, cancer survival, living well in a decent home you can afford to live in and end of care life. It was noted by some that many of the ambitions were dependant on the NHS which to many people is currently underfunded, so how will they cope with extra demands?

Street Triage Meeting Feedback by Chris

There have been changes to the working arrangements within the new MH (Mental Health) Acute Response Service which now includes the Street Triage team co-located with EDT (Emergency Duty Team), Mental Health Direct (Crisis Line), Emotional and Wellbeing MHS (Mental Health Service) Out Of Hours, Section 136 Suite and Bleep Holding.

There has been a recent change in law that means a police officer MUST consult a Mental Health officer before they can issue a section 136, so this has accelerated the need for Street Triage to become a 24 hour 7 day a week service. More staff are to be recruited across the teams, which will offer a more flexible and wider service provision. This is due to be working from August onwards and RUN-UP will be reporting on its progress through its attendance at the Street Triage team meetings. These meetings include the team, all of who are qualified CPN’s (Community Psychiatric Nurses) RUN-UP, Police Liaison officers from all four NELFT boroughs, BTP (British Transport Police) and LAS (London Ambulance Service).

An example of the working partnership include: A person calling Ilford Police station who demanded to see a senior police officer at the station. He was escorted there by the police who were concerned about his mental state and called Street Triage. He was assessed and presented as paranoid, distressed, guarded and not forthcoming in answering. He had several CCTV cameras in his home and believed he was going to be killed. He said he would kill himself before this happened. He would not give any family details. It was decided he lacked capacity and appeared to have no insight. He was placed under the Capacity Act and then under section 2 of the Mental Health Act. He was taken to Sunflowers Court. Due to the actions of the Street Triage team and the police, he was prevented from causing injury to himself or others and possibly being placed under section 136.

EET Meeting Feedback by Jai

An update from various local services included:

The Recovery Courses project, a partnership of NELFT, Redbridge Concern and Redbridge Institute. Two courses have already started. One was an Introduction to Recovery, and the other, Taking Back Control. Seventeen students enrolled for this course and there’s been a good

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attendance. The tutors running the course are peer trainers with lived mental health experience, supported by NELFT staff and deliver the course in a good format and with knowledge on mental health. There is good feedback from service users who are attending the course.

DWP said the new Universal Credit benefit could come into Redbridge in March 2018. This is a complicated benefit bringing together 6 other benefits including Income-based Jobseeker's Allowance (JSA), Housing Benefit, Working Tax Credit, Child Tax Credit, Income-related Employment and Support Allowance (ESA) and Income Support. It will be paid monthly. There will be an update on this important change at the next meeting.

The Job Centre Plus talked about having work coaches to assess the needs of claimants on ESA and how a type of disability affects their long term health mental health condition. They will be offering support in 1 to 1 sessions and is not aimed at pressurising people back to work.

Richmond Fellowship offer community based services (Community Options) and have activities in their Link Working programme including hearing voices, music appreciation and men's and women's groups. They hold other sessions in partnership with LBR, NELFT and Redbridge Vision. Contact staff on: 020 8514 5586

CRT Business Meeting Feedback by Kate

The main theme of this meeting was a presentation given by two members of the RADAR programme. RADAR stands for Research into Antipsychotic Discontinuation and Reduction trial.

Although antipsychotics are effective at reducing psychotic symptoms and relapse in the short term, long term effects remain uncertain. Therefore, the National Institute of Health Research has funded a trial to assess the benefits and risks of a strategy for antipsychotic dose reduction or discontinuation where possible. This is for people with schizophrenia and non-affective psychosis. Participants will be randomised to the antipsychotic reduction treatment or to continue with antipsychotic maintenance treatment.

The Research study hopes to recruit patients from a range of teams including CRT (Community Recovery Teams), AOT (Assertive Outreach Teams) and EIT (Early Intervention in Psychosis Teams) and fulfil the following criteria:

- 1 A diagnosis of schizophrenia, schizoaffective disorder, delusional disorder or non-affective psychosis
- 2 Over 18 years old
- 3 More than one episode or a single episode lasting over a year
- 4 Taking antipsychotics.

People will be excluded if they

- 1 Have required acute care by the crisis team or inpatient unit in the last month.
- 2 Are subject to any section of the Mental Health Act or a Community Treatment Order that includes a requirement to take medication.
- 3 are considered by a Consultant psychiatrist to be a serious risk of harm to self or others
- 4 Are pregnant or breast feeding.

Patients who decide to take part will be interviewed by the research team at baseline, 6 months, and 12 months and 24 months, in which they will be asked questions about their mental health.

Mental Health Awareness Week and More

Once again, during Mental Health Awareness Week we gave workshops to students at Redbridge College. This was the third consecutive year and we gave 6 workshops in total over three days at their Ilford and Goodmayes sites. We also had a mental health awareness stall that many students visited. The workshops were to different age groups and study teams. They included students on courses such as ESOL, Beauty, Health and Social Care and Working Well. Around 150 students received the workshops and more than 80% responded that they would be less likely to discriminate and stigmatise against people with mental health illness having received the workshop.

We also gave workshops to year 10 students at Seven Kings High School. This was a very demanding event and we had 6 of our staff and volunteers at the school to deliver 3 different workshops, concurrently to over 100 students. The workshops were on coping with anxiety and stress management, staying mentally healthy and wellbeing.

For the first time we gave workshops to students at a junior school. This was Oakdale in South Woodford. The workshop was specifically designed for year 6 transition students.

In all we delivered workshops to over 420 students on mental health awareness. A big thank you to Charmaine and her team, Kerry, Ian, Chhayal, Kate, Jacqui and Maria as well as the staff at Redbridge College and schools for giving us the time and facilities to present our workshops.

Other News

Victim Support has moved from Bourne Court Woodford Avenue to Maritime House, Linton Road, Barking IG11 8HE. Telephone: 020 3910 9040

POhWER is the new provider of advocacy for people who want to make a complaint about NHS treatment or care. This statutory service will replace the NHS Complaints Advocacy service previously provided by VoiceAbility. Their new address is: London IHCAS (Independent Health Complaints Advocacy Service), Advocacy Hub, POhWER, Hertlands House, Primett Road, Stevenage, Hertfordshire, SG1 3EE or call 0203 553 5960 or email: LondonIHCAS@pohwer.net. The service is Free, Independent and Confidential.

Redbridge Institute have advised us that the new 'Learning in Mind' courses will start in September 2017.

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.

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News about our other work....

We met with the Integrated Care Director (Redbridge) to discuss progress on the new CAMHS in Redbridge. We will report on this later in the year when the service has begun.

More than 30 students from Mayfield School visited us in 8 separate groups. They were all writing a project on how a local charity works and who we represent. They were grateful for the time we spent with them, as they found larger charities very unhelpful.

Smoke Free at NELFT was introduced in October 2015. We were asked to carry out independent audits on 2 wards and give feedback to the Smoke Free steering group on patients views so far.

In addition to our workshops in local schools, we gave presentations to Redbridge Carers, Ahmadiyya Muslim Association, staff on Morris Ward and Cygnet Carers.

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.

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.