

NOVEMBER 2017

EDITOR

CHRIS DAY

# RUN-UP NEWS

NEWSLETTER

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HEALTH DAY  
2017**

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## World Mental Health Day 2017

We celebrated World Mental Health Day with an event in partnership with Redbridge Vision in the Gloucester Room, Redbridge Central Library. We invited other service providers to have a stall and join in the emphasis on mental health in the work place. Others joining us included: Imagine Day Services, DWP, POHWER Advocacy, Victim Support, Healthwatch, Light House Furniture and Citizens Advice.

The day included the stalls for general information and networking and for the public to see the services available in Redbridge. We took the opportunity to publicise the new charity in Redbridge called One Place East, formed from Redbridge Concern for Mental health, Daffodil Advocacy Project and CiiL-R (Centre for Independent and Inclusive Living—Redbridge).

Two of our service user reps gave very personal stories of their health and experience through mental health services and the Peer Support Group held weekly at our office in Ilford Lane. We thank Jan and Ian for being so forthcoming and sharing their views of their very personal journey.

We were also delighted that the Mayor of Redbridge Councillor Linda Huggett accepted our invitation to join us and she was very interested in visiting all the stalls on the day and talking and listening to what the services are available in Redbridge.

In all it was a very successful event. Here are some of our volunteers with the Mayor of Redbridge.



# “KEEPING YOU UPDATED”

## **SUN Meeting** Feedback by Chhayal

For this meeting we had a return visit from Gillian to update us on the Street Triage team and changes to the Mental Health Crisis team. Street Triage (ST) is a small team that work alongside the police and ambulance service to assess people in a crisis out of normal hours.

It was established in April 2015. Before Street Triage, there was more of a chance of people being arrested under section 136 and being held in a police station rather than being taken to the hospital. Now instead of this, people will be met by Street Triage, assessed and referred to a place of safety or the Home Treatment Team (HTT) or the Access and Assessment Team (AAT). ‘A Place of Safety’ is for their own protection or for the protection of others.

They will do follow-ups with the other teams to check on a person’s health. Street Triage now covers seven days a week covering all the four NELFT boroughs and work until 1am. There are plans to cover 24 hours a day, seven days a week.

When police call Street Triage they have no information on the person, but the Triage team do have access for many people to their confidential personal information so they can do an “initial assessment” and decide the priority for each case. The evidence has shown that since the Street Triage has been established the number of arrests for people in crisis has been reduced.

There are regular meetings with police, ambulance, NELFT crisis team and RUN-UP. Feedback is given about cases and discussions are held to learn from individual circumstances.

Gillian also spoke about Mental Health Direct (MHD), which is a line to call if someone is in crisis during the evening or at night. MHD has qualified mental health nurses and duty doctor to take calls and hopefully help the caller.

There have been changes over the past year with additional staff so now there are three lines coming in. Any overflow goes through acute assessment team.

One of the group listening to the talk gave her recent experience of Mental Health Direct which was very different to the process Gillian had explained. They had called the crisis line on a Friday evening in crisis and been told a member of staff would call back, but it wasn’t until the following Tuesday that they received a follow-up call. Gillian said this shouldn’t have happened and apologised on behalf of NELFT.

The Crisis Line number is: 0300 500 1000

## **EET Meeting** Feedback by Jai

The meeting had two presentations by Forest Farm Peace Garden and Redbridge Vision.

Forest Farm Peace Garden is a Social and Horticultural Therapy (SHT) project on a site in Hainault, East London. It works with a broad cross-section of service users with mental health issues and supports its clients and buddy volunteers to promote physical as well as mental health.

# “KEEPING YOU UPDATED” Cont....

There are many ongoing projects in the garden – growing organic vegetables, caring for fruit trees and berry-bearing shrubs, working with beehives, tending the herb garden and organising workshops and events that welcome and share skills with the community.

The aim is for all of the activities to have a benefit for both clients and the environment. It is open from April to November on Wednesdays and Fridays from 11am to 4pm. Then in February to April from 11am to 1 pm only. It also opens on occasional Sundays for open days, workshops and events such as World Music Day and Abundance Day.

Referrals should be through other mental health providers in the charitable or statutory sector.

Vision Redbridge Culture and Leisure known as Vision RCL is a charitable trust formed in 2007. It includes the libraries in the borough of Redbridge of which there are thirteen static libraries and one mobile library. Vision Sport and Leisure part of Vision-RCL is responsible for managing the playing fields in the borough including: Ashton Playing Fields, Cricklefields Athletic Ground, Fairlop Waters, Fairlop Outdoor Activity Centre, Fullwell Cross Leisure Centre, Redbridge Cycling Centre, the Sports and Development team and Wansted Leisure Centre.

Some of the components of modern libraries include:

Reading Well- coping with pressures of everyday life, feeling better about yourself and boosting your confidence using books, by young people and health experts to help you with difficult feelings and experiences that can affect your wellbeing. It is supported by the British psychosocial society, mental health foundation MIND, the Royal College of Nursing, Royal College of Psychiatrists and Young Minds.

Books on prescription available, to understand and manage your health and wellbeing using self-help reading scheme endorsed by health professionals.

Mood boosting books - national promotion of uplifting titles including novels poetry and non-fiction. Reminiscence collections historical objects audio recordings books, photographs and posters, books on common mental topics 12 topics fiction non-fiction self-help books and reading groups.

There are volunteering opportunities in libraries and the role includes: supporting housebound people to access books and information, help with online and IT sales, Children's activities, Reading and conversation clubs for ESOL learners and assisting customers with blue badge applications.

Google [www.redbridge.gov.uk](http://www.redbridge.gov.uk) and search for “Volunteer with libraries”

## **CRT Meeting** Feedback by Kate

The feedback from the CQC was good. The report was 27 pages long and there were 200 questions. The focus was on Safe-guarding.

There is a new template for the Care-plan, also the Crisis Plan and the Contingency Plan.

# “KEEPING YOU UPDATED” Cont....

## **RCVS Meeting** Feedback by Jai

The main presentation was given by Dr Sarah Heyes on plans for more NHS cuts to services in Redbridge. It's part of the NHS Spending Money wisely that we mentioned in our June Newsletter. It is the Clinical Commissioning Group (CCG) that is responsible for commissioning services and making cuts after appropriate consultation.

We continuously hear that we are living in an aging population, living longer with the demand for medical services increasing. It's also true in Redbridge that there is quite a steep rise in the population numbers and therefore the need for more services: schools, housing and NHS are clearly in the forefront of these needs.

The CCG are now proposing to no longer fund certain procedures:

- Drugs that can be bought over the counter will not be prescribed unless the patient has a chronic condition. As examples it will no longer prescribe paracetamol, multi vitamins, muscle rubs, rash creams and gels, bath oils and shower gels.
- Ear wax removal is available from pharmacies – only a small number of patients with a medical need will receive free NHS treatment.
- Back pain injections will be limited, so osteopathy is an alternative to be prescribed. Redbridge is the only CCG providing osteopathy on the NHS but will change the eligibility criteria.
- Cataract surgery will only be available for patients whose sight has deteriorated to a certain level e.g. the level below which a person is not allowed to drive a car.
- Podiatry will only be for people with underlying medical conditions.

## Other News

There was another Health promotion day at the Elmhurst Clinic. Maria, Nicole and Sue ran a successful stand promoting One Place East services.

Forest Farm Peace Garden held their annual Abundance Day event where we had a stall promoting the new company One Place East and its wider range of services.

We had a stall at the Redbridge Against Hate event organised by Victim Support and Redbridge Equalities and Community Council. Thanks to Maria and Jan for being at this event for us

Two of our staff Sue and Kerry have been delivering the second phase of the recovery courses on Taking Back Control at Redbridge Institute.

We completed our Smoke Free audit of Sunflowers Court with meetings with patients and staff on Monet and Kahlo wards.

# Focus Group on Day Services

Redbridge is planning to cut Day Services by 25% before April 2018. We invited Suzanne Wright, Engagement Officer with Social Services and Mary Byrne Head of Day Services to a meeting to give us a presentation and get our feedback on the proposed changes to day services in the Borough.

The problem in the Borough is that more people are using the services while funding from central Government is being cut back. The Borough want to help people have a better and healthier life, let them do more things for themselves and let carers, volunteers and communities work together to make their health better. The Borough spends £6 million pounds on day services and says they need to save £1.5 million by April 2018. This means that services will be run differently. The meeting talked about what the day services may look like in the future.

Idea 1 – Choose services in the community.

The Council won't provide any day services. Services will be provided by the community or charities. The Council will give you a list of the services you would use. People would still need to pay like they do at the moment.

Idea 2 Day services for mixed groups of people.

We would not have separate day centres for people with different disabilities like we do now. People would still need to pay like they do at the moment.

Idea 3 The Council will have centres for people who need a lot of support. People who need less help will be able to choose from services in the community. We won't have day services for people who need less help.

The council have held several meetings with other service user groups and will be having wider consultations in November. The paper will go to Cabinet in February to implement the decision. The changes will be phased in starting in April 2018.

## 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.

## Peer Support Group

One Place East 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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**Newsletter now on  
One Place East's  
website  
[www.oneplaceeast.org](http://www.oneplaceeast.org)**

## Next Steps

We are sad to say that the project Next Steps has come to the end of its funding from the Big Lottery.

The project has run for 5 years and has seen many service users come to us who were interested in joining the project. They were all given an opportunity to receive training in skills around Developing the User and Representative Voice including managing change, influencing decision making, communication skills, assertiveness, writing and presenting workshops on stigma and discrimination. They were further supported through team meetings and supervision. Over 70 people with lived experience of mental ill health applied to join the project. A number of them have gone on to work in the Adult Care sector or volunteer for other organisations.

Some of the key outcomes of the project include the very successful schools and college workshops where we met with over 1500 students and many staff who were very enthusiastic about the work we were doing. We also worked with NELFT, LBR, DWP, CAB, the police and many charities in the borough.

We were very sorry to lose Charmaine who was the Project Coordinator for the last three years and drove the project with huge enthusiasm, passion and skill using her knowledge of mental health across the whole age range from young people to older people.

We miss her very much and wish her well in her future work in this field.

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.