

Patients' Council Newsletter

WELCOME

Bi-monthly News, Views &
Comment from inside and out
the Royal Edinburgh Hospital

WHAT LINKS

.... YOUR PAST AND YOUR FUTURE?
.... WHERE YOU ARE NOW AND WHERE
YOU WOULD LIKE TO BE?

FIND OUT ABOUT THE NEW
COMMUNITY LINKS PROJECT AT THE

PATIENTS COUNCIL MEETING

2.00-3.30PM, MONDAY 24 MAY,
BOARD ROOM, ROYAL EDINBURGH HOSPITAL

COME ALONG AND MEET
LAURA AND FRASER
LET US KNOW WHAT YOU THINK ABOUT
THE PROJECT

The meeting is open to everyone who is using or has used the services of the
Royal Edinburgh Hospital.

Refreshments will be provided

CAMHS & Care of the Elderly Project

Our work in the Care of Older People's service is going really well. We have now held two Collective Advocacy Meetings on Nile Ward and on Eden Ward and one on Ward 2 at Royal Victoria. We have visited Ward 14, Canaan Ward and Ward 1 at Royal Victoria Hospital. Our volunteers, Shirley, Charlotte, Martin and Patricia, have made a terrific contribution to this work, encouraging patients to tell us their views about their stay in our hospitals.

We have been able to help with environmental issues such as shower and bath curtains – a big thank you to Estates for attending to this within a couple of days! We have also been trying to help with concerns patients have expressed about activities, food, smoking, and the amount of information they receive about their care and treatment. In general, though, patients have nothing but praise for the staff on their wards!

Our first Collective Advocacy Meeting in the Children & Adolescent Mental Health Service is scheduled for 13th May. We have had to wait a long time for some paperwork to come through that we needed before we could work with children and young people. In the meantime, we got involved in the CAMHS Information Group, the In Patient Unit Review, and staff interviews for the new CAMHS Intensive Home Treatment service.

Stories of Changing Lives

If you would like a free copy of the 'Stories of Changing Lives' booklet, please contact the Patients' Council office. Or visit our website to read a copy online.

Hospital Rebuild

Over the years, Patients Council members have attended hours of meetings, consultations and 'option appraisal' workshops about where to build our new hospital but still no decision has been made. Our members felt 'steamrollered' and 'exhausted' by the end of the last series of meetings. We discussed over the following months what to do next. We decided to stick with the process. We decided to widen the message that psychiatric patients in Edinburgh and the Lothians need a new hospital now. We decided to keep voicing the opinion that most patients and former patients want the hospital rebuilt on the existing Morningside site. So we spoke to the Evening News and they published an interview with our Project Manager on 7th April. Although it didn't report everything we wanted to get across, it did include the following points:

- Conditions in the ageing hospital are so bad, the wellbeing of patients is being harmed and their health is being compromised
- The state of the buildings is in drastic need of addressing
- Cramped conditions and thin partitions mean little dignity, privacy or personal or therapeutic space
- Some patients have to give up possessions due to lack of storage
- We asked the Evening News to contact Jackie Sansbury for comment and she stressed in the article that NHS Lothian is 'working closely with the Patients Council'.
- It is widely believed that health bosses prefer the ERI or Western General sites whereas many patients and staff believe that the Morningside community has grown up around the hospital. This reduces stigma and extends the therapeutic environment.

Our comments reflected the views of both patients and staff and come as the NHS considers the future of the site. In the article, we focussed on the age of the buildings. We focussed on the buildings being 'not fit for purpose'. What did not come across in the article is the great work staff are doing to improve conditions in the current hospital despite the limitations and frustrations caused by the age and condition of the buildings.

Our last Patients Council Meeting Monday 22nd March 2010

We had a very interesting meeting on 22nd March. Our first speaker was Tim Montgomery, the hospital's Director of Operations, who answered our questions about the Acute Care Review and the Intensive Home Treatment Service. The hospital is hoping to provide five acute wards, each with 20 beds, to create more space on the wards and perhaps provide single sex areas. They also hope eventually to provide single rooms for patients on the acute wards. One of the five wards would be for patients from East Lothian and Midlothian. We discussed the impact of the IHT teams which aim to provide a higher level of care for people in their homes. This means that people tend to very ill when they are admitted to the acute wards, and stays are shorter. Some people now feel unsafe on the wards and security of patients' belongings needs to be improved.

Our second speaker was Susan Prior, who wrote the Activate report. The plan is for the Occupational Therapy Rehabilitation Unit, Occupational Therapy Horticultural Project and the Cambridge Street Work Training Unit to be replaced with a system that will support people, for as long as necessary, to find and remain in employment, either paid or voluntary. The hospital is looking at other ways to provide suitable alternative activities within the hospital and its grounds for in-patients who currently use these services to help them to move out of the hospital rather than into employment.

These changes are still in the planning stages. After consultations have taken place, more information will be made available to patients and staff.

We also talked about the Edinburgh Users Forum Detention Questionnaire, which is aiming to improve what happens to people before they come into hospital, through the use of Named Persons and Advance Statements. This information should be stored and used according to a clear procedure.

Depot Medication

NHS Lothian is reviewing the guidelines for the administration of depot medication. They are very keen to hear about people's experience of having medicines via depot injection, so that they can make the new policy as user-friendly as possible.

If you would like to give your views about depot medication, or if you would like to see the guidelines, please get in touch with the Patients Council. We will pass your views on to NHS Lothian on a confidential basis.

What Our Activists Have Been Doing

Our activists have been very busy recently. As well as our weekly drop-ins and a Management Committee meeting, members have attended many other events on behalf of the Patients Council.

- One of our members has attended Collective Advocacy Meetings on two rehabilitation wards, a meeting about the redesign of acute care services, and the Spiritual Care Sub-group meeting, a conference and some other meetings.
- Another member attended the Health & Well-being group, a Releasing Time to Care meeting, Nutrition Group meetings and a meeting to discuss the location of services for older people in the Lothians.

Volunteer Centre Edinburgh Inspiring Volunteering Awards 2010

We are delighted to announce that the Royal Edinburgh Hospital Patients' Council Management Committee have won an Inspiring Volunteering Award! These awards celebrate the achievements of volunteers and the difference they have made to the people they work with, recognising their commitment, creativity and determination to overcome personal difficulties to help others.

Patricia Whalley, our Chair, and Alison Robertson, our Vice-Chair, will be attending the Inspiring Volunteering Award Ceremony at the Edinburgh City Chambers on Thursday 3rd June where they will be presented with their award by Rt. Hon George Grubb, Lord Provost of Edinburgh.

Well done, all of you!

The Royal Edinburgh Hospital Patients' Council is an independent collective advocacy project for people who use or have used the services of the hospital. We provide a forum for common issues about mental health treatment and care and represent patients' interests in order to improve services. We hold general meetings every two months. To get involved with mental health issues from the service-user's viewpoint, contact our Project Manager, David Budd or Development/Admin Worker, Maggie McIvor.

Telephone: 0131 537 6462

Email: maggie.mcivor@patientscouncilreh.org.uk
david.budd@patientscouncilreh.org.uk

Write: The Patients' Council, Royal Edinburgh Hospital, Morningside Terrace, EH10 5HF

Our Management Committee:

Patricia Whalley (Chair); Elaine Dobbie (Convenor of Management Committee); Alison Robertson (Vice Chair), Kate Cullen, Shirley Gowers, Ian Hughes, Marie Jenkins, Carol Manley, Charlotte Mitchell, Albert Nicolson. Co-opted members: Cathy Robertson, Leah Marchbank, Ross McPhail, Alan Muir

Patients' Council Meetings 2010

Mondays : 2 – 3.30pm : Board Room
24th May, 2nd August and 27th September
Annual General Meeting 2010
1.30–4pm : Board Room
Monday 29 November

Growing Spaces

Staff and members of the Patients Council volunteered to work in partnership with other staff to improve the garden space between Outpatients and the Patients Council portacabin. We have built a border, put in bedding plants, planted up pots, painted the bench and picnic table and used recycled wood from The Orchard for hard landscaping.

Advocacy Review

City of Edinburgh Council started the review process in May 2009, with the NHS joining in November. The review's aim is to ensure that statutory duties and strategic priorities are met through sustainable, quality services and that all client groups have equity of access to independent advocacy services; and identify efficiencies of £100,000 per annum from City of Edinburgh Council advocacy funding through reduction in management and infrastructure costs and by developing a commissioning response which is appropriate and commensurate within a challenging economic climate.

A final report was handed to the Patients Council on 30th April. The report contains inaccuracies. The Patients Council have voiced concerns to the NHS and City of Edinburgh Council.

The Royal Edinburgh Hospital
Patients' Council



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The Patients' Council is a registered charity, Scottish Charity No SC021800
Our offices are situated off the Link Corridor in the Andrew Duncan Clinic
Website: www.patientscouncilreh.co.uk

To receive the newsletter direct, by post or e-mail, please complete this section and return it to our Development & Administration Worker, Maggie McIvor.

I would prefer to receive the Newsletter by post/email (delete as appropriate)

Name _____

Address _____

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