

Patients' Council Newsletter

Issue 2

The next Patients' Council Meeting is in the Board Room on
Thursday, 29 January, 2.00 – 3.30 pm

All patients and former patients of the hospital are welcome to attend. Refreshments provided.

The agenda will be available on the day.

Eight members attended the last Patients' Council meeting on 25 September. Tony Chan was elected onto our Management Committee. Congratulations, Tony!

- We distributed a report on what our member activists have been doing on our behalf, including the ADC Courtyard meeting, Napier University interviews, reviewing the 'Seasons' project, the Adult Psychiatry and Older People's Options Appraisal workshops, REH Campus Review Board, Nutrition, Bicentenary, Orchard Clinic Collective Advocacy and Safety, Privacy & Dignity meetings, ICP Schizophrenia group and attending the Mental Health Act – Five Years After conference in September.
- David Budd's report included updates on reprovisioning, the Activities List and going independent. He informed us that smoking is going to be banned in the hospital and grounds – we have representatives on the Smoking Cessation Working Group to represent patients' views on this issue.
- We enjoyed an information session from volunteers from Health In Mind about their Mental Health & Wellbeing Information Resource Centre in Shandwick Place, which provides information on activities and support services in Edinburgh and is open to everyone.
- Katie James from Circles Advocacy Project told us about uncertainty and confusion among rehabilitation patients regarding the provision of community mental health teams and the impact on patients of the impending closure of Ward 3 to provide space for lifestyle skills.

ANNUAL GENERAL MEETING

33 people attended our Annual General Meeting on 4th December.

Marion Findlay from Volunteer Centre Edinburgh gave an excellent address about the **new Volunteer Hub** in the hospital. Both the Volunteer Centre and the Patients' Council are innovative, independent of the hospital, and pioneers in providing opportunities for people with mental health problems to volunteer. Volunteering means "giving up time, skills, energy, to help someone outside your family for no financial reward". Volunteer Centre Edinburgh offers many opportunities including charity shop work, conservation, sports, arts and befriending. The benefits of volunteering include having fun, making new friends, work experience and health improvements.

The new Volunteer Hub in Royal Edinburgh Hospital is being managed by Angela Farr and has funding for three years. It aims to promote volunteering to service users, staff and visitors at the hospital; to promote the health and wellbeing benefits of volunteering; to provide individual support and advice through a drop-in service and 1:1 interviews; to provide advice, information and training to organisations who involve volunteers to ensure volunteers have a positive experience and to support staff to create in-patient volunteering opportunities in the hospital. The Hub has now been set up and equipped. It has been promoted to staff in the hospital. Information sessions with in-patients have taken place at The Hive. Individual appointments have taken place with service users. And work has started on exploring and identifying in-patient volunteering opportunities. A development assistant is being recruited then regular opening hours will be established.

To get involved, contact Angela Farr, Senior Development Worker on 0131 537 6229, email royal.edinburgh@volunteercentre.org.uk.

Tony Chan, Elaine Dobbie, Shirley Gowers, Craig Ireland, Lesley McDade, Albert Nicolson, Alison Robertson and Patricia Whalley were re-elected as user members of our Management Committee. They are delighted to be joined by new members, Kate Cullen and Carol Manley.

We received the Annual Report and Financial Statement for the financial year April 2007 – March 2008 and spent some time discussing the plans to rebuild the hospital.

And the buffet after the meeting was delicious!

Plans to rebuild the hospital

The Patients' Council (PC) has contributed patients' views to the 'Options Appraisal' process which started in June 2008 to consider where the Royal Edinburgh Hospital could be rebuilt.

Government rules said this has to be done in three parts:

- 1) **What's needed without thinking about money**
- 2) **The risks involved with building it on the chosen site**
- 3) **The cost in money**

The Options Appraisal process wanted patients' views to influence the decision for part **1) without thinking about money**. The NHS would then use the results from this to go on and think about **2) risks** and **3) cost**. Patients' Council members found the process complicated.

The process was done for all services affected by a rebuild, for example Older People's services. 5 possible sites were considered. But a government advisor said the results from the first Option Appraisals were unsound because a small number of people had wrongly scored the options, based on where they wanted the hospital built without thinking about all the facts. So these results were scrapped and a second Option Appraisal process took place in October 2008.

The PC were worried about this and told the hospital at different meetings how they felt. The PC wanted to disagree, say how another try could be better but not spoil things, because everyone agrees they want a new hospital. Unfortunately, at the second Options Appraisals there were fewer patients' representatives. The PC and other Advocacy services had to shout loud to get patients' views across.

5 options were considered:

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| Option 1: Do Nothing/Do minimum | Option 2: Rebuild Services at Royal Infirmary (Little France) |
| Option 3: Rebuild Services at Morningside | Option 4: Rebuild Services at Western General Hospital |
| Option 5: Rebuild Services at St John's Hospital, Livingston | |

Points were given to each option during a scoring process. The points scored were:

	Option 1	Option 2	Option 3	Option 4	Option 5
Adult Psychiatry	574.0	740.9	734.3	585.0	
Rehabilitation Psychiatry	606.6	681.1	792.1	562.3	
Older People's Services	546.2	723.8	734.6	650.7	
Alcohol Services	592.7	721.2	707.9	591.4	648.7
TOTALS	2318	2865	2967	2388	648

The results for the Morningside site **2967** were close to the figure for the Royal Infirmary (Little France) site **2865**, with a 102 point difference in favour of Morningside.

The results of the second workshops were found to be sound. Parts **2) and 3)** were then completed for Alcohol and Adult Psychiatry and a paper explaining the results was brought to an emergency meeting on 19th November. If the board said OK, this would then be sent to the Lothian Board – the next step along. The Patients' Council and staff from the hospital asked questions about the paper at the meeting. The PC felt the paper was recommending that the Alcohol and Acute Psychiatry services should be built at the Royal Infirmary (Little France), even though the points for the Morningside option were higher overall. The PC accepted parts 2 and 3 of the process could mean the Royal Infirmary (Little France) site might be best but felt this recommendation was premature. The PC asked lots of questions and eventually said they didn't agree to the paper and asked for that to be put in the minutes of the meeting. The PC were told the paper had already gone at 11am that morning.

All along, the members have realised this is a complicated process and have given their full backing, but after a long process and then the meeting on the 19th, they feel like their opinions are not being listened to. As this newsletter goes to print the PC are organising a meeting to collectively decide what action to take. We will report any further developments in future newsletters. If you have any questions about the Patients' Council's involvement in the Option Appraisal Process, then please contact the Patients' Council.

Intensive Home Treatment Teams (IHTT)

The two Intensive Home Treatment Teams for North Edinburgh (based at Allander House on Leith Walk) and South Edinburgh (based at Ballenden House near The Pleasance) have been operational since the end of October.

They provide a 24 hour/ 365 day service in tandem with the new Mental Health Assessment Service and offer alternatives to hospital admission and intensive support during discharge from hospital. The teams are multi-disciplinary, including a consultant psychiatrist, team leader, staff grade doctor, social worker, occupational therapist and psychology and nursing staff. Evidence from existing teams of this type suggests that they really do reduce hospital admissions and the need for hospital beds.

Management Committee News

At our meeting on 22 October, we discussed Patients' Council workload, business cards, becoming independent, financial statements and the Options Appraisals process. We also made plans for the Annual General Meeting.

Useful Contacts:

- **ADVOCARD:** an individual advocacy service for service users who live in the community TEL: 0131 554 5307 / 475 2340 www.advocard.org.uk
- **CIRCLES ADVOCACY:** an individual advocacy service for in-patients of the hospital Tel: 0131 537 6004
- **EDINBURGH CARERS COUNCIL:** Tel 0131 554 5153 www.edinburghcarerscouncil.co.uk
- **EDINBURGH USERS FORUM:** a collective advocacy group for people who use, or have used mental health services Tel: 0131 538 7177 www.edinburghusersforum.org
- **EDSPACE:** a mental health information website Tel: 031 243 0106 www.edspace.org.uk
- **LAW SOCIETY:** Tel 0131 226 7411 www.lawscot.org.uk "Find a solicitor"
- **LEGAL SERVICES AGENCY:** a solicitor for people who use mental health services Tel: 0131 228 9993
- **MENTAL WELFARE COMMISSION** Advice Line: 0800 389 6809 or 0131 226 6111 www.mwscot.org.uk
- **REH CITIZENS ADVICE BUREAU:** free advice on benefits, employment, family, immigration, housing, money matters re patient/staff concerns Tel 0131 537 6399/6843 www.cas.org.uk
- **SCOTTISH RECOVERY NETWORK:** Tel 0131 240 7790 www.scottishrecovery.net
- **VOXSCOTLAND:** National service user network Tel: 0141 572 1663 www.voxscotland.org.uk

Just been given a diagnosis you don't understand?

Want to find out about local support services?

Interested in looking into self-help books?

The Information Resource Centre can help!

In the Information Resource Centre, trained volunteers support enquirers to access a wide range of information and resources – all about mental health, well-being, local services and support. This includes service information, a self-help library and internet access. Anyone can contact the Centre in person or by phone or email, and you don't even have to make an appointment. It's relaxed and friendly – you can even have a cup of tea or coffee and discuss what information you would like, ask questions and receive support to find information.

Fran is not a real person but a 'case study' to give an example of what we do in the Centre.

Fran visited us after she had been in hospital for a while and been diagnosed with bipolar disorder. She didn't know much about bipolar and also was feeling lonely and finding it hard to get out and about. We found her some information about bipolar disorder, and a local bipolar support group, as well as a list of drop-in centres and activities in her local area. We also gave her some information about a befriending service and let her know she could come back for more information any time she wanted.

The Information Resource Centre is based at Health in Mind, 40 Shandwick Place, Edinburgh, EH2 4RT, telephone 0131 243 0106 and is open Monday to Friday 10am-12.30pm and 1.15-4pm.

Email: information@halth-in-mind.org.uk

Website: edspace.org.uk

The Patients' Council attend a **Smoking Cessation in Mental Health Steering Group**. The group have talked about the possibility of NHS Lothian asking the Royal Edinburgh Hospital to either reduce or get rid of all ward smoking rooms. At the moment the NHS Lothian Tobacco Policy has exemptions for residential mental health services but there has always been an expectation that these would be removed at some point. Many other health boards do not have exemptions for residential mental health wards. Susan Tennyson, the chair of the **Smoking Cessation in Mental Health Steering Group**, has written to Dr Alison McCallum, Director of Public Health, to ask if the policy will be reviewed and if this exemption changed or removed from the policy.

The issues around smoking in the hospital are many and varied. The Patients' Council will continue to attend these meetings and highlight the issues for patients (and staff in this case) that exist whether a ban is or isn't introduced. We will update you on any progress in future newsletters. If you would like to give your opinion on a smoking ban then please write or phone in and we will feed this back at future meetings.

To become a member and add your name and address or email to our Members List to receive the Newsletter direct, contact **Maggie McIvor**, Admin Worker

To get involved with mental health issues from the service-user's viewpoint, contact **David Budd**, Collective Advocacy Support & Development Worker

Telephone: 0131 537 6462 Email: maggie.mcivor@patientscouncilreh.org.uk
david.budd@patientscouncilreh.org.uk

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

Our Management Committee:
Tony Chan, Elaine Dobbie, Shirley Gowers, Craig Ireland, Lesley McDade, Albert Nicolson, Alison Robertson, Patricia Whalley

We currently have 2 vacancies for volunteers on our Management Committee. Nominations can be put forward at the meeting on 29 January.

Patients' Council Meetings 2009

Board Room, Thursdays, **2pm – 3.30pm**

29th January

26 March

28 May

23 July

24 September

AGM 3 December,

1.30pm – 4pm

A Bipolar Social Group is held at the Stafford Centre, 103 Broughton Street, from 6-8pm on the 2nd and 4th Thursday of the month.

ECUMENICAL SERVICE

A 30 MINUTE SERVICE, WITH TEA/COFFEE AND BISCUITS, IS HELD EVERY SUNDAY IN THE HIVE AT 10.15 AM. RELAXED AND FRIENDLY. OPEN TO EVERYONE. HOLY COMMUNION ON THE FIRST SUNDAY OF EVERY MONTH.

PLEASE ALSO REQUEST GUIDANCE IN OTHER DENOMINATIONS.

ABOUT THE PATIENTS' COUNCIL

We are an independent collective advocacy organisation, based in the Royal Edinburgh Hospital. Our members are people who are using or have used the services of the hospital. We provide a forum for common issues on mental health treatment and care and represent patients' interests in order to improve services. Everyone welcome to join the bi-monthly general Patients' Council Meeting.

The Royal Edinburgh Hospital
Patients' Council



Supported by Circles Network



Funded by:



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.org.uk