

# Patients' Council Newsletter

Issue 5

**WELCOME**

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

## Patients' Council Meeting

Monday, 27th July

1.00 – 2.30 pm

Temporary Board Room, Ward 8, Royal Edinburgh Hospital

**Corina Penrose and Mary Hattie from the Mental Welfare Commission will be joining us to listen to our views on the recent changes within the hospital**

*All patients and former patients of the hospital are welcome to attend.  
Refreshments will be provided. Agenda will be available on the day.*

13 Members attended the last Patients' Council meeting on 1<sup>st</sup> June.

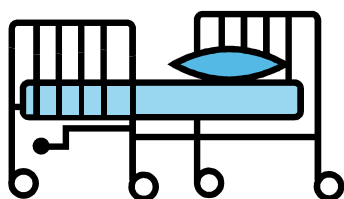
- Since the last meeting, we have secured extra funding to employ a part time worker for one year. We have met with Dick Fitzpatrick to coordinate user feedback on the hospital rebuild planning. In partnership with CAPS, we held a large Lothian-wide event bringing advocacy services together to share experience and opinion about the hospital rebuild planning process. We have produced a Smoking Cessation report. We now have a leaflet holder at our front door. We have challenged a number of issues through our collective advocacy groups on wards. We have successfully raised all the points brought up at the last Patients Council Meeting.
- Several new issues were raised, including smoking in the hospital, The Hive's opening hours, patient involvement in the planning of care, the new menus, and the speed of Pizza Hut delivery bikes within the hospital grounds.
- We received a written report from Circles Advocacy Project.
- Our main topic for discussion was the Evaluation of the first three years of Edinburgh Crisis which is being carried out by an independent organisation called Infusion Co-op. They want to find out about people's experience of using the Crisis Centre – what works best, what changes or improvements are needed. Some members reported concerns about the responses they had received when phoning the Crisis Centre. It needs to be better publicised both around the hospital and in the community. People are invited to fill in the survey form which is available at [www.infusioncoop.org.uk](http://www.infusioncoop.org.uk), or paper copies are available from the leaflet holder outside the Patients' Council offices. Your views and comments really matter.

## Models of Acute Care

On July 2 the Patients Council attended a meeting to look at models of acute care in the Lothians. Charge Nurses, Consultants and Senior Management attended the group to look at different ways the wards could work. The issues to think about whilst doing this were:

- Making room for 12 new East Lothian patients due September
- placing Mid Lothian and East Lothian patients on the same ward
- reducing the number of patients boarding out
- reducing the number of consultants on wards
- line up the wards to match Intensive Home Treatment Team (IHTT) areas in the community

The layout of the current wards in the REH and the number of patients they could fit made it difficult to agree a clear way forward. It also made it difficult to come up with a plan that could meet all the points. A plan will be worked on, made up of a mixture of two options presented on the day. Another meeting will be held to look at it. It was clear the restraints made it difficult, but a solution that works for everyone for now is needed. If you have any feedback on your ideas for Acute models of care then call our office so we can add them to the collective voice.



## Computers in Craiglockhart Centre

Two new computers for patients are now available for use in the Craiglockhart Centre resource room. They can be used at any time as long as patients are accompanied by a member of staff.

The resource room also has a variety of self-help books, leaflets and factsheets containing mental health and wellbeing information. The resource room will be staffed by trained volunteers from Health in Mind on Wednesdays and Thursdays from 2-4pm – during these times only, patients may access the room unaccompanied.

## Personality Disorder Project Goes Live and Online!

The CAPS Personality Disorder Project has been set up to consult with people who have experience of personality disorder. But some people won't want to speak about their experience face-to-face, so they have drawn up a written questionnaire as well.

The information will be used to develop a resource for workers written by service users and aims to improve understanding and support for people with a diagnosis of personality disorder.

If you would like to complete the survey go to [http://www.surveymonkey.com/s.aspx?sm=makPKqYtEUctno1DFC8yA\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=makPKqYtEUctno1DFC8yA_3d_3d).

For a paper copy of the questionnaire, contact Naomi Salisbury, CAPS, 5 Cadzow Place, Edinburgh EH7 5SN, tel. 0131 538 7177, email [naomi@capsadvocacy.org](mailto:naomi@capsadvocacy.org).

Or check the CAPS website [www.capsadvocacy.org](http://www.capsadvocacy.org).

## Patients' Council Meetings 2009

1 – 2.30pm : Monday 27 July

2 – 3.30pm : Monday 28  
September

Annual General Meeting  
1.30–4pm  
Monday 30 November

## Stakeholder Event – 13 July

The Patients' Council and CAPS worked together to organise a second meeting on 13 July of collective advocacy groups from four Lothian areas - East Lothian Involvement Group (ELIG), Service Users Midlothian (SUM), Edinburgh Users Forum (EUF), the Patients' Council and Mental Health Advocacy Project (West Lothian).

Our aim for the day was to think about what we would like in a new hospital. We drew up a long list of the things we would want to consider in deciding where a new hospital would be sited. We then shortened this list to fourteen items. Then, just for fun, we identified five potential sites and rated them against these items. We then spent a happy few minutes thinking of everything we would want in our dream hospital – ideas ranged from Jacuzzis to cinemas. Who knows, maybe some of them will actually be included in the new hospital!



## Edinburgh Bipolar Fellowship

Edinburgh Bipolar Fellowship hold a Support Group at the Stafford Centre, 102 Broughton Street, from 6 – 8pm on the second and fourth Thursday of every month.

Drop-in, coffee, advice, chat.  
Telephone 0131 623 0119 for more information.



## New Host Agency for the Patients Council

On 28<sup>th</sup> July and 10<sup>th</sup> August, we will be involved in interviews to recruit a new host agency for the Patients Council and the Individual Advocacy Project. We hope to be able to announce the successful applicant in our next Newsletter.

### Used the Edinburgh Crisis Centre?

#### Please tell Infusion about your experience

Infusion is an independent organisation asked to evaluate the Crisis Centre. They're really keen to hear about your experiences of using the Crisis Centre.

Different ways you can give your views include: a telephone conversation with them; filling in a short survey form on their website; or you can get a paper copy of the survey and a freepost envelope from the leaflet holder outside the Patients Council office.

Anything you tell them will be confidential. Your views and comments really matter.

If you'd like to have your say or get more information please contact:

Sally: 667 2497 or 07917 324615

Chris: 228 8590 or 07917283760

Email: [info@infusioncoop.org.uk](mailto:info@infusioncoop.org.uk)

Website: [www.infusioncoop.org.uk](http://www.infusioncoop.org.uk)

## The Royal Edinburgh Hospital Patients' Council

The Royal Edinburgh Hospital Patients' Council is an independent collective advocacy organisation. 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 is welcome to come along to the bi-monthly general Patients' Council Meetings.

To receive the Newsletter direct, by post or e-mail, contact **Maggie McIvor**, Admin Worker.

To get involved with mental health issues from the service-user's viewpoint, contact **David Budd**, Collective Advocacy Manager.

Telephone: 0131 537 6462

Email: [maggie.mcivor@patientscouncilreh.co.uk](mailto:maggie.mcivor@patientscouncilreh.co.uk)  
[david.budd@patientscouncilreh.co.uk](mailto:david.budd@patientscouncilreh.co.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); Tony Chan, Kate Cullen, Shirley Gowers, Craig Ireland, Carol Manley, Charlotte Mitchell, Albert Nicolson. Co-opted members: Cathy Robertson, Leah Marchbank, Ross McPhail

### 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](http://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](http://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](http://www.edinburghusersforum.org)
- **EDSPACE**: a mental health information website Tel: 031 243 0106 [www.edspace.org.uk](http://www.edspace.org.uk)
- **LAW SOCIETY**: Tel 0131 226 7411 [www.lawscot.org.uk](http://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](http://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](http://www.cas.org.uk)
- **SCOTTISH RECOVERY NETWORK**: Tel 0131 240 7790 [www.scottishrecovery.net](http://www.scottishrecovery.net)
- **VOXSCOTLAND**: National service user network Tel: 0141 572 1663 [www.voxscotland.org.uk](http://www.voxscotland.org.uk)

### 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 ask for guidance in other denominations.

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.co.uk](http://www.patientscouncilreh.co.uk)