

# Patients' Council Newsletter

Issue 3

**WELCOME**

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

## Patients' Council Meeting

Thursday, 26 March

2.00 – 3.30 pm

Board Room, Mackinnon House, Royal Edinburgh Hospital

Come and give us your opinion on the proposed ban on smoking in mental health hospitals

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

12 Members attended the last Patients' Council meeting on 29 January.

- Charlotte Mitchell successfully stood for election onto our Management Committee and was warmly welcomed back.
- Written reports were received from our member activists, covering topics ranging from the Spiritual Care Sub-Group to hospital catering.
- Dave Budd's report included the new Advocacy/User Involvement Participation Form, plans for more Collective Advocacy Meetings on rehabilitation wards, our new Finance & Strategies Sub-Group, the planned Management Committee AwayDay and the new sponsor – Jackie Sansbury – for the hospital's reprovisioning project.
- Several new issues were raised, including access to the Bowling Club, use of excessive force to return patients to wards, problems with boarding-out and pressure for early discharge due to bed shortages.
- Ben Baldock from Circles Advocacy Project spoke about the many recent changes within the hospital and their impact on the need for advocacy. The team attended 21 Tribunals in 20 working days in December.
- Keith Maloney, from the Consultation and Advocacy Promotion Service (CAPS), told us that he is trying to bring together collective advocacy services across Lothian, to share and discuss common issues and we agreed to support this initiative. Keith encouraged us to submit issues to the planning process which is now underway for the Lothian Advocacy Plan 2010-2015. The Patients' Council is arranging a shared learning stakeholder event on reprovisioning in early April, to allow us to tap into experiences already encountered by other organisations across the Lothians.

## Reprovisioning of the Royal Edinburgh Hospital

Jackie Sansbury, NHS Lothian's Director of Strategic Planning, has taken over responsibility for the project to build the new hospital. She is now reviewing the whole process.

Jackie wants to "take a step back and review all the information so we are all on the same page".

Jackie took time to visit a number of projects to find out people's experiences. She visited the Patients' Council on 26 February.

The Patients' Council will be hosting an event on 14 April to bring together advocacy/user services. The event is to share experiences of other reprovisioning projects and decide what we want from this one.

## Smoke Free Mental Health Hospitals

The Patients' Council has distributed a government questionnaire on the proposed smoking ban in mental health hospitals.

We have now switched to other questions developed by Voices of Experience. These questions are better. The questionnaires have gone to the wards and have been placed on noticeboards.

Look for the Patients' Council table in corridors of the Royal Edinburgh Hospital. Here you can pick up information, find out more about the consultation and give us your views.

## Integrated Care Pathways (ICP's)

ICP's are being developed by the NHS. ICP's help to look at what is being provided for patients at each stage of their care and what should be given. ICP's are being developed for:

- Depression
- Schizophrenia
- Dementia
- Bipolar Disorder
- Borderline Personality Disorder

For example, the ICP for depression is being developed because cases of depression are rising. There is also something called the HEAT targets which say the prescribing of anti-depressant medication has to go down.

ICP's are complemented Matched Stepped Care, which includes things like

- Lifestyle advice and information
- Self-help materials
- Something called 'hook prescribing'
- Exercise referral scheme

The Patients' Council participated in the Generic ICP Rapid Improvement event and took part in the Admission Plan and the Care Plan Workshops.

Subsequently, the Care Plan entered a transparent and beneficial process causing significant improvements from all involved and is now almost complete.

### Patients' Council Meetings

**We are changing the day of meetings to Mondays:**

#### Patients' Council Meetings

**1 – 3pm : Monday 1 June**

**1 – 3pm : Monday 27 July**

**2 – 4pm : Monday 28 September**

#### Annual General Meeting

**1.30 – 4pm**

**Monday 30 November**

In partnership with Deaf Action, NHS Lothian has recently set up Scotland's first Deaf Community Mental Health Service, for deaf people who have mental health, psychological or emotional needs that make everyday living more difficult. For more information, contact LDCMHS, Deaf Action Head Office, 49 Albany Street, Edinburgh EH1 3QY.  
Tel: 0131 556 3128 Fax: 0131 558 5294  
Text: 0131 557 0419 SMS: 07815 637 019  
Or 07815 637 024  
Email: [ldcmhs@deafaction.org](mailto:ldcmhs@deafaction.org)

### Management Committee News

The Volunteer Centre Edinburgh is providing training for our management committee members to help them to better represent the views of patients. This will be specifically tailored to meet our needs and will cover the four key areas of governance (safeguard; support and supervise; plan and direct; monitor and evaluate); leadership and decision-making; and overcoming difficulties. We have set up a Finance and Strategy subgroup to help to guide our work and we are changing the format of the Patients' Council Meetings to allow us to concentrate in depth on one or two topics at each meeting.

Three Mental Health Nursing students from Napier University visited us recently to find out about advocacy and the Patients' Council. We work continuously with Napier students, the next general of nursing staff.

We are developing production of DVDs and Digital Stories to move away from paper-based reports and try to reach a wider audience.

We are setting up a Work Hub in our members' room to provide computer access for our activists to save them having to work so much from home.

## Collective Advocacy

The Patients' Council runs collective advocacy meetings on Ettrick Ward and in the Orchard Clinic. These meetings have been successful in addressing collective advocacy issues. We are planning to hold similar meetings on the other rehab. wards and eventually hope to offer collective advocacy in the Care of the Elderly service. Our goal is to provide collective advocacy in all areas of the hospital. We are submitting a funding application so that we can recruit more staff to do this.

### Stories of Changing Lives Newsletter

We are pleased to say that our project 'Stories of Changing Lives' is close to going to publication. With all the heated discussion around reprovisioning of the hospital and closing of beds, we could be tempted to see it in a completely negative way, yet over 10 years ago people who lived on the Rehab. wards and the hospital hostels also faced a change in how they would be supported as it was realised that people who were considered to have long term illness could be supported to live in the community and have a home of their own. Also the determination and funding were there to make it happen. Our publication is based on the narratives of six people as they share with us how their lives have changed and what helped to make it happen. We also include comments and information by people who supported them through and beyond the transition whether nurse, social worker, support worker, doctor and the Multi-Agency Team. Don't believe it? Neither did a number of professionals or some of the individuals themselves but they did thanks to their own hard work and the belief and support of key people in their lives where each individual was supported in a person-centred way that reflected the pace and support that they felt they needed each step of the way.

### 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, Lesley McDade, 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)