

Patients' Council Newsletter

Issue 4

WELCOME

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

Patients' Council Meeting

Monday, 1st June

1.00 – 2.30 pm

Board Room, Mackinnon House, Royal Edinburgh Hospital

We'll be discussing your experiences of using the Edinburgh Crisis Centre. Sally Dick from Infusion Cooperative is invited. Infusion is independent from the hospital and NHS and does user involvement research.

*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 26 March. We changed our format for this meeting and had a big discussion about one main topic. People could still bring up new topics at the end. We are going to keep this same format and have a different main topic at each meeting. See the information above for the next topic. Some points covered on 26 March were:

- Since the last meeting, we have put forward a funding proposal for increased staffing, and a number of recommendations to improve our work with and support from the hospital. We have had a meeting with Jackie Sansbury, the new hospital rebuild project sponsor, where we put across our views on the lengthy option appraisal process and what we would need from any future process. We are now successfully using our Advocacy/Involvement Referral forms to assess our workload. Our collective advocacy groups on wards continue to enable us to challenge various issues and we are in the process of organising collective advocacy meetings on more wards. We have set up a Strategy and Finance Sub Group to help us to become more efficient.
- We will be holding a stakeholder event for advocacy services from across Lothian on the theme of rebuilding the hospital.
- Several new issues were raised, including ward passes, Orchard Clinic furniture, fireproofing of ward curtains and blinds, inclusion of patients in meetings which concern them, boarding out, and staffing levels.
- We received a written report from Circles Advocacy Project.
- We received a list of new dates for Patients' Council meetings, which will be held on Mondays.
- Our main topic for discussion was 'Smoking in Mental Health Hospitals/smoking – see Page 2!

Main Topic 26 March 'Smoking in Mental Health Hospitals'

What we said:

People often *start* smoking in hospital to help them keep calm and occupied. There should be smoking areas on wards because some people can't leave the ward, and smoking shelters in the grounds to reduce pollution of the built environment. Smokers should clean up after themselves.

People should be encouraged and assisted to stop but you can't stop a habit and cure mental health problems at the same time.

NRT/patches/sweets should be available to people who *want* to stop smoking.

Staff who smoke might become irritable with patients if they can't have a cigarette anywhere in the hospital or grounds, and some staff might leave, creating even more staff shortages.

Opening times for smoking rooms could be gradually reduced to help people to cut down.

A ban would benefit people's health and finances.

We need better cleaning and ventilation in smoking rooms.

There is a social aspect to 'cigarettes and coffee'.

If more activities were available on the wards, there would be less time for smoking.

Smoking is a personal choice and gives pleasure.

Nicotine can affect the absorption rates of medication.

Tobacco companies should be forced to 'clean up' cigarettes, i.e. remove chemicals.

Smoking is only one vice – can't ban them all.

Smoke Free Mental Health Hospitals - Our Report

We have nearly finished our report which brings together the views we expressed at our meeting on 26 March and the results of the questionnaires which people completed and returned via the Patients' Council.

If you would like a copy please contact Dave or Maggie. Copies will be available to read and download on our website.



Changes to the Campus Review Project Board

The Patients' Council attend meetings about rebuilding the Royal Edinburgh Hospital. These meetings – called the Campus Review Project Board – are changing their name and use. The meetings are now called the REH Campus Stakeholder Project Board. They will retain their advisory role but also have a central role in Project assurance with the Senior User and will be involved in defining user outcomes, quality standards and monitoring quality and adherence to these. Their remit will be discussed and agreed when the project's Initial Agreement has been defined and signed off by the Improving Care Investing in Change Executive.

There will be a new executive Project Management Board comprising the Project Sponsor (Executive), Senior User (to be appointed) and Senior Supplier (the construction partner when appointed). They will have executive decision-making authority and will be small enough to make major project decisions within short timescales. The Senior User will be someone who has the confidence of the hospital and patients and will ensure the work done fully meets user needs, represent the end user and safeguard quality assurance.

Patients' Council Meetings 2009

1 – 2.30pm : Monday 1 June
1 – 2.30pm : Monday 27 July
2 – 3.30pm : Monday 28
September

Annual General Meeting
1.30–4pm
Monday 30 November

Stakeholder Event – 14 April

The Patients' Council and CAPS worked together to organise a meeting of collective advocacy groups from four Lothian areas. East Lothian Involvement Group (ELIG), Service Users Midlothian (SUM), Edinburgh Users Forum (EUF) and the Patients' Council heard a talk from Mental Health Advocacy Project (West Lothian). The talk was on service users' experiences of the moving of in-patient mental health services from Bangour Village Hospital to St John's General Hospital in Livingston. It was good to hear experience of people who have been through the process Edinburgh is experiencing. The discussion was lively and feedback says very helpful for people, especially hearing the different views and opinions. This has helped to give better, clearer understanding of some of the user opinion across Lothian. A report from the day should be available on the Patients' Council website soon. We will also submit the report to the Campus Review Project Board.



Evaluation of Edinburgh Crisis Centre

Since 2007, an organisation called 'Infusion' has been carrying out an evaluation of the Edinburgh Crisis Centre.

Have you had support from the Crisis Centre? Sally Dick from Infusion would love to know what you thought of it. Please phone her on 0131 220 4508. Or email info@infusioncoop.org.uk. Or post your comments to Infusion Co-operative, Fifth Floor, Wellgate House, 200 Cowgate, Edinburgh EH1 1NQ. Or you can do a survey on Infusion's website – www.infusioncoop.org.uk.

Infusion researchers will be visiting the Crisis Centre to interview people who are using the service at the moment. And Sally will be at our Patients' Council meeting on 1st June.

Tipperlinn Bowling Club

At the Patients' Council Meeting Thursday 29 January 2009 a member raised a query about access to Tipperlinn Bowling Club. The Patients' Council wrote to Keith Robertson, the President, who then spoke to us. Keith clarified the agreement between the bowling club and the Royal Edinburgh Hospital (REH) remained the same. Any patient in the REH qualifies as a temporary member. Patients are welcome and are regular customers. Patients leave at 9pm, in line with the agreement to provide opportunity for staff to do a headcount during ward night staff handovers. Like any club, Tipperlinn has rules. All members are treated equally and are expected to abide by the rules. An example is wearing the correct footwear to play on the green. Keith explained the well established relationship between patients and the club and said he felt: 'patients are the life blood of the club' and that: 'the club provides an escape from the wards for many patients'. Over the years Keith and the club have made many lasting friendships and many ex-patients continue to be members. The club is open every night and all day Sunday with plans to open all day Saturday. The Patients' Council recognise Tipperlinn Bowling Club to be a good example of the unique opportunities and facilities that make up the REH campus at Morningside.



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
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
- **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

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