

Issue 1 - September 2008

Patients' Council Newsletter

WELCOME

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

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The next Patients' Council meeting is on
Thursday, 25 September, 2.00 – 3.30 pm
In Ward 11 Seminar Room, 2nd floor, Mackinnon House, Royal Edinburgh Hospital.

All patients and former patients of the hospital are welcome to attend. Refreshments provided. Agenda available on the day. Volunteers from Health in Mind will be joining us at 2.30 to tell us about their Mental Health and Well-Being Information Resource Centre.

Our Annual General Meeting will take place on
Thursday 4 December from 1.30 – 4pm in the Board Room, followed by a Christmas themed buffet!

What happened at the last Patients' Council Meeting?
13 Members attended the meeting on 24 July.

- Three people expressed an interest in applying for the vacancies on our Management Committee.
- Our member activists told us about various meetings they have attended, including Smoking Cessation Steering Group, reprovisioning meetings, Strategic Development Group Lothian and working on a Star Wards presentation with Susan Tennyson.
- Dave Budd's report included new Activities List, new washing machines and tumble driers on wards 5/6, our letter to NHS Lothian supporting individual assessment for moving to older people's services, and updates on Intensive Home Treatment teams, Community Mental Health teams and reprovisioning..
- We arranged a meeting to formulate our response to the Lothian Independent Advocacy Plan 2008-2011.
- Ivan Barry from Circles Advocacy Project told us about their meeting with Ian Kennedy from Mental Health Tribunals; discussion included last minute notification of hearings and appeals against short-term detention.
- Sue Kheda, the hospital's Smoking Cessation Coordinator, gave a very interesting account of her work helping people to give up smoking.

Star Wards

The Patients' Council met Marion Janner, the creator of "Star Wards" on Monday 4th August. Marion recognised there was a lack of activity on the wards generally when she was sectioned. She had the opportunity to compare this futility with other hospitals in London. She then made concerted efforts to put something in motion to benefit herself and others. Marion confirmed that 350 wards in UK hospitals are signed up to the Star Wards Programme. There was a presentation for Marion at The Hive with a question and answer session which enabled patients and staff to give feedback on how Star Wards impacts at the REH – very positively it would appear. Marion said there is a "Star Wards Sequel" and also perhaps a "Star Wards Community" to follow.

Watch her website:

<http://starwards.org.uk>

We would be interested to hear patient feedback on Star Wards at the REH.

EMPLOYABILITY UPDATE

On 27 October 2008 Employment Support Allowance (ESA) will replace incapacity benefit for new claimants. Customers will no longer apply separately for Incapacity Benefit (IB) and Income Support (IS) and the application process is by phone call with no claims forms to sign. (All customers who are currently receiving IB or IS will continue to receive their existing benefits so long as they continue to satisfy entitlement conditions). The Pathways to Work package is providing customers with personal advisers; in-work support and assistance in managing mild to moderate illness and disability. This package supports customers and is not forcing them into jobs, or any activity which may have a negative impact on health. The poorest customers will receive £102.10 a week (£17.60 more than the long term rate of IB) while others will receive £89.50 a week. The ESA will require new medical assessments which examine what customers "can do" rather than what they can't and this will help to identify any personal support requirements. The average assessment will take 75 minutes. Customers will receive a copy of their work-focused health-related assessment which they are encouraged to share with professionals who are providing additional support. All customers become members of the 'Work Related Activity Group' and will attend a work focused interview within the first 13 weeks of their claim, followed by a series of up to five further work focused interviews. The 'Work Group' will receive a weekly payment of £84.50 a week, with a £24 a week work-related increase from the end of the assessment period.

Excepted from an article by Phil Barlett, ESA Programme Director at DWP.

Watch out for : The REH Volunteer Hub

Tips

- o Live your own life, not someone else's.
- o Do a good deed, regardless of whether or not there is anything in it for you!
- o Ironing for half an hour can burn up to 150 calories.

Safety, Privacy & Dignity

The two SPD sub-groups are going to be brought together in one meeting as a trial.

Monday 8 September – Respectful Behaviours – 3.30-4.30 (last separate meeting)

Monday 6 October – Respectful Behaviours and Physical Health and Well-Being – 2-4pm

Both in Patients' Council offices.

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

Management Committee News

At our Management Committee meeting on 27 August, we discussed better ways to keep each other informed and up-to-date. We talked about becoming independent. We considered our Annual Report 2007-2008, and writing a Mission Statement. We talked about the views we'll put forward in the reprovisioning process and the Mental Health Act review. Kirsten Maclean, the 'Oor Mad History' project worker, joined us to bring us up-to-date on her work so far.

On 1st September, we interviewed one person who is interested in becoming a user member of the Management Committee. He will be standing for nomination at the Patients' Council meeting on 25 September.

Best wishes to David Davies who has resigned from the Management Committee in order to take up employment. Well done, David! And to Malcolm Xavier who has decided to take a less active role for a while.

Our Report on meeting delegates from Fujian Province in China is on our website:
<http://www.patientscouncilreh.co.uk/resources/FujanVisit.pdf>

Hospital Food

If you have any issues about hospital food, please contact the Patients' Council who will pass them on to the hospital's Nutrition Group for action. The Patients' Council has a representative on this Group, and on the Lothian-wide Nutrition Group.

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.co.uk

david.budd@patientscouncilreh.co.uk

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

Our Management Committee:

Lesley McDade (Chair); Patricia Whalley (Vice Chair); Elaine Dobbie; Albert Nicolson, Alison Robertson; Andrew Shaw; Shirley Gowers; Bruce McNally; Irene Molloy.

We currently have two vacancies for volunteers on our Management Committee. Nominations to be put forward at meeting on 25 September.

Do you like our new-look newsletter? Please let us have your comments and any suggestions for further improvements!

ECUMENICAL SERVICE

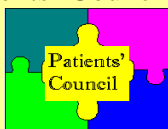
A 30 MINUTE SERVICE, WITH TEA/COFFEE AND BISCUITS, IS HELD EVERY SUNDAY IN THE HIVE AT 10.15 AM. RELAXED AND FRIENDLY. OPEN TO EVERYONE. HOLY COMMUNION ON THE FIRST SUNDAY OF EVERY MONTH.

PLEASE ALSO REQUEST GUIDANCE

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



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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