

SPEAKING OUT

Autumn Edition
September 2009

Volume 4 Issue 3

The Newsletter of East Lothian Involvement Group

ELIG is the Independent Collective Advocacy Group for people who use or have used Mental Health Services in East Lothian.

Welcome to the autumn edition of the ELIG Newsletter.

Last Gasp for Herdmanflat

Garleton Ward will not be accepting any more admissions after the 7th September 2009. After that date all admissions will go to REH (Royal Edinburgh Hospital). There is no definite date for the final move as it will happen whenever there are not enough patients left in Garleton to keep it open- but it's hoped that all patients will have moved by the end of September 2009 at the latest. A lot depends on how quickly beds become available at REH but David Haldane—Clinical Services Development Manager (Mental Health) - East Lothian, has given an assurance that patients will only move when there is a bed available at REH (i.e. they will not get sent outside of Edinburgh because Garleton is closed and there are no beds at REH). They will try to be flexible about how people move, for example people may be given passes and could move themselves and if there are only 2 or 3 people left when the ward closes they may move them together in a bus.

The Acute Care Forum will no longer be in East Lothian and members will be invited to take part in the Acute Inpatient Forum at REH instead. It's uncertain how advocacy services will be provided; It is thought that the different advocacy services will need to come to an arrangement between

themselves. The same patient services that are provided in Garleton (medical, nursing, OT, physio etc) will be available at REH. The OT service will actually be better as there will be extra resources.

The REH communications group plan to send out a letter/leaflet in the near future and David Haldane has given assurance that it will be sent out before any moves happen.

He says he would be happy to meet with service users/carers/professionals to answer questions and meetings have already taken place with him and Claire Faulds on 31 August and 1 September 2009 in the annexe of Tynepark Resource Centre, Haddington.

If you could not attend these meetings and have any questions or concerns about the move to REH or the changes in mental health services in East Lothian generally, please get in touch with us and we will pass them on to David Haldane.

ELIG contact details:

East Lothian Involvement Group,
C/o Tynepark House,
Poldrate,
Haddington
EH41 4DA

Tel 01620 826 667

Email:
devworker@eligadvocacy.org.uk



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Special points of interest:

Any mental health service providers, who wish to be featured in the next edition of the ELIG Newsletter, which is scheduled to be published in early December 2009, should contact Rick Murphy or Nikki Moran on Tel. No 01620 826667 or by E - m a i l : info@eligadvocacy.org.uk by 15 November 2009.

News from the NHS

Royal Edinburgh Hospital Re-provision – an update

A business case for the re-provision of the Royal Edinburgh hospital is being developed. Although work on this has been going on for a number of years now, it has been decided to start afresh using new Scottish Government guidance on writing business cases. The new guidance heavily emphasises the need to have stakeholder involvement at all stages of the project. A number of groups have been set up to ensure that happens in a meaningful way. This includes representation from East Lothian and the East Lothian Involvement Group.

At present, the project is at the stage of developing and writing the Initial Agreement. This is the first step in the process it will need to go to the Scottish Government for approval before moving to the next stage. A key part of this stage is the development of a long list of options as to where the new hospital arrangements might be built. This long list then needs to be shortened to a 'preferred way forward' using the Government guidance on how to do this. This exercise will take place in a workshop setting and, again, will include representation from East Lothian.

We hope to have approval of the Initial Agreement by the end of this year. We will then move on to the next phase, which will be developing an Outline Business Case (OBC). This will take about 6 months and will also require stakeholder involvement. After the OBC is approved we then move on to the next phase which is developing a Full Business Case (FBC). When the FBC is approved, we can then start to build the new hospital. We expect that to be in 2012 and the new hospital completed by 2015.

If you would like any further information on the project, please contact Dick Fitzpatrick, Project Manager on 0131 537 6107 or 07970 578 321. He can be contacted by email at

dick.fitzpatrick@nhslothian.scot.nhs.uk

The Royal Edinburgh Engagement Group

This group meets bi-monthly in Edinburgh and if any service users would like to attend this or the Royal Edinburgh Project Board, please contact Nikki on 01620 826 667 for further details.

Patient Information About Hermitage Ward

As outlined on the front page of this newsletter, after 7 September 2009, any East Lothian residents needing to be admitted to a psychiatric hospital will go to the Royal Edinburgh Hospital in Morningside.

They will be admitted to Hermitage ward which is situated on the first floor of the Andrew Duncan Clinic, within the Royal Edinburgh Hospital. It has 25 beds, and is gender divided. There are 13 male beds, two of them single rooms, situated at one end of the ward, and 12 female beds, two of them single rooms situated at the other end of the ward.

If the ladies require privacy, away from male patients, they are able to close the door and have a self contained female area. As well as the beds this area has a small ladies living room with TV, toilets and a sluice area with washing machine and tumble dryer (the toilets are about to be refurbished). The gents area has the same amenities, and the toilets are being refurbished at present. There is also a large family room, with books, magazines, games etc and a plasma screen TV.

The staff are comprised of a Senior Charge Nurse, Jackie McLean, and two other Charge Nurses, Colin Smith and Dot Hanson, who works on a part time basis. We have Staff Nurses and Support Workers. We also have a Recreational Assistant, who organises outings and trips to the cinema, museums etc.

There are usually 5 members of staff on an early shift and 4 or 5 staff on a late shift. There are 3 members of staff on overnight, and the ward is

locked at night, to protect your privacy.

We have "protected time" twice a week, on a Tuesday and Thursday. During this time all the staff engage with the patients, playing the wii, or going for coffee or playing games etc.

You will be sharing the ward with people from Midlothian, and some from North Edinburgh.

Your care will be reviewed on a daily basis, and you will be allocated a Keyworker on admission.

When your key worker is not on shift, you will be allocated a "named nurse".

We welcome you to Hermitage Ward, and will endeavour for your admission to be as smooth as possible.

Information provided by:
Jackie McLean
Senior Charge Nurse

Prescriptions go hi-tech

In a UK first, electronic prescriptions are going live between all of Scotland's GP practices and community pharmacies.

The electronic Acute Medication Service, or eAMS, is the first national system of its kind to go live anywhere in the UK, allowing doctors to send prescriptions electronically to pharmacies. It is now enabled in 99 per cent of Scotland's GP practices and pharmacies.

In addition to cutting the risk of errors between GPs and pharmacists, eAMS adds improvements such as using universal codes for virtually all medicines. This boosts efficiency and will lead to less reliance on traditional paper prescriptions.

Viewing an eAMS demonstration at Glasgow's LG Pharmacy recently, Health Secretary Nicola Sturgeon said:

"We have a very successful prescribing system in Scotland, with around one million paper prescriptions written by GPs every week and dispensed in community pharmacies. But we can always do more and that's what eAMS will achieve."

With eAMS we are now seeing more than 90 per cent of prescriptions submitted electronically.

Sourced: Scottish Government July 09

ELIG NEWS

Changes to ELIG'S Management Committee

At the Management Committee meeting of 5 August last, Ian Stevenson



was voted onto the Committee. At the same meeting June Rumbles and Margaret Cessford agreed to stand down from the Committee.

They have however, volunteered to help Nikki Moran with her development work and have both been given the title "Personal Assistant to the Development worker"

We thank June and Margaret for the work they have done on the ELIG committee over the years and wish them well in their new roles.

Outreach Meetings

Our five outreach meetings which take place once a month at venues in North Berwick, Dunbar, Musselburgh, Tranent and Port Seton, started in early August 2009 following an advert posted inside local First Group buses on 20 July 2009. These adverts will remain displayed until January 2010.

Although there has been little uptake on these meetings so far, we are hopeful that, with the further publicity in the way of posters and flyers sent out recently, future meetings will be better attended as more people get to know about them and the work that ELIG does.

The scope of this outreach initiative will be reviewed in December 2009.

News from East Lothian Council

CARE AT HOME SERVICES (ADULTS)

Care at Home Providers

East Lothian Council has recently completed a successful procurement of Care at Home Services (Generic). This means the Council will contract with only the following three Providers for Generic Care at Home Services:

- Housecall Care and Support
- Goose Green Homecare
- Allied Health Care

Housecall, based in North Berwick and Musselburgh, and Goose Green Homecare, based in Gladsmuir, already provide services for people throughout East Lothian. Allied Healthcare is one of the largest care Providers in the UK and has an office in East Lothian.

Throughout the procurement project a key priority was the quality of care provided. These three Providers won the contract because they demonstrated that they can deliver the best quality of care at a best value cost.

In addition to this the Council have insisted that carers working for the new service Providers will be properly trained and will provide a high standard of care. The Council will be monitoring this closely and would like to hear from people who use the care at home service if they have any comments to make about the service.

People who receive care from one of the three successful Providers will remain with the same service Provider. However for most people, who receive care from another

service Provider, some change will be required.

The main changes that will occur are likely to be either that the staff carer will transfer to work for the new service Provider, or the person (who receives the service) may wish to choose their service Provider and ask the Council for a Direct Payment so that they can receive the money that otherwise would be spent on their care in order to do so.

Carers who work for a Care at Home provider (Staff)

There are three likely options for staff carers who work for a care at home provider here:

1. Staff who currently work for another care at home service Provider may have the right to transfer to one of the new Providers with their job and associated terms and conditions of employment protected. So, people who receive care from those staff carers will not experience a change of staff.

2. Where staff do not have the right to transfer, then a change of staff is likely to be required.

3. People (who receive Care at Home services) may wish to apply for a Direct Payment as noted below.

Direct Payment

People may wish to manage their own care services and have more control over who provides their support. If this is the case then people can opt to take a Direct Payment.

www.selfdirectedsupportscotland.org.uk

A Direct payment is a cash payment made directly to the individual who receives the care and this person must then use the money to purchase care directly. The main

News from East Lothian Council

requirements in this choice are that the person must open a separate bank account for the Direct Payment money and send 'returns' to the Social Work Department on a monthly basis to show how the money has been spent.

Advice and support is available from the Lothian Centre for Inclusive Living

(www.lothiancil.org.uk / 0131 475 2350)

which can support people wishing to manage a Direct Payment. An East Lothian Council Leaflet providing information about Direct Payments is also available from Social Work Office 6-8 Lodge Street Haddington EH41 3DX.

UPDATE

Transfer of Service User Care Packages

Phase 1 of the Care at Home programme is drawing to a close. The transfer of generic care packages from the outgoing providers to Allied Healthcare, Goose Green Homecare and Housecall Care and Support has been managed successfully.

The target date for straightforward transfers of generic service users has been met, with all such transfers concluded by 29th June, ahead of the 17th July scheduled date.

Direct Payments (DP)

The initial screening of service user DP requests has been completed. A maximum number of 168 people requested a Direct Payment, some of whom did not understand what Direct Payments were, therefore it emerged that, following a clarification process, that 62 were withdrawn. There are

now 102 outstanding applications. The remaining applications are being processed by East Lothian Council Community Care Brokers and the Care at Home Transitions Team (with assistance from LciL, where appropriate) as quickly as possible.

Leaflets:

Direct Payment leaflets are now 'at the printers' and will soon be available for members of the public (a version which applies to the current Care at Home procurement process is also available).

Provider Performance Monitoring

We have been closely monitoring the successful providers during the period over which care has been transferred from outgoing providers. Monitoring during this transitions period will be replaced by long term performance monitoring.

Long Term Performance Monitoring

The aims of the Care at Home contracting outcomes are to provide a high quality service to Service Users. Work is ongoing to agree ongoing performance monitoring requirements, based on those set out in the pre-qualification questionnaire and invitation to tender. An ongoing performance monitoring system is being developed as a 'balanced scorecard' and will include a blend of inputs, outputs and outcomes information.

If you have any questions regarding the Care at Home (Adults) procurement process please get in touch with East Lothian Council via the Helpline telephone number: **01620 827805**

Care at Home Mailbox:
cah@eastlothian.gov.uk

Just For Fun

Starbuck's Coffee Time Quiz

General Knowledge Round

1. Which musical does the song "I Dreamed A Dream" sung by Susan Boyle come from?
2. Where would you find a Plimsoll Line?
3. What classic TV ad featured an alien family laughing at a traditional earth recipe?
4. What was the name of Sherlock Holmes' smarter brother?
5. What British classic car went on sale in 1959 costing £496 19s 2d?
6. Which artist painted "The Scream"?
7. How many years would you be married if you were celebrating your tin wedding anniversary?
8. Whose 1938 radio production of *War of the Worlds* had thousands of Americans fleeing invading Martians?
9. What town is Coronation Street in?
10. Who was the second man to walk on the moon?



Pop Music Round

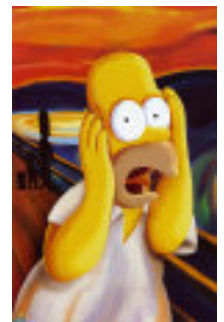
11. What were the Christian names of the Everly Brothers?
12. Who begged "Tell Laura I love Her" in 1962?
13. What was Buddy Holly's only solo UK number one single?
14. Which was the only number one on which Cliff Richard was backed by the Drifters before they changed their name to The Shadows?
15. What did The Big Bopper like in 1958?
16. Which Dusty Springfield song was the first-ever to be played on *Top of the Pops*?
17. Which British reggae band named themselves after the form issued to unemployed people so they could claim benefit?
18. From which song are the following lines taken "I saw the flickering shadows of her love on her blind"?
19. From which song are the following lines taken "It's gonna be a bright bright sun shiny day"?
20. From which song are the following lines taken "I've got everything you want, like a heart that is oh-so true"?



TRICKY RICKY'S CONUNDRUMS

(Watch out! these may get you thinking!)

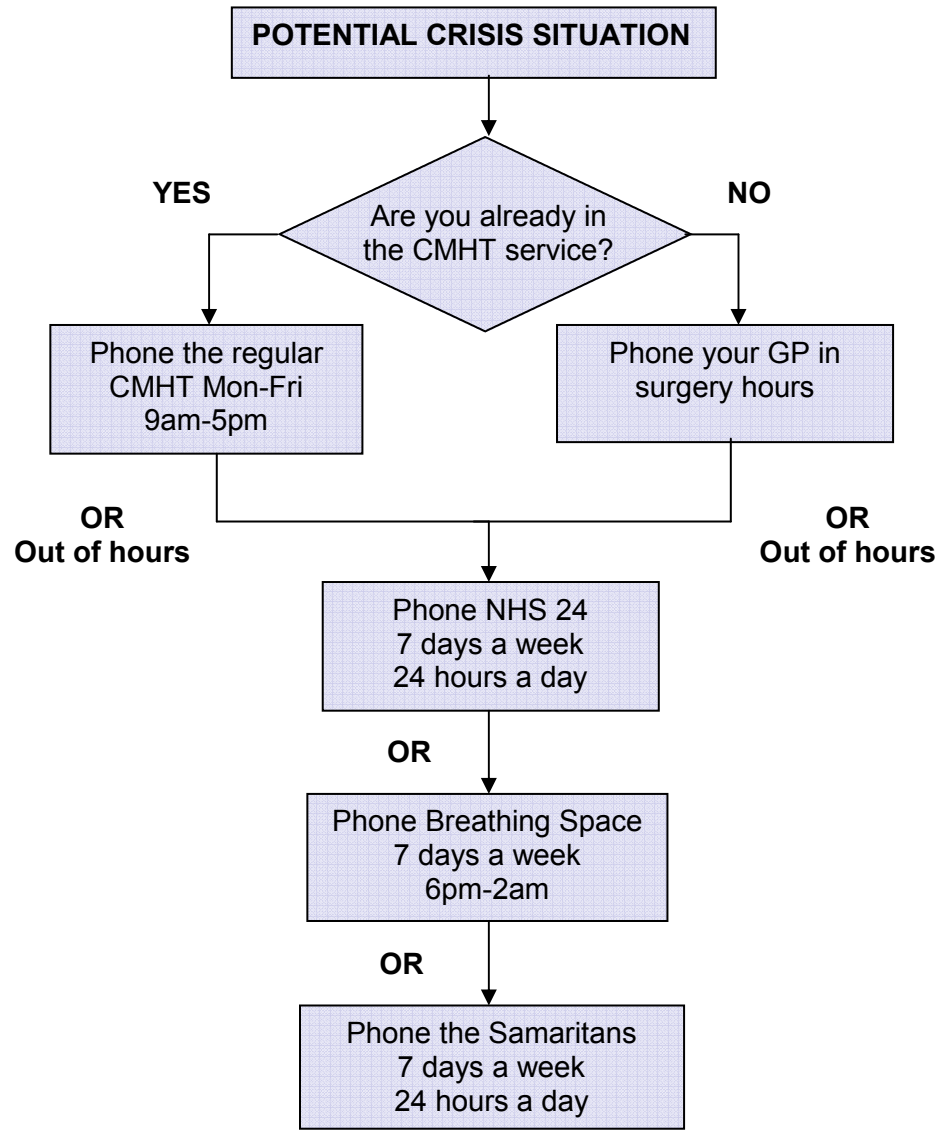
1. A man sits in his car at night while water pours on his windscreen. Suddenly, the lights go out and the water stops. Where is he?
2. A horse jumps over a castle and is captured by a Bishop. Where did this happen?
3. A woman has two daughters who were born at the same time of the same day of the same year, but they aren't twins. How can this be?
4. Bonnie and Clyde are lying dead on the floor. They are surrounded by glass shards from a broken bowl. There are no marks on their bodies and they weren't poisoned. How did they die?
5. A scarf, a carrot, two lumps of coal and three buttons are discovered in a garden. How did they get there?



NOTE : Answers on page 7. (upside down)



FLOW CHART FOR GETTING SUPPORT BEFORE IT'S A CRISIS



Before it's a crisis...

Here is a short list of phone numbers you can contact for support when most services are closed. It is a good idea to have these numbers and others where you can find them when you need support or help. Services such as Breathing Space and the Samaritans offer a listening service.



Breathing Space
0800 83 85 87
(6.00pm-2.00am)

Samaritans
08457 90 90 90
(24 hours)

NHS 24
0845 24 24 24
(24 hours)

Regular CMHT
0131 536 8522
(9am-5pm)

Abbreviations Used in Flow Chart:
CMHT—Community Mental Health Team.

ANSWERS TO QUIZ

- General Knowledge Round**
1. LES MISERABLES
 2. ON THE SIDE OF A SHIP
 3. SMASH INSTANT MASH POTATO
 4. MYCROFT
 5. THE MORRIS MINI
 6. EDWARD MUNCH
 7. TEN
 8. ORSON WELLES
 9. WEATHERFIELD
 10. BUZZ ALDRIN
- Music Round**
11. DON AND PHIL
 12. RICKY VALANCE

ANSWERS TO CONUNDRUMS

1. In a car wash during a power failure
2. On a chessboard
3. They were two from a set of triplets
4. They are goldfish whose bowl was knocked over and smashed on the floor
5. They belonged to a snowman that melted
13. IT DOESN'T MATTER ANYMORE
14. LIVING DOLL
15. CHANTILLY LACE
16. I ONLY WANT TO BE WITH YOU
17. UB40
18. DELILAH by Tom Jones
19. I CAN SEE CLEARLY NOW by Johnny Nash
20. FROM ME TO YOU by The Beatles

Public Notices

East Lothian Bipolar Support Group

*For people affected by bipolar disorder
/manic depression and their carers/friends.*

We meet on the 3rd Monday of every month
between 6.30—8pm

At

**Tynepark Resource Centre,
Poldrate, Haddington**

And

On the 1st Wednesday of every month
between 6.30—8pm

At

**Fisherrow Centre, South Street
Musselburgh**

For further detail please contact Bipolar
Fellowship Scotland: on 0141 560 2050

East Lothian Mental Health Forum

*A place to voice your views/concerns about Health and
Social Services in a friendly and informal setting.*

We meet *bi-monthly on the third Tuesday of the odd
numbered months*

Next meeting: -

Tuesday 15 September 2009

10.30am to 12 noon

At

**Tynepark House
Poldrate, Haddington**

All travel expenses paid. Contact Lesley on
Tel No 01620 82 2212

If you wish to place a public notice in this
page then contact Rick, the Editor at
info@eligadvocacy.org.uk prior to the
deadline of 15 November 2009 for the
Winter edition which is scheduled to be
issued in early December 2009.

ELIG'S MEETINGS CALENDAR

Do you have a problem or issue about mental
health services in East Lothian that you would like
to discuss with ELIG'S Development Worker, Nikki
Moran. She holds meetings throughout the county
each month at the following locations and times:-

Date	Venue	Time
1st Tues	Blackadder Church, St Andrew Street, North Berwick	11am-12 noon
	Hallhill Healthy Living Centre, Kelly Road, Dunbar	1-2 pm
1st Wed	Brunton Hall ,The Lounge, Musselburgh	11am -12 noon
	Tynepark House, Poldrate, Haddington	1-3 pm
1st Thurs	The Loch Community Centre, Loch Road, Tranent	11 am-12 noon
	Port Seton Centre South Seton Park, Port Seton	1-2 pm

To find out more contact Nikki on 01620 826 667
or email: devworker@eligadvocacy.org.uk

SIGNPOSTS



The Signposts team offer advice, support and in-
formation to people who are looking
to return to

Employment, Education or Training
that have experienced or are experiencing
Mental Health Problems

This **FREE** service is available to those that work
in or are residents of
East Lothian

You can contact us at:

**The Fisherrow Centre
South Street, Musselburgh
EH21 6AT
0131-653-3334**

E-mail signposts@samhservices.org.uk