

SPEAKING OUT

June 2010

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.

A warm welcome to the May edition of the ELIG Newsletter.

Welcome to ELIG's Meeting to be held on Thursday 19th August, experiencing changes lately in situated within Tynepark the form of ELIG's Convenor House (Annexe). The Veronica Forrest, resigned committee would like to from her position. ELIG would discuss and explore with its like to thank Veronica for all members the winding down of her hard work and contribution ELIG's constitution. The that she has put into ELIG for committee asks What's Next the past year. Veronica is to sustain independent working on other projects and advocacy for service users and we wish her well.

Ian Stevenson ELIG's Treasurer, also resigned from dialogue with Consultation & his office bearing role to Advocacy Promotion Service become a committee member. (CAPS) Management We would like to thank Ian for Committee as they have his continued support on the numerous years of experience in delivering Independent Advocacy, both individual and collective within Edinburgh, East and Midlothian.

ELIG experienced another resignation in the form of Rick Murphy our Administrator who resigned in February. Again, ELIG would like to thank Rick for all of his hard work and contribution.

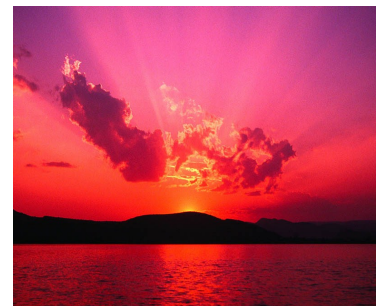
Committee Update: Presently the committee do not feel that they have necessary skills and experiences to take ELIG forward. In light of this the committee is recommending to hold a Special General

- ELIG's committee is currently made up of:-
- Reg Henderson 'Acting Convenor'
- Ian Stevenson—Committee Member
- Karen Young—Committee Member
- Ames Reynolds—Committee Member



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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 June 2010, should contact Nikki Moran on Tel. No 01620 826 667 or by e-mail: devworker@eligadvocacy.org.uk by the end of May 2010.

Out-Reach Update

Two of the six Out-Reach Arena's are being attended by service users, these are Haddington and Port Seton.

The committee has reviewed the Out-Reach arena's and made the decision to **continue** to work with the **Haddington Out-Reach only**. This decision was reach due to finances, energy and the lack of service users attendance, therefore all other Out-Reach arena's are now cancelled except Tynepark House



Newsletter: ELIG's committee will keep its members abreast on What's Next upon listening to its members at the Special General Meeting scheduled for Thursday 19th August. Formal invitations will be posted in due course.

Website Update

Our website www.eligadvocacy.org.uk has recently been updated to include minutes of the Joint Mental Health Planning Group meetings, a downloadable version of our membership application form and other updates. It also contains a blog page where people can post their views on mental health issues. The website can be googled by typing in "eligadvocacy".

Membership

In 2009 ELIG held 80 members however there were no signed forms. Membership was revised and ELIG received 40 signed membership forms. To date, ELIG now has 71 members on its data base.

Volunteers

Marie, a service user from Port Seton offers her support to ELIG every Thursday. Marie assists ELIG with office administration and attending public consultations. Nikki would like to thank Marie for her valued support and Sandy who has assisted ELIG with this edition of the Newsletter.

Date	Venue	Time
1st Wed of every month	Tynepark House, Poldrate, Haddington	1-3 pm
	ALL OTHER ARENAS ARE NOW CANCELLED	

If you have suggestions and or comment as to how to support service users to engage with ELIG then please contact Nikki Moran on 01620 826 667.

Massage Therapy

In the Winter Edition of 2009 is was reported that ELIG was in dialogue with Christine Knox to secure funding to provide ELIG's service users with access to massage therapy. Regretfully this funding application was not successful.

A Big Thank You For Your Contribution, It Is Very Much Valued and Appreciated

Hermitage Ward Update

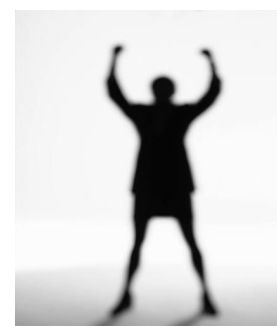
ELIG visits the Hermitage Ward every month and listens to East Lothian service users experiences of residing within the Hermitage Ward. Several issues have been raised with Andy Wills the Clinical Services Manager and the Mental Welfare Commission are looking into East Lothian's service users concerns.

ELIG supported service users to raise their concerns regarding the bathroom facilities at Hermitage Ward. Jackie Sainsbury, the Strategic Director for the Re-Provisioning of Services provided a rapid response to service users views and the Hermitage Ward now has an upgraded female bathroom in line with the male bathrooms. The Project Board is responsible for the re-provisioning of Acute Services within Edinburgh. It is the Joint Mental Health Planning Group's understanding that East Lothian will share a ward with Midlothian, this is yet to come into fruition however the process is continually being worked towards and will take some considerable time.



of the meeting). It was a productive meeting, however ELIG was disappointed with the lack of service user's time to respond. ELCCF has been given a list of recommendations taken from the participants who attended. It would appear that the Joint Mental Health Planning Group is on track its implementation plan with a few exceptions:

- **Land Lady Scheme** - spontaneous service user supportive accommodation.
- **Hermitage Ward** - East & Mid Lothian Ward, the protection of therapeutic programmes. Recreational activities for service users who require an escort.
- **Accessing support** - Service users can expect to wait no more 18 weeks from referral to assessment, then another 18 weeks from the assessment to treatment. If you have experience of waiting longer, please contact Nikki on 01620 826 667.



Public Consultation Update

East Lothian Community Care Forum—Mental Health

ELIG attend a meeting on the 25th May where representatives of the Joint Mental Health Planning Group were in attendance to review the East Lothian Implementation Plan (to obtain a copy of the plan contact Nikki and or the minutes

Your East Lothian Council Procurement Team approached ELIG for the purpose of carrying out Public Consultations with service users who access Care at Home and or Housing Support within East Lothian.

process will be informed by views from service users, carers, providers.

Phase One—Generic Care at Home and Housing Support

Sample stakeholder engagements completed in December 2009 from a wide range of service users within East Lothian.

Phase Two—Specialist Care at Home Services (ends in May 2010—Existing Providers)

There are 20 providers currently providing specialist care to 367 service users in East Lothian. These providers will undergo a review process to ensure they are delivering on Best Value. This review

New Providers

There will be a Framework Agreement which will contain the contracts for new care packages. This will include packages for people moving children into adult services and those who currently do not have a service, and may also extend the choices that existing service user have.

Self Direct Support lets people take a direct payment or take a direct payment and have it managed by someone else or have an individual budget and use this to get support from the council or another organisation.

Self Direct Support (SDS)

Offers a service user the option to step towards independent living through choosing his/her own Service Provider. To find out more please contact The Care at Home and Housing Support

Project Team, 9-11 Lodge Street, Haddington. Tel: 01620 828 781 or e-mail: cah@eastlothian.gov.uk

The Government have 8 questions in a consultation which can be accessed via: www.scotland.gov.uk click on CONSULTATIONS at the top of the page then it is the 4th one down (**New Self Direct Support Legislation**) or alternatively contact Nikki at ELIG on 01620 826 667 or visit eligadvocacy.org.uk

Mental Health (Care and Treatment) (Scotland) Act 2003

The Scottish Government wished to consult on the recommendations raised by a review of the Mental Health (Care and Treatment) (Scotland) Act 2003 and published a consultation document in August 2009 and invited written responses. The main findings from the analysis of these responses can be accessed on the Scottish Government website by the following link:

<http://www.scotland.gov.uk/Publications/2010/03/04155611/0>

The full research paper on the Review of the Mental Health Law Consultation Analysis is available on the following link: <http://www.scotland.gov.uk/Publications/2010/03/04155521/0>

Joining ELIG

Membership is free and can be obtained by downloading an application form from our website: www.eligadvocacy.org.uk and posting to us. Alternatively you can contact us requesting an application form (details below): -

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 quarterly on the third Tuesday
Next meeting: -

Tuesday 17th August 2010

10.30 am—12.00 pm
At

**Tynepark House
Poldrate, Haddington**

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

East Lothian Involvement Group

ELIG is a COLLECTIVE ADVOCACY ORGANISATION which works with people who use or have used mental health services in East Lothian to make sure their voice is heard. For further information about us visit our website at: www.eligadvocacy.org.uk

Management Committee Member (office bearer)

This is a voluntary unpaid position and may suit a retired professional person with experience of helping to manage small organisations. Time commitments would be around 6 hours per month and out of pocket expense would be reimbursed.

Based in Haddington at Tynepark House, Poldrate.

For an application pack email: devworker@eligadvocacy.org.uk
or write to:

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

The Signposts team offer advice, support and information 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 sign-
posts@samhservices.org.uk**



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Information

To sign up to save **The Lloyds TSB Foundation Scotland** click on this link:- <http://www.savethefoundation.org/Home/Home.aspx>

Improving Detention? - A report by Edinburgh Users Forum - a report on mental health service users' experiences of being detained and the use and awareness of safeguards in the Mental Health Act. It can be downloaded from the Consultation and Advocacy Promotion Service website. To get involved in the campaign to raise service users' views to local and national authorities contact naomi@capsadvocacy.org or call 0131 538 7177. Alternatively contact Nikki Moran on 01620 826 667 to receive a paper copy.

Forthcoming Fare Alterations - Sunday 27th June 2010. There will be alterations to fares within the Scotland East operating area. This revision applies to singles, returns, 10journey, FirstDay, FirstWeek and First4Week tickets. For more information visit www.firstgroup.com/scotlandeast and click on fare or call 08708 72 72 71 (Open Monday to Friday 8am-6pm)

Information

ELIG approached Peter Inglis, Team Leader—Employability service 2 @ SAMH regarding Ingeus (previously known as Work Direction). Peter said “When a person who is on Incapacity benefit for Employment and Support Allowance is referred to Ingeus (Work Direction as was) they will be committed to 5 interviews which are mandatory.

When attending these meetings they are entitled to a support worker to accompany them. They must attend all 5 appointments but they are not obliged to take anything that is offered during these meetings unless they want to. They can simply say thanks for that information I will think about it and get back to you or I don't think this is for me. It is worth bearing in mind that if the person is not in a position to take up employment through ill health be that physical or a mental health condition or both, best advice is that they have someone with them who will help them to make a considered decision.

Ingeus can be a very good thing the they person is looking to move on or make them self employable”.

ELIG has invited Ingeus to Haddington however a date has yet to be confirmed. Will keep you posted.