

THE CAMDEN BUGLE

MONTHLY NEWSLETTER OF CAMDEN MENTAL HEALTH CONSORTIUM

LIMITING RECOVERY

The Camden & Islington Mental Health and Social Care Trust may be good at many of the things that it does, but it is not careful about the language that it uses.

In its proposals for changes to the Day Hospital provision in Camden, recommended under the Best Value Review, it is intent on setting up two new Recovery Centres – one in the North and one in the South of the Borough. It seems to see this as putting the proper emphasis on the ‘Recovery Model’ of mental illness which it has adopted.

The question is ‘what do the rest of its services do’? If the Recovery Centres are responsible for Recovery then what happens in its hospitals? As so often before, the Care Trust does not seem to have taken into consideration the possible consequences of its use of words. In the all-important area of communication, it seems to fail to make itself clear.

NOT ENOUGH CONSULTATION

The Camden Bugle has often found itself taken up with matters of consultation. It has expressed the opinion that many times it seems that consultations are simply exercises in validation. The decisions seem to have been taken without proper consideration for those they affect most – the users of the services.

The recent Mental Health Liaison Group meeting heard this view about the Care Trust's Consultation on the use of Drug Dogs and Metal Detectors. User input seems to have been limited to a very select group and one that might not be affected at all by the proposals. These would be fundamental and significant and seem likely to change the hospital experience for the worse. They are only aimed at the Mental Health Units meaning that they would add to the stigma already present on sites like The Royal Free Hospital.

It is surprising that in its present financial position, the Care Trust can even consider these proposals which must add to the cost – even though we are advised that the drug dogs would be supplied by the Metropolitan Police or the Prison Service!

DISTRICT SMUG

CMHC began the Substance Management User Group (SMUG) project in November of last year. It started as a six-month trial and was immediately regarded as a great success in an area where little user engagement had previously been achieved. It was undertaken as a District Project across Camden & Islington because that is how the services are configured.

After the initial six months, CMHC was delighted when Camden decided to refund the project for a further year. At that point Islington would not commit itself in this way and reluctantly CMHC felt that SMUG would have to be limited to Camden. Further negotiations have led Islington Commissioners to agree to fund SMUG for six months and thus for the time being it returns to being a Camden & Islington SMUG. We very much hope that later in the year the Islington Commissioners will be persuaded to refund it for the other half year and commit to it for the future recognising the contribution that it makes in the area of Substance Misuse.

CMHC NEWS

CMHC/CBUG Co-ordinator

CMHC sought to recruit a Part-time Co-ordinator to take charge of a number of aspects of the organisation. Unfortunately, the recruitment round did not produce a candidate who it was felt could take on this important role within the organisation. The Directors/Trustees are now looking at other possible ways of filling this role.

CMHC Summer Barbecue

This is the third year of the CMHC Summer BarBQ. It will be held from 6.00 – 8.00 pm on Friday, 6th August in the Court Yard at St Pancras Hospital. This venue has been chosen so that patients from the wards at The Huntley Centre will be able to join in. There will be free food and soft drinks and we hope that the weather will allow it to be really enjoyable Summer event.

Camden Annual Service Users' Conference

This year's Annual Conference will be held on the afternoon of Wednesday, 23 November at Hampstead Town Hall. The topic will be 'Benefits' and there will be speakers on welfare benefits, payments to service users and employment and Direct Payments as part of a Care Package.

This event is for service users and we hope that as many as possible will come along. Whilst it is not intended to deal with personal issues, it will offer general advice and signpost people.

Annual General Meeting

In the last edition of The Camden Bugle (Issue No 94) we reported that the final stage had been completed for CMHC to become a Company Limited by Guarantee. Of course, it still remains a Registered Charity.

After incorporation, the organisation is required to hold an Annual General Meeting within 18 months. CMHC has taken the decision that it should not now hold its AGM in September/October but that it will move it into the New Year and hold it in January or February. As this time of the year is often bleak, it will be a good opportunity for the event and the food and drink after it. Full details will be available in next month's edition.

SOUTH CAMDEN USER FORUM (SCUF)

As this issue of The Camden Bugle goes to print, the South Camden User Forum is going to The Highgate Centre.

In August, the meeting will return to The Conference Centre at St Pancras Hospital from 5.00 – 6.30pm on Tuesday, 23rd August. The topic for that meeting has not yet been fixed.

In September, the meeting is on the move again and will be at Mind in Camden from 2.30 – 4.00 pm on Tuesday, 27th September.

NORTH CAMDEN USER FORUM (NCUF)

The July meeting of the North Camden User Forum had no topic and ads so often when this happens turned into a really interesting discussion about a number of issues that CMHC will be taking forward and reporting on. One point the meeting agreed on was that NCUF should start to meet in the new Grove Unit when it opens. This will provide an opportunity for people who are in the wards on the unit to attend the meetings. The question of the stress of modern living also came up and this was before the London bombings!

Erville Millar is the Chief Executive of the Camden & Islington Mental Health and Social Care Trust. He is the Chief Executive Officer of the main provider of mental health services in Camden and Islington.

In a continuance of some meetings that we first held two years' ago, Erville is coming to the meeting of the North Camden User Forum (NCUF) from 5.00 6.30 on Tuesday, 2nd August in Room 2 in the Psychotherapy Corridor at The Royal Free Hospital so that people can 'Ask the CEO'. We will be encouraging as wide a range of questions as possible and it will be useful in obtaining this breadth if people would notify their questions in advance either in writing to us at CMHC, Hampstead Town Hall, 213 Haverstock Hill, London NW3 4QP or by e-mail: administrator@cmhc.org.uk

Erville will be asked questions, but he will not be answering questions which relate to individual complaints about treatment or care, or about Care Trust employees. There is a procedure for this and as the CEO he must abide by it.

If you are in doubt about a question, please give CMHC a call on 020 7419 4196 or e-mail administrator@cmhc.org.uk and we will try to help.



CAMDEN BOROUGH USER GROUP

The Camden Borough User Group (CBUG) is anxious to increase its numbers again. It has some core members, but it wants to increase the work that it is undertaking and to achieve this without overburdening people, then it does need more members. Anyone interested in joining CBUG which is a group on which users of the mental-health services in Camden are trained, supported and rewarded for the work they undertake, should contact CMHC on 020 7419 4196. You need to be a Member of Camden Mental Health Consortium in order to join CBUG.

At the moment, CBUG is concluding the second year of monitoring the Mind in Camden Advocacy Project at The Royal Free Hospital and beginning work on establishing Patients' Councils at The Huntley Centre and the new Grove Unit at The RFH.

Much of the monitoring work is based on the UFM system, developed by CORE at University College London (UCL). There had been some concerns about the future of this project since the contract for its continuation was won by Peter Bedford, but the Co-ordinator has indicated that she is keen to involve CBUG and will be coming to talk about it to a joint CBUG-IBUG meeting on 17th August. So it seems likely that there will be future work in this area for CBUG and this is another reason for wishing to increase those involved with the group. If you want to attend the meeting on the afternoon of Wednesday, 17th August, please contact CMHC.

USER/CARER FOCUSSED MONITORING

Peter Bedford is now taking over the User and Carer Focussed Monitoring Project. Krystyna Farrell, the newly appointed UFM Co-ordinator introduces herself and talks about her plans for the future of UFM.

Firstly, I would like to introduce myself. My name is Krys Farrell and I have recently been appointed as the User/Carer focused Monitoring Coordinator. The UFM project will soon be based within Peter Bedford Housing Association.

Although I have an extensive background in mental health, I have also been a user of services and a carer. I now use holistic and alternative methods to maintain well being. I have my ups and downs, as do most people and I believe that my experiences informs all areas of my life.

Stigma, labels and stereotypes follow us throughout our life and more often than not these are used to dismiss and negate our views and beliefs. In short I believe that I have a great deal to offer and I hope that you will actively take part in this Project.

Secondly the UFM project will be transferred over from CORE (Centre for outcomes and research effectiveness) to Peter Bedford by September 05, this will allow time for current projects to be completed. I will be involved in the completion of these projects in addition to taking on new projects. I will also be actively seeking new people who wish to become 'auditors' within the UFM Project. Auditors receive training and are paid for work undertaken.

To make this project a success for all of us and to ensure that our views are heard and acted upon, no matter how we are perceived, we must work together. It is because of our experiences, that we are perhaps best placed to monitor and evaluate the service provided – and to speak out about, whether these services are appropriate to our needs

I am currently drawing up a list of people that would like to attend a UFM taster session. If you are interested in the User Focused Monitoring Project or would just like to know more, then please don't hesitate in contacting me on 0207 226 6074

The project is important in ensuring we are involved in planning and delivering services. It also enables us to actively be involved in monitoring and evaluating the services by using evidence based research. In addition the project will be developing Carer Focused Monitoring, which will start in February '06.

I intend to keep you all updated with work undertaken within the UFM project and will be contributing to this newsletter regularly. You can also keep updated by visiting the Peter Bedford web-site: www.peterbedford.org.uk If you would like me to attend any meetings to discuss UFM please do contact me

Again if you would like to be involved please contact Krys Farrell at the User/Carer Focused Monitoring Project, Peter Bedford HA, Legard Works, Legard Road N5 1DE, Tel: 0207 226 6074.

CARE TRUST NEWS

Robert Jones, the Social Care & Inclusion Development Manager, provides a review of the month's events within Camden & Islington Mental Health & Social Care Trust. Robert can be contacted at Care Trust Headquarters, 2nd floor, East Wing, St Pancras Hospital, London NW1 OPE, by telephone on 020 7445 8554 or by e-mail robert.jones@candi.nhs.uk

Service User Resource Team

The Care Trust is pleased to welcome Bruce Buckmaster back to his role as the 'service users into employment' manager. Bruce is leading on service user employment initiatives within the Care Trust, supporting people entering the Care Trust on work placements, training job centre staff on mental health issues, identifying mentors within the Care Trust to support service users into work and helping to ensure that the work within the Care Trust fits in with other initiatives across Camden and Islington. Bruce can be contacted at St Pancras on 020-7530-3077

Recovery and Social Inclusion

The Care Trust has stated in a number of documents and settings that it supports the recovery approach and will work with partnerships across health, the local authorities and others in order to tackle the social exclusion that is faced by people who have used mental health services. To support this approach a document has been produced, which sets out the concepts and principles that underpin this work. Between July and September 2005 the document will be circulated widely amongst staff, service users and partners to generate discussion and debate.

Occupational Health Pre-employment Assessments

Colleagues within the Care Trust, voluntary organisations in Camden and Islington and service users have debated for some time the extent to which the Occupational Health pre-employment assessments work. Whether the criteria that Occupational Health uses to assess someone's fitness to work aids or hampers the employment of people who have used mental health services, and whether pre-employment assessments were consistent with the principles around recovery and social inclusion. To address these issues the Care Trust held a seminar on the 9th May 2005. The seminar concluded that the pre-employment assessment process does not conflict with recovery and social inclusion approach and it fact supports it well. The report from the seminar has been written up and is now available.

Mental Health Clinical Guidelines

The National Institute for Health and Clinical Excellence (NICE) has produced a series of mental health clinical guidelines. The guidelines are developed by a group of health professionals, service users, carers and technical experts and give advice on the best ways to manage a range of mental health conditions. The Care Trust has set up a project with the Primary Care Trust's in Camden and Islington to support the use of these guidelines in practice and are now looking for service users to join the following groups; schizophrenia, eating disorders, self-harm, managing violence, depression and anxiety and post traumatic stress disorder. Future groups will focus on depression in children and obsessive-compulsive disorder. Being a member of one of these groups will involve attending a meeting of approximately 1.5 hours long, every 3 months. For more details contact Ros Lettman, the Service User Involvement Co-ordinator on 020-7530-3340

Focused Implementation Site

The document '*Delivering race equality in mental health care*', which was published by the Department of Health, in response to the inquiry into the death of David Bennett, included the proposal for the development of 'Focused Implementation Sites'. These are intended to be sites across the country where new solutions to long-standing challenges are found. The Care Trust will be working with Barnet Enfield and Haringey Mental Health Trust to respond to the national trends reflected in our local data, and to attempt to change the often-negative ways in which African and Caribbean people enter mental health services.

Service User Consultation Forum

Consultation Forums are held on a regular basis and provide opportunities for service users to meet with senior managers and a director of the Care Trust. Forums are on the 29th July, 23rd Sept & 25th Nov 2005 in the Groves Lounge at St Pancras Hospital. They start with lunch at 1pm and finish at 4pm.

Social Worker Registration

Don't forget that all social workers are now on a register at the General Social Care Council. You can check online whether your social worker is registered (www.gsc.org.uk). Registered social workers have signed up to a Code of Practice. Find out about the Code of Practice and what you can expect, either by going online to the GSCC or request a copy of the Code from Ros Lettman.

NEWS FROM THE VOLUNTARY SECTOR

Aidan Moloney is the Co-ordinator of Camden & Islington Providers' Forum (CIPF). We include regular monthly contributions from Aidan telling people what is happening in the voluntary sector. Aidan can be contacted by post at Camden & Islington Providers' Forum, St. James's House, 15 – 20 Bruges Place, Baynes Street, London, NW1 0TF; by 'phone on 020 7428 5999, and by e-mail at cipf.office@virgin.net

An important aspect of the implementation phase of the current Camden Best Value Review (BVR) is the development and implementation of Support, Time and Recovery (“STaR”) Workers. The exact details of what type of role this will be and where they will be based have yet to be decided. According to Department of Health guidance, it is proposed that STaR workers will be flexible in providing the support service users need so that recovery is based on mutually agreed goals which are determined following a joint assessment of the individual's strengths and needs. In accordance with the philosophy driving BVR, including its emphasis on social inclusion and recovery, the nature of the Star Workers' roles should be driven by the wishes of service users. CIPF is particularly interested in seeing how these roles develop. There is a strong argument for placing these workers within the community and the voluntary sector would seem the ideal host for these posts.

I am very pleased to announce that three projects have been successful in securing funds from the first round of the Capital Volunteering (CV) bidding process. Negotiations are underway with the successful bids to further develop these projects in line with the aims, objectives and resources of CV. More good news is that a Project Co-ordinator has been appointed to progress the work of the steering committee. The Co-ordinator, working with the CV steering group and partners, will play a pro-active and leading role in ensuring that effective systems of delivery, management, marketing, protocols, information, reporting and accountability are in place. The Co-ordinator will have clear objectives and outcomes set by the steering group and will report regularly to the group.

Priorities for CV in Camden include installing the Co-ordinator in post, hosted and line-managed by Camden and Islington Providers' Forum, based at St. James's House, proceeding with the second round for inviting expressions of interest from potential providers of volunteering opportunities and to exploring mechanisms for building on existing databases of volunteering opportunities and marketing this resource. Expectations are high for this initiative and I look forward to seeing the work develop over the coming months.

CAMDEN COUNCIL'S MENTAL HEALTH LIAISON GROUP

The Mental Health Liaison Group has been around for a long time and is one of the most popular meetings with service users because it presents an opportunity to raise issues with Councillors.

The MHLG met on Thursday, 21st July at Hampstead Town Hall despite all the difficulties of that second day of terrorist fear in London. In the circumstances, the turnout was remarkably good and although the main topic was billed as 'Best Value Review – Where Do You See Yourself in Five Year's Time?' it was soon clear that the topic which brought out most people was 'what's going to happen to our Day Centres?' The meeting was lively and would have continued longer than its extended deadline had the audience had its way.

There were presentations on the four workstreams that had been set up to look at the implementation of Camden's Best Value Review of Mental Health Day Provision but the only one that really seemed to interest the people at the meeting was the future of building-based services. The idea of more training and educational opportunities and the provision of STaR Workers to facilitate the moves into these sparked interest, but people spoke of their concerns in dealing with mainstream services and the stigma and prejudice which they had come across. The final presentation by the Chair of the Building-based Services Group, Julian Hopwood, Director of Holy Cross Centre Trust must have given comfort to the concerned. Particularly, when he stated his commitment to such services and argued for more, if somewhat different, rather than less. Though it is hard to see how this would fit a social inclusion model and one which is not going to cost any more money.

There seems to be good news on the Camden Crisis House. The feasibility study has shown that the work needed to convert the property in Hilltop Road would cost about £1.5 million. This is more than expected but Camden Social Services Director of Strategy and Commissioning, Rebecca Harrington, was optimistic that it could be found. The revenue money of £0.5 million which has been earmarked may not be enough but that too is a problem which may be overcome. The next step is the reformation of the Crisis House Steering Group, and this should happen very soon now. That group will include commissioners, providers, elected representatives and service users and will work towards developing a specification and then a tendering process for running the Crisis House. It is beginning to look as if the Camden Crisis House might be with us soon.....

The next meeting of the MHLG is in November.

MISSION STATEMENT

The Consortium is a voluntary organisation, which operates in the London Borough of Camden.

It is run by its members who are users, former users and survivors of mental health services in Camden, its purpose is to enhance the quality of life of its members by promoting social contact and support, enabling them to take control of their own lives.

We promote equal opportunities and positively value individual differences and choice.

We combat negative prejudice and stereotypes of users of mental health services.

We seek to influence professionals and public opinion, to challenge poor practice, and to improve the quality and variety of mental health and related services.


To achieve our goals we work with other voluntary bodies, statutory agencies and individual allies.

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Events & Diary

DATE/TIME	VENUE	EVENT
FRIDAY 29 JULY 1.00 – 4.00 pm	Groves Lounge St Pancras Hospital 4 St Pancras Way LONDON NW1	 USER CONSULTATIVE FORUM
TUESDAY 02 AUGUST 5.00 – 6.30 pm	Room 20 Psychotherapy Corridor Level 2 The Royal Free Hospital Pond Street NW3	CMHC NORTH CAMDEN USER FORUM Erville Millar invites people to 'ASK THE CEO'
FRIDAY 12 AUGUST 6.00 – 8.00 pm	Court Yard St Pancras Hospital 4 St Pancras Way LONDON NW1	CMHC MID SUMMER BARBECUE
TUESDAY 23 AUGUST 5.00 – 6.30 pm	The Conference Centre St. Pancras Hospital 4 St. Pancras Way LONDON NW1	CMHC SOUTH CAMDEN USER FORUM
TUESDAY 6 SEPTEMBER 5.00 – 6.30 pm	Room 20 Psychotherapy Corridor Level 2 The Royal Free Hospital Pond Street NW3	CMHC NORTH CAMDEN USER FORUM