

The Camden Bugle



Issue: 135
November 2008

DOES IT REALLY MATTER?

Camden & Islington NHS Foundation Trust is in the process of selecting its next Chair. Apparently an original field of 14 has been reduced to 4 candidates. A quick Google of the names will tell people something about each of them: Dr Malcolm Aickin is Chairman of The Environment Council; Richard Arthur is a former Leader of Camden Council; Robert Sumerling is a lawyer who is currently a Non-executive Director on Camden PCT; Diane Yeo has a long career in charity and is the wife of the Tory MP, Tim Yeo.

One of these four will be selected to be the new Chair and then a confirmation will be given by the FT's Board of Governors on 9th December 2008. It has been calculated with the recent pay rises that he/she will be the highest paid FT Chair in the country.

This process where the Governors are presented with a single candidate is constitutional, but is it democratic? The Governors agreed, with a good deal of dissent, to allow the FT's Nominations Committee to take over the process of selection of the new Chair and agreed a way by which they are presented with a single candidate who they can choose or refuse; although refusal seems unlikely. (Interestingly on the 25th November 2008, the papers for the key Governors' Meeting on 9th December are not available on the FT's website, although the FT's Constitution requires that they be available 14 days before the meeting.)

Will service users notice any difference with a new Chair, who will take over in the New Year? Probably not. The Chair is there to provide leadership. The new Chair will have an opportunity to change the culture of secrecy which seems to pervade the FT despite its constant claims to be 'open and transparent'. The new Chair might also take a view that cutting services is not what the FT should be doing. That would be a welcome change and applauded by service users. On the risky one-in-four calculation, the new Chair might even have some experience of mental illness. Perhaps a new Chair with some new Non-Executive Directors might just make things better for users of the services it provides.

Camden Mental Health Consortium

**Making
a
Difference**

What Is Happening at St Luke's Hospital?

If you have to be in hospital, most people would say they prefer St Luke's. It has grass, trees and a calm atmosphere that service users have greatly valued over the years. And parts of it date back to the eighteenth century, because it has been a hospital for all those years.

The Foundation Trust has a different view of things. They consider St Luke's is awkward to deal with, as it is "so far away" from the Trust's headquarters – actually only a bus ride away for service users and their visitors.

More importantly, they see that it might fetch a lot of money if they sold it, and they appear to have a plan which would re-invest the money from selling St Luke's, into a "remodelled" St Pancras Hospital.

Those of us who have been in hospital, especially when sectioned, can vouch for how important is the outlook from the hospital ward. At St Pancras, you are lucky to have a glimpse of St Pancras Gardens, but less lucky if you have to look out onto the mortuary and the Coroner's Court in those Gardens, or onto the completely hard urban landscape of St Pancras.

It is clear that the Trust has not listened on all those occasions when service users have said they value the environment at St Luke's. Instead, the Trust seems to be planning a completely urban environment at St Pancras, casting aside their "jewel in the crown", St Luke's.

The final insult to us service users is that there is to be no formal consultation on the closure of the in-patient beds at St Luke's. Instead the three wards there are to be closed as part of the Bed Strategy "already consulted upon" apparently. Well, I did not notice that Bed Strategy, did you? And the beds will remain closed "while the Trust decides what to do with St Luke's".

CMHC WILL BE RUNNING A CAMPAIGN ON THIS IMPORTANT ISSUE, SO PLEASE GET IN TOUCH WITH PENNY ABRAHAM AND ANGELA RAJA-CHOWDHURY IF YOU CAN HELP.

NORTH CAMDEN USER FORUM (NCUF)

It might have been thought that the November North Camden User Forum would have been of interest to a number of people since it had as its subject 'Stopping Smoking'. In recent years, this has



become a very important public health issue because of the increasing recognition of the chest and heart problems related to smoking. A great deal of money has been spent in attempts to reduce smoking and in making treatments available free of charge. The debate in relation to Mental Health Units has been fierce but now Camden & Islington NHS

Foundation Trust is completely smoking free. Unfortunately, the meeting on 4th November brought no audience. Smoking and more generally the often poor physical health of people who experience mental-health difficulties is becoming increasingly recognised and GPs are being asked to pay more attention to these issues by providing regular checks. This is a subject to which we are certain to return in 2009.

It is never quite clear why a particular Forum meeting has not been popular, but it looks very much as if the Basement Meeting Room at The Grove Centre which is windowless and difficult to access might have something to do with this. CMHC is thinking about how it should deal with this problem. The venue was originally chosen so that people in the inpatient wards would have an opportunity to attend; few come. It may be that the venue for the meetings should be changed and the new Recovery Centre at Daleham Gardens looks as if it might be a possibility once it opens in January 2009.

'Surviving Christmas' is CMHC's traditional topic for the December NCUF meeting and this year is no different. People are invited to come from 5.00 – 6.30 pm on Tuesday, 9th December to share their experiences, advice or fears for this time of year which is often difficult for those with mental-health problems who experience isolation and loneliness. It seems likely to be more difficult this year as the financial situation for the poor becomes worse. The relationship between mental illness and poverty is widely recognised and it should perhaps be a theme which CMHC should do more to try and point up and address.

SOUTH CAMDEN USER FORUM

In comparison with its Northern counterpart the South Camden User Forum held in the Conference Centre at St Pancras Hospital has been quite well attended at recent meetings. The November meeting on Tuesday, 25th, brought Louise Randall to talk about the very significant topic of 'Eating Disorders'. The Camden and Islington service no longer exists separately and is now part of the specialised service provided with Barnet, Enfield and Haringey. This is an important field which has often been seen as being solely a problem for women, but there are an increasing number of men who suffer from eating disorders.

CMHC ANNUAL SERVICE USERS' CONFERENCE

The 2008 Service Users' Conference had as its subject 'Your Race, Your Culture, Your Mental Health' and attempted to take an in-depth look at how these factors shape mental health treatment not just from the point of view of those receiving treatment but also from that of those delivering it, because there is a subtle and complex interplay between the two. The afternoon commenced with small groups facilitated by CBUG Members looking at specific topics. This led into explanations and presentations of the Cultural Formulation approach which is currently being researched by Dr Sushrut Jadhav and his colleagues Jane Derges and Dr Samrat Sengupta in the wards at The Huntley Centre. This was followed by a role play to demonstrate aspects of the Cultural Formulation interview.

It was an interesting and exciting afternoon where a number of topics were explored. CMHC will prepare a report and this will be available in early 2009.

CMHC CHRISTMAS PARTY

The Christmas Party this year will be held in The Presidential Suite of The Irish Centre from 6.00 pm on Friday, 12th December. CMHC is aware that many of its members are talented if not multi-talented and this will be an opportunity for them to demonstrate those in an evening which takes as its theme 'Let Me Entertain You'. Who knows there may be someone who later goes on to win X Factor!

Buffet food and soft drinks will be provided throughout the evening and we hope that Members will come and have a really good time to celebrate the recreated CMHC with its new ethos. It will also be a chance for people to wish each other an early Happy Christmas.

FOUNDATION TRUST NEWS

Hari Sewell, FT Director with responsibility for Service-User Involvement writes about some of the developments in the FT.

Changes to the Mental Health Act

From 3rd November 2008 the changes brought about by the Mental Health Act 2007 needed to be implemented by all Trusts in England. The new Act amends the Mental Health Act 1983 and as a result will change the way we think, communicate and treat our service users/carers and patients in certain situations. A Code of Practice and Guiding Principles have been published alongside the Act. The Act tells us what to do, the Code of Practice tells us how to do it and the Guiding Principles help us to apply the Code in individual situations (see the detailed of the newsletter about the Act.) A service user's A-Z Guide to the Mental Health Act can be downloaded from the Foundation Trust website.

New Service User Survey Announced

Service users will be familiar with the national community mental health survey. In 2009 this will be replaced by a new survey of people who are inpatients.

The details of the questions are not yet known but the Trust expects service users to be asked about privacy and dignity, their experience of being prescribed medication, time with staff and respect for their particular needs (ethnic, gender, sexuality etc).

The Trust continues to listen to feedback from its own sources such as Mental Health Act Commission reports, Mental Health Act Manager feedback and service user councils and complaints. These all help us to improve so that a national survey should not bring us any surprises. As ever, we welcome the views of all current and previous inpatients so that we can best meet individual needs. Please ensure that you discuss any queries or concerns with ward staff so that your stay can meet your needs.

Mindful Employer

The trust has agreed to sign a 'Mindful Employer Charter' that provides a hallmark in relation to supporting people with mental health problems to have a positive and progressive experience of working in the organisation. This work-stream has just commences and fits within the project of the employment strategy group. This group will hold a local stakeholder event in November 2008 to ensure a coordinated approach to supporting people with

mental health problems and who use statutory services into employment.

Service User Involvement Strategy Update

Following the close of the three month consultation on the new service user involvement strategy the Trust will review the comments and issues raised by service users and others. A shorter and simpler strategy is nearly complete and is now being developed with service users. This will be available widely from 1st December and the final version of the strategy will be circulated in January 2009.

Ensuring that the Trust implements Service User Involvement Consistently

The Service User Focus Working Group has had its first meeting with service users, who will work with the Trust on a formal recruitment exercise to attract service users to fill the substantive service user places. The November meeting included a presentation from the Institute for Customer Services and was the first in a series of external inputs to help the Trust increase its intelligence about how to strengthen and extend its mechanisms for service user involvement.

The service users who are currently part of the group are working with the Trust on a formal recruitment campaign to ensure that all service user places are filled through an open selection process.

The SUF Working Group will always have a greater number of service user places than professionals.

Achievements

Camden and Islington NHS Foundation Trust has chalked up its third remarkable success of 2008. Following the achievement of Foundation Trust status in March and another Healthcare Commission "excellent" rating in October, the Trust has now been given an improved rating by the NHS Litigation Authority (NHSLA).

The NHSLA exists to "promote the highest possible standards of patient care." They provide incentives for NHS bodies to provide cost effective clinical and non clinical risk management

Chairman and Non-Executive Directors

The terms of office for several Non-Executive Directors (NEDs) and the Chairman of the Trust are due to end their term shortly and the selection process is underway for the new appointments.

FOUNDATION TRUST NEWS (Continued)

FOUNDATION TRUST CHAIR

NHS Trust Chairs of the past were open to accusations that they had been appointed behind closed doors. In a Foundation Trust, the situation is different. By law, the Governors, most of whom are elected by service users, staff and local residents, have the final say. Camden and Islington NHS Foundation Trust is in the process of appointing a new Chair to take office from March 2009.

The shortlisted candidates are:



MALCOLM AICKIN
RICHARD ARTHUR
ROBERT SUMERLING
DIANE YEO

On 17th November the candidates attended a stakeholder evening with Governors, chairs of local service user groups, Trust Directors and local authority partners. All shortlisted candidates gave presentations, and answered questions.

The appointments panel, which will include elected governors and a service user member, will make its recommendations to the Foundation Trust Governors meeting due to take place on 9 December.

Part-Time Hari

While many people might not know who the Executive Directors of the Camden & Islington NHS Foundation Trust are: Wendy Wallace (Chief Executive), Arnold Palmer (Finance Director), Dr Sylvia Tang (Medical Director), Claire Johnston & Lis Jones (Joint Directors of Nursing).

Hari Sewell, is likely to be familiar because of his connection with User Involvement. He was recruited as the Director of Social Care for the then C&I Care Trust and has been there ever since although his role has changed and he is now the Director of Health & Social Care Improvement. In January 2009, Hari will be reducing the hours so that he works four days per week until July 2009 when he will reduce his hours again so that he will be working only half the week. Hari is going to spend more time with his consultancy and mentoring work and it is rumoured that he



will be taking on an academic role too. He has added to his already long CV with the publication of a new book 'Working with Ethnicity Race and Culture in Mental Health' which we hope to review in the December 2008 issue of The Camden Bugle.

CMHC has not always found itself in agreement with Hari and we have serious reservations about his latest Service User Involvement Strategy which goes to the FT Board at its November meeting. We believe that this will set back Service User Involvement rather than advance it, since it seems to be making a corporate issue.



CMHC's Christmas Party this year has the theme of 'Let Me Entertain You' and we are inviting the Executive Directors of the FT Trust to do just that. Sadly, some have already refused or their agents have booked them elsewhere, but we hope that Hari will come with his saxophone and get us in the mood.

.....and Now For Some Good News

There has been so much bad news from the Foundation Trust or as it was the Care Trust to become the FT that it is unusual to have something to report about things opening rather than closing.

The Mornington Unit at The Huntley Centre has undergone a complete refurbishment to make it an enhanced therapeutic environment and will be opening on 3rd December in its new incarnation as the Rosewood Unit – a women-only unit for Camden & Islington. There will be an open event from 12.30 – 14.30 pm. To attend please contact Vicky Reed on 020 7445 8400

On 8th December the long-awaited Crisis Flat at Daleham Gardens is to open. This will be part of the North Camden Recovery Centre which is scheduled to open in January 2009. For some this will be a disappointment because it is not the Crisis House that Camden has wanted for so long and which CMHC asked service-users views about and published them in the Camden Crisis House Report. However, the Crisis Flat, into which a great deal of work has gone is something as opposed to the nothing that we currently have.

Camden Commissioners have agreed to further investment in the Crisis Services and this means that if the current negotiations with staff are successful that the service will move to a 'waking nights' from January 2009. This will mean a fully-staffed mobile crisis response service for Camden.

COMMISSIONERS' NEWS

The information on these pages is supplied by the Camden Mental Health Commissioners.

New Approach for Mental Health Treatment in Camden

4,000 adults use secondary mental health services in Camden, and Camden Council, in partnership with key health, care and housing providers, has developed a new approach to support people's needs.

The approach focuses on supporting people with complex mental health problems in their own homes rather than in residential care, to help them gain independence and focus on recovery.

The plans are set out in the recently launched Mental Health Accommodation Strategy 2008-11, which is based on evidence showing that people with mental ill health can benefit from treatment through local specialist mental health services, as an alternative to hospitals and residential care. This means they can stay in touch with their familiar neighbourhoods and family and friendship networks.

Some aims set out in the strategy are:

- To provide personalised services to people with mental ill health.
- To increase the number of supported housing units in the borough providing 24-hour care, and develop rehabilitation services for people leaving hospital.
- To provide day and leisure services, education, training and help for people to get back into work.

Cllr Martin Davies, Executive Member for Adult Social Care and Health, Camden Council, said:

“Community based treatment allows people to have exposure to a range of services to support their needs, and means they can retain their independence and stay near support networks in their local area.

“The needs of individuals with mental health problems in the borough are complex, and this approach means people in need can be identified and treated earlier, with an approach to suit them.”

The development of the Mental Health Accommodation Strategy was led by the Mental Health Accommodation Pathway Board, which comprises partners from Housing and Adult Social Care, Camden Primary Care Trust and the Camden and Islington NHS Foundation Trust.

The Mental Health Accommodation Strategy is in line with 'Camden Together', the borough's community strategy, which aims to make Camden a borough of opportunity for everyone by 2012.

MENTAL HEALTH DAY CENTRE SERVICE USER EVENT

LISTENING TO SERVICE USERS

It is more than a year ago now since changes were made to the way that Mental Health Day Centre Services in Camden. Day Centres are now open 365 days a year, with more sessions and a wider variety of activities on offer.

In September 2007 we hosted the event 'Your Day Centre, Your Say'.

Commissioners are now hosting another Mental Health Day Service User on **4th December**. Angela Neblett and Temmy Fasegah, the Commissioners and the Day Centre Managers would like to invite all those who use the Crossfield, Holy Cross and Barnes House Day Centres to come along to talk about their experiences at these centres since the changes were made. This event will be facilitated by Yvonne Christie, who people may remember has facilitated other Day Service user meetings. Local Councillors and CMHT staff and managers are also being invited.

Further information on this event will be available in the Day Centres.

The details are:

Date: Thursday, 4th December 2008

Time: 11.30 am — 4.30 pm

Venue: Salvation Army Chalk Farm

The Salvation Army

10-16 Haverstock Hill

LONDON NW3 2BL

LUNCH WILL BE PROVIDED

To reserve a place, please contact Shanta Josph on 020 7974 6987 or e-mail: shanta.joseph@camden.gov.uk

Further information is available from Helena Quinn (020 7974 1358 or helena.quinn@camden.gov.uk) or Temmy Fasegah (020 7974 6640 or temmy.fasegha@camden.gov.uk)

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.

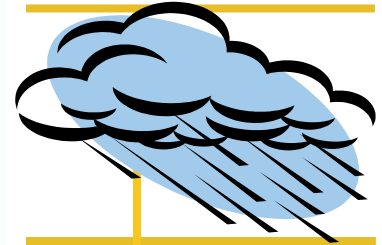
To achieve our goals we work with other voluntary bodies, statutory and individual allies.

CMHC first appeared at the time of the closure of the great mental hospitals (in Camden's case, Friern Barnet). This was at the beginning of the now much reviled 'Care in the Community'. Enoch Powell, the then Minister of Health, used words which have been almost obliterated from history by his infamous 'Rivers of Blood' speech as he ordered the opening of the doors of the asylums and began setting their inmates free in a way: *There they stand, isolated, majestic, imperious, brooded over by the gigantic water-tower and chimney combined, rising unmistakable and daunting out of the countryside - the asylums which our forefathers built with such immense solidity to express the notions of their day. Do not for a moment underestimate their powers of resistance to our assault.* Since that time CMHC has had a long and distinguished history, and it seems tragic that it is now under threat because of its difficulties over the last few years.

In the area of mental illness, we are not surprised when people become unwell and fail to cope. Is it not possible that this may happen to organisations too, especially if they are run by users of the mental-health services for service users? Is it not possible that organisations too may Recover and return to work in the way that we expect service users to? If CMHC goes then it will be service users who suffer and they will have lost the voice that often speaks for them when they can not or dare not speak for themselves.



DIARY & EVENTS



| DATE & TIME | VENUE | EVENT |
|---|--|--|
| <p>Tuesday 2nd December 5.00—6.30pm</p> | <p>Basement Meeting Room Grove Centre Royal Free Hospital Pond Street London NW3</p> | <p>CMHC North Camden User Forum SURVIVING CHRISTMAS</p> |
| <p>Thursday 4th December 11.30am—3.30pm</p> | <p>The Salvation Army Chalk Farm Corps 10 -16 Haverstock Hill London NW3</p> | <p> Camden Your Day Centre, Your Say Mental Health Day Centre User Event</p> |
| <p>Thursday 9th December 5.00 pm</p> | <p>Conference Centre St Pancras Hospital 4 St Pancras Way London NW 1</p> | <p>Camden and Islington  NHS Foundation Trust GOVERNORS' MEETING</p> |
| <p>Friday 12th December 6.00 pm till late</p> | <p>Presidential Suite London Irish Centre Murray Street London NW1</p> | <p> CMHC CHRISTMAS PARTY with the theme 'Let Me Entertain You - Show Everyone Your Talents'</p> |
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