



THE CAMDEN BUGLE

MONTHLY NEWSLETTER OF CAMDEN MENTAL HEALTH CONSORTIUM

STOP PRESS!!!

CARE TRUST TO FOUNDATION TRUST

An opportunity for you to ask, does foundation status have an impact on service users, will it increase your power and your say?

To find out more come along to the Jaffar Kareem Seminar Room at
Highgate Mental Health Centre
2 - 4pm on the 2nd February 2007

At this meeting, organised by the Care Trust, you will get the opportunity to hear from a Governor from the Oxleas Foundation Trust and ask whether or not it does improve service user's experience

This meeting is open to service users and staff.
You don't need to book, for further information contact
Francesca Russo on tel: 020 7530 327 or email:
Francesca.russo@candi.nhs.uk

CMHC NEWS

Members Consultation

The new Chair of CMHC, Kate Crosby is keen to ensure members and other service users have a say in how CMHC develops.

Making a Start

At the January NCUF CMHC began their Consultation with members. Following a lively discussion some ideas were put forward including:

- providing appropriate training for service users
- networking with other service user movements
- develop the Bugle with more views and issues from members, a letters page and a more eye catching layout

These are just some of the ideas that came out of the discussion. If you have any burning issues that CMHC should be doing or ways to improve/develop CMHC then come along to the **SCUF on the 30th of January at 5 – 6.30 pm in the Conference Hall at St Pancras Hospital to have your say!**

There will be similar meetings at day hospitals and day centres to hear people views and inform people of the work of CMHC and its user involvement activity group **Camden Borough User Group(CBUG)**.

If you would like to offer your views on how CMHC can develop in 2007 call us on 020 7419 4196 or email co-ordinator@cmhc.org.uk

CMHC Special General meeting

20th February 2007 2pm Conference Centre St Pancras Hospital

Opportunities have arisen at CMHC for a Vice Chair, Secretary and Trustees. This is a very exciting time to get involved in CMHC and take CMHC through increasing its reach and impact for service users in Camden.

As a member you will have received information about the Special General Meeting. If you would like to make a nomination for any of these positions, please complete the appropriate forms and return them to us by the end of Tuesday 6th February. If you would like further information or a copy of the necessary forms please contact us at the office.

CMHC looks forward to seeing you on the 20th February.

Feedback from Forums within the Care Trust and the Voluntary Sector where Service Users Sit

Feedback from A&E Forum

By David Hayes on behalf of the A&E Forum

The new triage system in the A&E Department is causing great concern not only to patients presenting with health issues, but to the staff working there.

The triage assessment is now undertaken in the busy reception area in full view and hearing of other patients.

This not only comprises confidentiality but seriously undermines the dignity of the patient.

One of the major concerns is that patients including those with mental health issues will be deterred from using the A&E and therefore put themselves at risk.

As a matter of urgency our group will be seeking a meeting with Craig Wood (modern matron for UCLH) to resolve this issue.

If you would like to support the work of the A&E Forum then contact CMHC on 020 7419 4196 will pass them onto the Forum.

A New Pathway to Independent Living for Mental Health Service Users. Written by Rob Tomlinson, the Pathway Co-ordinator.

I'm pleased to be able to take this opportunity to tell you about the development of a new approach to providing specialist mental health supported housing services. Hopefully after reading this you will have comments and questions or possibly want to say something based on your experiences or those of friends and family. CMHC has kindly invited me to talk at the February North and South Camden User forums. If you can come and have concerns, ideas or any comments at all about these services I'd really like to meet you

The Council, the Primary Care Trust and their partners in the Mental Health and Social Care Trust and Supporting People Programme are committed to introducing a pathway model for accommodation based mental health services. Whilst based on accommodation, the pathway model will also include other community services required by people leaving hospital and residential care or living in hostels or supported housing. A key aim is for more people with mental health needs to be helped to live in, and to sustain, their own independent tenancies.

The pathway provides mental health service users in hospital or living in other impermanent settings such as rehabilitation and recovery facilities and supported housing, with a clear route towards independent living. Services on the pathway include residential care, supported housing, floating support, day care, housing services, voluntary sector services and care co-ordination provided by community mental health teams. Pathway services will also encourage people to use non specialist mental health facilities (such as education, training, leisure and work opportunities) whenever this is in the interest of the individual.

The key features of the pathway will be:

- a better standard of accommodation
- all services providing an agreed level of service to meet specific needs
- well planned ongoing person centred support
- improved co-ordination between accommodation providers and other community services
- a clear focus on rehabilitation, support and recovery
- more effective move on into independent living with continuing floating support as needed
- mental health service users enabled to sustain tenancies in all sectors

The pathway will improve outcomes for individual people and contribute to a more efficient and effective "whole system" of mental health services and housing. The pathway will, for example, improve access to rehabilitative supported housing for people delayed in hospital. Delayed discharges may impair recovery and reduce the number of beds available for people in need of acute hospital treatment.

At present too many people receive the help that they need in nursing or residential settings out of the Camden area. This is very expensive and does not help people resettle in the borough. The pathway will reduce the need for out of area placements by increasing move on and therefore availability of residential care and supported accommodation in Camden.

The pathway model will complement the Support, Time and Recovery (STR) initiative by actively promoting rehabilitation, recovery, social inclusion and independence. Pathway services will work to minimise the risk of institutionalisation by ensuring that residents and tenants are encouraged to set and work towards achieving personal objectives. Progress will be checked regularly by the service user, key worker and care co-ordinator using a holistic measure. The importance of long term accommodation and the knowledge and skills required to acquire and maintain a tenancy will be vital features of all individual work plans in pathway services.

Development of the mental health pathway will take account of the Hostels Pathway initiative as well as improvement initiatives in other mental and substance misuse services.

An effective pathway requires a shared culture and sense of ownership; this is best achieved by stakeholders being fully involved in its development. The implementation group is taking steps to ensure that the views and experiences of service users, past and present (and potentially future) are heard. If you would like to know more about the pathway or be involved in helping to devise the model please come to the meetings in February. I look forward to meeting you then.

Rob Tomlinson
Telephone: 0207 974 6987
Email: rob.tomlinson@camden.gov.uk

News from the Voluntary Sector

Aidan Moloney, Co-ordinator of Camden & Islington Providers' Forum (CIPF) updates us on 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 a.moloney@cipf.org.uk.

Refugees to Help Care for Migrants with Mental Health Problems

Refugee doctors will be helping themselves and others in a programme to improve care for migrants with mental health problems. The 'Face to Face' mentoring project will match 20 refugee doctors with asylum seekers and refugees using mental health services in London. It is designed to help both the patients, who may find UK mental health practice confusing and could benefit from professionals with similar experiences and from similar backgrounds, and the doctors, by increasing their employability. The Migrant and Refugee Communities Forum (MRCF), which set up the scheme, is a West London based migrant and refugee-led community development umbrella body with over thirty member organisations from diverse migrant and refugee communities in North West London. MRCF said it knew of 82 refugee doctors registered to work in the UK but only 19 of them had jobs.

According to David Palmer, deputy director of the MRCF, refugee doctors have to wait on average 18 months for their first training contract and so volunteering as a mentor is an

excellent way to gain extra skills, knowledge and training and provides the mentees with role models. www.mrcf.org.uk. Tel: 0208 964 4815.

Defeat for Government's Mental Health Reforms

The mental health charity Rethink welcomed the government's recent defeat in the House of Lords over its mental health law reforms and called for everyone in England and Wales to have a right to assessment for mental health problems. The House of Lords voted to amend the Bill to stop people who have their full decision-making abilities and have committed no offence from being sectioned. The government's proposal was defeated by 106 peers. Rethink's chief executive Paul Jenkins sees the government's defeat as reflecting the strength of opposition to its deeply unpopular plans for mental health law reform. He wanted mental health law that is fit for purpose, not the current proposals which he considered unfair and unworkable. Rethink wants everyone with mental health problems in England and Wales to have a right to assessment, treatment and support as is the case in Scotland.

Mental Health Shop

People who use services, carers and health professionals can now access a wealth of mental health publications and products because of a pioneering joint project. The '*Mental Health Shop*' was created by the mental health charities Rethink and Mental Health Media and features an array of books, leaflets, DVD's and videos on a range of mental health topics including recovery, treatment and discrimination. This collaboration allows for a 'one stop shop' combining a range of mental health publications and products. It is hoped in the future that other organisations will participate and the Mental Health Shop will feature materials from numerous mental health charities. The project was funded with the support of the Lloyds TSB Foundation for England and Wales and can be found at www.mentalhealthshop.org or by calling 0845 456 0455.

Young Minds Hit by Cash Crisis

A serious financial crisis could force children's mental health charity YoungMinds to scrap its policy team just as the Mental Health Bill is going through Parliament. Several major donors that each contribute more than £100,000 have reduced their gifts just as a three-year Big Lottery Fund grant is coming to an end. A six-year Section 64 grant is also not being renewed by the Department of Health, threatening the future of the charity's grant-funded in-house magazine. Chief executive Barbara Herts wrote to supporters appealing for extra money in December after it became clear that major donors would not be renewing their funding.

Top Gongs in New Year Honours

The chief executives of two leading social care charities have received the highest accolade in the [New Year's honours list](#). Mary Marsh, of the NSPCC, and Jo Williams, of learning difficulties charity Mencap, were both made dames. The government said that under Marsh's leadership the NSPCC has effectively lobbied for the safety of children and that Williams had led Mencap through a wide-ranging modernisation programme. Bert Massie, chair of the Disability Rights Commission, was also honoured on the same level, receiving a knighthood for his work on disability rights and equalities.

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 0PE, by telephone on 020 7445 8554 or by e-mail robert.jones@candi.nhs.uk

Happy New Year

Camden and Islington Mental Health and Social Care Trust would like to wish all Bugle readers a happy, healthy, safe and successful New Year.

New Year Resolution

Why not make a resolution to work with the Care Trust and influence the way mental health services are provided in your area? If you are interested contact Ros Lettman the service user involvement co-coordinator on 020-7530-3340

The Countdown begins

In February, 850 service users who use Camden and Islington mental health services will be randomly selected and sent a questionnaire as part of the **Community Mental Health Survey**. The survey is being conducted on behalf of the Healthcare Commission. The results will be used to help the Care Trust highlight areas where we perform well and to identify areas where there is room for improvement. The results are compared with other mental health trusts across England and provides performance information for the annual health check.

Wendy Wallace, the Chief Executive of Camden and Islington Mental Health and Social Care Trust says, *"we hope that users of our services will take the time to help us with this survey. Their views are vital in helping us to find out how we are doing and how we can improve. This is an excellent way for them to help shape the services we provide in the future."*

Help with filling out the questionnaire is available from Camden Mental Health Consortium.

Foundation Trust

Consultation on the Care Trust's proposal to become a Foundation Trust has been running for approximately two months and closes on 2nd February 2007. The plans have been widely promoted and discussed at meetings and informally and we have had much useful feedback. We have received comments that some service users do not feel well enough informed about the plans and how they can be influenced. This is a concern we would like to rectify.

There is an open invitation for any service user to attend the Consultative Forum on the 26th January 2007 in the Huntley Centre at St Pancras Hospital where the Foundation Trust will be discussed. Additionally, a special event has been organized for the 2nd February at Highgate Mental Health Centre 2-5pm where Oxleas Mental Health Trust will talk about the issues that faced them as they became a Foundation Trust. For details contact Elizabeth Holford, the Foundation Trust Project Manager on freephone number 0800 345 7739

Service User Consultation Forum

The next Consultation Forum will be on the 26th January 2007 at the Huntley Centre at St Pancras Hospital. The forum provides service users with an important opportunity to discuss

issues that If you would like support to attend or require further details contact Ros Lettman on 020-7530 -3340

Exhibition at St Pancras Hospital

WOOF!! is a new exhibition of photographs for dog lovers.

The exhibition is a labour of love with the emphasis on pleasure. Elaine Durack takes sly and witty portraits that capture the essence of a dog's composure, facial features and personality with the skill that others achieve while photographing people. Framed with reverence and elegance, whether on couches, viewed through the bars of cages or simply enjoying life on locations such as Hampstead Heath, these are images that reflect sometimes unspoken bonds between dogs and people. The exhibition will be open daily 9am to 6pm in The Gallery Space, St Pancras Hospital from 12th January to 16th February.

Hanley Road (Education and Employment Project)

The Education and Employment Project provides educational, training and work experience opportunities and courses for people who have experienced mental ill health and or misuse substances.

Courses included: Catering; Independent Living Skills: Advanced English as a second language: CV writing: Interviewing techniques: Healthy Eating: Personal Development: Beauty: DIY for Women. For further details call 0207 281 6221.

ARTICLE ON THE DRUG DOG PROJECT JANUARY 2007

Andy Smith has been employed by the Care Trust as a Criminal Justice Consultant for the last four years. His role has been to act as a link between the Care Trust and the Criminal Justice System, particularly the Police. This has involved him in cases where service users have come into contact with the Police and where offences have been committed on Care Trust property. He has also given advice on issues of policy. One of the projects he has been involved in has been the use of drug dogs on Care Trust premises. The following is an update on the project thus far.

Following the decision in September 2005 by the Care Trust Board to run two pilots on the use of drug dogs in inpatient settings, questionnaires were circulated to service users, carers, visitors and staff at the Huntley Centre and the Highgate Mental Health Centre as well as to service user groups and day centres. These sought views on the prevalence of drugs on wards and the effect they have on people's wellbeing. Posters and information sheets were displayed and briefings were given to staff on the use of drug dogs. An operational policy was drawn up and appended to the Care Trust's Search Policy.

From January to June 2006 drug dog searches were conducted at the Huntley Centre and the Highgate Mental Health Centre. Metropolitan Police dogs were used at no cost to the Care Trust. There were three seizures and several indications that drugs had been present over the period. No one was arrested but a patient was warned by the police for possession of a 'spliff'.

There were no untoward incidents during the pilot and no formal complaints have been received regarding the use of drug dogs.

Since the end of the pilots questionnaires were again circulated amongst service users, carers, visitors and staff. These sought views as before and were compared with responses to the first questionnaires. There were high levels of approval amongst staff and significantly improved levels of approval from service users and carers. Perceptions concerning service users' safety on wards were markedly improved. There has been no press interest since the pilot started.

An evaluation report was completed which made the following recommendations:

1. The Working Group recommends the use of drug dogs across the Care Trust.
2. Searches should be arranged on particular wards in response to intelligence that problems with illicit drugs exist.
3. There should be an ongoing review of the use of drug dogs.

The report was presented to the Care trust Board on 14th December and the recommendations were agreed.

Andy Smith
Criminal Justice Consultant

CHMC is pleased to say that Colin Plant, the Director of Camden Mental Service has agreed to write a quarterly briefing paper to keep service users and friends informed about some of the issues within the Care Trust which might be of interest for us.

News from the Mental Health and Social Care Trust

Eating Disorders Services:

The Proposal to redesign the *Russell Unit Eating Disorders Service* based at the Royal Free Hospital is at the stage of Public Consultation. A consultation document was circulated to the list of stakeholders including users of services on Friday 25th November. The consultation will last 12 weeks with a request for responses to be submitted by the Friday 16th February 2007. A summary of the responses will be published and submitted to the Care Trust and PCTs who, once informed by the public's feedback, will make a decision on the new model by 28th February 2007.

The basic proposal is for the Unit to continue to provide services for Camden and Islington, but to be managed by the Barnet, Enfield and Haringey Mental Health Trust, and to move to new premises in Kings Cross.

A copy of the consultation document can be obtained from Donna Traylen, at St Pancras Hospital, telephone 020 7530 3080.

Community Mental Health Teams

As described in the last issue of the Bugle, it is proposed that Camden CMHTs are reorganised from 8 sectors to 6. This will mean that a small number of users of services may need to transfer to a new team. It should also mean that services become more efficient and effective, with a greater consistency of service across Camden.

A meeting for service users to discuss the proposals, and how users can be involved in the changes, will be held on **18th January 2007 between 9.30-11.30 am at Hampstead Town Hall.**

Application to become a Foundation Trust

In line with Government policy on NHS Trusts, the Care Trust is applying for Foundation Trust status. Full details of the application, including the consultation document, can be found on the Care Trust's website.

One of the advantages of becoming a Foundation Trust is that it is an organisation that provides care services for local people. Each foundation trust has a membership from its local community who, through a board of governors, influence the development of the organisation.

At a lively public meeting last week at Voluntary Action Camden at Kentish Town Road, this point was probed by members of the audience. Questions arose about the constitution of the Governors, and how they would carry out their role.

A governor of Oxleas Foundation Trust will attend a meeting open to service users and staff on 2nd February 2007, 2.00- 4.00 pm Jaffar Kareem Seminar Room, Highgate Mental Health Centre, Dartmouth Park Hill, N19. You are warmly invited to attend.

THE WOMEN'S STRATEGY GROUP

This forum is a Trust Wide forum whose core membership is women service users. The purpose of this forum is to develop, educate and monitor services for women within the Care trust through the Women's Strategy. Below is their plan for 2007. If you are interested and want to know more then contact Shirley McNicholas on 020 7607 2777 or email her at shirley.mcnicholas@candi.nhs.uk

Women's Strategy Plan for 2007

Women's Strategy Group – monthly meeting of core members (10 women service users and women's lead) as well as network members. This group develops and informs the strategy and annual plan. Anyone can ask to attend a specific meeting for support about a particular service or to inform the group of a service.

Highgate Women's forum – meets monthly ; is for all women who are currently inpatients at the Highgate mental health centre and female staff who work there. The aim is to support women in hospital and be informed by them to improve and develop the wards for women. A wider aim is to have this forum within each inpatient site

Sexual Abuse programme - A national programme to train all staff who facilitate assessments to routinely inquire into sexual, emotional and physical abuse. The aim of this pilot is to ensure that people who have had these experiences are supported and that services take this into account when planning their care. (A fuller outline of the programme can be requested from Shirley McNicholas) This programme has two days a week of dedicated time from two Trust managers.

Domestic Violence Plan – to launch a Trust wide policy in March within a domestic violence conference, working closely with Camden and Islington Domestic violence Services.

Develop a **Drayton Park website** (women service users are leading on this) the website will link to a wide range of information and services for women

Taking forward a proposal for a **Drayton Park Friends** / women's organisation for women run by women who have used services. This proposal will be supported buy the Women's Strategy Group

Shirley McNicholas – Womens Lead - 2007

The Camden Bugle is the monthly newsletter of CMHC. We welcome articles and letters with all points of view. No views published should be taken as CMHC's. Any article/letter published receives no payment and CMHC reserves the right to edit any article or letter.

