



**THE PANEL OF REFERENCE
MINUTES OF THE MEETING
Florence Barbour 2- Ailsa Hospital
Wednesday 11th June 2008**

PRESENT

Morag Ramage, Dr Flowerdew, Ann Morrison, Jean Faddah, Martin Meechan, Helen Clark, Kay Hall, Stewart Easterbrook, Hilda Smith

APOLOGIES

Raymond Chan, Dougie Pickering, Katie Morrison

GUEST SPEAKERS

A warm welcome was extended to
Jim Crichton Director of Mental Health Services NHS A&A and
Derek Barron Associate Nurse Director (Mental Health)

Jim joined Ayrshire and Arran in September 2007 from Glasgow where there had been many similar challenges such as :-

- Old buildings not fit for purpose
- Many community challenges such as poor out of hours service and lack of crisis service
- Patients often admitted for assessment rather than through a meeting in their own home

Changes were needed and new models are planned:-

- Stress, anxiety, phobias may be covered by GPs and talking based therapies would be advocated rather than extended use of drugs
- The primary care team would not be medical but would have people skills and a thorough knowledge of appropriate therapies
- Children services would be working in schools for early detection of mental health problems
- Better quality service for younger people
- Addiction services have new funding
- Substitute prescribing would continue until lifestyle stabilised and then other options explored
- More resourcing for those slipping off the priority list

Derek and Jim spoke about the funding being allocated and the staffing issues – recruitment, accessing a trained and skilled work force.

Jim was asked about the possibility of separating people on admission with mental health problem and dependency issues. Whilst recognising this as a problem he felt the two were often related.

The Panel thanked them both for their input and hoped this channel of communication would continue.

BUSINESS MEETING

1. **Good wishes** - it was agreed to send a card to Katie and a book token to Douglas as both are currently unwell.

Action – Helen
2. **Integrated Care Pathways** – Jimmy described these as a way that a treatment trail is monitored at every step to identify weaknesses in the process. It seems a number of flaws have been identified – and will be acted upon.
3. **Letter about Division of Psychiatry** – it was agreed that letter should be sent to Mrs Fiona McQueen, Executive Nurse Director expressing the concerns minuted last month. **Action Kay**
4. **Mileage** - this was agreed at 25 pence per mile.
5. **Pathway to Recovery** – a copy had been given to Jim Crichton. It was agreed that Helen, Jimmy, Hilda and Kay should meet to discuss what should happen next.
6. **Financial Report** – a copy of the interim accounts to 2007 was issued – see attached. This had been delayed by illness. Anne agreed to give an update of our current balance at the next meeting.
7. **Correspondence**
 - Thank you letters had been sent to all who supported our planning day.
 - A number of invitations to contribute or speak were added our Representation list which will be issued at the next meeting.
 - A letter has been sent to Mr McMahon requesting the inclusion of peer support for carers
 - Andrew Johnston has forwarded details of current courses – see attached at the end of these minutes
8. Leaflets and posters – envelopes of our promotional material were organised for delivery to 11 GP Practices, Buccleuch House and the wards in Ailsa.

PANEL MEETINGS FOR 2008

Wednesdays at 2pm Ailsa Hospital in the Florence Barbour Rooms

- 16th July FB2
- 13th August FB2
- 17th Sept FB2
- 15th Oct FB2
- 19th Nov FB2
- December - Christmas Lunch - to be arranged

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Emotional Freedom Technique

July - Glasgow - Edinburgh - Aberdeen

August - Glasgow - Edinburgh - Aberdeen

9:45am - 4:30pm

Cost: £100 inc Manual, DVDs, Certificate & Lunch

The tapping technique that can change your life!

A simple, effective way to reduce emotional and physical pain.

For more information about EFT, click [HERE](#)

Indian Head Massage

July - Glasgow - Edinburgh - Aberdeen

August - Glasgow - Edinburgh - Aberdeen

9:45am - 4:30pm

Cost: £100 inc Manual, Certificate & Lunch

Possibly the most relaxing therapy in the world. Ideal for stress reduction, insomnia, sinusitis, headaches and much much more. Learn for your family, friends, clients or colleagues

Stress ToolBox

July - Glasgow - Edinburgh - Aberdeen

August - Glasgow - Edinburgh - Aberdeen

9:45am - 4:30pm

Cost: £100 inc Manual, Deep Relaxation CD & Lunch

Would you like to learn how to relax and overcome the symptoms of Stress?

This experiential, fun workshop teaches you techniques to help you take back control!

Reiki Level 1

July - Glasgow - Edinburgh - Aberdeen

August - Glasgow - Edinburgh - Aberdeen

9:45am - 4:30pm

Cost: £100 inc Manual, certificate & Lunch

Reiki is an ancient healing therapy which is believed to have originated in Tibet, later surfacing in Japan and introduced to the Western World in the late 1940's.

Reiki is now practiced worldwide and millions of people use Reiki to help themselves and others stimulate their natural healing processes.

Reiki acts not only on the physical levels, but also addresses mental, emotional, and energetic imbalances.

Reiki has a similar effect on the body/mind as meditation. Reiki promotes personal & spiritual growth, expands consciousness and stimulates intuitive, spiritual and creative awareness.

Reiki level 1 is a gift for yourself and those close to you.

For further information, please contact me on 0845 686 1601

Special CD Offer

For the months of June and July we have the following special offer.

Our Deep Relaxation CD retails at £12.99

Any orders of 25 or more qualify for a wholesale discount of 50%, taking the price down from £12.99 to £6.50 per CD. All prices include postage and packing.

PLUS

Any orders of 25 and above will receive the equivalent number of our "Confidence Boosting" CD Free of charge

Contact Training ToolBox for orders

Panel of Reference

Receipts and payments

Interim accounts October

2007

Receipts

| | 2007 | | 2006 | |
|-----------------------|------|-------|------|----------|
| Fundraising | £ | - | £ | 580.00 |
| Bank Interest | £ | 18.26 | £ | 14.45 |
| Grants | £ | - | £ | 5,000.00 |
| | £ | - | | |
| | £ | - | | |
| | £ | - | | |
| Total receipts | £ | 18.26 | £ | 5,594.45 |

Payments

| | | | | |
|-------------------------------------|----|----------|---|----------|
| Petty cash | £ | 80.00 | £ | 165.00 |
| Subscriptions | £ | 5.00 | £ | 5.00 |
| Conference | £ | 440.88 | £ | 1,286.85 |
| Hospitality | £ | 911.40 | £ | 163.23 |
| IT | £ | 350.55 | £ | 1,933.00 |
| Miscellaneous | £ | - | £ | 318.00 |
| | £ | - | | |
| | £ | - | | |
| | £ | - | | |
| | £ | - | | |
| Total payments | £ | 1,787.83 | £ | 3,871.08 |
| Surplus / (deficit) for year | -£ | 1,769.57 | £ | 1,723.37 |

All funds are unrestricted.

| | | |
|--------------------------|----|----------|
| Opening balance | £ | 1,994.41 |
| deficit for year to date | -£ | 1,769.57 |
| closing balance | £ | 224.84 |

Independently Examined.

Craig Crosthwaite
Council for Voluntary Services North Ayrshire

Date 06/06/2008

Signed.

