



THE PANEL OF REFERENCE MINUTES OF THE MEETING

**Rozelle - Ailsa Hospital
Wednesday 16th July 2008**

PRESENT

Morag Ramage, Ann Morrison, Jean Faddah, Martin Meechan, Helen Clark, Kay Hall, Dougie Pickering, Niall Brunton, Ailsa Macrorie, Elaine Mitchell, Paula Cassidy, Brenda Lundie

APOLOGIES

Katie Morrison, Dr Flowerdew, Hilda Smith

GUEST SPEAKERS

A warm welcome was extended to
Jeff Holt, Local Officer, Scottish Health Council
Lorna Loudon, Patient and Community Relations
Gavin Kennedy, Simon Community

LORNA LOUDON

Lorna is responsible for Patients and Community Liaison and covers voluntary and carer groups.

She is currently working in the Ayrshires to raise awareness and identify needs in order to improve the service. GP practices are helping to identify the hidden carers.

She provides information regarding support that is available, benefits and alternative therapies.

The project has support from the Moffat fund and hospital visitors will be surveyed in order to provide appropriate help, training and support.

Government funding has been allocated to some GP practices for them to focus on carer needs.

Both Helen and Lorna will be attending the Forensic Network Conference, which is a national forum for carers support groups, on the 13th August at the Stirling Management Centre.

JEFF HOLT

Jeff works for the Scottish Health Council which is nationally funded and is independent of the National health Service. He explained PFPI – Patient Focus Public Involvement- which is an approach demanded by the Government and is a move towards involving patients in their own care and diagnosis. The idea that the Doctor is the expert and tells the patient what to do is changing.

Medical attitudes are changing slowly as patients are encouraged to join in the discussion in order to share their ideas about what they would like and what might be changed.

Mind Your Health MYH are involved in this review over the 14 health boards but work independently of the boards. They do not speak on behalf of patients but support them in getting their voice heard – ‘courteous clout’.

There are 3 steps in the process – assessment, feedback and development meetings to find a way forward.

Jeff spelled out what one should expect when taking part in a PFPI:-

- Sensitivity and understanding
- Understandable advice
- Openness, honesty and transparency
- Contact in an appropriate forum
- Feedback – let contributors know what happened

Jeff tabled a paper called “Report of the experiences of reference group members in the ‘Mind Your Health’ review of mental health services in Ayrshire and Arran” April 2008. The paper also includes the following –

The researcher concluded the discussions by asking the focus group members for suggestions for improving the ‘Mind Your Health’ informing and engaging process. Their suggestions were:

- work together for better results — as equal partners
- value service users’ and carers’ unique practical experience of mental health service in Ayrshire and Arran
- better timescales
- reports out earlier with a summary
- report on how service users’ and carers’ contributions are being used by the ‘Mind Your Health’ team to improve services
- wider representation of service users and carers on group
- better communication.

A fuller copy of the report is available from Kay. The Panel’s current membership on groups was also discussed and Jeff highlighted the steering group for the hospital as one that would be relevant and to which we might apply .

GAVIN KENNEDY

Gavin and Karen Craig work for the Simon Project which has been dealing with homelessness since the 1960s. They are currently supporting people who have been in residential situations on a long term basis and are now entering back into the community. Gavin is a social net worker and identifies facilities / activities which may be of support.

They are currently working with 9 service users. During the ensuing discussion he advised that 2 of his clients had tenancies. He recognised the enormity of change that these moves would cause. He was not able to offer information on 2 areas of concern:-

What happens in the long and short term if the placements fail?

It appears there are 26 long term residents – what is happening to them and where will future facilities be available especially as the number of beds will reduce under the new development plans. It was decided to write to Jim Crichton to raise these issues.

BUSINESS MEETING

1. Conferences / meetings

Mental Health: Five Years after the Mental Health Act
Mental health legislation, services and support in Scotland

A one day conference
Tuesday 2 September 2008, Our Dynamic Earth, Edinburgh

- It was agreed that Helen, Morag, Anne and Ailsa should attend this conference. An overnight stay was approved. Paula would be available as back up.
 - CVS are offering media training and book keeping courses. The venue in Ardrossan was a problem for attendance
 - Buccleuch Clubhouse Summer Fair Friday 8th August 10am – 3 pm – All Welcome
 - Hilda may be approached to provide some confidence building sessions
 - Elaine McClure, MYH, See Me project has asked for 2 service users to take part in a dvd about their experiences. – it was felt previous contributions may cover this request.
2. **Leaflets** -we intend to have our leaflets produced in 4 community languages. This will cost approximately £3500 and Helen will apply for funding. Remaining leaflets for GP practices will be posted out.
3. **Mileage** - this was agreed at 25 pence per mile.
4. **Pathway to Recovery** – Jimmy had drafted an introduction to this document. As members were a little unsure of the content and how it might be used it was agreed to condense the present version so it could be reviewed at the next meetings. Kay would also offer another version of the introduction to be discussed with Jimmy.
5. **Financial Report** – Ann reported that the current account stands at £4238.73. Helen’s payment of £50 to Ayrnet for IT maintenance was approved.
6. **Correspondence**
- A card had been received from Douglas thanking us for our gift of coffee.
 - A reply had been received from Fiona McQueen saying our letter had been forwarded to the Division of Psychiatrists
 - Anne Clarke had emailed to say that she was hoping the anti stigma group would start again soon –
Kay to ask for an update

- Helen issued copies of SAMH's newsletter and highlighted an advert for the Panel – which unfortunately had the wrong website address. This will be corrected.

7 VOX

Dougie reported that VOX have now be granted significant finance in order to take their project forward. He provided the Panel with a new leaflet and stated that their newsletter is available on their website – www.voxscotland.org.uk

8 Location of future mental health services

This will be discussed at the next meeting when MYH representatives will attend the Panel. We intend to make a formal submission of our views.

PANEL MEETINGS FOR 2008

Wednesdays at 2pm Ailsa Hospital in the Florence Barbour Rooms

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

t: c/o CVS 01294 473137
info@thepanelofreference.org.uk

Mobile : 07798927501 and 07765550009
www.thepanelofreference.org.uk

Online Short Break Information Service

Shared Care Scotland's national online directory of short break and break from caring services

[Www.carebreaksscotland.org](http://www.carebreaksscotland.org)

The Online Short Break Information Service (OSBIS) is designed to provide easy access to information on all forms of short break and respite care services including: home based and residential breaks, family placements, befriending projects, supported holiday breaks and more specialised facilities, guest houses and hotels. In time we hope that OSBIS will become a one-stop-shop for carers, care recipients and health and social care staff searching for suitable breaks which meet individual needs and circumstances.

OSBIS was launched during UK Carers Week June 2008 and the directory is now available to everyone via a new website: www.carebreaksscotland.org

In addition to our online directory Shared Care Scotland also provides a telephone enquiry service for those that don't have access to the internet, and for those who can't find what they're looking for on OSBIS. See below for contact details.

What are the benefits of OSBIS?

Carers and service users will be able to use OSBIS to search for short break services according to age, care needs, type of break and location. The options identified can then be further researched and discussed with the care manager or social worker, with a view to agreeing an appropriate respite support package. In the case of self-funded respite, carers can use the information provided by OSBIS to decide which providers to follow-up.

Carer centres will be able to use OSBIS to compile their own print directories of local services or simply search for services online on behalf of clients. Service providers can use OSBIS to promote their service to the widest possible audience.

Ultimately our goal is that OSBIS will help to stimulate new ideas and approaches to short break provision. We hope the expanding range of opportunities on the directory will encourage people to push for greater choice, flexibility and control over their short break care package.

OSBIS is administered by Shared Care Scotland. For
- further information about our services, please contact us at:

T: 01383 622 462

E: office@sharedcarescotland.com

W: www.sharedcarescotland.org.uk

Supporting the development of imaginative and person-centred short break services

Right Break, Right Time, Right Place