

CHAT - 11/01/07

People present:-

Andrew, Marie, Anita, Jenny, Eulene, Lorna, Kevin, Bill, Val, Linda, Alan, Lorraine, Alan., Steve, Rosemary, Michael, Tony, David, Bob, June, Kerry, Eleanor, Anthony, Tina, Bruce

Explanation of how the forum came to be

Andrew, from TULIP, gave an explanation about how the forum meeting came to be, and how it is hoped that the forum can help to develop mental health services in Barking and Dagenham, and contribute to the Local Implementation Team meeting (LIT). It is hoped that by the meetings happening, we can make sure that mental health services are appropriate

Andrew gave an explanation of what NELMHT did, as well as the Council and Social Services.

People wanted to know where the money for mental health services came from, and what happened to it once it got to the Council and the Primary Care Trust's budgets (see diagram).

Payment

Andrew explained that payment is available for attending the forum meeting and the LIT. North East London Mental Health Trust (NELMHT) will pay for attendance at £5.35 per hour. Some people, especially Bill, thought that payment should not happen. Some people welcomed the idea of payment. Andrew said the payment was available as a recognition of work and expertise. The consensus view was that people should be paid for attendance, but if anyone did not want the money, they did not have to accept it.

Groundrules

We then thought about what groundrules should be in place to help the meeting run smoothly. This is what was agreed:-

When you want to speak – put your hand up
One person to speak at a time
No interrupting
Andrew to speak more slowly
There needs to be a note taker
Mobile phones to be put on silent
Respect must be shown for each other's views
Meetings are to start and finish on time
Personalities are to be kept out of the conversations
There needs to be a cigarette break.

Subjects the members would like to talk about

Members would like someone to come and talk to them about benefits.

Views were expressed about worries around volunteering

Views were expressed about fears around employment.

June suggested someone came from the Job Centre to talk about employment and voluntary work

Future speakers to be invited were:-

- Hilary Colston (OT) Barking and Dagenham Day Service model
- Benefits advisor
- Rights for service users

New name

Tony suggested the name **CHAT** (Community Health Action Team) There was a vote, and the name was adopted

Attending the LIT (Local Implementation Team)

People discussed who would go to the LIT meeting in March – Lorraine, Steve, Eleanor. Michael and Tony are attending in January.

Department of Health – National Care Plan Review

Andrew gave the context of the national review of care planning. Bruce joined the meeting at this point. There was a lot of discussion. Views expressed were:-

“I was told if I did not take my medication, I would not see my daughter”

“There is only ever medication on the care plan”

“I have been in an out of Warley (Mascalls Park) for nine years, and I have never had a care plan”

“I was told by my psychiatrist that I don’t need a CPN”

“I asked for a review. When should this happen? My needs have changed – my care plan is no longer accurate”

“ My CPN is leaving – I have been told to wait for some time before I get another one”

Many people did not know that if they just saw the psychiatrist, then the doctor was their care co-ordinator. Many people also did not know that the letter between the psychiatrist and the GP was their care plan. Someone said the letter was left with the GP receptionist.

Improvements suggested to care planning

More information

More staff

Consistency with doctors – many agreed they saw a different doctor each time

New needs to be raised with the Psychiatrist

GP's to listen more

Letter about client to be shared with Day Centres as they saw the client more than the psychiatrist

Improved communication is needed with day centres

Rapport is important

Tools are needed for self-management

Referrals are needed to happen between the day centres and the Home Treatment Team

More user-led training is needed for care co-ordinators

Date of next meeting – 8th March