

South Edinburgh Health Forum Notes of Meeting of 30 September 2010

Present Muriel Cassie (MC), David Davies, Heather Goodare (HG), Gail McCail (GM), Dianna Manson (DM), Helen Ogg (HO), Ruth Stroud (RS)
Norman Tinlin (NT)

Apologies: Councillor Elaine Aitken (EA), Ian Clement (IC), Helen Zealley (HZ)

In the Chair: NT (Note taken by HG).

1	<p>Minutes of Previous Meeting The minutes of the meeting of 15 July were approved, with minor corrections.</p>	Action
2	<p>Matters arising</p> <p>1 SEPPF Steering Group NT and HO reported on their experience of the third meeting of the new 'Steering Group'. They both felt that the draft Working Agreement was not satisfactory. NT had taken his concerns to the Pentlands Neighbourhood Partnership, who were not happy about what they felt were the undemocratic procedures proposed. They endorsed his actions in not signing up to the agreement.</p> <p>2 Health Education For Young People HG and HO had now been able to discuss their paper with Bob Anderson, Chair of the Edinburgh CHP, and David Small, General Manager, accompanied by one of the young people in the focus group, and it had been well received. The subject of Sexual Health was discussed at the Lothian NHS Board Meeting of 22 September, and HG attended this meeting. She was able to hand a copy of our paper to the Director of Public Health & Health Policy (Dr Alison McCallum), who presented the Board's paper on the subject. There were a number of points where our paper reinforced the messages presented at the Board: that health education should focus more on the emotions and on negotiating healthy relationships. The emphasis should be on improving communication between people about sex.</p> <p>Our paper had also been relevant to the discussions that arose at the meeting of the Health and Wellbeing Subgroup of the South Central Neighbourhood Partnership on 21 July, and was made available to the group. Another useful link had been made with Alastair Philp, Programme Principal, Women and Children's Health Information Programme, NHS national services Scotland, who felt (with colleagues) that it was 'an interesting piece of work'. They felt it was a concern that sex education was apparently still being taught 'without attachment to relationships and emotions'.</p>	<p>NT</p> <p>HG HO</p>

	<p>Cllr Elaine Aitken had also been provided with a copy to enable her to forward it to the appropriate persons within the Council's Children and families Department. It was also of interest that from Spring 2011 a new Sexual Health Centre would be opening at the Chalmers Hospital in Lauriston Place, to which NT drew our attention. This was an amalgamation of the existing GUM clinic in the Lauriston Building and the Family Planning Clinic at Dean Terrace.</p> <p>3 Complementary Therapies HG reported that Edzard Ernst, Professor of Complementary Medicine at Exeter University, but apparently without much sympathy for the subject, had written a polemical article originally published in the Journal of the Royal Society of Medicine attacking 'unproven therapies'. HG had written a riposte, which was too long and too late for publication in the <i>JRSM</i> (Journal of the Royal Society of Medicine), but had now been accepted by the <i>Journal of Holistic Healthcare</i>, where Ernst's article had now been reprinted.</p> <p>4 Mental Health On the question of the future of Cambridge Street House, DM and HG had had a helpful meeting with Dr Ian McKee MSP, who had also had a letter from the Cabinet Secretary Nicola Sturgeon, indicating that there would still be a facility for mental health patients in the centre of Edinburgh, though the exact location was not specified. DM had raised the matter again at the NHS Lothian Annual Review, and had had a particularly helpful discussion with the Director of Nursing, Melanie Hornett.</p> <p>HG and DM were now going to meet David Small and Bob Anderson, together with other colleagues concerned with mental health in the community, to consider the question of Cambridge Street House. The date agreed was 27th October, preceded by a meeting with Donna Strachan, a Development Worker with CAPS (The Consultation and Advocacy Promotion Service), on 18 October.</p> <p>DM reported that the centre set up for military personnel returning from service abroad, 'Veterans First Point', offered an excellent service, which could well be emulated by the community in general. It was felt that prompt counselling could well serve as an emergency 'mental health first aid' service, which could prevent more serious conditions arising. Dr McKee was also of the opinion that counselling should be on offer in every GP practice.</p> <p>5 Counselling A new telephone service had been set up offering primarily CBT. It was felt that CBT should not be offered as a 'one size fits all' therapy. Linda Irvine should be contacted and the suggestion made that the choice of therapies should be wider.</p>	<p>HG</p> <p>DM HG</p> <p>HG</p>
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	<p>MC mentioned the excellent manual on mental health first aid, which was available to volunteers, and promised to show it to HG. See also Dr McKee's opinion, noted above.</p> <p>It was a concern that the local target to reduce the wait time from referral to first contact by NHS mental health service was still as long as 18 weeks (according to the paper presented to the Lothian NHS Board on 22 September).</p> <p>HG had phoned the relatively new Edinburgh Crisis Centre for information: this operated mainly on the basis of telephone support, but also had emergency bed accommodation for four people.</p> <p>6 South Central Neighbourhood Partnership Health and Wellbeing Sub Group This had been attended by DM, HG, and HZ. It had been a worthwhile meeting, and the priorities decided on by two out of the three focus groups coincided with the concerns of the SEHF: drugs and alcohol, addictions, sexual health, mental health, and carers' support. HG passed on our papers on counselling, and on health education, to the convener of her group. Future meetings would be held quarterly.</p> <p>3 Consultation on National Guidance for Child Protection Our response to this consultation had been gathered and edited by HO, who had now submitted it. RS was particularly thanked for her work on this important topic, and HO for her work as coordinator.</p> <p>4 Other topics NT said that an announcement had been made of new IT links between high street opticians and hospitals, which should improve services for patients. This should result in reduced waiting times and fewer unnecessary hospital attendances.</p> <p>HG drew attention to the President's Cancer Panel Report: 'Reducing Environmental Cancer Risk: What we can do now', which she had mentioned in a letter to <i>The Scotsman</i> published on 22 September. http://thescotsman.scotsman.com/letters/Letter-Cancer-concerns-.6543735.jp</p> <p>5 Meeting Reports <i>NHS Lothian Annual Review: 13 September 2010</i> This had been attended by NT, HG, DM and IC. The Deputy First Minister and Cabinet Secretary for Health and Wellbeing, Nicola Sturgeon, had responded to three questions from members: from DM on the future of Cambridge Street House, from HG on the question of illegal drug possession, and from IC on the future of the Eye Pavilion. HG had subsequently received a full written response from Nicola Sturgeon, to which she intended to reply.</p>	MC
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Lothian NHS Health Board meeting: 22 September 2010

HG attended for the item on Sexual Health, as reported earlier. Also helpful to our work was the paper on 'Lothian's Joint Mental Health and Wellbeing Strategy'. From this it is clear that the Royal Edinburgh Hospital will stay on its present site, with 570 beds, which will also provide rehabilitation accommodation for patients from the Astley Ainslie Hospital.

Potato and Apple Day at the Community Garden, REH, 18 September 2010

HG had attended this event, organized by Pat Abel among others, which had been most impressive. The gardening project was quite outstanding, showing that a huge amount of productive work could be achieved in a short space of time. The therapeutic value of such work had yet to be assessed.

City for all Ages: Advisory Group, 14 September 2010

This was attended by IC, MC and NT

Launch of 'Get Up and Go', 21 September 2010

Edinburgh Council's guide to 'growing old successfully' had been attended by MC and NT.

6 Dates of future meetings

These were arranged for the following dates (Thursdays at 2.15 pm):

21 October, 18 November, 16 December (social meeting).

Please send any agenda items in advance of the meeting to Norman Tinlin.