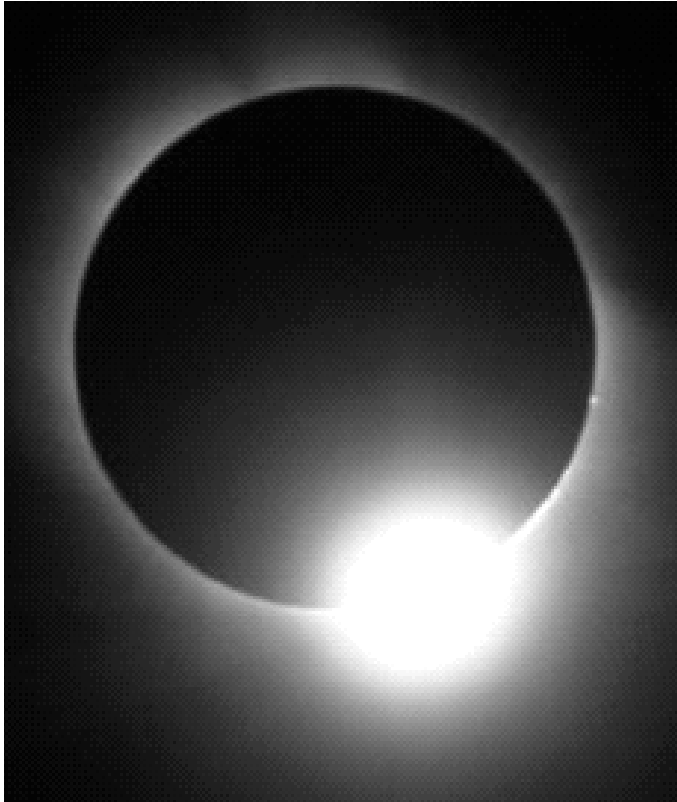


Fife Bipolar Group

www.cfbg.co.uk

Issue 40 March 2010



Our Final Issue

Look out for a relaunch in the near future!

About the Fife Bipolar Group

We meet once a month in Kirkcaldy & welcome people from all over Fife. The main purpose of the group is to offer a supportive environment to those affected by bipolar and allow them to talk about and share their experiences with others. Membership is free & you do not need a referral.

We provide information & support through our group via the website, a monthly magazine & activities that raise awareness of living with bipolar. If you'd like to talk or just be around people experiencing what you're going through, please come along!

People with bipolar disorder

Friends Relatives Carers

Meeting

2nd Tuesday of every month

7 - 9pm

Address

Fife Bipolar Group
The Express Group Kirkcaldy
110 Rosslyn Street
KY1 3AD

Contact

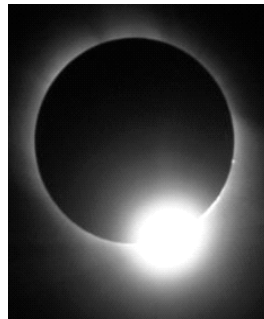
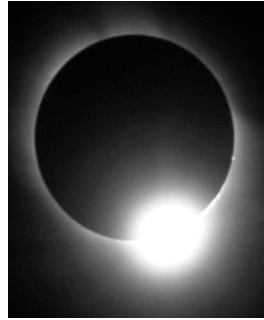
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Disclaimer FBG cannot be held responsible for any information supplied in this magazine. Any views expressed by articles do not necessarily represent the views of FBG. The Group's decision on material to be included is final.

Mental Health Support

in north-east Fife



A range of health and wellbeing services in north-east Fife has been launched for people with mental health problems.

They are available to patients at Weston Day Hospital, in Cupar for those referred by their GP suffering from anxiety and panic, depression, schizophrenia and other mental health conditions.

Dr Stephen Carey said "Light box therapy in the dark winter months helps protect against seasonal affective disorder. Colleagues in health and social care provide smoking cessation, pharmacy advice, information on exercise and diet, and social work advice, as well as psychiatric input."

Fife Bipolar Group April AGM

Time 13th April 6:30pm

Place The Express Group Kirkcaldy

Agenda

- New Chair for the group.
 - The magazine.
- Future group support.

Alternative Mental Health Treatments

The following article refers to an American site called www.healthyplace.com. It's free to check out and is another wonderful resource for self-managing mental health.

Generally speaking, most people, especially the medical establishment, don't take the complementary health issue seriously. Today, the HealthyPlace Alternative Mental Health Community has over 300 pages of content on herbal treatments, vitamins, and complementary therapies to help treat the symptoms of bipolar disorder, depression, ADHD, anxiety and other mental illnesses. The National Centre for Complementary and Alternative Medicine reports that 36% of U.S. adults use some form of complementary and alternative medicine (CAM).

Through research, books, and yes, even personal anecdotes, what we've come to understand is that there is a place for alternative approaches to mental health treatment. Treatments such as self-help, diet and nutrition, stress reduction and art therapies all have a place in the healing process. Check out HealthyPlace TV Show. Dr. Patricia Garberg discusses treatments that will greatly diminish or alleviate some of the side-effects of antidepressants.

www.healthyplace.com

First New Build

Completed at Stratheden

Fife Mental Health Facilities

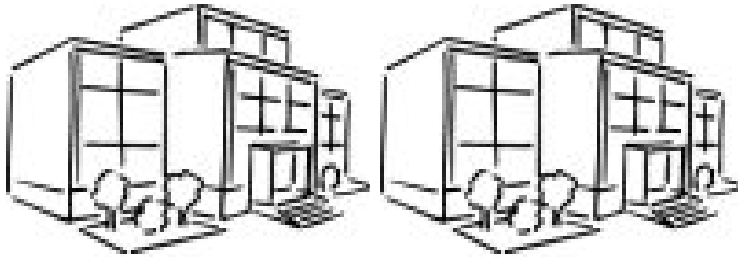


NHS Fife and Kirkcaldy & Levenmouth CHP took possession in July 2009 of the first of the new mental health in-patient projects located on the Stratheden hospital site.

The new ward, named Elmview, will provide continuing care for 18 elderly patients with dementia who were previously accommodated at Whyteman's Brae hospital, Kirkcaldy. The unit recently won a Commendation Award for Best Mental Health Design in the UK-wide Building Better Healthcare (BBH) Awards along with the NHS Health Facilities Scotland (HFS) Design Award for Best NHS Building in Scotland.

It has been designed using dementia friendly principles in line with guidance from the Dementia Services Development Centre at the University of Stirling, and with the input of the clinical staff who will be providing the care.

Providing 18 single bedrooms with en-suite facilities, the new ward offers a high level of personal space and opportunity for privacy for patients in a safe environment, whilst at the same time enabling good supervision by nursing staff. The design of the building makes the most of it's position with excellent views to the surrounding countryside. The courtyard garden provides a safe external area for the patients and is accessible from many



parts of the ward. The sensory garden will be developed over the coming months by the Horticultural Therapy department at Stratheden hospital.

Thanks and congratulations are due to all those, particularly the ward clinical staff, who have contributed to the completion and success of this project. Construction of the second new build project on the Stratheden site has commenced, adjacent to Elmview. An admission ward for elderly mentally ill people, the ward will provide care for up to 24 patients and will allow the transfer of another unit presently located at Whyteman's Brae hospital.

This new build is scheduled for completion in early Spring 2010.

Scottish Recovery Indicator

A mental health development tool



This tool has been designed by the Scottish Recovery Network to help mental health services ensure that their activities are focused on supporting the recovery of the people who use their services. In doing so it highlights issues in relation to inclusion, rights, equalities and diversity.

How SRI was developed

The Scottish Recovery Indicator was initially based on a tool called the Recovery Oriented Practices Index (ROPI), which was developed by New York State Office for Mental Health. A representative group was setup to lead on the refinement and adaptation of ROPI. This led to the development of the SRI which was then tested and evaluated in a wide variety of mental health services across Scotland. Following this test phase work continued to refine and develop the SRI and the final web version was launched in May 2009.

How it works

Undertaking the SRI requires commitment and time but initial findings suggest that using the tool can lead to improvements in practice. In adhering to the principles that underlie recovery the SRI has been developed in a way which promotes ownership and responsibility.

The tool helps generate conversations within teams about recovery supporting environments and person centred approaches.



Information is gathered from five different sources:

- Assessments
- Care plans
- Service information, policies and procedures
- Interviews with service providers
- Interviews with current or previous service users

Services then judge themselves against a series of nineteen indicators. These fall under the following eight headings:

- Meeting basic needs
- Personalised services and choice
- Strengths based approach
- Comprehensive service
- Service user involvement/participation
- Social inclusion and community integration
- Advance planning
- Recovery focus

The policy background

The Scottish Recovery Indicator was developed as a result of two Scottish mental health policy initiatives. Initially the Review of Mental Health Nursing in Scotland called for the creation of a tool to help nurses assess their practice. Later this commitment was adopted within Delivering for Mental Health which ensured that it had relevance beyond nursing services.

What rights do I have to see my medical records?

Everyone has the right to see their medical records under the Data Protection Act 1998. Both GPs and hospitals hold records on patients and they be seen on request.

There are procedures that are followed and when someone views their records, they will normally do so in the presence of a member of staff from either the hospital or the GP surgery. No reason needs to be given to view records. If the records are needed for legal purposes then this should be mentioned by the person on application. Usually all that is required is a letter to the GP practice manager or health board records manager requesting to see the records.

There is always a cost involved and finding out on initial enquiry is helpful as payment can be included with the request, which will save time. Proof of identity may also be required. The response time back can vary; it is usually between 21 and 40 days. The records can be viewed either in electronic or the hard copy form. It is more expensive to view the latter. The costs are usually £10.00 for the electronic and can be up to £50.00 for the hard copy. When the arrangements to view have been finalised, the patient will be accompanied by a member of staff who will stay with the patient until the records have been viewed.

If the records are extensive you can arrange for more than one visit to view all of the records. The reason that you will normally be accompanied by a staff member is so that they can explain some of the medical terminology that may be used – or even decipher handwriting! It is also possible to obtain a copy of the records and this may affect the charge.

If there are inaccuracies in the record, these can be noted and if the person feels that they should not be there, an application can be made to the GP or hospital to have them removed. If the individual has evidence to corroborate that it is incorrect such as other records, letters reports, they should include photocopies of these with the request. The GP/health board can refuse someone access to their records if they believe that it may be detrimental for the patient's mental or physical health. Similarly they can remove portions of the record for the same reasons. They will also remove information relating to a third party, in order to protect their confidentiality.

This should be explained beforehand. It is possible to view the medical records of others if:

- You are someone's guardian or welfare power of attorney and the person cannot look after their affairs; or
- The person gives their permission both to you and the record holder; and
- You are the person's named person, parent or principle carer.

If another person applies to see someone else's medical records and they are mentioned in that record, the person whose record it is can ask for this information to be

withheld. They can also request that other information is withheld from them that they don't wish them to see. If someone wants to access the medical records of someone who has passed away, they can apply for them under the Access to Medical Records Act 1990.

They may have to satisfy certain criteria before they are given access such as:

- Were they the deceased person's next of kin or legal executor?
- Did they have written permission from the person before they passed away?
- Do they have the permission of the deceased's next of kin?

Records of the deceased are normally only kept for 3 years. If records are applied for and there may be legal action pending, there is a need for the person to disclose this at the point of application. Sometimes people discover that their full records are not there. Records need only be kept for up to seven years in a hospital and GP's records vary but usually are kept the whole time the person is with the GP. A child's record has to be kept until the age of twenty one.

Contact your local NHS Board for further details.

How To Live A Fulfilling Life

In this page we will hear from a Black and Minority Ethnic man who has bipolar affective disorder and who has developed his own free resource on how to live a fulfilling life.

BE MINDFUL: Focus on your experience of the present. A fulfilling life consists of purposeful, positive and pleasant participation in life. Do not crave or cling to all that is impermanent.

BE GRATEFUL: Be grateful that life is not worse than it is. Be grateful for the present.

BE OPTIMISTIC: Be optimistic that you can continue to be mindful and grateful. Be optimistic that you can also be compassionate, constructive and balanced.

BE COMPASSIONATE: Be compassionate towards yourself. Be compassionate towards others. Examine and evaluate perceptions, thoughts, emotions, words, actions and omissions. But do not condemn anyone.

BE CONSTRUCTIVE: Begin now. Do something positive and helpful. It can be anything that helps you and others to live and to enjoy being alive.

BE BALANCED: Life works best when everything is in optimum balance. Happiness comes from matching your activities with your abilities. There must be balance between activities and rest, between doing and being. Only you can find your optimum balance. Find your balance and sustain it. Your life is your responsibility.

Come & Join ...

Bipolar Fellowship Scotland

Membership is open to anyone who has an interest in Bipolar Disorder and/or the need to increase understanding of the illness. Every new member strengthens the voice of those affected - if you have the illness, are a carer, friend, relative, a caring professional or an interested individual.

What membership offers:

- The Bipolar Fellowship Scotland regular newsletter On the Level Quarterly issues of the MDF The Bipolar Organisation's UK Journal—Pendulum
- Access to a wide range of information covering all aspects of bipolar disorder/manic depression at our lending library (no need to come to the office, we can post things out to you)
- Free entry to self help groups network events
- Access to the self management training courses
- Access to facilitators' training events if you are/plan to be an organiser of a self help group
- Free entry to our annual national conference
- Legal Advice Line
- Insurance Services

Please complete this page and send it to Bipolar Fellowship Scotland at the address below:

I enclose my membership fee (tick as appropriate):

Individual	0	£20.00
Unwaged Individual	0	£ 5.00
Family	0	£25.00
Corporate	0	£35.00

TOTAL ENCLOSED _____

NAME:

ADDRESS:

POSTCODE:

TEL:

E-MAIL:

SIGNATURE:

DATE:

Please make all cheques/postal orders payable to Bipolar Fellowship Scotland.

Studio 1015, Mile End Mill
Abbey Mill Business Centre
Seedhill Road
Paisley PA1 1TJ

Telephone 0141 560 2050
e-mail tildab@bipolarscotland.org.uk

Bipolar Fellowship Scotland

0141 560 2050
www.bipolarscotland.org.uk

Fife Families Support Project

01592 641401
www.fifefamilies.org.uk

Breathing Space Scotland

0141 435 3901
Helpline 0800 83 85 87
breathingspacescotland.co.uk

Drop-in Centres around Fife

Barony Housing Contact Point

0871 700 7777
rowangroup.org.uk/barony.htm

Fife Carers Centre

01592 642999
www.fifecarerscentre.org.uk

Express Group

01592 652975
Info@expressgroup.fsnet.co.uk

Depression Alliance Scotland

0131 467 3050
www.dascot.org

Going Forth

01383 623179
Goingforth@samh.org.uk

Scottish Assoc for Mental Health

0141 568 7000
www.samh.org.uk

The Cottage NSF Scotland

01334 657421
thefifecottage@hotmail.com

Advocacy in Fife

01592 772 220
fife@circlesnetwork.org.uk

ENeRGI (East Neuk Resource Group Initiative)

01333 730054
energirecovery@fiscalia.co.uk

Crisis Phone Lines

Breathing Space

0800 83 85 87

Social Work out-of-hours

08451 55 00 99

Samaritans

08457 90 90 90

NHS Direct

0845 24 24 24

Saneline

0845 767 8000

Mind

0845 766 0163

