

Flipchart Notes Focus Groups 9 August 2011

The Cottage, Cupar

- Experience of being in Lomond & Rothes wards, also Ward 20/21
- Would like "more attention" "recognition that you're there"
- Mixed ward? Block men off from ladies, privacy
- 24/7 obs not engaging
- Single room with toilet/show (preferred) – snoring (can't sleep)
- Not allowed in male dorms if female partner visiting – notices 'No females in male dorms'
- Locked drawer (would like)
- Psychiatrist/nurses/doctors don't listen – nurses "put things into your mouth"
- In year 2000 – in 9 months for medication change, out through day but back at night
- Drug rehab closed in Leven – DAPL – help in community for drug/alcohol problems – First for Fife, Homes4Good
- "easy to get advocacy"
- "when you need medication you can't get it"
- Side effects? Psychiatrists now better at explaining
- GP surgery better now – get doctor – but said "have you been taking drugs? Felt hurt and angry"
- Used to have OT relaxation in quiet room
- Weston – "good if you're ill" – "treated like a kid" – groups for anxiety, depression, stress
- CPN on holiday – no other CPN – age allocated

Fife Bipolar Group

- (experience of) Lomond 1989 & 1996; Rothes, Woodbank, Ward 2 Queen Margaret
- Lomond – no group work; Rothes – activities; Ward 2 – waited 3 days to get money out of safe in 2010
- “abuse of power”
- “preferred Whyteman’s Brae – more group work
- “people waiting for houses”
- Only few nurses listened
- Wards “full of people with drug and alcohol problems” – bringing drugs in, self medicating, escapism
- Categorising nurses 1-10
- 1988 – Ward 2 better than – more help and attention, like a person
- Triggers – exam pressure, marriage problems
- CPN fortnightly – can’t get weekly
- “fear of going in acute ward”
- No flexibility – not person-centred
- CPN – “we all work different”
- ECT
- No community meetings
- Carer “totally powerless” – “back off” - research
- “only multi-disciplinary meeting if I demanded it” – carer
- “not time”
- “I felt safe”
- “be constructive”
- Recovery? Maintenance?
- “we need a Strath haven”
- Advocate? Only skilled in advocacy, not skilled about illness