

# CITY & HACKNEY CAMHS NEWSLETTER

**JULY /  
AUGUST 2023**



# OPEN DAY



**EVERYBODY IS WELCOME  
COME & MEET THE CAMHS TEAM**

CAMHS is opening its doors on 30th August for a day of fun and information. Find out more about the work we do, how to get involved and the job opportunities available. We welcome our young people and families, our community, our colleagues and those interested in working for CAMHS to join us. There will be arts and sports activities, food and refreshments, learning and workshops, recruitment information and opportunities to ask questions and give us your feedback and ideas.

**30TH AUGUST  
10-3PM AT HOMERTON ROW**

**CONTACT [ROSE.KACHERE@NHS.NET](mailto:ROSE.KACHERE@NHS.NET) FOR FURTHER  
INFORMATION**



## Hidden Harm

Hidden Harm is a term used to describe what happens when kids and teens like you (or someone you know) has a parent or caregiver struggling with alcohol and drug problems.

You are **not** alone.



To talk to someone you can trust, call **020 8356 7377**  
9am to 9pm, Monday to Friday or scan the QR code for more info



## Get to know... **Roger Davies** Psychological Therapies Lead

### What's your favourite food?

Hmmmm, it is my mother's chopped liver which I haven't had for years as she isn't able to make it anymore, and the best I can do is a pale imitation from the kosher section at Sainsbury's.

It's a traditional Ashkenazi Jewish recipe and it's comfort food. It reminds me of Friday night dinner at home alongside chicken soup and high-baked water biscuits (which you can't get in England anymore ☺).

### What's your favourite film?

il don't know....but when I was in my late teens and twenties I used to go to the cinema a lot and liked continental European films. There's a film called Diva, by Jean-Jacques Beineix, I would have seen it in Ireland when I was still at school. It's quite light, a very stylish thriller about an opera singer, she's a bit funny and someone secretly records her. It's a silly film in lots of ways but when I saw it, it was something very different from the usual Hollywood stuff. I was being pretentious to seek that stuff probably, but I would definitely still watch it now, one day I'll get it on DVD.

### What do you want people to know about what you do?

I'd like to know what I do, that would be a good starting point! ☺

I do a lot of external relations: developing partnership work, trying to make systems more efficient and user friendly. I try to help the more managerial staff in the network keep young people and their experience of services in mind and try to make sure that when we are making bureaucratic decisions we keep the clinical import front and centre.

I also support our clinical team to do the best quality psychology work that they can. I sometimes feel a need to help people think not just about therapy but about the best way to meet a need in a holistic way, which may not always be therapy. I like to keep creative juices flowing and I don't mind going off-piste.

I like to help negotiate service delivery towards a future that we have imagined, not randomly. Strategic decision making in the past has created fractured services so it's important to keep it simple not complicated so that we get the best value for the money that's being spent. As an old grey beard, I've seen many things, so I also help our Psychology team remember things that might get forgotten.



# Thoughts on the Autism Alert card for the Metropolitan Police...

i received an autism passport in the mail that my mum had ordered, in case i were to ever be arrested/face a police encounter. There have unfortunately been instances of autistic individuals suffering at the hands of the police, so i appreciate these efforts by the collaborating organisations to put an end to any added distress in an already highly stressful situation.

i carry the card with my name and my mum's contact details with me. although i doubt i would ever be arrested, i don't want to take any risk. this is a hard topic to explore, but i urge other autistic people to get a (free) autistic passport- it's unfair that these measures must be taken, but it's important in a situation of a police encounter so the police know of the individual's needs.

*by chessa (alias)*



Similar cards are available in some parts of London, such as this one produced by Autistic Hackney

The scheme is a joint project between the Metropolitan Police Service, City of London Police and British Transport Police, and is endorsed by the National Police Autism Association. It was developed following extensive consultations with autistic individuals and their parents, the National Autistic Society, Autism Partnership Boards and other partner agencies.



<https://www.npaa.org.uk/launch-of-tri-force-autism-alert-card-scheme/>

**For more information about the scheme and how to obtain a card, email [autism@met.police.uk](mailto:autism@met.police.uk)**

# London Borough of Hackney announce Hackney Carer's Centre as the new host for their Special Educational Needs Parent/Carer Forum

## What is a Parent Carer Forum (PCF)

The way parent carers work with professionals is by forming groups called parent carer forums.

A parent carer forum is a group of parents and carers of SEND children. Their aim is to make sure the services in their area meet the needs of SEND children and their families and carers.

They do this by gathering the views of local families and then working in partnership with local authorities, [education settings](#), health providers and other providers to highlight where local services, processes and commissioners are working well, or challenge when changes or improvements need to be made.

You can learn more by watching our video '[What is a parent carer forum and what they do?](#)'

Forums usually have a steering group of parents who lead this work and listen to the views of other parents in the local area to make sure they know what is important to them. Forums are keen to hear from as many parent carers as possible.

Source: [Contact Parent Carer Participation](#)

 Hackney



City & Hackney Carers Centre

Phone us: **020 8533 0951**

Email us: [info@hackneycarers.org.uk](mailto:info@hackneycarers.org.uk)

Open hours: **9am-5pm** (phone lines are open 10am - 4pm)

You will hear back from a team member within 5 working days. Please note that we no longer have a physical office and are working remotely at this time.

## THE INDEPENDENT UPDATE IS PUBLISHED

### One year on from the Safeguarding Review into the incident around the mistreatment of Child Q in a Hackney school



In 2022 a Local Child Safeguarding Practice Review was initiated by the City & Hackney Safeguarding Children Partnership (CHSCP). It made eight findings and 14 recommendations for improving practice.

Following on from that review is a report on the independent update on the progress made in response to the review. The report is made by Jim Gamble QPM (Independent Safeguarding Children Commissioner) and sets out:

"What people have told me, my reflections on the range of activity that has been undertaken and the impact that can be evidenced at this time."

**To receive a copy of the report please email [rose.kachere@nhs.net](mailto:rose.kachere@nhs.net)**

**A response to the review from Marcia Smikle follows on the next page**





## **‘DOES THE RACE OF YOUR PATIENT INFLUENCE THE CARE YOU PROVIDE?’**

A few years ago, many people were unfamiliar with the term ‘adulthoodification’, which “is when notions of innocence and vulnerability are not afforded to certain children... by people and

institutions who hold power over them” (Davis, 2022).

However, the term now forms part of the safeguarding children vocabulary. This follows the publication of a safeguarding children review into an incident that took place in east London in December 2020 (Gamble and McCallum, 2022).

**“The foundation of safeguarding all children, regardless of race, is ensuring that they are protected from harm, listened to and heard”**

The review detailed how a criminal justice – as opposed to a safeguarding children – response led to the strip search of a Black 15-year-old girl (‘Child Q’) while on her period in a school by the Metropolitan Police. Two of the findings were that Child Q was not treated as a child but as a deviant adult, and that racism – whether intentional or not – was an influencing factor to the manner in which the girl was treated.

This incident sent shock waves across the country, and rightly so. Questions I have been asked relating to the case include:

“I thought schools were safe places with safe people who kept all children safe?”

While critical fingers were pointed at the police and teaching staff, the questions I would like to pose to nurses are: Do similar incidents happen in healthcare settings? Are we blind to the injustices and lived experience of Black children? What action would you have taken to ensure that Child Q was safeguarded?

Some may feel that the term ‘institutional racism’ is overused, but we live in a racialised society and the way we respond to and interact with people who do not look like us is influenced by our primary and secondary socialisation.

There are many behaviours by some White colleagues, such as – but not limited to – stereotyping of Black people, unconscious biases, and overt and covert discrimination, which have to be consciously unlearned. The foundation of safeguarding all children, regardless of race, is ensuring that they are protected from harm, listened to and heard, so that prompt action is taken if there are concerns about their safety and wellbeing.

Often nurses are the first health professional patients build trusting relationships with. Professional nursing guidance places emphasis on dignity, compassion, kindness, respect, recognising diversity and upholding human rights as the cornerstones of good nursing care (Nursing and Midwifery Council, 2018; Royal College of Nursing, 2010).

In addition, since the Child Q case there have been renewed efforts in the NHS at a strategic level that acknowledges that “Race inequality is a blight on our society. The effects of racism can be seen across society, in the NHS and also at NHS Providers” (NHS Providers, nd).

Unfortunately, the experience of Child Q clearly indicates that all children are not equal. The following questions may make you feel uncomfortable, and you may not have reflected on these issues before, but my challenge to all nurses – particularly my White colleagues – is to consider:

Does the race of your patient influence the care you provide? Do you consider the contextual issues that impact on the lived experience of Black children when you assess their needs and consider the risk of harm and action you need to take to keep them safe? Do you think that Black children are more resilient and streetwise, so prompt action is not needed to keep them safe? Are you the child’s advocate – do you see and hear them? What would you do if you saw or heard a fellow nurse using racist language to describe a patient or dismiss their concerns? Will you have the difficult conversation and challenge them, or will fear, or hierarchy, make you stand back in the hope that someone else will deal with the matter?

The formal emerging culture of most NHS organisations is to have or develop anti-racist statements, strategies and action plans. However, I strongly believe that one of the ways to tackle racism is to change the informal culture in healthcare by challenging the behaviours of racist care givers with effective sanctions, such as disciplinary investigation.

The only thing I ask you to do in the face of blatant racism and injustice is to speak out.

**Marcia Smikle is head of safeguarding children, Homerton Healthcare NHS Foundation Trust**

# London Borough of Hackney are researching what young people think of health and wellbeing services

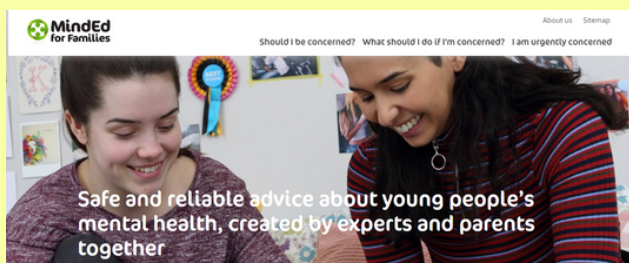


Young Advisor, Sana Attas, and the project team working to improve access to health and wellbeing services, have created a survey which aims to capture more youth voices. It shouldn't take more than 10 minutes to complete, all the questions are optional, with a chance to enter a prize draw to win a £50 reward voucher at the end!

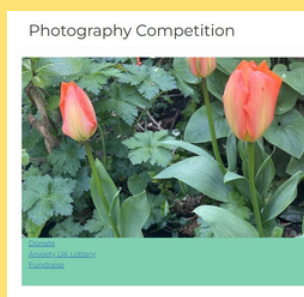
**Survey open until July 31st**

[https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV\\_eSf2l3oTGfKAZli](https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_eSf2l3oTGfKAZli)

## Online Resources you might like...



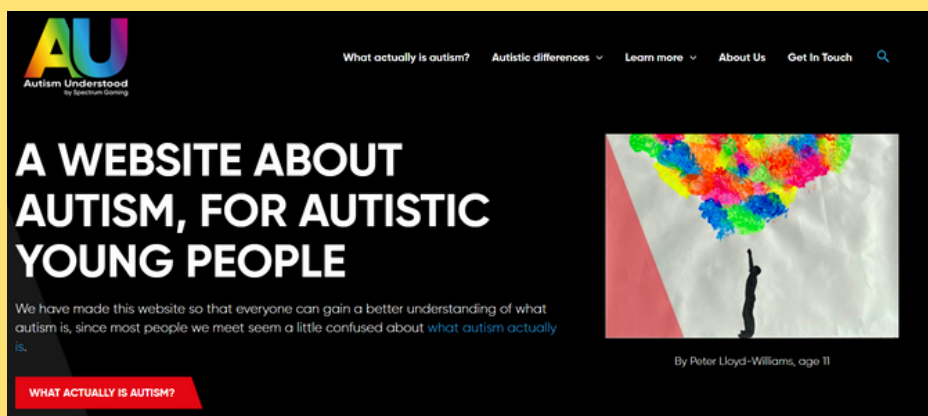
<https://www.mindedforfamilies.org.uk/young-people>



<https://www.anxietyuk.org.uk/get-involved/photography-competition/>



<https://www.youngminds.org.uk/young-person/blog/>



<https://autismunderstood.co.uk/>



# WINNING YOUNG ARTISTS RECEIVE THEIR PRIZES



The creators of beautiful art chosen to bring life to the brochure for the Mental Health Support Team in Schools have received their £30 prize voucher. Assemblies at schools were the perfect moment for Thereza (MHST Administrator) to thank the young people for their thoughtful, well-made artwork and hand over the prize.



## ARTIST EXTENDS HOMERTON MURAL INTO THE OUTSIDE SPACE



After the successful mural work inside the waiting room, the artist Fandango Kid has designed motifs for the outside space at Homerton Row. The paving was jet washed which took staff by surprise, no-one had realised how grubby it was! The artist Rosie Lom then got her brushes out to do a beautiful job painting the paving.

Watch out for developments coming up, with young people creating new spaces for nature in the garden – planters, climbers, bird boxes etc.



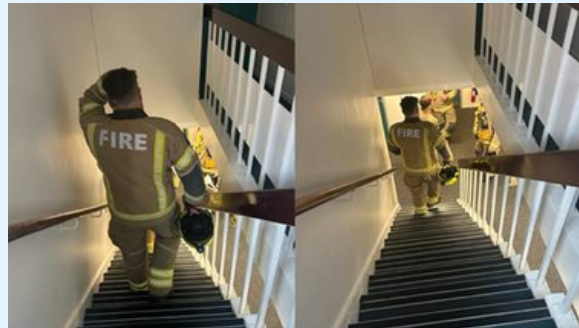


# Ade's Updates

At the end of June we had an incident in the Homerton Row building where a fire alarm was activated in the upstairs corridor not far from the kitchen. It was a false alarm but we learnt a lot from the incident.

## How did staff respond?

- Majority of our staff responded very well, coming out of their office space and evacuated the building
- Some staff gathered in the garden near the bike shed
- Some gathered (correctly) outside the front entrance of the building
- Some staff went back to their office when the fire alarm was turned off by CST (please do not do this)
- Some staff did not come out of the building or even their office – these staff said they thought that the fire alarm was false! (please do not do this)



## What did we learn?

- We can all do better at responding to fire safety incident
- We learnt that some staff were gathered in the wrong place when they evacuated the building, whilst some gathered correctly in front of the building near the car park entrance
- We learnt that good practice was to leave the fire alarm on (do not silence) until the fire brigade arrive, inspect the building and turn off the fire alarm themselves
- We also learnt that we do not have sufficient fire wardens in our service



## STAFF WELLBEING AT CAMHS

Team Pamper have been coming into our clinics to provide massage and manicures to help our staff manage stress



## LUNCH SWAP

Getting to know each other's culture and diversity. Making connections!

