

Seaside holidays from just £10

Amazing offer starts today - see four-page pull-out for details



Eastern Daily Press

www.edp24.co.uk

Monday, January 18, 2016

DREAM DOORS
NEW LIFE FOR OLD KITCHENS
01603 505595

THE COUNTRY'S BIGGEST-SELLING REGIONAL MORNING NEWSPAPER

85p

PASSED FROM PILLAR TO POST

Number of mental health patients sent out of East Anglia for treatment soars

Today the EDP reveals the full extent of the scandal of mental health patients being sent out of East Anglia for treatment.

Our investigation shows the number of patients taken away from their families and environments has rocketed in the past five years, costing the region's struggling mental health trust millions of pounds.

Patients have been sent as far away as Weston-super-Mare, Manchester, Bradford and Darlington to

EXCLUSIVE

Nicholas Carding

nicholas.carding@archant.co.uk

receive care, due to a lack of beds and services in this region.

MPs slammed the practice, and the trust said it was bringing the number down this year. It comes just days after more than 250 people marched through Norwich calling for better mental health services locally.

■ Full story, Pages 5, 6 and 7.



■ The map shows some of the places where mental health patients from our region have been sent. The picture, left, is posed by models.



Defeat puts pressure on City to spend

Sport

Yarmouth and Lowestoft colleges reveal merger bid **Page 4**

AGMEALE & SONS LTD

OUR OWN GROWN PRIMROSES
69p each
SUPERBUY
Tray of 12 for £7

JUICY SPANISH SEVILLE ORANGES CLASS 1
£1.55 kg (71p lb)

SEED POTATOES
Over 33 varieties
OUR OWN GROWN NADINE and DESIREE POTATOES
BUY 1 GET SECOND HALF PRICE ON ALL PACK SIZES

MASSIVE SELECTION OF SEEDS
EARLY BIRD OFFER
3 or more packets
20% OFF

EASY PARKING, EASY LOADING
OPEN
Mon-Fri 0800-1800
Sat 0800-1700
Sun 1000-1600

www.agmeale.co.uk
Wayford Nurseries, Stalham, Norfolk, NR12 9LJ
01692 580226

Treat our daughter closer to home



Nicholas Carding

nicholas.carding@archant.co.uk

The family of a teenage girl who has spent more than three years being passed around secure mental health units hundreds of miles from Norfolk today appeals for treatment to be offered closer to home.

Kirsten Cunningham, 16, of Fakenham, battles daily with anorexia, self-harming, and other mental health problems, and is forced to undergo treatment in Northampton because there is nowhere closer for her to receive help.

Her story is told as the EDP reveals the number of patients from Norfolk and Waveney sent out of East Anglia for treatment has nearly quadrupled in the last four years.

And, despite the well-documented impact to recovery, patients last year were sent to locations as far away as Manchester, Bradford, Bristol, Weston-super-Mare and Brighton, costing the region's mental health trust millions of pounds.

The practice places an equal strain on the patients' family and friends, who are forced to spend thousands of pounds and long hours travelling to visit their loved ones.

Campaigners and MPs are calling for more beds to open locally, while ending out-of-area treatment is one of 10 points in the EDP's manifesto in our Mental Health Watch campaign.

Norfolk and Suffolk NHS Foundation Trust (NSFT) insisted reducing out-of-area treatment was a "key priority" and said the number of patients outside Norfolk and Suffolk was down by 43pc so far this year compared with the same period last year.

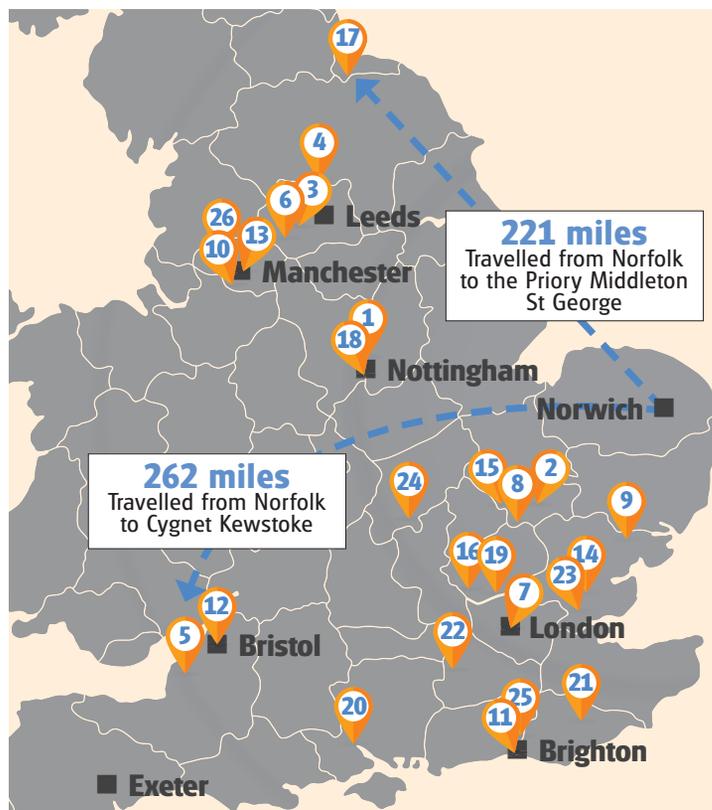
Figures obtained by the EDP under the Freedom of Information Act show 279 patients were sent out-of-area for treatment in 2014/15, rising 272pc from 79 in 2010/11.

The trust spent £4.3m alone last year on the practice, the figures show.

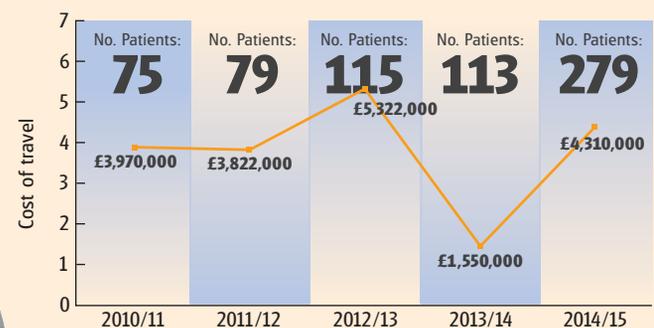
It means hundreds of patients such as Kirsten are treated in unfamiliar environments, far from the comfort of their families, at a time when they

Norfolk and Waveney patients sent out of area for mental health treatment

SOURCE: Norfolk and Suffolk NHS Foundation Trust
GRAPHIC: Robert McVicar



Cost of, and number of, patients who have had to travel to other mental health units



Mental health units to which patients sent in 2014/15

No	location	No	location
1	Annesley House	14	Priory Chelmsford
2	Cambridge & Peterborough NHS FT	15	Priory Grange St Neots
3	Cygnet Bierley	16	Priory Hemel Hempstead
4	Cygnet Harrogate	17	Priory Middleton St George
5	Cygnet Kewstoke	18	Priory Nottingham
6	Cygnet Wyke	19	Priory Potters Bar
7	Greater London mental health units	20	Priory Southampton
8	Kneesworth House	21	Priory Ticehurst
9	North Essex Partnership NHS FT	22	Priory Woking
10	Priory Altrincham	23	South Essex Partnership NHS FT
11	Priory Brighton & Hove	24	St Andrews Health Care
12	Priory Bristol	25	The Dene
13	Priory Cheadle	26	The Spinney

“When a patient does need to go to a bed further afield we do everything we can to return them as close to home as soon as possible

Michael Scott, NSFT chief executive, pictured

are at their lowest ebb.

Some of the places people have been sent to for specialist treatment include Manchester, Bradford,

Bristol, Brighton, London, Altrincham, Harrogate, Stafford, Nottingham, Weston-super-Mare, Southampton and Woking.

For three-and-a-half years, Kirsten has been treated in various London units, Colchester and, currently, Northampton

Her mother, Claire, said: “I am really exasperated at the way my daughter has been treated and moved from pillar to post, always 100 miles or more from home.

“This is our daughter and we love her very

much. It's beyond a joke. I think she would recover much faster if she was nearer her home.”

Commenting on the out-of-area figures, NSFT chief executive Michael Scott said: “As has been seen in other NHS trusts nationally, demand for inpatient beds and, in fact, all mental health services has steadily increased over the past five years.

“And yet funding to support mental health services has not always followed at the same rate as for other areas of healthcare.

“We do not want to send any patient who requires a bed out of area. We understand how distressing this can be for the person and for those close to them, especially at a vulnerable time.

“We aim to offer a bed within our own trust, but if all of our beds are full we will seek a bed in a neighbouring county, before looking nationally.

“They would go as far as Yorkshire if that were the only bed available. When a patient does need to go to a bed further afield we do everything we can to return them as close to home as soon as possible.”

■ Comment - Page 24

■ Have you been treated out-of-area for mental health illness? Email our health correspondent at nicholas.carding@archant.co.uk



■ Kirsten Cunningham is one of those being treated far from home.

Fears on the impact for patients

A spokesman for the Campaign to Save Mental Health Services in Norfolk and Suffolk, claimed there was concern among professionals and carers that efforts to control out-of-area beds has a negative effect on patients.

The spokesman said: “These figures show that for each and every one of the last five years, NSFT has not had enough beds to treat people

in acute crisis and has spent millions of pounds at private hospitals.

“There's a concern that, in an effort to control out-of-area bed numbers, people are being refused admission or discharged from hospital too early, with often tragic circumstances.

“The people of Norfolk and Suffolk need less wishful thinking and more local

capacity, as demanded by health watchdog the Care Quality Commission. “NSFT and the commissioners pledged that out-of-area placements would be stopped before the end of April 2014, but people are being sent all over the country now. “Families are begging for support they are not receiving.”



■ Claire and Kirsten Cunningham.

Mother fears her daughter's problems are not considered important enough

Kirsten Cunningham's problems began when she developed anorexia at 13.

She was sent out of area for specialist treatment because there was no inpatient children's mental health unit which said it had the facilities in place to treat her.

After stints in Chelmsford, London and Colchester, Kirsten was sent to Northampton last year because it was the only unit which could tube-feed her on occasions when she would refuse to eat.

Her mother claimed Kirsten could have been treated at Huntercombe Hospital, near Aylsham, but she said managers told her they were unable to admit Kirsten because they did not have facilities to feed patients by tube.

Claire Cunningham, 46, said the family had offered to pay for an expert to visit the hospital and feed Kirsten when she refused to eat, but to no avail.

She and her husband now make the 200-mile round trip to Northampton once a

week to see their daughter, even though they sometimes are only allowed to spend 45 minutes with her.

"The strain on us has been horrendous," Mrs Cunningham said.

"It's not nice to be rung up and told that your daughter has escaped from her unit in London. It just makes you feel so helpless because you are so far away from her.

"It just feels like our daughter's treatment isn't important to the authorities."

Norfolk and Suffolk NHS Foundation Trust

According to our latest inquiries, 11 patients from Norfolk and Waveney were receiving inpatient treatment outside Norfolk and Suffolk. According to the trust's most recent figures, there were 142 patients sent out-of-area between April 1 and December 31 last year. In that same period in 2014 the trust said the figure was 250. Michael Scott, chief executive of the trust, said: "The biggest increase in demand for inpatient services are occurring in adult acute services in central

Norfolk. We achieved zero out-of-area patients for a number of days and weeks throughout autumn 2015 and we are doing all we can to manage placements in county to make that our status quo," he added. Measures taken to lower the number of out-of-care placements include: ■ Opening a 12-bed acute assessment ward at Helleston Hospital; ■ Reviewing the trust's crisis home resolution team to ensure patients get the right care faster; ■ Introducing the flexible assertive community treatment

model, which enables community teams to increase support within hours if a patient appears to be heading into crisis; ■ The launch of an expanded and improved Wellbeing Service across Norfolk and Waveney. Mr Scott said the trust was also redeveloping a ward at Northgate Hospital, Great Yarmouth, which means five beds will be reopened, adding to the existing 20. It is hoped these beds could be used to stop sending patients elsewhere.

Warning from former care minister

One Norfolk MP warned sending mental-health patients out of area for treatment increases the risk of them taking their own

lives. Former care minister Norman Lamb, pictured, the MP for North Norfolk, said: "We must treat this incredibly seriously. It can't possibly be therapeutic to put someone in a vehicle from Norwich to Altrincham or elsewhere. "It's stories like this one that led me as a minister to investigate and call for more data to be collected on this and for targets to be set. "I will continue to keep up the pressure to get changes within this practice."

And new government investments in mental health should be used to provide more beds locally,

according to Norwich South MP Clive Lewis. In the comprehensive spending review, George Osborne announced a £600m injection into mental health. Mr Lewis, a Labour MP, said more beds were needed in Norwich. "The trust tries its very best; however this clearly is an issue of cuts to services that have a big impact," he said. "When you're talking about sending patients so far away you're taking them away from the best chance of recovery, and you're taking away the opportunity for friends and family to support them." He added more long-term planning was needed by the government.



Out-of-area care is incurring large costs for trust

Sending patients out-of-area can incur large costs for the mental health trust, which was put into special measures last year. Chief executive Michael Scott said the trust had spent around £1.67m on placements so far this financial year, at a time when it is desperately trying to save money.

Government health regulator Monitor agreed a finance

recovery plan with the trust last June following concerns over NSFT's predicted deficit for 2015/16 of £9.4m.

The trust has delivered £44m of savings in the last four years, partly achieved by undergoing a hefty redesign in 2012, when the amount of staff and beds was cut.

When asked if there was a link

between the redesign and the rise in out-of-area placements, Mr Scott said: "A steady increase in demand for all mental health services, and a decrease in the rate of investment into these services have been the main contributing factors.

"These issues, along with cost savings required of all health trusts year on year meant trusts, including ours, have

had to make tough spending decisions and implement service redesign to keep costs down.

"This is why we are seeing more and more NHS trusts enter into financial special measures." The cost of providing out-of-area treatment for patients between 2010-13 and 2013-15 in this paper's FOI request should not be compared

like-for-like, the trust said.

This is because the trust was responsible for the care of patients needing certain requirements, such as highly-specialised eating disorder beds, only between 2010 and 2013. From 2013 onwards that responsibility and cost was taken over by NHS England.

ROCCOS
BAR & RESTAURANT

PRINCE OF WALES ROAD | TEL: 01603 624 000 | WWW.ROCCOSNORWICH.COM

DAYTIME BUFFET
MONDAY - FRIDAY | 12-3PM
NORMALLY £6.95



READERS OFFER

£5.50
FREE
CARBONATED DRINK

CUT OUT VOUCHER TO VALIDATE
OFFER MONDAY TO FRIDAY THROUGHOUT
JANUARY 2016. VOUCHER VALID FOR UPTO
10 PEOPLE AT £5.50 EACH.