



Mental Health Tribunal for Scotland

Members' Newsletter

May 2022

INSIDE

Recent practice points

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Mental health awareness week

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Message from Laura J Dunlop QC

These pictures may not save 1000 words, but they do reveal where I went for Easter weekend (even if the aerial photography is a bit amateurish). We had a fine time, visiting offspring. I have never seen so many tulips at once.

The break was welcome, since recent months in the Tribunal have been very busy. Our annual statistics (to end March) indicate that, not only has the significant increase in applications to end March 2021 been maintained, there has been a further increase, albeit much smaller, in the year to March 2022. Compared to the year to end March 2020, our numbers are around 12% higher. So, at present, we are not short of challenges.

One way in which members can assist is by keeping their availability on Webroster up to date. Three specific issues cause additional work. First, members who are showing availability on Webroster for a particular date turn out not to be available when contacted. Secondly, members ask to be replaced on hearings allocated to them. Thirdly (a subset of the second) a member accepts a hearing for one half of a day, then intimates non-availability when a second hearing is added. I realise that there are many reasons why such things occur. But the patterns in which they occur are not evenly distributed. And please do update your own availability, rather than asking members of the scheduling team to do so for you.

Turning to another regular topic, I need to mention the safeguarding of sensitive personal data entrusted to us when we hear cases. Scott has written about the issue in the Data Protection and IT Supplement accompanying this newsletter. It has been a sobering experience to deal with the fallout from a cyber-attack, in which some patients were caught up because they had been the subject of an application before MHTS. Please do read the article. None of us can drop our guard.

Finally, members may be aware that MHTS is part of a research project commissioned by the Scottish Government, at the request of SCTS, to look at the experience of different types of hearing during the pandemic. This may require members to assist with aspects of the research. Members themselves are likely also to be interviewed.

Further information will be provided as we receive it. The project is being undertaken by Professor Nicole Busby of Glasgow University and colleagues, in conjunction with IPSOS. It is going to be an interesting piece of work.

As ever, this newsletter has been put together by Jane and Jenna, whose efforts in doing so are greatly appreciated. And, to return to the topic of our unprecedented volume of applications, I want to thank colleagues in operations and in the President's Office for all their unstinting efforts to have every application dealt with as efficiently as they can. I also want to express gratitude to members for their steadfast commitment to delivering the best possible hearings for patients, sometimes in very difficult circumstances. It was good to see so many of you at the event on 21 April, when we learned about Avatar therapy as trialled at Glasgow University. The input from Professor Gumley and his colleagues was absorbing, and the hopes for future rollout encouraging. For those who couldn't attend, the PowerPoint slides are now available on the Members' Area of the website. We will continue to try to organise such events, to supplement our regular training programme.

I hope you enjoy the newsletter, and that you have an enjoyable summer. I also hope that it won't be long before we have further news about our move into the First tier Tribunal.

Laura J Dunlop QC
President



Return to in-person hearings

The Tribunal is now able to schedule **in-person hearings** at the following venues:

- Carseview Centre, Dundee
- Gartnavel Hospital, Glasgow
- Lynebank Hospital, Dunfermline
- Midpark Hospital, Dumfries
- Murray Royal Hospital, Perth
- Royal Edinburgh Hospital
- Stobhill Hospital (Nevis building), Glasgow
- Wishaw General Hospital
- Woodland View, Irvine

In order to identify cases where an in-person hearing is requested or desirable, the Tribunal asks those lodging an application in relation to a patient in one of these hospitals to complete the Hearing Preference Form, available [here](#) and submit it to us with the application.

The Tribunal is also now offering **WebEx hearings** on a regular basis at two venues – Royal Cornhill Hospital, Aberdeen and Forth Valley Royal Hospital, Larbert. This is by way of a pilot-scheme. The Tribunal asks that those lodging an application on or after 11 April in relation to a patient in one of these hospitals complete the WebEx Hearing Preference form, available [here](#) and submit it with the application.

The Tribunal will continue to introduce revised arrangements for hearings on a venue by venue basis, and will post details of these developments in the news section of our website.



Attendance at tribunal hearings

Members and sheriffs were advised by email in January 2022 of the agreement, in principle, to professionals being allowed to give their evidence at the start of tribunal hearings and then to leave, to allow them to attend to other commitments. This followed a request by a senior clinician within a large health board due to the extreme pressure on mental health staff at present. It was noted in that email that, while the message was sent in response to a request on behalf of medical services, pressure is likely to be felt by other organisations whose people are required to attend hearings.

So please note this agreement applies to all professionals, not just RMOs. Avoiding the need for all individuals to remain present when it would be sufficient for them to give evidence and leave should remain a general consideration at this time. As a matter of courtesy to the other parties, including the patient, the professionals should be asked to mention that they are leaving due to another commitment.

Judicial Hub – Reminder

As stated in Valerie MacGregor’s article on the Judicial Hub in January’s newsletter, it is strongly recommended that tribunal members sign-up to and access the Judicial Hub on a regular basis to remain abreast of the latest news and learning opportunities [Judicial Hub: Log in to the site](#).

The Hub’s news section is updated throughout the week and provides articles on recruitment; welfare resources; changes in legislation; publications; events; and guidance relevant to all judicial office holders.

Judicial Communications also provides a guide which includes sections on social media, security and community engagement.

The Hub hosts a Tribunals section which includes relevant information for each Chamber, such as guidance on claiming expenses.

The platform provides essential information about judicial training, and offers useful advice from all of the units within the Judicial Office for Scotland.

Information on the Hub is updated frequently and can be accessed from any computer or profile.

If you do not yet have log-in details, or if your email address changes, please contact the Hub team at Judicialhub@scotcourts.gov.uk

Valerie MacGregor
Head of Judicial Communications



Resetting of website passwords for members

Should members require a password reset for the members’ area of the website, please email the President’s office at: mhtspresidentsoffice@scotcourttribunals.gov.uk stating your username.

Emergency Contact Details

The holding of emergency contact details for members is not compulsory but it is important information for the Tribunal to hold should a member fall ill whilst on MHTS duty.

I am asking members who have already provided emergency contact details to check these details listed within their 'Notes' on Webroster and update if required.

If you have not provided emergency contact details to the Tribunal and wish to do so, please email the following information, which will be stored within 'Notes' on Webroster, to me at fqueen@scotcourtribunals.gov.uk:

- Name of Emergency Contact
- Telephone Number of Emergency Contact
- Address of Emergency Contact
(may be used if they cannot be contacted by telephone)
- Relationship Status (optional)

Fiona Queen
EA to the President and Member Liaison Officer



MHTS Members' Association

The MHTS Members' Association ('MHTSMA') was delighted that Pamela Charlwood, Chair of the Mental Health Tribunal Members' Association ('MHTMA') in England, joined our virtual meeting on 17th February. Pamela provided a brief history of MHTMA and how MHTMA currently operates. Most interestingly, Pamela then detailed some of the issues that MHTMA are currently addressing, many of which are common to MHTSMA, including support during the pandemic, the use of tele/video conferencing, the desire to return to face to face hearings, the mandatory retirement age and pensions. Discussion followed and these issues will be followed up at our next virtual meeting on **Thursday 2nd June at 6.30pm**.

MHTSMA has also set up a secure discussion forum on Microsoft Teams which all members should have received a link to. For anyone who missed Pamela's talk there is a link to a recording of the talk in the forum and a copy of last year's Tribunal members' survey is also available.

If any member is interested in joining MHTSMA, please can you contact Brian Dewar (secretary) by email. Brian can also send any member a link to the MHTSMA Association Forum.

Ruth Buchanan
General member and vice chair of MHTS Members' Association

Mental Health Awareness Week 2022

9th – 15th May 2022 – Loneliness

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The Mental Health Foundation started the event 21 years ago. Each year the Foundation continues to set the theme, organise and host the week. The event has grown to become one of the biggest awareness weeks across the UK and globally.

Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.

So, in May 2022, we at the MHTS wanted to raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it.

There were a few ways to get involved this year. We ran an initiative during this week where we asked staff to take on one of these tasks below to combat loneliness -

- Cook/bake for someone, or cook a bit more than you usually do and offer to a friend or neighbour
- Visit someone
- Lunchtime walk with colleague
- Phone a friend for a catch up
- Arrange a trip out with someone
- Go out after work with colleagues
- Have lunch with a colleague you don't normally spend time with

Staff then sent in pictures or a short paragraph detailing what task they did. Here are a few of them as examples –

1. I was having a day where I was quite stressed and overwhelmed, so upon finishing work for the day, I decided I would complete one of the suggested tasks. I ran along to B&M bought some cheap mixing bowls and cupcake cases and decided to bake some chocolate cupcakes and spend some time decorating them. It only took me 15 minutes to get them in the oven and it was a good laugh decorating them after with my boyfriend. Once they were all finished we took a couple to my grandparents and a couple to his. The fun in doing it all made me forget that I was ever stressed that day and made our grandparents feel thought of. They enjoyed the visits which were really nice! Everyone said my cupcakes were fab and in case anyone is interested here is the link - <https://www.bakingmad.com/recipes/mary-berry-chocolate-cupcakes>



2. For mental health awareness week 2022, I conducted a scientific experiment. I wanted to see what would happen if I made a cake, cut it into pieces, and appeared beside people with it. Turns out a large majority of people take some. People were polite about it, though I suppose social convention comes into that. I hope everyone had a moment of this week when they felt uplifted. I hope that's true every week. Meanwhile, I'm going to make another of my small repertoire of cakes and bring it across to the office, and I'm not going to wait till next year.



3. My colleagues and I are only in the office one day a week together at the moment because of our shift patterns. On one of those days the three of us arranged a lunchtime walk together. We walked and chatted and caught up which boosted the mental health of us all. We also saw some lovely gardens and trees on the route we took that day.



Please visit the MHF here for more information and support – [Mental Health Awareness Week | Mental Health Foundation](#)

Jenna Swan
President's Office Secretary

Fundraising

London Marathon - The Children's Society

I have a few aims on the bucket list before I turn 40 this November. One was to become part of the MHTS and the other was to get a place in the London Marathon. Having got one pandemic marathon under my belt, I was looking to apply for the 2022 race if restrictions allowed.

I started running in 2014 after encouragement from an esteemed colleague who saw me huffing and puffing in the park one evening. She helped me round my first 10km and I got "the bug" from there. Little did I know then how much running would become part of my identity and self-care.

The pandemic has been so tough on all of us but despite this, it was the death of two friends within 3 days of each other in November 2021 that brought home a reality that nothing in life can be taken for granted. I have also unfortunately developed PTSD from work-related stress and without running, I am not sure I would have been able to continue my own faith in being a good enough doctor.

In the end, I did not just want a ballot place for the London Marathon - I wanted to run for a cause that would keep me plodding on for that lucrative 26.2 miles. The mental health of young people is at the core of what I wake up for every morning and thus securing a place for The Children's Society felt like an honour. Life isn't about what you always put in, it's about what you give back.

Any donation, big or small, coupled with good vibes and messages of strength will see me round the course. If any members feel they can help then I will be forever grateful.



https://www.justgiving.com/fundraising/laxmi-kathuria2?utm_source=Sharethis&utm_medium=fundraising&utm_content=laxmi-kathuria2&utm_campaign=pdf-email&utm_term=ba92e9af4c894fbf965cdbaf3fc3ddff..

**Dr Laxmi Kathuria
Medical Member**

Glasgow Race for Life – Cancer Research UK



Pictured left to right: Pamela Traynor, Gillian Hutton, Jenna Swan and Nicola Scott

On Sunday 22 May 2022, the Race for Life in aid of Cancer Research UK was held at Glasgow Green. MHTS colleagues – Jenna Swan, Gillian Hutton, Nicola Scott and former MHTS colleague, Pamela Traynor, along with a few of their friends & family took part in the 5k race to raise funds for this brilliant charity. After a fun day filled with lots of emotion, laughter and pink, the girls had a successful day and completed the run in a great time. The ladies arranged donations to be pledged for their team, the “Sweaty Bettys”, through the Race for life Just Giving page, and also set up a game of spin the wheel where their colleagues and friends could donate to play and to win prize money. The team raised £690. Well done to everyone involved, raising an amazing total for this great charity.

Articles

Recent practice points

Sections 68 and 69 of the 2003 Act

Members may wish to refresh their memories as to the implications of section 68 read with section 69. The effect of s 68 is that, where a short term detention certificate (or an extension certificate) is in place, and the MHO submits a CTO application before the certificate expires, a further period of detention of 5 working days is authorised, and treatment under Part 16 may be given. This 5 day period is the period within which the first hearing takes place. Indeed under rule 8, that hearing is mandatory. What, however, is the position if the tribunal is not in a position to either grant or refuse the full application, but further detention is not sought? This could happen if, for example, the patient has been discharged from hospital in the last day or two and a community based CTO is now sought. One view is that the tribunal is not empowered simply to adjourn the hearing until another date, but must either make an interim CTO or determine (grant or refuse) the application. The alternative view is that, as part of determining the application, the tribunal can continue the matter until another hearing. If that is competent, and takes place in a particular case, the question might be why a CTO is still being sought, especially if the patient is being given medical treatment in the interval. But, if the point arises at a hearing, members will wish to explore what they think is the correct interpretation of these provisions.

Interim hearings

How long is too long? This one has a clearer answer: 57 days. Whether a tribunal is dealing with a first application for a CTO under section 63, an application for extension and/or variation of a CTO under section 92/95, an application for extension and/or variation of a compulsion order or an application to vary an order in other circumstances, the statutory limit on the power to make interim orders is 56 days. The most straightforward way to check the position is to identify the date on which interim orders first began to take effect and count the time which has passed since. This should avoid a tribunal granting an order for a period of days which will take interim measures beyond 56 days, in contravention of section 65(3), section 107 or section 170.

Applications to revoke followed by determinations to extend

If a patient makes an application under section 100 or 164 to revoke their order but, in the meantime, the RMO extends that order for a further period, is the application to revoke still competently before the Tribunal? Despite a recent view to the contrary by a tribunal, the view of the President's office team is that it is.

Conflict of interest

There have been a number of instances when a potential conflict of interest (for example, in a CTO application the two mental health report providers work in the same hospital where detention of the patient is sought) has not been dealt with by the first tribunal hearing the application and this tribunal makes an interim order. The issue of conflict of interest has then been picked up and dealt with by the second tribunal hearing the case. As the issue of conflict of interest has the potential to affect the validity of any

application, it is important this is addressed at first hearings and the evidence in relation to it and decision of the tribunal clearly narrated in the FFR.

Involvement of a social worker from the children and families team

Finally, we have been asked by the Mental Welfare Commission to remind members that the involvement of a social worker from the children and families team in issues concerning the care of or contact with the children of a patient, is a matter separate from the jurisdiction of a hearing under the 2003 Act.



Recorded Matters

Just a quick note from me this time, to highlight a provision in the 2003 Act. I am sure that most of you are already well aware of this, but as it caught me out recently, I thought I'd share this, just to be sure that everyone is familiar with it.

This is about recorded matters. As you know, when considering an application under a number of sections of the 2003 Act, one of the powers available to the tribunal is to vary the CTO "by modifying any recorded matter, specified in it." However, when there is no recorded matter made in respect of the patient in the first place, what does that mean in terms of the application of that power? Several pages on, this is clarified by the provision on the meaning of "modify".

Section 111 of the 2003 Act sets out that modifying measures or recorded matters extends to adding one where none existed. So, if you're asked to add a recorded matter to a CTO where previously there was no recorded matter, please note that this can be done by virtue of the definition of "modify". A recorded matter can also be amended or removed. Since these provisions are several pages apart in the Act, this is not immediately obvious and has been known to catch people out (myself included!) on occasions.

I hope that this is helpful.

Jennifer Whyte
Legal Secretary

Scheduling reminder

As summer approaches and the Tribunal continues to receive an increasing number of applications, the scheduling team would like to highlight a few important points to members and sheriffs, old and new, to enable it to maintain its efficiency in arranging hearings.

Reviewing the status of allocated dates and confirmed hearing dates

The team would like to remind members to regularly review the status of their allocated dates. We appreciate that providing availability two to three months in advance can result in issues when other engagements crop up nearer the time. Whilst members cannot change their allocated date themselves on Webroster, it can quickly and easily be done by any member of the scheduling team and the sooner it is done the better. We strongly encourage members to contact us as soon as they become aware of an issue with their allocated date before a hearing is assigned to them. Doing this at the earliest stage prevents a significant amount of unnecessary paperwork for all teams in the Administration. Members are reminded that they should only pull out of a confirmed hearing date in exceptional circumstances.

Webroster availability

This leads on to the point of general Webroster availability. It is the responsibility of each member to keep their own availability updated and, in particular, to remove availability for a date when they are no longer available. Doing this prevents the scheduling team contacting members unnecessarily. It also contributes to the booking forms being returned to casework teams timeously, providing patients and other relevant parties with the necessary notice, and therefore time, to adequately prepare for the hearing. Members do not have to wait to be prompted by the forward planning email to update their availability on Webroster. If members are in a position to submit their dates more than one or two months in advance they are more than welcome to. If any member is having difficulty using the system, we encourage them to contact anyone in the scheduling team who will be more than happy to talk it through over the phone or welcome you into Bothwell House to work it through together. Please note this now also applies to Mac users who should refer to the guidance sent out to them on how to do this, and which is now available to download on the "Webroster" page of the Judicial Members' Area of the Tribunal's website

https://www.mhtscotland.gov.uk/mhts/Members_Area/Webroster

9 to 5

When considering availability, members should be aware that they are required to be available between 9 am and 5 pm. Even when booked for a single hearing, members should always be aware that the hearing may be doubled. Although CORO and child and adolescent hearings are usually set down as a single sitting, members are still expected to be available between 9 am and 5 pm. Should a CORO or child and adolescent hearing be cancelled, the member may be required to attend another hearing, possibly at the opposite time to the original hearing. When accepting a single sitting, members should note that their availability is for the whole day.

Reflections on induction training

With the disappointment of in person training being prevented by covid restrictions, we adapted to the WebEx platform which worked well.

I had never worked in the public sector. I was an accountant, involved in business management and systems at executive and strategic level. My experience of the law, aside from practicalities of complying with it in business, extended to the study of principles of contract and company law many years ago.

I read the 2003 mental health act prior to training. How much would we have to know?

Having a family member with ten years of severe mental ill health meant that specified person, compulsory treatment order, emergency detention, named person and advance statement were not just phrases. The Act was already part of my life, preparing me for what was ahead.

We started with terms from the rules of procedure which are available on the MHTS website.

The mock tribunal was interesting and clearly demonstrated, even to the uninitiated, how not to conduct a hearing. The panel discussing their decision was omitted.

People from each of the three categories talked about their time as tribunal members, and a patient, advocacy worker and mental health solicitor described their experiences. Each brought their own perspective, helping to build a picture.

Time issues meant that the unconscious bias seminar covered more general issues than tribunal-specific points. However, it highlighted the need to be aware of this in addition to the potential for conflict of interest. For example, I recused myself recently as the patient had been a negative influence while in hospital with my family member. I could have remained impartial yet been viewed as biased.

The final half day covered the scheduling, casework, finance and IT elements that we now benefit from, delivered by an invaluable support team without whom we could not function.

We were introduced to what could only ever be a flavour of the role. As with driving, where we really begin to learn once we pass our test and get out on our own, the tribunal member will quickly learn, capably supported by more experienced colleagues and the MHTS team.

We swore to do right to all manner of people, without fear or favour, affection or ill will. Illness does not respect anyone, but we can, and if we serve those it strikes, we will do well.

Andrew Holden
General Member

Useful Information

Mental Welfare Commission Publications

- **Significantly impaired decision making ability – How well is it recorded in practice? Research brief, 1 (July 2021)**
https://www.mwscot.org.uk/sites/default/files/2021-07/2021-01_SIDMA-brief.pdf
- **Advance statements in forensic mental health services in Scotland. Research brief 3, January 2022**
https://www.mwscot.org.uk/sites/default/files/2022-02/AdvanceStatements-ForensicMHServices_January2022.pdf
- **How long do short term detentions last and how do they end? Research brief 1 (July 2021)**
https://www.mwscot.org.uk/sites/default/files/2021-10/2021-02_STDCs-brief.pdf
- **Social circumstances report. Good practice guide, April 2022**
https://www.mwscot.org.uk/sites/default/files/2022-04/SocialCircumstancesReports_GoodPracticeGuide_2022_1.pdf
- **Suspension of detention. Good practice guide, January 2022**
https://www.mwscot.org.uk/sites/default/files/2022-01/SuspensionOfDetention_2022.pdf

Other publications

- **Electroconvulsive therapy (ECT). Royal College of psychiatrists**
<https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/ect>

MHTS information

- **MHTS Caselaw**
https://www.mhtscotland.gov.uk/mhts/Legislation_and_Caselaw/Legislation_and_Caselaw
- **MHTS Decisions** (This contains decisions which have been made by the MHTS)
https://www.mhtscotland.gov.uk/mhts/Legislation_and_Caselaw/Legislation_and_Caselaw - *click on this link and scroll to the bottom of the page to find the decisions table.*
- **MHTS Website - News**
<https://www.mhtscotland.gov.uk/mhts/News/News>

***Please note that links to Informative Publications are included for information only. Any views expressed in these publications are those of the authors and not those of the MHTS.**

Clerks' Contact Details

| | | | |
|------------|-----------|--------------|---|
| Allan | Jean | 07917 898792 | <p>Please email clerks on the following generic email address and not on their individual email address:</p> <p>MHTSHearingsOps@scotcourtribunals.gov.uk</p> <p>Post hearing paperwork to be uploaded to:</p> <p style="text-align: center;">MHTS_FFR_Order</p> <p style="text-align: center;">on members' website</p> <p>Hearing Team Leaders:</p> <p>Team 1: TBC</p> <p>Team 2: Sandra Devlin – 01698 291013 sdevlin@scotcourtribunals.gov.uk</p> <p>Team 3: Jeanette Thomson – 01698 390004 jthomson3@scotcourtribunals.gov.uk</p> |
| Armstrong | Grant | 07917 898818 | |
| Barclay | David | 07917 898806 | |
| Barnes | Gemma | 07423 779555 | |
| Bradley | Nicola | 07917898809 | |
| Bruce | Ian | 07876 884046 | |
| Colquhoun | Michael | 07825 009020 | |
| Cowie | Paul | 07917 898801 | |
| Ferguson | Elaine | 07917 898813 | |
| Finlayson | Claudia | 07423770707 | |
| Higgins | Margaret | 07884 655912 | |
| Hussain | Hanaf | 07919199538 | |
| Kilpatrick | Hannah | 07884 664658 | |
| Lithgow | Anne | 07917 898823 | |
| McLagan | Stuart | 07584 158127 | |
| Miller | Mandy | 07385950477 | |
| Mooney | Audrey | 07876 884044 | |
| Paterson | Chris | 07715 463790 | |
| Paterson | Ellen | 07423 779977 | |
| Paterson | Leanne | 07471 350730 | |
| Richardson | Callum | 07884 655908 | |
| Shearer | Jennifer | 07423 778698 | |
| Singh | Tajinder | 07919199569 | |
| Swan | Alan | 07557484869 | |
| Tough | Kirsten | 07943237266 | |
| Sinnett | Stephanie | 07786 028852 | |
| Zachary | Margaret | 07917 898796 | |

Useful Contacts

Scheduling Team

(including re-setting Webroster passwords)

schedulingmhts@scotcourtribunals.gov.uk

❖ Telephone: 01698 390034

e-Expenses Helpdesk

❖ webrosterexpenses@scotcourtribunals.gov.uk

Finance Team

opsfinancetribunals@scotcourtribunals.gov.uk

❖ Telephone: 01698 390054

President's Office

(including re-setting Website passwords)

mhtspresidentsoffice@scotcourtribunals.gov.uk

Fiona Queen, Executive Assistant to President and Member Liaison Officer

❖ Telephone: 01698 390033

Jenna Swan, President's Office Secretary

❖ Telephone: 01698 390001

Newsletter Contributions

The Tribunal welcomes contributions to the Newsletter from all members.

Members who wish to contribute to the Newsletter should contact Jenna Swan at MHTSPresidentsOffice@scotcourtribunals.gov.uk

The following timescales will apply for contributions*:

January edition: contributions by the end of November

May edition: contributions by the end of March

September edition: contributions by the end of July

***Contributions may require to be edited**