

**MENTAL
HEALTH
NOTES:
MORSE/SCI
STORE**

Morse Continuation Notes

CHI: 1703751191

Name: GRATTON, LEON

Published: 19/04/2024

18/04/2024 15:34

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

observed and recorded in the notes that Leon spends very little time on his feet and is almost always propping himself when standing. When successful in getting Leon out of the home, he has not managed more than 5 minutes outside before going back in and sitting down. In addition to Leon physically struggling to stand for any length of time, it is important to note that despite daily support and prompting, Leon is not engaging in the work required to move towards his goal.

It is unclear to OTAP whether Leon's fear of collapsing and thus panic about leaving the home is the reason that he does not want to stand for any length of time. Or, if it is the lack of standing and movement (fitness and stamina) combined with foot pain, that is exacerbating the fear of collapse and anxiety. Leon has previously had input from Steven Adamiak, Exercise instructor within the Mental Health Physiotherapy department at Stratheden Hospital. Leon was eventually discharged from this service due to lack of engagement.

OTAP has discharged Leon today with the advice to maintain his foot health through proper medication use and self-care, and to work on his endurance to stand by engaging with his support staff and befriender in activities which involve standing and moving. Such as playing pool often, trying to avoid leaning on the table and sitting in-between turns, and engaging in short walks. OTAP used these examples as this is what Leon himself has consistently said he wants to start doing. OTAP

03/04/2024 13:15

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Team

OT Adult CMHT NEF

Linked Appointment

OT Adult CMHT NEF

Linked Case

Case Team:

OT Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Occupational Therapy Assistant
Practitioner (OTAP) Suzanne
Webster, arrived at Leon's home
as scheduled and was welcomed
in.

Leon had just woken up and in his
pyjamas. As the weather was very
wet, Leon was not wanting to go
outside, instead OTAP had a quick
look at Leon's new pool table
which is now set up in the living
room. Leon remained sitting in his
porch.

OTAP was able to see Leon's feet
today which was very concerning.
Leon's feet are in extremely poor
condition and currently not being
managed well. Leon admitted to
picking at them due to them
itching. Both feet were open and
raw with Leon stating that they are
sore. It would be reasonable to
assume that the condition of
Leon's feet is contributing to his
issues with standing for any length
of time.

OTAP recommended Leon get in
touch with his GP to have them
looked at.

OTAP was only in attendance for
approximately 5-10 minutes.

Next appointment scheduled for
18/04/2024 at 11am.

25/03/2024 15:54

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

progress towards the greater goal
of using public transport and being
outside, Leon will have to work on
his standing stamina. As it is this
that is likely a contributing factor to
him feeling like he is going to
collapse.

21/03/2024 12:09

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

them work with Leon. Nikki said
that she had not heard anything
about this but would find it very
helpful.

By end of the appointment, Leon
was feeling well.

Next appointment scheduled for
25/03/24

15/03/2024 10:46

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Team

Appointment for the 15/03/2024
rearranged by phone call with
Leon to the 18/03/2024.

OT Adult CMHT NEF

Linked Appointment

OT Adult CMHT NEF

Reason for this is due to the poor
weather conditions which limits
Leon's engagement with graded
exposure as he does not go out in
cold, wet weather.

11/03/2024 16:01

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

collapse. Leon is happy to try this
and Irene is happy to support this.

Next appointment 15/03/2024

29/02/2024 12:00

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

however, did manage to go further than he wanted on the back of OTAP's gentle encouragement. Irene was ready to employ Right Now 54321, but Leon did not want to do this while he was out. The second Leon is back in his home, he say's his distressed is massively reduced.

An appointment has been set for 04/03/2024. OTAP will liaise with Occupational Therapist Shona McInnes in the interim to discuss a way forward as the current intervention does not appear to be working, as Leon is spending less and less time outside each session.

20/02/2024 11:49

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Leon calms down quickly once he
is back inside.

OTAP asked Lisa that if Leon is
willing, it will be good if the
Richmond support workers could
facilitate a daily practice going
outside with Leon. Lisa was
agreeable to this.

Next contact will be at Leon's CPA
on 22/02/2024.

12/02/2024 15:47

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Team

Occupational Therapy Assistant
Practitioner Suzanne Webster

OT Adult CMHT NEF

(OTAP), arrived at Leon's house
as scheduled and was welcomed
in. The purpose of this session is

Linked Appointment

to continue graded exposure work
to allow Leon to spend time
outside, working towards travelling
by bus.

OT Adult CMHT NEF

Linked Case

Case Team:

OT Adult CMHT NEF

On arrival, Leon was putting away
his shopping delivery. OTAP offered
to help Leon with this which he
refused. Irene, from Richmond
Support arrived shortly after and
immediately joined in the task with
Leon.

Care Start: 14/03/2022 15:04

Outcome: None

OTAP explained what the session
was today and Irene fed back that
they have been practicing the
Right Now 54321 intervention
daily. Leon said he was happy to
go ahead with the plan but was
hesitant in getting ready and
needed prompted to start. Once
out and across the road, Leon
immediately said he wanted to go
home. Irene tried engaging in
conversation and OTAP asked
Leon if he could stay out longer.
Leon moved from his position next
to a plastic road work barrier to
standing next to a wall and holding
onto the railing above it. Leon said
all he could think about was that
he is going to collapse. OTAP led
Leon in the Right Now 54321 in an
attempt to distract and focus
Leon's mind to outside of himself.
As soon as this was completed
Leon set off home. Leon was out
of the house for just under 5
minutes.

In the home, OTAP guided Leon
through the Thought Diary in the
CCI When Panic Attacks module 3.
Leon explained that his only

09/02/2024 11:35

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Team

OT Adult CMHT NEF

Linked Appointment

OT Adult CMHT NEF

Linked Case

Case Team:

OT Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Occupational Therapy Assistant
Practitioner Suzanne Webster
(OTAP) arrived at Leon's home as
scheduled and was welcomed in
by Leon. Irene, the support worker
from Richmond Fellowship was
present. The purpose of this
session was to originally practice
going out, however, due to severe
weather, Leon preferred to stay in.

On arrival, OTAP noted that Leon
was watching a movie in the living
room while Irene was washing his
dishes. OTAP asked Leon why he
was not washing his own dishes to
which he replied that he does them
when he is able. Irene remained
silent on the topic.

OTAP explained the purpose of the
OT sessions to Irene. Irene
explained that she has had Leon
out in the car before and that some
of the staff are happy to use their
cars for supporting and others are
not. Irene said she was happy to
start supporting Leon towards his
OT goals of getting out more
independently. OTAP provided
Leon and Irene with a copy of
Right Now 54321 and encouraged
Leon to practice this in his home
when he is calm; Irene confirmed
that she would share this
technique with the other staff and
that they would be happy to
facilitate practice. OTAP suggested
reinstating the supported walks
Leon used to go on as a good
place to put these techniques into
practice. Leon said he would be
happy to go out for short walks as
long as the weather is nice. Irene
also suggested using a song to
sing as a distraction which OTAP
would be happy to facilitate to see
if this would work for Leon.

07/02/2024 14:01

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Team

OT Adult CMHT NEF

Linked Appointment

OT Adult CMHT NEF

Linked Case

Case Team:

OT Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Leon was dressed and ready for his graded exposure session with Occupational Therapy Assistant Practitioner Suzanne Webster (OTAP).

Leon did try to avoid being out by the bus stop, preferring to just go to the shop. OTAP negotiated with Leon to accomplish both. When out, Leon does behave in the manner of someone who is very uncomfortable in his environment; walking fast, and moving in a hurried, unnatural way when in the shop, collecting and buying items. Leon attempted again to go straight home after buying crisps and bread. OTAP encouraged Leon to stay out, a little bit down from the bus stop as there was a man waiting there. OTAP worked through Right Now 54321 with Leon which he managed to focus on. However, as soon as this was completed, Leon walked back home.

Leon did manage to stay out of his house for 5 minutes.

Back home Leon explained that his head was filled with panic but he did say that Right Now 54321 helped him a little bit.

Next appointment arranged for Friday, 09/02/2024 at 11am which is the same time as Leon's Richmond Support. The goal will be to stay out for longer than 5 minutes and for Leon to try and give more details during the grounding technique.

25/01/2024 15:38

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Team

Occupational Therapy Assistant
Practitioner Suzanne Webster

OT Adult CMHT NEF

(OTAP) arrived at Leon's home as
scheduled and was welcomed in.

Linked Appointment

The purpose of the session was to

OT Adult CMHT NEF

create a clear and practical
intervention plan in order to

Linked Case

prepare Leon for social outings
with his Richmond support

Case Team:

workers.

OT Adult CMHT NEF

Care Start: 14/03/2022 15:04

Leon confirmed again that he often
feels lonely and isolated in his
home and would like to go out
socially. In particular, Leon would
like to go and watch Dune: part 2
at the cinema when it is released
in March. In order to do this, Leon
is required to travel by bus which
he is currently extremely anxious
about due to previous panic
attacks.

Outcome: None

OTAP asked Leon if he would be
willing to start sessions travelling
to and from Cupar by bus with the
OTAP initially, potentially being
facilitated by Richmond in the
future. Leon said that he is willing
to do this and wanted to start from
next week. OTAP reminded Leon
that he has the CCI When Panic
Attacks modules to work through if
he is feeling anticipatory anxiety
about the sessions.

First practical session is scheduled
for 01/02/2024.

04/01/2024 14:23

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

offer, first by saying he cannot stand as he panics and then after OTAP suggested that it could be adapted for seating, Leon said that 30 minutes was not worth it as he used to do Tai Chi for up to 2 hours along with other martial arts.

If the local pub started its music nights again, Leon would be happy to attend this as he did before. Leon has heard that the pub now has new ownership and has hope they might restart the group. Besides this, Leon has described his main goal as going to see Dune at the cinema when it is released. When asked about what steps Leon would like to take to build up to that, Leon replied that he just needs to get out and on the buses. However, Leon said that this is something he would prefer to do with Richmond and his befriender.

With this news, OTAP suggested a review with the Occupational Therapist (OT) to see what would be best going forward, to which Leon was agreed. OTAP then walked with Leon across the road to post his manuscripts. No further appointment has been set.

OTAP to discuss with the OT.

14/12/2023 15:49

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Panic, in preparation for the next
session. Leon agreed to this.

Next appointment scheduled for
04/01/2024.

07/12/2023 15:54

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Team

Occupational Therapy Assistant
Practitioner Suzanne Webster
(OTAP) arrived at Leon's home as
scheduled and was welcomed in
by Leon.

OT Adult CMHT NEF

Linked Appointment

OT Adult CMHT NEF

Linked Case

Case Team:

OT Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Leon was engaging in
conversation however, OTAP has
found it a challenge to keep Leon
engaged and focused on the task
at hand. Leon appears to do a lot
better in general conversation.

Leon had not looked through the
module 1 material of When Panic
Attacks from the Centre of Clinical
Interventions. OTAP went through
this with Leon, going over the
cognitive triangle again and
relating this to both positive and
negative aspects of Leon's life.

Next session booked for 14/12/23.
OTAP will trial a shorter
appointment time of 30 minutes
and trial a more creative
presentation of the information in
module 2 of When Panic Attacks.

06/12/2023 13:18

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

that he was going to collapse and that this kept repeating in his head. This then made him feel anxious and unwilling to spend any more time outside. Leon talked about the physical similarities between anxiety and excitement. Leon reported to getting the same thought, that he is going to collapse, when he is excited writing his book or playing music. When this happens, it ruins the whole experience.

As OTAP was arranging the next session, Leon's befriender Georgie, arrived. In that brief conversation, Georgie mentioned that they would not be able to go for coffee today as the café was already closed. Leon confirmed that he is able to attend a café with Georgie.

Next session arranged for 07/12/2023. OTAP to continue psychosocial education and create a graded exposure ladder with Leon.

29/11/2023 15:05

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

for Clinical Interventions (CCI):
When Panic Attacks.

Leon was able to identify again,
many benefits to getting out
including trying the music group in
Ladybank and going to the cinema
in Glenrothes. Leon spoke about
learning about "embryonic
breathing" and his interest in yoga
and tai chi for relaxation and
meditation.

OTAP explained graded exposure
and it was agreed to go for a walk
on the next session to get out of
the house.

Session booked for 05/12/2023.

21/11/2023 12:51

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

OTAP arranged another session
for 28/11/2023, which will focus on
anxiety management, eliciting
Leon's current understanding of
his own anxiety symptoms and
introducing coping strategies.

09/11/2023 16:31

Suzanne Van Eeden - Clinical
Support Worker - Occupational
Therapy

Team

OT Adult CMHT NEF

Unscheduled call made by
Occupational Therapy Assistant
Practitioner Suzanne Webster
(OTAP) to Leon in order to check if
Leon had been contacted by
Access therapies.

Leon responded that he has had
no contact with them.

As such, Leon has had no online
resources to work through.

OTAP to feed this back to the
Occupational Therapist and will get
back in touch with Leon in due
course. Leon was happy with this.

06/10/2023 16:11

Shona McInnes - Occupational
Therapist - Occupational Therapy

Team

OT Adult CMHT NEF

Linked Appointment

06/10/2023 10:30

OT Adult CMHT NEF

Linked Case

Case Team:

OT Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Home visit carried out this morning
by Occupational Therapist (OT)
Shona McInnes and Occupational
Therapy Assistant Practitioner
(OTAP) Suzanne Van Eeden, for
the purposes of screening initial
interview. Please see report
pending for all information related
to screening.

Plan: Leon has been referred to
Change Up (Access Therapies) for
completion prior to practical
graded bus work.

21/07/2023 11:17

Shona McInnes - Occupational
Therapist - Occupational Therapy

Team

Email message received from
secretary Alison Breckons below:

OT Adult CMHT NEF

Linked Appointment

24/07/2023 11:00

Hiya

OT Adult CMHT NEF

Linked Case

Case Team:

Just had a call from Leon Gratton
to say that he is not able to make
his appointment with you on
Monday at 11am as he says he
has no money, his contact number
is 01334 769473.

OT Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Alison ??

Leon was called by the
Occupational Therapist this
morning with a view to discussing
Leon's money situation, to inquire
if he has a buss pass and to
discuss appointment. No answer
from Leon and no function to leave
a voice message for him. This will
be discussed with CMHN Amanda
White upon return from annual
leave, to determine if she still feels
that specialist OT input is required,
given Richmond support. Please
see email sent below to Amanda:

Hello Amanda,

I called Leon this week to schedule
in a screening interview which he
agreed to. I wasn't able to
determine on the call if Leon does
indeed require specialist OT input
or other, as it was difficult to hear
him. I therefore offered screening
here on Monday 24th 11am at
Weston (which he cancelled with
Alison).

Morse Continuation Notes

CHI: 1703751191

Name: GRATTON, LEON

Published: 15/03/2023

06/07/2022 14:47

Steve Adamiak - Fitness and
Activity Co-ordinator -
Physiotherapy

Team

Spoke with Amanda White @
Weston following Leons

PHYSIO ADULT

COMMUNITY/OUTPATIENT

appointment last week and about
the lack of engagement due to
Leon's anxiety, at that time i

Linked Appointment

advised Amanda that we would

06/07/2022 15:00

cease attending until Leon had the
necessary interventions from

PHYSIO ADULT

COMMUNITY/OUTPATIENT

Weston to assist him in managing
his anxiety so that he can engage
more successfully.

Linked Case

Case Team:

Telephone conversation with Leon
this afternoon to advise him of the
changes and discharge at this time
until he is in a position to engage
in activity. Leon was accepting of
this.

PHYSIO ADULT

COMMUNITY/OUTPATIENT

Care Start: 08/03/2022 12:53

Care End: 06/07/2022

Outcome: Care Complete

23/06/2022 10:47

Steve Adamiak - Fitness and
Activity Co-ordinator -
Physiotherapy

Team

PHYSIO ADULT
COMMUNITY/OUTPATIENT

Linked Appointment

S- Attended Leon's home address
this afternoon for agreed session,
Leon answered the door promptly
and sat down to chat about his last
week before i attempted to engage
in PA

22/06/2022 15:00

PHYSIO ADULT
COMMUNITY/OUTPATIENT

Linked Case

Case Team:

PHYSIO ADULT
COMMUNITY/OUTPATIENT

Care Start: 08/03/2022 12:53

Care End: 06/07/2022

Outcome: Care Complete

O- 1 short walk to the end of his
road towards the fields and back

A- Leon reports that he has been
sleeping a lot and had felt slightly
out of sorts, Instructor suggested
that if this is new it maybe due to
the passing of his mother and
Leons way of coping. Leon has not
been out much in the last week but
reports 1 short trip to his local
shop. I have challenged Leon in
the next week to do the same walk
we did today another x4 times.
From instructor observations Leon
coped fine with this and can do a
lot more from a physical stand
point, Leon being anxious is
causing him to try and do the walk
as quickly as he can.

P- Will continue to attempt to
engage Leon in regular exercise
over the next 4 weeks and review
readiness to engage at that point.

Morse Continuation Notes

CHI: 1703751191

Name: GRATTON, LEON

Published: 16/06/2026

27/05/2026 10:22

Team

MH CMHT North East Fife

Laura Beaton - Staff Nurse -
General Psychiatry (Mental Illness)

Leon attended Weston at 09:45 as planned. Attempts made to obtain blood with no success. CMHN Beaton phoned GP practice to request support and phlebotomy appointment but they were unable to help. Due to attempts to obtain had already being made, Leon left appointment and was asked to await call to determine next plan. 28 days Clozapine medication was provided to ensure Leon did not miss a dose.

Leon was called and plan made to attend his home on 28/05/26 at 10am to attempt obtaining bloods for clozapine monitoring, Leon agreeable to same.

26/05/2026 16:07

Team

MH CMHT North East Fife

Douglas White - Community
Mental Health Nurse - General
Psychiatry (Mental Illness)

Leon attended Weston for monthly Clozapine blood monitoring.

Unfortunately, HCSW Cruickshanks was unable to obtain blood following 2 tries.

Leon was not willing to continue with the procedure.

He has agreed to return tomorrow at 13:00 for further attempt.

05/05/2026 13:51

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Leon had his 6 monthly CPA
review at Weston House on
30/4/26 at 10am.

Present: Leon, George (step
father), Dr Olley Speciality Dr in
Psychiatry, Michael Ireland SW,
Graham Lumsden Senior Support
Worker Richmond Fellowship.

CPA care plan to be updated and
an appointment has been
arranged to visit Leon at home on
14/5/26 at 11am to discuss
complete/sign care plan.

CMHN White to contact CRT Team
Lead to seek clarity about a
referral (due to Richmond
involvement) and plan would be for
Dr Olley to submit a referral
thereafter.

Email has been sent to Team Lead
Emily Morris regarding this.

29/04/2026 21:33

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Leon phoned Weston to speak
with myself on Monday 27/4/26.

He wanted to ask me a question
prior to his CPA on Thursday.

Leon then asked if there was any
update on his cancer diagnosis.

I was unsure what he was referring
to.

Leon said he had attended an
appointment with a Consultant in
Kirkcaldy with his previous CPN
Brian Duffy 13 years ago.

He said he had been diagnosed
with a rare form of bowel cancer
and was told he had 15 years left
to live.

I advised Leon that I was not
aware of this but that we could
discuss with Dr Olley at the CPA,
which he agreed to.

24/03/2026 16:44

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

A date has been arranged for
Leon's next CPA meeting at
Weston House which will be
30/04/26 at 10am.

MH CMHT North East Fife

Leon has been phoned and
informed of this.

16/03/2026 16:15

Amanda White - Staff Nurse -
General Psychiatry (Mental Illness)
referral has not yet been submitted
but this would hopefully be
actioned soon.

In regards to a new date for his
cancelled CPA meeting I have
contacted Medical Secretary
Sandra Halley and requested a
date be scheduled.

Plan:

No concerns identified today.

Next CMHN telephone
appointment scheduled for 5/5/26
at 1pm. Letter sent.

05/03/2026 14:33

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Leon was unable to keep our
scheduled CMHN appointment at
Weston on 3/3/26, therefore he
has been offered a telephone
appointment on 16/3/26 at 2pm.
This information has been sent via
a text.

05/03/2026 16:18

Team

MH CMHT North East Fife

Linked Appointment

05/03/2026 11:30

MH CMHT North East Fife

Clare O'Brien - Health Care
Support Worker - General
Psychiatry (Mental Illness)

Leon attended planned
appointment for repeat Clozapine
blood testing.

Sample obtained and a green
result was recorded on Pochi.

No concerns to note at this time.

26/02/2026 10:54

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Leon has telephoned CMHN on 3 separate occasions this week and I was able to return his calls this morning.

We spoke on the phone for 10 minutes.

Leon shared his frustrations that Senior support worker Graham Lumsden is "dragging his heels" about a request Leon has made for money recently and this is stressing him out. I enquired if he was referring to the request of £2,750 for a new guitar that we spoke about at our last appointment and Leon said it was. Through discussion Leon acknowledged that this is a particularly large amount of money and that this is why it was taking a while for Graham to process this request. Leon does recognise that he has a tendency to over spend his money which is why Richmond support him with budgeting.

Leon also shared that his son had contacted him to inform him that Darren's mum (Leon's ex) has undergone surgery to have part of her lung removed. This has impacted on Leon in that he has been worrying about his son going through a difficult time with his mum. CMHN validated his concerns and offered support and reassurance.

He shared that he is feeling overly tired, sleeping well overnight but also napping alot during the day too, also he is experiencing a flare up with his eczema.

On a more positive note Leon's next book is due to be published on his birthday 17/3/26. And he spoke about hoping to go for a meal at the newly opened pub around the corner from him.

Leon enquired as to what was happening with his referral to the community rehab team. I advised

02/02/2026 14:34

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Home visit to Leon this afternoon,
ahead of his CPA meeting
scheduled for 5/2/26.

We discussed the meeting as I
received an email from Graham
Lumsden to say that he could not
attend the meeting as he is on
annual leave.

Leon is now saying that he is
unable to attend as he has no
money for a taxi. I enquired about
Richmond staff bringing him in but
Leon says they don't come in until
later in the day. I advised that I
have emailed Graham to enquire
about support worker supporting
Leon's attendance as well as
contacting Dr Olley upon his return
enquiring if we should reschedule
due to low attendance.

Today Leon was settled mentally.
He was dressed in joggers and a t
shirt and scratching at skin on his
arms, upper body and back, due to
a flare up of dermatitis (he has
betnovate cream to help with this).

His house remains cluttered and
neglected in all rooms.

Leon denied any current concerns
about his mental health.

When asked direct questions he
said he felt his mood was
depressed.

When asked about perceptual
disturbances said that he
sometimes hears the voice of his
mum and dad but said it's just his
imagination.

Complaining of feeling lonely, and
feels this is why his mood is
lowered. When I explored potential
options for socialisation he was
dismissive of this.

30/01/2026 16:26

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Telephone conversation had with Leon's step dad George, he is unable to attend CPA on 5th but is happy for this to go ahead without him and hopefully he can attend the next one.

He wanted me to bring to the meeting ongoing concerns that he has about the condition of Leon's house that he believes is a health and safety risk to Leon and others who visit him due to clutter and long cables etc.

Leon is aware the meeting is going ahead and Dr Olley also informed.

29/01/2026 14:54

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Telephone call from Leon Gratton asking if the date of his CPA can be rescheduled as his step father George is unable to make that date due to work commitments.

I have attempted to call George (with Leon's permission) to ascertain what day's would suit him best or if he is ok to have the meeting go ahead without him there.

No answer when I called his landline so I have left a message for him to call Weston.

06/01/2026 11:58

Eleanor Wilson - Support Worker -
General Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

Linked Appointment

06/01/2026 11:40

MH CMHT North East Fife

Leon attended as planned for monthly clozapine bloods and monitoring of vital signs. Bloods also carried out for 3 monthly Methotrexate monitoring. (FBC, U&E's LFT'S HbA1c)

Bloods for Clozapine monitoring obtained and analysed on POCH100 Green result recorded. Additional bloods sent to local labs for testing. Email sent to Dr Olley informing him bloods have been taken for Methotrexate monitoring.

Leon collected 4 weeks medication as per kardex.

Vital signs monitored and recorded on monthly clozapine monitoring form on Morse.

Leon refused to have his blood pressure and waist measurement taken while at clinic today.

Leon stated he had a quiet Christmas stating it was "quite boring".

Denies no issues with constipation or side effects from Clozapine at this time.

Further appointment arranged for 03/02/26@11.30am.

22/12/2025 15:02

Amanda White - Staff Nurse -
General Psychiatry (Mental Illness)
Plan:

Letter sent out for a home visit on
2/2/26 at 1.30pm , ahead of CPA
later that week.

12/12/2025 18:11

Vicky Goble - Medical Records
Team Leader - General Psychiatry
(Mental Illness)

Team

CLOZAPINE ASSAY RESULTS
11.12.2025

MH CMHT North East Fife

Attachments

CLOZAPINE ASSAY RESULTS Leon Gratton 11.12.2025.PDF

09/12/2025 12:16

Clare O'Brien - Health Care
Support Worker - General
Psychiatry (Mental Illness)

Team

Annual/6 monthly Clozapine
monitoring appointment.

MH CMHT North East Fife

Bloods obtained by CSW Clare
O'Brien-Green result obtained.

ECG obtained by Clare O'Brien.

Clozapine-GASS completed with
Douglas White.

Time of next appointment on
6/1/26 at 11:15.

04/12/2025 16:37

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

This week discussion had with Dr
Olley and Emily Morris regarding a
referral for Leon to CRT.

MH CMHT North East Fife

Dr Olley has agreed to submit a
referral.

23/10/2025 11:31

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Scheduled home visit changed to telephone appointment due to CMHN constraints. Leon accepting of same.

Leon engaged well on the phone, despite his voice being very croaky and hard to make out what he was saying. Leon says this is due to him singing so much that he lost his voice.

Update -

Mental Health - Leon reports no current concerns, says his mood is fine and he is not bothered by any psychotic symptoms at present.

Sleep - Having difficulty getting off to sleep at the moment, unable to identify a particular cause for this, saying it's a combination of everything. Reports feeling extremely tired at present and has been since illness with pneumonia.

Appetite - no concerns identified. 3 meals a day plus snacks and adequate fluid intake. Is taking rehydration tablets daily from the supermarket to help improve his recovery from recent pneumonia.

Social - Maintaining contact with family. Awaiting to hear from Crossroads re befriender. Pleased that local pub has reopened and is awaiting their music group to start up again in due course.

Social Work - Still awaiting an annual social work review. CMHN emailed about this on 11/9/25 and sent a further email today.

Today we had a discussion about a possible referral for Leon on to the Community Rehab Team. Leon seemed open to this and I advised that I would discuss his case with

03/10/2025 11:28

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

Telephone call received from Leon
on 1/10/25. Returned his call
today.

MH CMHT North East Fife

Leon informed me of extra
clozapine that he has at home as
he had accrued this due to his
recent hospital admission.

I have advised him to bring these
tablets to Weston next time he
attends for clozapine clinic and
they can be returned to pharmacy.

Whilst on the phone Leon was
pleased to tell me that his son
Darren and step father George
visited him at home on Monday
this week.

This is the first contact he has had
from Darren for approx 2 years
and the visit went well.

16/09/2025 11:59

Eleanor Wilson - Support Worker -
General Psychiatry (Mental Illness)

Team

Leon attended Weston for monthly
monitoring of Clozapine bloods ,
vital signs and collection
medication.

MH CMHT North East Fife

Linked Appointment

16/09/2025 11:40

Bloods obtained and analysed on
POCH100. Green result recorded.

MH CMHT North East Fife

Vital signs monitored and recorded
on monthly clozapine monitoring
form on Morse.

Leon stated he is feeling well
again after his recent admission to
hospital. He stated he has no
issues with constipation at this
time.

Further appointment arranged for
14/10/25@11.15am

08/09/2025 09:00

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Telephone call made to Ward 53
VHK having been informed on
MORSE that Leon had been
admitted.

Update from Staff Nurse on the
ward.

Leon had phoned an ambulance
on 30/8/25 due to sudden onset of
breathlessness whilst at home.

He is now being treated for
pneumonia and sepsis.

Has received IV antibiotics and
oxygen.

Noted to be feeling a lot better
today (2/9/25).

Awaiting blood results, if CRP is
trending down then meds will be
changed to oral and discharge
planning will be commenced.

27/08/2025 19:25

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Today we reviewed risk
assessment with no significant
changes evident.

Plan:

CPA review meeting on 28/8/25 at
10am.

Home visit 12/9/25 at 1.15pm to
complete and sign CPA care plan.

19/08/2025 11:55

Eleanor Wilson - Support Worker -
General Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

Linked Appointment

MH CMHT North East Fife

Leon attended the Clozapine clinic
at Weston this morning for four
weekly monitoring of bloods and
observations.

Clozapine bloods obtained and
analysed on Poch100 while in
clinic. Green result reported.

Physical observations taken and
recorded on monthly Clozapine
form on Morse.

GASS completed by CMHN Laura
Beaton, see form for any side
effects reported at this time.

Collected four weeks medication
as per kardex

Reports no issues with
constipation at this time.

Further appointment arranged
for 16/09/25 @11.15am

25/06/2025 15:38

Cameron Brougham - Community
Mental Health Nurse - General
Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

Leon was picked up from home to be transported to Parkview Fishery in NHS Pool car. Leon appeared somewhat disheveled, consistent with his usual presentation. His mood was euthymic with a reactive affect throughout the interaction.

Collection was later than initially planned due to a preceding visit in Newburgh taking longer than expected. Leon was informed and was understanding and accepting of this delay. Staff apologised and this was well received.

During the outing, Leon contacted Weston to request an update on an unrelated matter. While at the fishery, Leon reported feeling peaceful and relaxed. He was visibly pleased and stated he was delighted to have caught a fish.

On return, Leon shared that he gained a lot of benefit from the outing, particularly as it was his first time out in a long while. He expressed an intention to ask his support workers at Richmond if similar trips could be arranged in the future.

Leon was dropped off safely at home. No risk issues identified at time of contact.

Plan:

- Encourage continued engagement in community-based, therapeutic activities.
- Liaise with Richmond support team where appropriate to support Leon's interest in further outings.

30/05/2025 10:50

Cameron Brougham - Community
Mental Health Nurse - General
Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

Phonecall to Leon to catch up.
Leon stated that he has been
working on his new book, and has
just paid for the publishing fees.
Leon talked of a new fishing rod /
reel he has purchased and is keen
to use. Encouraged Leon to chase
up Richmond so they can support
him with fishing.

Discussed current mental health -
Leon stated that he is "unsure" of
where it stands and it is "up and
down" but keeping himself
distracted and busy.

Appt to see Leon at home on 3rd
June at 2pm.

27/05/2025 12:07

Lisa McKenna - Nursing Assistant -
General Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

Leon attended the Clozapine clinic
at Weston this morning for four
weekly monitoring of bloods and
observations.

Bloods obtained and analysed on
Poch100 while in clinic. Green
result reported.

Physical observations taken and
recorded on monthly Clozapine
form on Morse

Leon collected four weeks
medication as per kardex

Reports no issues with
constipation at this time

Further appointment arranged
for 24/6/25 @ 11am

Letter to be sent

01/04/2025 11:41

Eleanor Wilson - Support Worker -
General Psychiatry (Mental Illness)

Team

Leon attended the Clozapine clinic at Weston this morning for four weekly monitoring of bloods and observations.

MH CMHT North East Fife

Linked Appointment

01/04/2025 10:45

Bloods obtained and analysed on Poch100 while in clinic. Green result reported.

MH CMHT North East Fife

Linked Case

Further 12 weekly bloods obtained for Methotrexate monitoring U&E's LFT'S CRP and sent to local labs for testing.

Case Team:

MH CMHT North East Fife

Physical observations taken and recorded on monthly Clozapine form on Morse

Care Start: 25/11/2020 15:11

Outcome: None

Collected four weeks medication as per kardex

Reports no issues with constipation at this time

Further appointment arranged for 10.45am on 29/04/25

Leon was noted to be cheerful in mood talking about writing another book and playing his guitar. He informed staff that he would like to attend a local music session but it would cost him approximately £20 for a taxi to enable him to get to the venue which he stated he does not always have.

17/03/2025 14:17

Team

MH CMHT North East Fife

Linked Appointment

13/03/2025 15:30

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Leon attended Weston House on
13/3/25 for an appointment with
CMHN White and Dr Olley.

Leon also agreed to St/N Omar
Levene being present.

Today we discussed the recent
incident whereby Leon had written
a love letter to befriending co-
ordinator Senga Smith.

Leon was embarrassed to be
discussing this.

He voiced that he regretted
sending the letter to Senga, in the
context of his feelings not be
reciprocated by Senga.

It seemed Leon was not really
appreciating that it had been an
inappropriate action due to
professional boundaries.

At today's session we also
discussed Leon's care plan from
his recent CPA review.

Leon was agreeable to the
contents and signed the
document.

This has been passed to CMHT
secretary for distribution to
relevant parties.

Whilst at appointment today, we
discussed the need for an updated
passport to health.

Leon was agreeable to myself and
St/N Omar visiting him at home
next week to complete this.

Plan:

Home visit to Leon on 24/3/25 at
3pm to complete passport to

07/03/2025 10:39

Christopher Olley - Speciality
Doctor - General Psychiatry
(Mental Illness)

Team

MH CMHT North East Fife

Mr Gratton had blood tests rechecked at the Weston day hospital on 04/03/25 and these have shown abnormalities in his FBC as follows - I wrote to his gp to inform them of this on 7/3/25:

WBC 20.3 (normal = 4.0 - 10.0 x 10⁹/L)

Neut 17.15 (normal = 2.00 - 7.00 x 10⁹/L)

Physical observations were:

Blood pressure = 140/75, pulse = 116 bpm (sinus tachycardia longstanding with Clozapine) and his temp = 36.8, O2 sats = 95% on air and no complaints reported other than skin inflamed.

A week ago when attending his CPA meeting I noted his skin was very inflamed and I wonder if this is contributing to his high infection markers.

Given that he is taking Methotrexate and FBC abnormalities have worsened, please could the practice consider reviewing his recent blood results and consider whether any further intervention is required at present.

If you need the Weston day hospital nurses to do anything else at this point or get in contact with Mr Gratton please also let us know.

27/02/2025 11:42

Team

MH CMHT North East Fife

Linked Appointment

27/02/2025 10:00

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Leon attended Weston today for
his 6 monthly CPA review meeting.

Updated care plan being written
and can be found in FORMS on
morse.

Care plan will be discussed with
Leon on 13/3/25, when he attends
Weston to meet with CMHN White
and Dr Olley to discuss risk
assessment.

Present at todays meeting was:

Leon Gratton; George Martin (Step
Father); CMHN A. White; CMHN
C. Brougham; St/N O. Levene;
Graham Lumsden Senior Support
Worker Richmond; Michael Ireland
SW; Dr Olley Consultant
Psychiatrist.

Next CPA is scheduled for
28/08/25 at 10am at Weston
House.

04/02/2025 11:35

Lisa Mckenna - Nursing Assistant -
General Psychiatry (Mental Illness)

Team

Leon attended the Clozapine clinic
at Weston this morning for four
weekly monitoring of bloods and
observations.

MH CMHT North East Fife

Linked Appointment

MH CMHT North East Fife

Bloods obtained and analysed on
Poch100 while in clinic. Green
result reported.

Physical observations taken and
recorded on monthly Clozapine
form on Morse

Leon collected four weeks
medication as per Kardex

Reports having some issues with
constipation over the last few days
although has passed now.

Further appointment arranged
for 4/3/25 @ 11.15

03/02/2025 17:00

Cameron Brougham - Community
Mental Health Nurse - General
Psychiatry (Mental Illness)

Risk Assessment:

- Although Leon has experienced recent self-harm thoughts, he is not in acute distress, has insight into these thoughts, and is able to challenge them.

- No intent or active plans to harm himself.

- Strong protective factors include his son, his writing, and upcoming positive events.

Plan & Next Steps:

- Next CMHT appointment scheduled for 13th March at 13:30. Will see CMHT Amanda before this.

- Encouraged to continue engaging in hobbies and maintain self-care.

- Will monitor risk at the next appointment, with a focus on managing distressing thoughts and maintaining positive coping strategies.

Next appt 13th March 1330.

28/01/2025 11:56

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing
Phone call received from Senga
Smith Project Manager at LINK
befriending on 24/01/25.

Senga advised me that she had
received a love letter from Leon.
She has sent a copy of this to me
and it will be added to FILES.

This has come out of the blue with
no previous suggestions from
Leon that he has any feelings
towards her.

Senga discussed that they have
had team discussions recently
about volunteer resources at LINK,
and it is felt that as Leon is not
engaging with his befriender
Georgie out with the home
environment it has been decided
that they will withdraw this service
at present as Georgie might be
best placed to support another
person.

Senga has written out to Leon to
advise him of this.

Today I phoned Leon.

He sounded more on edge on the
phone today and described having
a shorter temper than usual,
coping with this by trying to sleep it
off.

He advised that he was feeling
physically unwell, with headaches
and a flare up of his asthma,
concerned that he is running out of
inhalers.

He has tried to contact GP about
this but felt it wasn't getting dealt
with.

I agreed to contact pharmacy on
his behalf because he sounded
really stressed about it. Spoke with
pharmacy and they had received
prescription from GP and it will be
sent out to him on Thursday.

13/01/2025 16:03

Cameron Brougham - Community
Mental Health Nurse - General
Psychiatry (Mental Illness)

Team

Follow-up phonecall

MH CMHT North East Fife

Leon Gratton made contact with secretary Allison Breckons requesting to talk to Amanda White.

Leon stated that he was "panicking" because someone had parked their car outside Leon's home and left the car there for a number of days. This made Leon feel uncomfortable because this is the "second time it's happened." Leon and scribe discussed reasonable possibilities of why this could be - Leon suggested that maybe the owner had attended a party at the weekend and not collected their car yet. Scribe reassured Leon that car is most likely not linked to Leon, that he was safe, that the feeling would pass and that scribe was there to help Leon.

Scribe asked if Leon had tried anything to calm him - Leon stated that he has been listening to relaxing music and plans to cook a pizza. Leon displayed humour around situation jokingly suggesting that the owner of the car thinks Leon's street is a real life Monopoly game.

Scribe explained '5-4-3-2-1' grounding technique and a simple box breathing method. Leon was disapproving of the former suggestion (as this may cause him to "hallucinate") but approving of the breathing technique.

07/01/2025 11:48

Team

MH CMHT North East Fife

Lisa Mckenna - Nursing Assistant -
General Psychiatry (Mental Illness)

Leon attended the Clozapine clinic
at Weston this morning for four
weekly monitoring of bloods and
observations.

Bloods obtained and analysed on
Poch100 while in clinic. Green
result reported. Repeat ECG
requested by Dr Olley carried out,
scanned and uploaded on Morse,
email and paper copy sent to Dr
Olley at medication offices.

Physical observations taken and
recorded on monthly Clozapine
form on Morse

Leon collected four weeks
medication as per Kardex

Reports no issues with
constipation at this time

Further appointment arranged
for 4/2/25 @ 11.15

Hobbies/Activities:

- Actively partaking in hobbies, including playing pool, painting figurines, writing and playing new Atari arcade console. Leon is awaiting publication of four books – stated he had a phone call after our visit regarding this.

Physical Health:

- Eczema described as “touchy”, sore wrists and feet disclosed. Aware of upcoming tissue viability appointment in February.
- Aware of ECG and blood tests scheduled at Weston House tomorrow (7/1/25). Support worker to assist with attendance.

Future planning:

- Keen to join the music group at Ladybank. Leon remains uncomfortable using the bus but willing to take monthly taxi. Details of the group to be texted to Leon today.

Support services:

- Richmond Fellowship continues to visit Leon daily, providing support with cooking and cleaning.

*Next appointment at home on
Monday 3rd February at 13:00.*

10/12/2024 11:53

Team

MH CMHT North East Fife

Linked Appointment

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Eleanor Wilson - Support Worker -
General Psychiatry (Mental Illness)

Leon attended for his Annual
Clozapine Physical Health
monitoring this morning.

Fasting Clozapine bloods obtained
and sent to labs for testing. Bloods
also obtained for 3 monthly
Methotrexate Monitoring and 6
monthly Troponin.

Annual Assay bloods obtained and
sent to Magna labs for testing.

Annual ECG carried out. Tracing
scanned and attached to Files on
Morse also emailed to Dr Olley.
Paper tracing sent to Dr Olley at
Medical Offices Stratheden.

Leon denies any issues with
constipation at this time.

Leon collected four weeks
medication as per kardex.

Further appointment arranged for
07/01/25@11.15am

Cameron Brougham - Community
Mental Health Nurse - General
Psychiatry (Mental Illness)

social interaction and musical
involvement. However, he
struggles with public transport,
which remains a barrier. His goal is
to manage the anxiety surrounding
bus travel and eventually use
public transport to attend the
music group.

Richmond Fellowship Support:

Leon continues to receive support
from the Richmond Fellowship,
with a visitor coming for one hour
per day. This support helps with
daily tasks such as doing the
dishes and washing.

Anxiety Management: Leon
expressed an interest in working
on anxiety management
techniques with CMHN Cameron
during the next session. This will
focus on helping him address the
panic associated with leaving the
house and potentially improving
his ability to use public transport.

Plan:

1. Continue working with Leon
on anxiety management
strategies.
2. Discuss and explore practical
strategies to assist with
public transport use, working
toward the goal of attending
the Ladybank music group.
3. Collaborate with the
Richmond Fellowship to
ensure Leon receives the
support needed for daily
living tasks.

Next Appointment: 17th
December at 1130 with CMHN
Cameron

07/11/2024 14:06

Christopher Olley - Speciality
Doctor - General Psychiatry
(Mental Illness)

Team

MH CMHT North East Fife

I had a follow up appointment with
Mr. Gratton at my Psychiatry clinic
at the Weston day hospital on

the 7th November 2024. His
CMHN Amanda White and a
student nurse were also present at
this appointment with his

consent.

Diagnosis:

1. Schizophrenia

**2. Anxiety disorder (Chronic
Agoraphobia and Panic disorder
symptoms) - currently mild
though avoidance continues to
be regularly**

**used so going out in public
remains limited**

3. Eczema - under the care of
Dermatology - receiving
Methotrexate for treatment of this.

4. Diabetes Mellitus Type II

**Medication: Clozapine 300mg
nocte, Fluoxetine 60mg od, Folic
Acid 5mg od, Aripiprazole 20mg
od, Omeprazole, cream and**

Methotrexate

Update from the

appointment: Mr Gratton reported
minimal change in his mental state
since I last saw him at his CPA
meeting in August 2024. Anxiety
had lowered though he continues
to feel anxious in public and
generally avoids going out due to
this. Psychotic symptoms have not
changed and occur occasionally -
perceptual auditory disturbances
at night or first thing in the morning
when waking up from sleep. He