



**April
2007**

What Tangled Webs We Weave

As part of the EUF membership strategy. The EUF Executive decided that it would be a good idea for us to have our own web site. Our web address is www.edinburghusersforum.org

At the April meeting we will be talking about some of the things YOU as members think we should have on the website and how we will manage the new site once it is up and running.

Having a website should allow us to be more representative and strengthen our collective voice. We will be able to ask for views on hot topics from more service users and will also be able to connect with other groups of service users over the internet.

In the meantime you can continue to email EUF at euf@capsadvocacy.org

You can get information about EUF, find out details about our meetings, read the latest EUF newsletter and all the back issues by logging onto the CAPS website at www.capsadvocacy.org

As part of our membership strategy we have also increased our mailout and there is now over 300 printed copies of the EUF newsletter in circulation.

Our leaflets are next on the hit list and will include our new web address plus a section to ask members for an email address if they have one, as this will be a useful way for EUF to contact people quickly.

We hope to have all these things done by the EUF AGM. You can find details of our big day inside the newsletter.

Our Next Meeting:

Saturday 7 April 2007

1.30 - 2.00pm Doors open

2.00 - 4.30pm Meeting starts

**McDonald Road Library,
Edinburgh**

**For more information contact
CAPS on 0131 538 7177.**

Hot Gossip

Service User Meetings

CAPS have been holding meetings for service users in North West Edinburgh.

What are they for?

The meetings give service users a chance to talk about the changes that are happening to mental health services in that area and to decide how they want to be take part in the planning of services

What have people said so far?

They want clear information about the changes to services;

They want the services that work for them at the moment to continue;

So far service users haven't felt very involved.

What CAPS will do:

Sum up what people say at the meetings;

Support service user representation on the Redesign Steering Group;

Work with service users to get involved in the LONG TERM planning of future services in North West Edinburgh and try to find out if they are really making a difference.

CAPS will be organising more meetings so if you use mental health services in North West Edinburgh, and want to talk about how you can be involved:

Tel: CAPS 0131 538 7177

Email contact@capsadvocacy.org

Fancy a trip abroad?

Scottish Service Users and Carers are being invited to apply to take part in the International Initiative for Mental Health Leadership (IIMHL) 2007.

Scotland has been a member of (IIMHL). Other countries are England, Northern Ireland, Republic of Ireland, Canada, USA, Australia and New Zealand.

A key project of IIMHL is its annual leadership exchange. Every year, for 5 days, one of the member countries hosts visiting mental health leaders from the other IIMHL countries. The purpose of the IIMHL is so that people can learn from each other, find out new ideas and find new and better ways of working. They have a very wide view of who is a mental health leader and encourage service user and carer participation.

This year Canada will host IIMHL 2007 between the 27 and 31 August. There will be between 20 and 30 Scottish participants. The Scottish Executive has agreed to fund the travel, accommodation and subsistence expenses that will allow up to 5 Scottish Service Users and Carers to take part in this years event.

For more information on the IIMHL you can log onto: www.iimhl.com

Hot Gossip

The Scottish Executive have asked VOX, Scotland's new national service user organisation, to be involved in both the application and selection process. They are sending out applications to all VOX members and to local to local service user and carer groups.

For more information or to get an application form contact, Theresa McGuire at VOX on 0141 5721663.

Email voxscotland@yahoo.co.uk

Please note that applications must be in by the 10 of April 2007.

Consultations

Equality for disabled people: how will we know we are making progress?

The Office for Disability Issues have been holding events and has launched a consultation paper to hear what disabled people and those affected by disability think equality for disabled people should look like in 2025. They also want to know what people think are the most important things that need to be considered to measure progress. The consultation closes on 9 May. To read more about this and download the consultation paper log onto:

officefordisability.gov.uk/consultations

EUF Annual General Meeting

Fed up going to the same kind of boring old AGM's? Ever fallen asleep and hope no one has noticed? Then come along to an AGM that won't bore you or sent you to sleep.

Edinburgh Users Forum Annual General Meeting

Friday 11 May
Doors open 2.00p.m
AGM starts 2.30p.m
The Drill Hall
36 Dalmeny Street
Edinburgh

Meet the Forum, hear about some of the things that EUF have been involved in and achieved over the last year. Join in our Madtastic quiz and get the chance to win one of our fantastic booby prizes. Enjoy the buffet and an AGM to remember.

For more details contact:
CAPS 0131 538 7177

Hot Gossip

Planning Appeal

The Edinburgh Evening News published an article on Saturday 24 March about the planning appeal for 4 Smiths Place, the premises that was originally intended for the Edinburgh Crisis Centre. It's titled 'Landmark win will open up historic buildings for disabled people'.

EUF would like to thank everyone who gave their time and support to the appeal. To read the article and leave comments, log onto;

<http://edinburghnews.scotsman.com/edinburgh.cfm?id=460562007>

ESAG

Latest News from the Employment Services Action Group

The Minimum Wage rates have gone up again, which means that more than a million workers, two thirds of them low paid women, will benefit from a rise in the National Minimum Wage from £5.35 to £5.52 an hour. There are also increases from £4.45 to £4.60 for 18-21 year olds, and from £3.30 to £3.40 for 16-17 year olds.

For more information log onto;
www.gnn.gov.uk

Before it's a crisis...

Here is a short list of phone numbers you can contact for support when most services are closed. It is a good idea to have these numbers and others where you can find them when you need support or help. Services such as Breathing Space and the Samaritans offer a listening service. Social Work and the NHS are more appropriate if you need more than this.

Breathing Space

0800 83 85 87 (6.00pm-2.00am)

Samaritans

08457 90 90 90 (24 hours)

NHS 24

0845 24 24 24 (24 hours)

Emergency Social Work Service

0800 731 6969 (out of hours only)

Crisis Centre Interim Service

Free phone 0808 801 0414

Text phone 0808 801 0415

If you get support at home, you may have an 'on-call' number to contact staff. If you have contact with a Community Mental Health Team, they may also have a number for you to contact staff.

If you require advocacy you may contact:

Advocard 0131 554 5307

Circles Network 0131 537 6004

At our last meeting

Crisis Centre

Jacque Watt, Manager of The Edinburgh Crisis Centre, came along to the March meeting to speak about the interim service and how it has been working so far.

The Centre provides a 24/7 help line but some of the Forum said that when they are unwell they find it difficult to use the telephone. Email was suggested as another way people can contact the service. If you prefer to use this you can email the crisis centre at crisis@edinburghcrisiscentre.org.uk

They also provide a short term space for people in crisis but there is a real need for the overnight stay. Now that we have won the planning appeal for 4 Smiths Place, the building work to install the glass lift and extend the basement area can eventually begin. The original date for completion of the work was the end of September but it looks like it may take longer before the work will be finished.

You can contact the Interim Service on:

Free phone 0808 801 0414

Text phone 0808 801 0415

For more information about the Edinburgh Crisis Centre log onto:

www.edinburghcrisiscentre.org.uk

VOX

VOX have sent out a letter to their members asking them to vote on the issue of group membership. At the moment only individuals can join this national service user organisation.

We hope the members of VOX will vote in favour of group membership and that they change their constitution. It is important that local service user groups like EUF are represented at national level. We will let you know the outcome of the vote when we hear the result. To find out more about VOX log onto:
www.voxscotland.org.uk

This is a summary of what was discussed at the meeting. Full minutes of all EUF meetings are kept in the office and are available to any member on request.

Minutes are not automatically sent out any more because members said that they didn't want this.

If you want the full minutes please contact the CAPS office - details on the back page.

You can also ask to have the EUF newsletter sent to you by e-mail as well as or instead of by post.

Community Happenings

Depression Alliance Scotland

Are you experiencing low mood, tension or feelings of depression? Meet people who understand at a free Depression Alliance Scotland Self- Help Support Group.

Wednesdays fortnightly

7.00p.m - 9.00p.m

Edinburgh West End

58 St George's West Church

Shandwick Place

Edinburgh

For more information and dates of meetings, call Depression Alliance Scotland on 0845 123 2320 or log onto their website at: www.dascot.org

edspace

Edspace, the new Mental Health information website, has a directory of mental health services that are available in the Edinburgh area. You can also access mental health fact sheets and crisis information by logging onto the site. edspace is still in the pilot stage so you can comment on the database and suggest any changes.

www.edspace.org.uk.

health in mind

Information Afternoon

Wednesday 4th April 2007

1.30 - 3.30p.m

talk about Helplines and mental health

by the Samaritans

Come along to this and learn a bit more about helplines, mental health and the Samaritans. You can also have a look at the resources that are available in the information resource centre.

Information Resource Centre

health in mind

40 Shandwick Place

Edinburgh

Tel: 0131 243 0106

Information@healthinmind.org.uk

Numbers are limited so please book as soon as possible. Service users given priority over workers.

Please note there is no disabled access to these offices.

Community Happenings

Scottish Recovery Indicator

The Scottish Executive Mental Health Division are hosting an event to share and discuss the new Scottish Recovery Indicator (SRI) tool.

On the day, they hope to gather information and guidance on the kind of support that will be needed to pilot and evaluate this recovery indicator in different areas across Scotland before it is used more widely by 2010.

For more information on recovery and to download a booking form for this event log onto;

www.scottishrecovery.net

DELIVERING FOR MENTAL HEALTH

The Scottish Recovery Indicator
A tool to measure equality, social inclusion, rights and responsibilities

30 April 2007

10.30am - 3.15pm

**The Scottish Youth Theatre
105 Brunswick Street
Glasgow**

This event is free

Spectrum courses

Spectrum are looking for people to take part in their five week course called Personal Power. Details of dates and sessions are listed below.

Course 1: Personal Power

Week	Date	Session Details
1	Thursday 12 April	Confidence-building and self-awareness
2	Thursday 19 April	Emotional management
3	Thursday 26 April	Managing anger and conflict
4	Thursday 3 May	Personal transformation through positive action
5	Thursday 10 May	Strategies for change

The course will be held at the Spectrum office, 4th Floor, 28 North Bridge Edinburgh from 10.00am till 4.00pm.

All materials, bus tokens and lunch vouchers are provided and each person completing the course will receive a certificate of achievement.

For more information and to book a place call Spectrum on 0131 225 6662 or email spectrum@foursquare.org.uk.

About Edinburgh Users Forum

The Edinburgh Users Forum (EUF) is an independent collective advocacy group. Our members are people who use, or have used mental health services. We were set up to give people who use mental health services a say in the services that are provided, and how services are run.

We have monthly meetings where we discuss issues and invite speakers along. We campaign on issues like benefits, housing, advocacy, crisis services and bus passes. If you would like any more information about EUF please contact us.

Contact us

Phone: (0131) 538 7177

Fax: (0131) 538 7215

Email: euf@capsadvocacy.org

Write to:

Edinburgh Users Forum
c/o CAPS
5 Cadzow Place, Edinburgh

Dates for your diary

EUF 2007 meetings:

Saturday 7 April

Saturday 5 May

Friday 11 May AGM

Saturday 7 July

Saturday 4 August

Saturday 1 September

Saturday 6 October

Saturday 3 November

Saturday 1 December

Monthly meetings

We meet at the McDonald Road Library, Edinburgh (on the corner of McDonald Road and Leith Walk). Come along from **1.30pm** for a cuppa and a chat. Meeting starts at **2.00pm**.