



June  
2007

## Fantastic Madtastic AGM!

EUF had our Annual General Meeting on 11 May at the Drill Hall in Dalmeny Street. It was well attended by service users and also by staff from voluntary sector organisations in Edinburgh.

Everyone who come along on the day was given a limited edition EUF t-shirt with the slogan "Warning May Contain Nuts". There are still some of these left and members who didn't attend the AGM can pick one up at the next Forum meeting on 7 July. **Please note there won't be a meeting in June.**

Our convenor spoke about some of the things that EUF had been involved in since our last AGM for example how we had won the planning appeal to have the external lift built at 4 Smiths Place. He also mentioned some of the groups that we have worked with over the last year and some of the things that we will be involved in over the coming year, like the review of day services.

We also had a report from our treasurer and are happy to say that our finances are all in order. Everyone was elected back into their posts on the EUF executive unopposed.

After business we had our Madtastic Quiz with prizes for the winning team, the best team name and booby prizes for the team with the lowest score. This was followed by a buffet which gave everyone a chance to catch up on all the latest news.

The Executive would like to take this opportunity to thank all EUF members for their support over the last year and to thank everyone who came along and made the day a great success and an AGM to remember!

### Our Next Meeting:

**Saturday 7 July 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 Topics

## Review of day services

There was a meeting in May at the CAPS offices for all the organisations that are involved in the review of day services in Edinburgh. It was agreed this group should be made up by those who can influence changes to mental health services.

The group plans to review day, evening and weekend services in the statutory and voluntary sector. It will look at the gaps in existing services, find out if services are being duplicated and look at exactly where and what is being provided across the city. The review aims to find out what works well and what could be improved, so it can consider recommendations for future services.

EUF will have a very important part to play in the review as we will be responsible for going out and speaking to other service users to find out what they think about day services in Edinburgh. We looked at this before and came up with three open-ended questions that we could use to ask people about how they spend their time.

We believe that everyone across the city should be able to get equal access to day services that provide people with what they need. This will be a hot topic for the Forum over the next 18 months and we will need the support of our membership.

## Crisis Centre

### Latest News

The work to extend the basement area at 4 Smiths Place to enable wheelchair access and build on the glass lift has begun. It is estimated that this will take 6 months to complete but it could take longer.

When the Edinburgh Crisis Centre finally moves premises, it will be able to provide the full service with overnight stays for people in crisis for up to a maximum of 7 nights.

### Crisis Standards

The Partnership Group has just had a special meeting to look at the Crisis Standards on how crisis services should be working.

There is no recognition in these standards of the important role that the voluntary sector plays in supporting people in crisis. Although reducing hospital admissions is an important outcome, it is also important to improve community-based support for people in crisis.

The standard on service user involvement only recognises user involvement in terms of 'individual support plans'. It also doesn't say how service users can be involved in the planning and development of the service, which is something that service users have been involved in at Edinburgh Crisis Centre.

## Hot Topics

### North West

CAPS have just finished their second round of meetings for people who use mental health services in North West Edinburgh. We have been out to speak to people at the Inverleith Day Unit, in Stockbridge, at Threshold, in South Queensferry and the PROP Stress Centre.

#### So what's the latest news?

People are still concerned over the uncertainty of how they will be affected when NHS staff merge into a Primary Care Liaison Team and a Community Mental Health Team but hope this will be handled with care.

People have been talking about what is happening to day services in this part of the city and the kind of things that service users value as meaningful activities. It is important that the people who use day services have a say in the kind of activities that are provided both in the community and in hospital. Meaningful activities should meet peoples needs and promote health and well-being.

People have also been commenting on the draft North West Operational Policies for the Community Mental Health Team and the Primary Care Liaison-Team. These explain how the new service will be provided. People want to be involved at all levels of their care and have a say in the decisions that affect their lives. We hope this and more will be included in the final copies of these documents.

#### What next?

CAPS will write up another Service User Report that sums up what people are saying and continue to support service user interests in North West Edinburgh. We have organised more meetings for July and hope to be going out to speak to service users in the BME and LGBT communities soon.

If you use mental health service in North West Edinburgh and want to talk to CAPS about the changes and how you can be involved:

Tel: CAPS 0131 538 7177 or

Email [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)

### Infusion

Infusion is the organisation that is evaluating Edinburgh Crisis Centre. They want to speak to people who have used the service to find out what people think about the Crisis Centre.

Evaluation is important. It gives service users a chance to tell service providers what they think and it means that we can ask for changes if people aren't happy with the way that services are run.

If you would like to talk to infusion about your experience of using the Crisis Centre or just want to find out more information see the enclosed flyer and contact:

Sally: 667 2497 or 07917324615

Chris: 228 8590 or 07917283760

Beth: 07810130721

# City News

## Community Health Partnerships

Community Health Partnerships (CHPs) were set up by the Scottish Executive to manage and provide health care all over Scotland. As from 1 April there is now one (CHP) to cover the city of Edinburgh.

### So what does it do?

The Community Health Partnership (CHP) is part of the NHS and is supposed to work closely with social services and voluntary organisations to provide services to around 495,000 people in Edinburgh.

There are 77 GP Practices, Health Centres, Clinics and community based services like Health Visiting, School Nursing, District Nursing, Physiotherapy, Podiatry, Occupational Therapy, Dietetics, Speech and language services and services like pharmacists, dentists and opticians. The CHP also manages all mental health services including the Royal Edinburgh Hospital.

It has been developed to provide high quality local health services that are supposed to help to meet people's needs. It says it aims to make sure that the right care is delivered at the right time, in the right place and work to help people in Edinburgh to be healthier.

It is part of something called the 'Joint Directorate of Health and Social Care'

between NHS Lothian and the City of Edinburgh Council and brings Primary Care and Community Health services together with Adult and Older People's Social Care services. Peter Gabbitas who is the Director of Health and Social Care in Edinburgh manages this single joint structure.

### Local Health Partnerships

There are also five Local Health Partnerships (LHPs) that cover North East, North West, South Central, South East and South West Edinburgh and they are responsible to the Community Health Partnership for ensuring the delivery of services to patients locally.

### Public Partnership Forums

In addition there is also a North and South Edinburgh Public Partnership Forums (PPFs) that are linked to the CHP. These allow people who use services, carers and the public to be involved in discussion about how local health services are planned and delivered.

To find out more about CHPs and how they work:

Tel: 0131 536 8804 or email:

[info.edinburghchp@ipc.scot.nhs.uk](mailto:info.edinburghchp@ipc.scot.nhs.uk)

Log onto: [ww.nhslothian.scot.nhs.uk](http://ww.nhslothian.scot.nhs.uk)

## At our last meeting

### ICPs

Richard Murray The Clinical Standards Facilitator came along to speak about Integrated Care Pathways (ICPs) and how they will be developed across Scotland and Lothian.

By the end of 2007 every health board across Scotland must agree a set of standards about what services people should be getting and write guidelines for their area. Health boards will then develop and be using ICPs from 2008 onwards.

Integrated Care Pathways have been designed in relation to five specific diagnoses and explain what should happen to you at different stages of your care. They are intended to bring all aspects of your care together and should act as a checklist, as there will be boxes to check at each stage with information about what should happen next.

ICPs should give people some protection. If someone has not been offered something at a certain stage of their care, the professional has to write down why the person was not offered that pathway.

However, there isn't a pathway for some people who may have more than one diagnosis and people don't always fit into boxes.

That is why the development of ICPs must involve service users. We know what it's like to use mental health services and what kind of care pathways we need. We hope that service users will go along to the draft consultation event on the 5 June and comment on them.

### ICP Lothian Consultation Event

Please note for anyone that booked a place at the **Draft Standards Consultation Event on Tuesday 5 June 2007 from 9.30a.m till 4.45 pm.** that there has been a change of venue and this event will now be held at the **Playfair Library Edinburgh University.**

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.

## Research

### “Researching Cancer among People who experience Mental Health Problems

More people in Scotland are being diagnosed, living with, and surviving cancer than ever before and every year 26,000 people are given a cancer diagnosis. However there is one group of people where research has shown that this may not be the case. In Australia it was found that people with mental health problems had a 40% greater chance of dying from cancer and a US study found that people with a mental health problem were diagnosed with certain cancers much later and at a more advanced stage compared with the population in general. People with mental health problems should be entitled to at the very least the same level of service delivery in terms of cancer prevention and cancer care as the rest of the population. Some researchers are interested in finding out what the picture is in Scotland re:cancer and people who experience mental health problems and how to ensure equality of access to cancer prevention and cancer treatments. They want to involve users of mental health services and their carers in discussing the best way to do this and involve them in any future research and would like the opportunity to discuss this with them at an appropriate time.

Eddie Donaghy, Cancer Care Research Centre, Stirling University.  
Email [e.a.donaghy@stir.ac.uk](mailto:e.a.donaghy@stir.ac.uk)  
Tel. 07717 456454”

### 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

## Community Happenings

### health in mind

**Information  
Afternoon**

**Wednesday 6 June 2007  
1.30 - 3.30p.m**

**Information Resource  
Centre**

**health in mind**

**40 Shandwick Place  
Edinburgh**

**Advocacy and Mental  
Health by Advocard**

The afternoon is aimed at giving people an understanding of the topic and how it may affect people. You can also have a look at the resources that are available in the information resource centre.

For more information:

Tel: 0131 243 0106 or email

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.**

### LEITH FESTIVAL

**Sunday 10th June 2007**

**12 noon - midnight**

**Leith Dockers Club**

**Academy Street**

**Leith**

A 12 hour benefit gig for PENUMBRA the mental health care organisation working extensively in Edinburgh, featuring a host of local bands and songwriters, as well as poets and special, international guests. BBQ available all day.

Confirmed artists include:

LEE PATTERSON

ANDY CHUNG

DROPKICK

MEG CAVANAUGH (USA)

LITTLE PEBBLE

ANDY LANG AND THE WELL

INGE

Guest poets/MCs:

MILTON BALGONIE

LINDSEY BONE

MANDY MAXWELL

Tickets are £10 for the day, with full access.

Info from: [www.leithfestival.com](http://www.leithfestival.com)

[andy@leithfestival.com](mailto:andy@leithfestival.com)

[marine@leithfestival.com](mailto:marine@leithfestival.com)

## 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](mailto:euf@capsadvocacy.org)

Write to:

Edinburgh Users Forum  
c/o CAPS  
5 Cadzow Place, Edinburgh  
EH7 5SN

### Dates for your diary

#### EUF 2007 meetings:

**Please note there is NO June meeting**

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**.