



**May  
2007**

## **The Well Trodden Path?**

If you use mental health services you may have them provided by health, social care, the voluntary sector, or a combination of these. It is important that different mental health services work together to meet individual needs.

People don't want to have to jump through hoops to access different services. We need better co-ordinated care provided by different organisations and this is where Integrated Care Pathways (ICPs) could help.

The ICP will be a tool that shows what people should expect when using different mental health services. They should enable people to check their planned care pathway with the care they actually receive.

There will be five ICPs for depression, schizophrenia, dementia, bipolar disorder and borderline personality disorder. Standards for each of these will be developed by the end of 2007. Service users should be involved in their development. We know what it's like to use mental health services and what we need along the journey of care and support.

Richard Murray from NHS Lothian, who has been given the job to take ICPs forward, is coming along to our May meeting to talk about them and to hear what service users have to say.

A consultation on the draft ICPs will be taking place on 5 June for everyone across Lothian. The details are on the next page. You can read or download a copy of the ICP standards from the NHS Quality Improvement Scotland website.

[www.nhshealthquality.org/nhsqis/3391.html](http://www.nhshealthquality.org/nhsqis/3391.html)

### **Our Next Meeting:**

**Saturday 5 May 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

### ICP Lothian Consultation Event

NHS Quality Improvement Scotland -  
Integrated Care Pathways for Mental  
Health.

#### **DRAFT STANDARDS CONSULTATION EVENT**

**Tuesday 5 June 2007**

**9.45a.m till 4.45 pm**

**at**

**South Hall**

**Pollock Halls**

**University of Edinburgh**

CAPS have booked a limited number of  
places for service users. If you would  
like to come to this event:

Contact Audrey at CAPS

Tel: 0131 538 7177

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

To book a place as an individual, con-  
tact Nicola Shearer:

Tel: 0131 536 9411

Fax: 0131 536 9406

Email: [Nicola.shearer@lhb.scot.nhs.uk](mailto:Nicola.shearer@lhb.scot.nhs.uk)

**Please note that the closing date for  
application forms is Friday 11 May,  
2007**

### Edinburgh Users Forum

Would like to invite you to its

**Annual General Meeting**

on

**Friday 11 May 2007**

at

**The Drill Hall**

**36 Dalmeny Street**

**Edinburgh**

**Doors open 2.00p.m**

**AGM starts 2.30p.m**

Join us to celebrate 15 years of  
the existence of a Users Forum.  
Hear about some of the things that  
EUF have been involved in and  
achieved over the last year. Enjoy  
the buffet, take part in our Madtas-  
tic quiz and be part of an AGM to  
remember.

If you need any help with trans-  
port, please contact:

CAPS Tel: 0131 538 7177

Fax: 0131 538 7215

# Hot Topics

## North West

Changes are being made to the way that mental health services are provided in North West Edinburgh. CAPS have been holding meetings for people who use services in this area.

### Service User Summary Report

CAPS have produced a report for everyone who came along to the meetings. It sums up what people said about the changes to services and some of the changes that services users want. Copies of the report have also been given to the Redesign Steering Group. This is the group involved in making decisions about mental health services in North West Edinburgh.

### What next?

CAPS will continue to support service user interests in North West Edinburgh. We have organised more meetings as most of the people who came along to the meetings said they would like to meet with CAPS again to talk about the next steps for service users. If you use mental health service in North West Edinburgh come along to one of the meetings and talk to CAPS about the changes and how you can be involved.

### Dates, times and Venues

Tuesday 8 May 2007

1.00p.m - 2.30p.m

Inverleith Day Unit

Royal Victoria Hospital

Craigleith Road

Edinburgh

Wednesday 9 May 2007

3.00p.m - 4.30p.m

Stockbridge Health Centre

Education Room

11 India Place

Edinburgh

Tuesday 15 May 2007

1.30p.m - 3.00p.m

Threshold

Rannoch Community Education Centre

6 Rannoch Terrace

Edinburgh

Thursday 17 May 2007

1.00p.m - 2.30p.m

The Haven

25B Burgess Road

South Queensferry

Edinburgh

### Representing Service Users Views

CAPS have also organised a meeting for Tuesday 1 May 2007, 1.30p.m till 3.00p.m, in the CAPS office at 5 Cadzow Place, Edinburgh. This is for anyone who might also be interested in representing service user views at the Redesign Steering Group. If you use mental health services in the North West and would like to come to this meeting:

Tel: CAPS 0131 538 7177 or

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

We can help with transport and costs.

## Hot Topics

### Review of day services

The City of Edinburgh's Department of Health and Social Care are co-ordinating a review of day services in Edinburgh. EUF and some other groups and organisations will work with them on this.

We started the ball rolling on this and want to make sure that there is a strong service user input into this review.

There will be two parts to the review. One will be an audit of services. This will look at what services are available for people with mental health problems to use in Edinburgh and what they provide for people.

The other part of the review will involve finding out what service users actually want from day services. This is the part that EUF will be more involved in. We have already started work on the kind of questions that are important to ask service users about day services.

There will be a meeting in May for organisations that may be involved, to talk about what happens next. The review will probably take about 18 months to complete and we will need a lot of support from our members.

### Evaluation

Infusion is carrying out an independent evaluation of the Edinburgh Crisis Centre. The evaluation will take place over 3 years and will involve collecting information on how well the Crisis Centre is working from a wide range of people and organisations.

Service users campaigned for a crisis centre for many years and are now playing a very big part in planning and overseeing the running of the Crisis Centre.

**Service users' experience of the Crisis Centre is the most important part of the evaluation. Have you had contact with the Crisis Centre? Have you wanted to contact the Crisis Centre, but for some reason didn't do so? If 'yes' to either of these, would you be willing to tell Infusion about **YOUR** experience? Infusion is really keen to hear from you.**

If you would like more information and might be willing to take part. Please contact Infusion.

Tel: Sally Dick            07917 324615  
Chris Vickerman 07917 283760  
Beth Cumming    07810 130721

Email [info@infusioncoop.org.uk](mailto:info@infusioncoop.org.uk)

Or Tel: CAPS 0131 538 7177  
Email [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)

## At our last meeting

### Website

EUF has talked about some of the things that we should have on the EUF website and how we would manage it once it was up and running.

The website needs to be accessible so people find it easy to use. Some of the suggestions have been:

- it should have all the information about EUF on it;
- new and old copies of our monthly newsletter;
- information that people can use if they are in crisis;
- relevant articles and notes of publications that people might be interested in reading;
- a links page to other service user groups and mental health organisations;
- a consultation space, so EUF can ask for service users views on hot topics;
- a diary page for up-coming events and meetings;
- a guest book/notice board with a counter, so people can leave comments when they visit the site;
- a contact EUF option.

We hope to set up an editorial group of service users for the website and the newsletter once the site is ready.

### LPIN

The Lothian Psychological Interventions Network has a Personality Disorder Sub Group. EUF has a representative that goes along to their meetings.

EUF would like to hear from any service users who have been given the diagnosis of personality disorder. They want to know about their experience of having this diagnosis and if they have had problems getting the help they need.

Email: [euf@capsadvocacy.org](mailto:euf@capsadvocacy.org)  
Or contact Audrey at CAPS  
Tel: 0131 538 7177

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.

## 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

## health in mind

## Information Afternoon

**Wednesday 9 May 2007**

**1.30 - 3.30p.m**

**Information Resource  
Centre**

**health in mind**

**40 Shandwick Place**

**Edinburgh**

## Talk about Young People and mental health by the Young Peoples Unit

This event is for anyone with an interest in Young People and mental health. 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.**

## Community Happenings

### Recovery Down Under

Working to Recovery are hosting an event **specifically designed for service users and carers** in Dundee on May 23rd, featuring speakers from New Zealand and Australia.

Joint sponsorship of this event by Scottish Recovery Network and the University of Abertay ensures that delegate places are free, but demand is likely to be high.

Aims of day:

- To provide an opportunity for service users and carers to hear about international efforts to promote recovery and to consider how recovery-based practices are being developed in other countries.
- To increase knowledge on recovery, particularly from the service user and carers perspective.
- To learn from the successes and failures in efforts elsewhere to promote recovery.
- To offer a platform for open and honest discussion of recovery for service users and carers.
- To aid discussion on how Scotland should move forward in its efforts to promote better recovery.
- Speakers on the day will include:
  - Gary Platz - Strategic Advisor of the Well-link Trust New Zealand.

- Kathryn Platz - A family perspectives on recovery from New Zealand.
- Lyn Mahoub - Richard Fellowship Australia and National Co-ordinator of the Australian Hearing Voices Network.

For more information or to book a place please contact Working to Recovery on [info@workingtorecovery.co.uk](mailto:info@workingtorecovery.co.uk) or on 01382 542 517.

**Please note this event is designed for service users and carers.** Please note also that this event will be filmed by Working to Recovery.

### LGBT Survey

The LGBT Centre for Health & Wellbeing is now in its final year of current Lottery funding. They have created a survey for lesbian, gay, bisexual and transgender people in Edinburgh, the Lothians and the Borders.

The results of this survey will be published on their website during the summer and will shape the development of services for LGBT people living in Edinburgh, the Lothians and the Borders.

You can take the survey online at: <http://shout.to/lgbthealth>

To find out more information about the LGBT Centre for Health & Wellbeing log onto: [www.lgbthealth.org.uk](http://www.lgbthealth.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](mailto:euf@capsadvocacy.org)

Write to:

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

### Dates for your diary

#### **EUF 2007 meetings:**

Friday 11 May AGM

**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**.