

CAPS

independent
advocacy

The Consultation & Advocacy
Promotion Service

Mental Health Advocacy News Edinburgh

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Toolkit Launch

On Friday 1st July 2011, the CAPS Personality Disorder Project Resource 'Much More Than a Label' was launched at NHS Lothian headquarters in Edinburgh.

In the two years since the project began over fifty people who have been given a diagnosis of personality disorder have been in touch with the project to share their views and contribute to a resource about personality disorder written for staff by people with lived experience.

The launch was attended by a wide range of people and it is hoped the resource will be helpful across services, not just in

mental health, but also social work, housing and other support services.

The resource combines personal quotes, artwork, poetry, reflective exercises and local and national resource.

An aim of the resource is to give an insight into the experience of living with a diagnosis of personality disorder and show what people who have this experience have said is helpful and unhelpful to them.

As the resource is a piece of collective advocacy, another aim is to make sure as many frontline staff as possible have access to the resource. The resource is being distributed to teams across Lothian.

The Personality Disorder Project is now working on training and other types of information and is always looking for people who would like to get involved or give us their ideas.

If you would like more information about the project, or know how to access the resource please contact Naomi at CAPS on 0131 538 7177 or naomi@capsadvocacy.org



Artwork by project participants display at the Much More Than a Label launch

Hot Topics

The Future of Public Services: Christie Commission Report

At the end of June 2011, the Christie Commission report was published. This report was commissioned by the Scottish Government to look at how it could better manage public services to fight social and economic inequalities affecting individuals and communities in Scotland. National policies and initiatives and higher public spending since devolution have not solved the problem.

The report recommends an urgent transformation of public services delivery to cope with reduced budgets and increased needs from a growing population.

The report found that services are too fragmented and do not allow organisations to work together to be more efficient. The report also finds that services need to be driven by the people who use them and look at doing more prevention than dealing with issues that could have been avoided in the first place.

To make services better and more efficient, it is very important that the organisations that design and deliver services (public, third sector and private) work well together.

They also need to work in partnership with people and communities: **services must be designed with and for people and communities to understand their needs and provide integrated services that work for**

people and are not just about saving money.

The report recommends that new regulations are put into place to make sure that public services have a common way of working, get the community to participate and make a difference to people's lives.

Services also need to prioritise preventative measures to reduce demand and reduce inequalities. They therefore need to research and understand better the causes of inequalities in communities to prevent issues developing.



In summary, the Scottish Government will have to find ways to make public services both cost effective and efficient. This means it will have to make tough choices on how to spend its budget to find a model that is both “financially sustainable and capable of meeting the significant longer-term challenges society faces”.

Martin Sime, chief executive of SCVO (Scottish Council for Voluntary Organisations), has commented that

the third sector is good at preventative approaches and specialises in working with people, not doing things to them. He hopes the review will allow voluntary organisations to have a bigger role and do things differently.

What do you think about the recommendations of the Christie report? Do you think it is good to focus on more prevention? Do you think you would get better care and support if the services you use worked more together? Are you worried about the impact a review of services will have on your life?

If you would like to have a say or get a copy of the report, contact Laëtitia at CAPS on 0131 538 7177 or email laetitia@capsadvocacy.org. You can also get a copy of the report on the Scottish Government website at www.scotland.gov.uk/Publications/2011/06/27154527/0.

City Of Edinburgh Council Commissioning Strategy

Earlier this year people were asked to give their views about the way that City of Edinburgh Council buys social care, support services and adult services. The consultation ended on 4 March 2011. The idea was to have a commissioning strategy which will spell out exactly how the Council will buy services.

The Council have produced a report about what people said and have responded to the points they raised. They also list sixty one action points that they will work on to implement a strategy over the next five years.

One of the concerns that came up was about tendering for services and the lack of choice service users have in who will provide their care.

People feel tendering favours large organisations and smaller ones often end up disappearing. Other concerns were about how service users can have a real influence over how services are run. People said they wanted services that met their needs and were not just about value for money.

The final version of the Commissioning Strategy for Social Care and Support will be presented to the Council's Policy and Strategy Committee on 9 August 2011 for approval. After this, there will be a newsletter about the outcome. The final version of the commissioning plans for adults, children and families and housing and homelessness will go to the committee in the autumn.

A full copy of the report can be found at www.edinburgh.gov.uk/commissioningstrategy or you can get a copy from Donna at CAPS by phoning 0131 538 7177 or emailing donna@capsadvocacy.org.

Spiritual Care Review

The NHS spiritual care service (chaplancy service) is reviewing the services it provides in the community in Edinburgh. The consultation is led by people with experience of using the service and is supported by CAPS.

CAPS wants to hear from people with experience of using the chaplancy service as well as people who don't use the service to understand better the demand for the service, its value for people that use it, barriers which prevent people accessing the service, what is working well and areas for future improvement.

A questionnaire will soon be sent to service users and organisations to

gather their views. CAPS can also meet individuals directly, have a one-to-one chat on the phone or arrange meetings with groups. If you would like more information or if there is something we could do to make it easier for you to give your views, please contact Donna at CAPS on 0131 538 7177 or email donna@capsadvocacy.org.

Scottish Mental Health Arts and Film Festival Update

Although the festival doesn't start until October, we are running some events before then to get everyone in the mood and to produce some artwork that can be exhibited in the festival.

One way of getting your views across loud and clear is to put them on display by making posters. We are running a poster making workshop before the festival to gather all the ideas people have and to produce publicity for festival events.

You don't need to have any artistic experience and all the materials will be provided—just bring yourself. The workshop is on Wednesday 17 August 2011 from 11am to 2pm at the North Edinburgh Arts Centre, 15a Pennywell Court, Edinburgh, EH4 4TZ. We hope to see you there.

Please contact Kirsten or Naomi on 0131 538 7177 or email kirsten@capsadvocacy.org for more information about any festival events.

Self Harm Consultation

Outside the Box is a social enterprise. They are a source of independent community development support, information, training and advice to

people who tend to be marginalised from their communities and who want to make a contribution.

They are in touch with many people who are interested in the Scottish Government's working group on self harm, including people who responded to the Scottish Government's consultation in 2010. A copy of the final version of the Working Group's report is available at www.scotland.gov.uk/Publications/2011/03/17153551/1

People have told Outside the Box that they are disappointed responses to the consultation appear to have had little or no impact and that the final version does not reflect people's experiences. A copy of the feedback that CAPS gathered is available on the Outside the Box website (www.otbds.org).

Here are things people can do to continue to raise their concerns and suggestions: write letter to members of the Working Group, write a letter to Ministers and MSPs to raise as much awareness as possible about the issue.

Draft letters and information on how to contact MSPs and local Councillors are available at www.otbds.org/index.php/project/view_details/107/

OPEN CALL FOR 'SURVIVOR ART'

Do you have artwork or writing that reflects your experiences around mental health? Or would you like to create something?

Would you like to exhibit it in this year's festival?

Contact Kirsten on 0131 538 7177
Or kirsten@capsadvocacy.org



Edinburgh Users Forum (EUF) is an independent collective advocacy group. Its members are people who use, or have used mental health services. They give people who use mental health services a say in the services that are provided, and how services are run.

New Name?

At the July 2011 meeting, EUF discussed the future of the forum when CAPS stops providing support and a new provider for collective advocacy in Edinburgh is chosen following the City of Edinburgh Council's review of advocacy services.

The first thing EUF is looking at is changing the name of the Forum. People think it is a good idea to change name as it is a time of change and a time to move forward.

There was a lot of discussion about what a new name should represent and how it could be appealing to as many people as possible.

We agreed that some words might put some people off as they might not identify with them. Therefore we decided to exclude words such as Patient, Survivor, Activist and User.

We also excluded Recovery as it might keep people who do not agree with the concept away. Psychiatry is a word that might put people off. Mental health is more accurate as you can use mental health services without using psychiatry services.

In the end people agreed to look for a name that is quite generic and catchy. Some people feel a generic name could exclude people but others feel it is

important to have a sense of anonymity. It should be ambiguous so people ask questions and it raises some awareness about the stigma surrounding mental health.

EUF has now come up with a few suggestions and would like the views of other members. Please let us know if you think any of the names below are a good option. If you have other ideas, please contact Donna at CAPS on 0131 538 7177 or email donna@capsadvocacy.org to put forward your suggestions.

After the next meeting, EUF will call an EGM (Extraordinary General Meeting) to get EUF members to agree on a final choice.

The options so far are:

- One in Four Forum
- One in Four Edinburgh
- Speak Up (Edinburgh)
- Support Us (Edinburgh)

Our Next meeting

EUF's next meeting will take place on Saturday 6 August 2011 at McDonald Road Library. Doors open at 1.30pm and the meeting runs from 2pm to 4pm.

Please contact us if there is anything we can do to make it easier for you to attend the meeting. Contact Donna at CAPS on 0131 538 7177 or email donna@capsadvocacy.org

Community Happenings

Comedy at the Festival

See Me is supporting a show at the Fringe Festival organised by Universal Comedy in August.

The Comedy Show – ‘The Clinic’ will take place at Edinburgh’s the Gilded Balloon on Bristo Square in Edinburgh on Tuesday 16 August 2011 at 7pm.

‘The Clinic’ showcases the comedy talents of people with mental ill health challenges. Participants have attended comedy skills workshops and have taken the huge step of performing their own outstanding comedy creations in front of a live audience.

The Universal Comedy’s team of comedy tutors are writers and performers from the world of Scottish Comedy and they will be supporting the participants.

Universal Comedy Tutor and stand-up comedian Raymond Mearns says: *‘People with mental ill health need to have their voices heard and Universal Comedy play a big part in that’*

Tickets are available directly from the Gilded Balloon Box Office on 0131 622 6552 or you can visit the following website : www.gildedballoon.co.uk. Tickets cost £5.50/4.50 concessions.

SEAN Network

The Scottish Electro-Convulsive Therapy Accreditation Network (SEAN) has taken a central role since 1996 in ensuring that there is a continued process of clinical

audit and monitoring of all NHS Electro Convulsive Therapy (ECT) in Scotland.

SEAN is currently seeking service users who have had experience of ECT and / or carers supporting someone who has had experience of ECT, to participate in a service user group, the group will meet approximately 5 or 6 times per year and travelling expenses will be reimbursed.

SEAN has received input over the years from various user-led organisations to ensure a patient-centred focus.

Membership of the service user reference group currently includes:

- Argyle & Clyde United in Mental Health
- Bipolar (Scotland)
- The Consultation and Advocacy Promotion Service (CAPS)
- Support in Mind Scotland
- Voices of Experiences (VOX)

The aims of this group are to add another dimension to the project, assist and advise the SEAN Steering Group to evaluate the value and benefits of the project to the service user and to drive forward improvements in the quality of care delivered.

For more information contact Alan Douglas, Service Development Manager at Bipolar Scotland on 0141 560 2050 or 075935 81139 or email aland@bipolarscotland.org.uk. You can also visit the website www.bipolarscotland.org.uk

Scottish Recovery Network Annual Conference

The theme of the Scottish Recovery Network (SRN) conference will be “Experts by Experience” and is intended for people interested in developing recovery focused services, including mental health strategy leads and planners, service providers, people with personal experience, peer workers and those interested in providing training.

Registration to the conference is open. It will take place at The Perth Concert Hall on 21 September 2011.

“Experts by Experience” will provide a platform for people across Scotland to come together to learn about the exciting developments in peer working happening around the country and to explore its development.

SRN are putting together a programme of speakers and contributors, including a peer support expert, Shery Mead, who will talk about peer working developments in Scotland and further afield and the unique role of peer workers in supporting recovery.

To register for the conference, go to www.scottishrecovery.net or call 0141 240 7790.

Hearing Voices Open Day

The third annual Hearing Voices day will take place at the Hive at the Royal Edinburgh Hospital on Friday 29 July at 10.30am.

There will be speakers followed by a Barbecue and a film. If you would like to attend, please contact the Hive on 0131 537 6256.

Before it's a crisis...

Here is a list of numbers you can phone for support when most services are closed. It is a good idea to keep these numbers 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

08454 24 24 24 (24 hours)

Emergency Social Work Service

0800 731 6969 (out of hours only)

Crisis Centre

Free phone 0808 801 0414 (24 hours)

Text phone 0808 801 0415 (24 hours)

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 individual advocacy you may contact:

Advocard 0131 554 5307

(Monday to Friday 9-5pm)

Royal Edinburgh Hospital Advocacy Service

0131 537 6004

CAPS is a service user led organisation which is independent from the people who fund it and the people who provide services.

Our collective advocacy service works with groups of people who use mental health services in Edinburgh, Midlothian and East Lothian.

We support service users to have their views taken into account in the way services are planned and provided.

What is CAPS Collective Advocacy about?

- develops and works with service user groups
- publishes service users' views on mental health issues
- makes service users aware of new kinds of services and what the effects of mental health policy are for them
- campaigns for the services people say they want
- checks with service users how services are working
- supports service user involvement in training people working in mental health

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