

CAPS

independent advocacy

The Consultation & Advocacy
Promotion Service

Mental Health Advocacy News Edinburgh

June 2011

What's in a name?

You will see from the top of this page that the name of the EUF newsletter has changed! From now on it will go out under the CAPS name.

We have done this after consulting with members of EUF (Edinburgh Users Forum). The change has happened in recognition that although the newsletter has previously gone out under the banner of EUF, for many years now it has been written, produced and distributed by CAPS.

Although the logo on the front page has changed, the newsletter will still carry on reporting news and the views of people who use mental health services in Edinburgh. Inside you will find a section under the heading of 'EUF:Edinburgh Users Forum' on page 5. In this section you will still be able to read about what EUF has been doing and developments that are of particular interest to people who live in Edinburgh.

As well as working in Edinburgh, CAPS works with people who live in East Lothian and Midlothian, providing independent advocacy for mental health service users. We publish regular monthly newsletters in

these areas as well and feel that by bringing all our newsletters under the CAPS logo we will eventually be able to move towards having a clearer focus on issues that are common across the Lothians, as well as reporting items, views and best practice for each local council area.

CAPS also provides a home for the Oor Mad History, Personality Disorder and Experiences of Psychosis projects as well as supporting service user led research into issues such as their experiences of services and the benefits system. These all produce news and reports which are of interest across the whole of the Lothians, not just Edinburgh.

We hope you will continue to enjoy the newsletter and find it interesting and useful. However, if you would rather not continue to receive copies, please get in touch and let us know you would rather be removed from this mailing list. But we hope you will decide to stick with us!

For more information, please contact Laëtitia at CAPS on 0131 538 7177 or email laetitia@capsadvocacy.org.

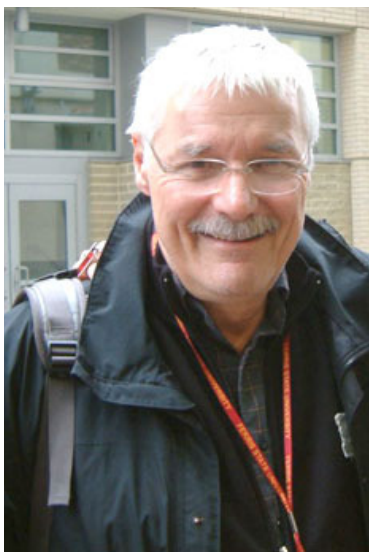
Hot Topics

A view on Employment...from Across the Ocean!

In April we had the honour of a two-day visit from David Reville and Kathryn Church from Ryerson University in Canada. They have been a source of inspiration and ongoing support for the Oor Mad History project in the last few years.

The Mad Peoples' History course that David teaches has been running for eight years and is still going strong. His vision is to see the course rolled out to other universities and have it taught throughout Canada and beyond.

We discussed the plan for two service users in Lothian taking the online version of the course. The idea is to have two people study the course here and share their learning with other service users, academics and health professionals.



David gave a talk about madness and employment. It was very well attended, we didn't have enough seats or coffee cups for everyone!

David told us about his own experiences of work, leading up to his role now teaching as part of a growing "Mad Faculty" at Ryerson.

He also talked about the survivor businesses in Toronto and contract work that the survivor organisation OCAB (Ontario Council for Alternative Businesses) are doing for the city council, including running cooling and heating centres for the homeless. Some of what David said about work was challenging, especially in a time of recession but he did raise some



important points about people needing to do something valuable and how it is helpful in managing their mental health. He pointed out that it does not need to be paid work but needs to be something meaningful that structures our days.

People from Oor Mad History also met two people from the University of Central Lancashire. Who are involved with the Survivors History Group in London and "Comensus"- a service user led group which co-ordinates service user involvement in training health professionals at the university.

Staff and volunteers at Oor Mad History learnt a lot over the two days from David and Kathryn and made some exciting new connections. For more information, please contact Kirsten at CAPS on 0131 538 7177 or email kirsten@capsadvocacy.org.

Alistair McIntyre's Book Launch

*By Sharon Jones, Oor Mad History
Volunteer*

Some people from CAPS and Oor Mad History went along to Alistair McIntyre's book launch at Portobello Library on 16 May 2011.

Alistair has written two books 'A Journey into Madness' and 'A Journey out of Madness' which are now published in one volume. Alistair writes about his experience of schizophrenia, which

began without any warning when he was about thirty.

At the book launch, he did say that it was a combination of three major stressful events which brought about the onset of his illness.

He is an excellent speaker and is doing a lot to raise awareness and fight stigma. It was great to meet him at

the end and have a chat as he signed copies of his book.

Alistair's book is available from <http://chipmunkpublishing.co.uk>

Much More Than a Label

CAPS is very pleased to announce that NHS Lothian has agreed to fund the Personality Disorder project for the next three years. There are a few different things happening which you might want to get involved with and we would also like to hear all your ideas for what the project should do next.

After a very long process the Personality Disorder Resource is about to be published and will be launched on 1 July 2011 – more information below. Everyone who has been involved in the project will get their own copy.

Would you like to get involved in...?

A Short Film for the Scottish Personality Disorder Network (SPDN) Conference – Aberdeen 9 June 2011

SPDN is a Scotland-wide conference about personality disorder. We are hoping to make a short film to be shown at the conference about people's experiences and the Much More Than a Label project.

The CAPS Festival Planning Group for the Scottish Mental Health Arts and Film Festival (SMHAFF)

SMHAFF is an arts festival with a focus on mental health which takes place in October 2011. CAPS has put together a steering group to decide what to do in the festival and if you would like to be involved in any way please get in touch.

Lothian Psychological Interventions Network Seminar

NHS Lothian is running a seminar about personality disorder on Friday 1 July 2011 in Edinburgh. The Personality Disorder Resource and short film 'Submerged' will be launched at this event. We are also hoping to display artwork from people who have been involved in the project. If you would like to come along to the event or display some artwork please get in touch.

Knowledge and Understanding Framework Training

The Scottish Personality Disorder

Network has arranged training for people to become trainers on a national course about personality disorder. The training will run over five days later in 2011. If you would like more details about this please get in touch.

We need your views...

New Ideas

We want to hear from you what should happen next for the Personality Disorder Project. Suggestions so far are things like reliable sources of information for service users, question and answer sessions led by service users for staff and an online resource. What else do you think we should do?

Next Steps Event

We would really like to get people together to ask their views about what we have done so far, and what we should do next. This would be a very informal event with lots of ways to contribute – would you be interested in coming along? Please let us know.

For more information or to get involved, contact Naomi at CAPS on 0131 538 7177 or at naomi@capsadvocacy.org.

Advocacy Review

In the last two years, NHS Lothian and City of Edinburgh decided to put all advocacy services in Edinburgh out for tender.

The tendering process is now ongoing and by the end of the year, three organisations will run three advocacy contracts for the whole of the city.

John Armstrong, Joint Programme Manager for Mental Health, has written a

newsletter to inform people of what is currently happening.

We enclose a copy of the newsletter. Please note that the format has been slightly adapted to print properly but the content is unchanged. Further newsletters will be produced later on in the process to keep people informed of the major changes about to happen.

Scottish Mental Health Arts and Film Festival (SMHAFF 2011)

CAPS Festival Planning Group

Join our service user led group to plan events for the festival - let's use the arts to get our voices heard.

NEXT MEETING - Wednesday 8 June, 2pm at the CAPS office, 5 Cadzow Place, Edinburgh EH7 5SN

If you have any special requirements that would help you to attend the meeting, please contact us so we can arrange this.

OPEN CALL FOR SURVIVOR ART

Do you have a piece of artwork you would like to contribute to an exhibition?

We would like to add to the collection of artwork that was displayed as part of Orr Mad History's exhibition last year. If you have any artwork you would like to exhibit or would like to create something for the exhibition please get in touch.

For more information please contact Naomi or Kirsten at CAPS on 0131 538 7177
naomi@capsadvocacy.org 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.

City-wide Development Group

CAPS and EUF representatives have been going to some of the Community Mental Health Teams' development groups across the five areas of the city. Now that the services in the city are getting reorganised into two areas (North and South Edinburgh), it is a good time to review how the development groups work.

Development groups provide a forum for service users to inform staff and management on issues of concern and importance. It also allows service users and staff to sit together and share their ideas and concerns about the services provided and the environment in which they are provided.

It was suggested at the Community Rapid Improvement Event a few months ago that a city-wide development group should be formed.

On the one hand, there is a danger that a city-wide development group would duplicate the function of the Edinburgh Users Forum as a respected voice for service users. It may also take away the local issues of present development groups.

On the other hand, a city-wide development group would be a unique forum for staff and management to come

together with service users to share ideas about improvements to services. It would provide service users with a stronger, more unified voice when speaking to management. Finally, local issues affecting one area might be relevant to other areas.

Changes to Community Mental Health Teams

Some people are worried about the changes to mental health services in the community and especially how it means some teams might merge.

Some people have heard that the Inverleith Unit will move to Inchkeith House on Leith Walk for example.

We have contacted the Edinburgh Clinical Nurse Managers and we have been told that it is too early to say how the teams will be reorganised.

We will keep you updated on changes as soon as we know more.

Acute Wards

The Acute Wards at the Royal Edinburgh Hospital have been reorganised. There are now two wards for the North and two for the South of the city. The wards are now single sex.

The Hermitage ward will now only be for East Lothian and Midlothian patients.

Community Happenings

Bipolar Scotland Poetry Competition

This year Bipolar Scotland are running a poetry competition open to all over 16s in Scotland as part of the Scottish Mental Health Arts and Film Festival. The theme of the competition is "Memory and Dreams", the same theme as the Festival.

The competition will close on 29 July 2011. Winners will be announced at a gala poetry reading and prize giving on 15 October 2011 at 3.30pm at the Centre for Contemporary Arts in Glasgow.

Shortlisted entrants will receive a certificate and will be published in a special supplement of "On the Level", Bipolar Scotland's newsletter. They will also be invited to read their work.

For more information, contact Aileen Bell on 0141 560 2050 or email aileenb@bipolarscotland.org.uk.

Connecting on Equality

Equally Connected Edinburgh and the Lothians is a programme funded by the Scottish Government and managed by NHS Lothian until June 2011.

Equally Connected works with black and minority ethnic (BME) communities to improve access to primary care mental health services.

The research project began in 2009 and has used community development methods to learn from communities about

their experiences of mental health and wellbeing and ways to challenge stigma and discrimination.

Equally Connected would now like to invite people to join them as they bring participants and service providers together to share learning from Equally Connected and 'what worked' for them (workshops, food, poetry, networking and laughter!)

The event will take place on Monday 6 June 2011 from 10.00am to 4.00pm at Norton Park, 57 Albion Road, Edinburgh, EH7 5QY.

This is a free event but spaces are limited. To book please email mel@health-in-mind.org.uk by 27 May 2011 or phone 0131 243 0113.

Community Interest Bank Project

The Edinburgh Equalities Network is supported by the City of Edinburgh Council, NHS Lothian, Lothian and Borders Police Service and the Crown Office Procurator Fiscal Service. They work with equalities communities on issues of age, caring role, disability, gender reassignment, marriage & civil partnership, pregnancy & maternity, race, religion & belief, sex and sexual orientation.

The Network is working on a pilot project called the Community Interest Bank. The project collects the views and experiences from communities, individuals or their equality group and put them on a register of information.

Then this "bank" of information can be used by Council staff and partners to inform them about issues affecting community members, and help them to inform service developments and equality assessments.

There will be some focus groups to present the Community Interest Bank project, discuss how the project can be developed and how people can contribute in the future.

The meetings will take place in the Mandela Room at the City Chambers. The next events are on Tuesday 31 May 2011 from 10.30am to 12pm and Wednesday 8 June 2011 from 4pm to 6pm

These meetings are open to staff and volunteer representatives or individuals who use services. To book a place contact Anne Elliot on 0131 469 3764 or email anne.elliott@edinburgh.gov.uk.

LGBT and Mental Health

A new and exciting LGBT (Lesbian, Gay, Bisexual or Transgender) and Mental health group has been set up in association with Edinburgh Leisure following VOX (Voices of Experience) following on from an event in Edinburgh.

If you identify as part of the LBGT community and are interested in mental health, have experience of accessing mental health services or want to discuss issues that affect your mental health then this new group might be of interest to you.

For more information, contact Mahmud at VOX on 0141 572 1663 or visit www.voxscotland.org.uk/lgbt-group.

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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