

# CAPS

## independent advocacy

The Consultation & Advocacy  
Promotion Service

## Mental Health Advocacy News Edinburgh

September 2011

### The Shape of Independent Advocacy

NHS Lothian and the four Lothian local authorities are working to develop the next Lothian Independent Advocacy Plan (2011 to 2016). They are organising events in all four areas to develop an action plan for the first year of the new plan.

Independent advocacy aims to help people by supporting them to express their own needs and make their own informed decisions. Independent advocates support people to gain access to information and explore and understand their options.

Independent advocacy reaches out to some of the most marginalised and disadvantaged people in the community, who may be isolated, lack confidence to speak up, have lost faith in services or be unaware that services and support exists.

The plan looks at all aspects of independent advocacy and covers individual and collective advocacy for people with mental health support needs and carers, people with learning disabilities, older people and people with a physical disability.

There was a first event held in The Quay in Musselburgh on 15 June 2011. Over fifty people attended and helped to review

the previous Advocacy Plan that covered 2008 to 2011.

The new plan has been extended to cover five years instead three to allow more time to develop proper support for advocacy provision in the local areas.

Professionals, service users and carers are invited to come and have a say about a possible advocacy awareness training, how to better address the needs of equalities groups, how can we try and make sure the advocacy needs of people in rural or urban areas are met.

The Edinburgh event will take place at The NHS Lothian offices at Waverley Gate, Waterloo Place, Edinburgh on Friday 30 September 2011 from 9am to 12pm.

To book a place contact Laëtitia at CAPS on 0131 538 7177 or email [laetitia@capsadvocacy.org](mailto:laetitia@capsadvocacy.org). You can also contact John Armstrong, Joint Programme Manager for Mental Health, on 0131 553 8251 or email [john.armstrong@edinburgh.gov.uk](mailto:john.armstrong@edinburgh.gov.uk) as soon as possible.

# Hot Topics

## Community Mental Health Chaplaincy Review

CAPS are helping the Community Mental Health Chaplaincy Service to run a user-led review of their service.

They want to hear from people with experience of using the chaplaincy service as well as people who don't use the service.

The review will help to understand the demand for the service, the value of it for those that use it, barriers which prevent people accessing the service, what is working well, areas for improvement and what should be done in the future.

There are a few ways you can give your views:

- You can fill in the questionnaire enclosed with this newsletter and send it to the CAPS freepost address
- You can give the questionnaire to Lynne or Maxwell from the chaplaincy service
- You can talk to CAPS over the phone, by email or in person
- CAPS can come to speak with groups
- There is an online questionnaire you can fill in by visiting <http://kwiksurveys.com?u=chaplaincyreview>

The closing date is 20 September 2011. If there is anything that would make it easier for you to give your views or if you would like more information, please contact Donna at CAPS on 0131 538 7177 or email [donna@capsadvocacy.org](mailto:donna@capsadvocacy.org).

## A Sense of Belonging: Edinburgh Event

"A Sense of Belonging" is the Lothian's Joint Mental Health and Wellbeing Strategy 2011-2016. It looks at ways to improve mental health and wellbeing across Lothian for the next five years.

The draft strategy was launched at the beginning of 2011 and people's views were gathered. A final version of the strategy was written and presented to NHS Lothian and the four Councils of Lothian.

The strategy focuses on four priority areas:

- Tackling health inequalities by focusing on specific people and communities
- Making sure all services and places have a recovery focus.
- Building social capital and wellbeing: People can use their knowledge and experience of their own communities to improve their wellbeing and create a sense of belonging in their neighbourhoods.
- Improving services for people with for example more psychological therapies.

There will be an Edinburgh Stakeholder's event on Tuesday 6 September 2011 from 9am to 1pm at the Gillis Centre, 100 Strathearn Road, Edinburgh EH9 1BB.

The purpose of this event is to develop a plan to implement the strategy in Edinburgh. Participants will be able to work in small groups and discuss what

could be done to improve the services we currently have, how to improve the way services are planned and delivered.

To book a place, contact Jackie Stewart at the City of Edinburgh Council on 0131 529 2485 or email [Jackie.stewart@edinburgh.gov.uk](mailto:Jackie.stewart@edinburgh.gov.uk). You can also contact Laëtitia at CAPS on 0131 538 7177.

## City Wide Development Group Meeting

Some Community Mental Health Teams used to have a development group. It was suggested at the Community Rapid Improvement Event a few months ago that a city-wide development group should be formed.

Now that the services in the city have been reorganised into two areas (North and South Edinburgh), it is a good time to look into how the development group can best work.

The role of a development group is for staff and service users who have experience of using the Community Mental Health Teams in Edinburgh to come together and find ways of improving NHS services.

It is a chance for people to have a say and influence how the service is run and for service users to inform staff and management on issues of concern and importance.

The first City Wide Development Group meeting will take place on Wednesday 14 September 2011 from 2pm to 3.30pm at Cambridge Street House, 5 Cambridge Street, Edinburgh EH1 2DY. The first meeting will mainly focus on the remit of the group for the future.

If you would like to come along and share your views and ideas, please phone one of the following contact in your local Community Mental Health Team:

Jane Sutherland – Lead Occupational Therapist on 0131 537 6538 (South Central Community Mental Health Team)

Christine Hislop - Support Worker on 0131 537 8650 (South West Community Mental Health Team)

Fiona Crichton – Nurse Team Leader on 0131 537 4530 (North East Community Mental Health Team)

Mark Chadwick – Community Psychiatric Nurse on 0131 537 5128 (North West Community Mental Health Team)

For more information, you can also contact Donna at CAPS on 0131 538 7177 or email [donna@capsadvocacy.org](mailto:donna@capsadvocacy.org).

**Join us to celebrate CAPS' TWENTIETH ANNIVERSARY at our Annual General Meeting**

**Friday 28 October 2011  
at The Melting Pot, 5 Rose Street,  
Edinburgh EH2 2PR**

**Doors open at 2.30pm  
Entertainment and Buffet  
provided**

**For more information and if there is anything we can do to help you attend this event, please phone 0131 538 7177 or email [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)**

## Still Much More Than a Label: Personality Disorder Project Update

Now that the Personality Disorder Project has launched its resource 'Much More Than a Label', we are looking at what to do next.

So far, as part of the project, we have consulted with service users, developed training courses, run information sessions, made a short film and much more. We are also currently distributing the 'Much More Than a Label' resource.

We would like to collect the views of as many people as possible about what we should do next. We already have some ideas, and we would like to know what you think about them and if you have more ideas and thoughts.

We would really appreciate if you could take the time to give your views by filling in our survey. It is available online at: [www.surveymonkey.com/s/DP59DWN](http://www.surveymonkey.com/s/DP59DWN)

The Personality Disorder Project is service user-led and it is very important to us to collect the views of service users who have experience of a personality disorder diagnosis.

If you would like a paper copy of the survey, more information about the project or to enquire about receiving a copy of the resource pack we have produced, please contact Naomi at CAPS on 01313 538 7177 or email [naomi@capsadvocacy.org](mailto:naomi@capsadvocacy.org)

## Experiences of Psychosis Project Update

So far the Experiences of Psychosis Project has been in touch with over thirty people about their experiences and views.

We are very keen to hear as many people's views as possible, and it is very clear from the information we have collected so far that a lot of people do not like the word 'psychosis' and do not use it to define their experiences.

This is the kind of information we will be telling the NHS about and putting into a training course for staff.



The Experiences of Psychosis Project is on-going, so we are always keen to hear people's views, even if they haven't been involved before.

We can collect your views in the way that suits you the best: by having a chat, by writing things down, through the internet or anything else you can think of and is most convenient and comfortable for you.

You can fill out our online survey here: [www.surveymonkey.com/s/95MP2LP](http://www.surveymonkey.com/s/95MP2LP). All of the information you give us will be used anonymously.

If you would like to ask anything about the project or get involved, please contact Naomi at CAPS on 0131 538 7177 or email [naomi@capsadvocacy.org](mailto:naomi@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.

## Our Next meeting

EUF's next meeting will take place on Saturday 3 September 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](mailto:donna@capsadvocacy.org)

## EUF Special General Meeting

EUF are going to hold a Special General Meeting (SGM). This is because they would like to change the name 'Edinburgh Users Forum'. People at the recent meetings have been discussing what they would like to be called and some people said they do not like the term 'user'.

EUF would like to change the name of the Forum in an effort to move away from the term 'user'. The Forum has come up with some options for a new name. Some of them are:

- One in Four Mental Health Forum
- One in Four Forum
- Edinburgh Users Forum (an option for people that want to keep the name)

The SGM will take place on Saturday 1 October 2011 at McDonald Road Library on the corner of McDonald Road and Leith Walk. The doors open at 1.30pm, with the SGM

starting promptly at 2pm. After the SGM, we will have a shorter than usual EUF meeting.

We can also consider other motions relating to the EUF constitution, the same as in an Annual General Meeting. Any proposed resolutions and changes to the Constitution must be put in writing and received (care of CAPS Edinburgh office) no later than Friday 23 September 2011. You can do so by email at [donna@capsadvocacy.org](mailto:donna@capsadvocacy.org) or by post at CAPS, 5 Cadzow Place, Edinburgh EH7 5SN

For more information or there is anything you need to make it easier to come along to a EUF meeting, please contact Donna at CAPS on 0131 538 7177 or email [donna@capsadvocacy.org](mailto:donna@capsadvocacy.org).

## Evaluation of CAPS

At the next EUF meeting, CAPS would like to hear what people think about the work that CAPS does so that it can improve the service it provides.

CAPS is looking for views on its work based on the four principles of independent advocacy: accountability, accessibility, putting the people who use its services first and being as free as possible from conflict of interest.

A questionnaire will also be available in the next edition of the CAPS newsletter. For more information, contact CAPS on 0131 538 7177 or email [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org).

# Community Happenings

## Stress control classes

Stress Control is a free six week, cognitive behavioural therapy (CBT) based self-help course offered by NHS Lothian. It consists of six presentations lasting one and a half hours each.

It is aimed mainly at people experiencing difficulties in managing their stress (also referred to as anxiety or mixed anxiety and depression).

The sessions cover an introduction to stress, controlling stress by controlling the body (progressive muscle relaxation, diaphragmatic breathing), controlling stress by examining our thoughts (thought challenging techniques), controlling stress by controlling our actions (non-avoidance and problem solving), controlling panic and managing sleep problems.

The course aims to provide practical skills to help people manage their own stress.

Attendance of courses tends to be between 60- 80 people for evening courses and 20-30 for daytime courses. The courses are lecture-based so nobody in the audience is asked to speak or disclose any information. To book a place, contact Health in Mind on 0131 243 0106.

The next courses available are:

Venue: Meggetlands Sports Centre, Colinton Road, Edinburgh EH14 1AS.  
Starting Monday 5 September 2011 from 11.30 am to 1.30 pm

Venue: The Library, Portobello High School, Duddingston Road, Edinburgh EH15 1NF

Starting Tuesday 6 September 2011 from 6.30 pm to 8 pm

Venue: Drummond High School, 41 Bellevue Place, Edinburgh EH7 4BS

Starting Tuesday 25 October 2011 from 6.30 pm to 8.00pm

## Living Life to the Full

Action on Depression and Health in Mind are running a Living Life to the Full course. It is a six week life skills course based on cognitive behaviour therapy (CBT).

The course teaches skills to help build confidence, manage stress and tackle everyday problems.

The course covers things such as understanding why we feel as we do, problem solving skills, relaxation and learning how to change unhelpful thinking.

The course will run on six consecutive weeks and you must be able to attend all six sessions. The course will be held from 6pm to 8pm weekly from Tuesday 13 September to Tuesday 18 October in a city centre location.

If you would like to book a place, please contact Health in Mind on 0131 243 0106 or e-mail [Information@health-in-mind.org.uk](mailto:Information@health-in-mind.org.uk). The course facilitator will discuss the course in more detail with you and confirm your booking.

## Autism Initiatives UK: Trainee Opportunities

Autism Initiatives UK is an organisation that meets the needs of adults with autism, their families and carers.

The Gallery on the Corner is the first social firm from Autism Ventures Scotland (AVS), part of the Autism Initiatives Group. AVS has been established to create employment opportunities and experiences for people with Autism Spectrum Condition in Scotland.

The Gallery on the Corner offers employment opportunities to people with an Autism Spectrum Condition. They are currently looking to recruit six gallery trainees.

The trainees will work four hours per week in the New Town area of Edinburgh. This is a six month contract on minimum wage.

Gallery trainees will be required to undertake training and work experience in a creative studio and art gallery. They will learn the processes involved in developing commercial arts and craft products as well as developing their communication and customer service skills. This position requires an enhanced check from Disclosure Scotland.

If you are interested in the trainee positions, please contact Eilidh Peace at Autism Initiatives on 0131 551 7272 for an application pack or email [hos@aiscotland.org.uk](mailto:hos@aiscotland.org.uk), clearly stating the position in which you are interested. The closing date for applications is **Monday 29 August 2011 at noon.**

## 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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The Consultation & Advocacy  
Promotion Service

Scottish Charity  
Number SC021772

### **Contact Us:**

5 Cadzow Place  
Edinburgh  
EH7 5SN

Tel: 0131 538 7177

Fax: 0131 538 7215

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

[www.capsadvocacy.org](http://www.capsadvocacy.org)