



**December  
2008**

## **Christmas Catch Up**

Yes it's that time of year again...time for the EUF Christmas Forum! After finding out what's been happening we will catch up with each other over mince pies and refreshments.

So what has been happening? There will be news about the workshops NHS Lothian have been holding to decide what to do with the Royal Edinburgh Hospital and its services (see page 2).

There will also be news about the Review of Community Based Adult Mental Health Teams. There has been a report written by NHS Lothian as well as a newsletter for service users and carers. The newsletter has been included in this mailing. We will have a chance to comment on the proposed changes before the report is finalised.

We should be able to bring a draft copy of the Day Services Review Report and share the findings.

Joining us for our Christmas Forum will be Laetitia, a new development worker at CAPS. She will be working with us in the future so it's a good chance to meet her. We hope you can come along.

### **In with this mailing**

- EUF Meeting Flyer
- NHS Lothian Newsletter
- CAPS Annual Report

### **Our Next Meeting:**

**Saturday 6 December 2008**

1.30pm - doors open  
2.00 - 4.00pm - meeting

McDonald Road Library,  
Edinburgh

For more information contact  
CAPS on  
0131 538 7177.

# Hot Topics

## Royal Edinburgh Hospital

The article below was written by David Atiyah, who has been representing EUF at meetings and workshops about the re-provision of the Royal Edinburgh Hospital and its services.

'The blind juggernaut that is NHS Lothian continues full-steam ahead towards planning to build a new Royal Edinburgh Hospital at Little France, adjacent to the Royal Infirmary. Yes, we all turn up and attend regular meetings, contribute our views, complain about how our views are ignored, but it is sad to have to report to EUF members that in the last month I for one have lost much of my confidence in those leading this project.

I continue to attend, if only to bear witness to the process. One is left wondering from whence the juggernaut takes its lead. Does it have a built-in SatNav system, or has the Chief Executive got a little carried away with his vision for Edinburgh's BioQuarter to become a global centre of excellence? Are we, Edinburgh's mental health service users, to be shipped out of the city to be experimented on like rats or monkeys?

Don't get me wrong - I am more than happy to be convinced that the best location for a new hospital is indeed at Little France. But please, do at least try and engage with us with a little more respect and dignity. Yes, I, as an individual, can try and be a critical friend to an organisation with 30,000 staff and an annual budget of £1.3 billion,

but each time the juggernaut drives right over me it gets harder and harder to pick myself up to attend that next meeting.

David Atiyah  
EUF member

PS: the result of the option scoring meeting was a draw between Morningside and Little France, not that NHS Lothian seem to have noticed.'

NHS Lothian have stated that they have not yet made a decision about whether the REH will move to Little France.

## Review of Community Based Adult Mental Health Services

Included in this mailing is a newsletter from NHS Lothian about the proposed changes to the Community Mental Health and the Primary Care Liaison Team.

The idea behind the Review is to improve the teams and get them working in the same way across the city. There was a three-day workshop about the review in the summer this year. There is a report that has been written which explains in detail the proposed changes to services.

At our next forum we will talk about the changes. We can then tell NHS Lothian what we think before the report is finalised. For a copy of the full report or for more information phone Donna at CAPS on 0131 538 7177.

## Day Services Review

The interviews are done and we have a draft report! We would like to thank all the people who have given up their time to be interviewed for the Day Services Review. We would also like to thank the people who gave up time to do the interviews.

We will soon be sending the draft report to all the groups and people who said they want to be kept informed. We will also bring the report to the December Forum.

There are a number of pieces of work that make up the Day Services Review. The City of Edinburgh Council are doing a mapping exercise to find out what mental health day services are out there. EUF is responsible for carrying out the interviews with service users to find out what they want to do and barriers that stop them doing it. The Carers Council is doing a piece of work asking carers what they think people they care for would like to be doing.

When these pieces of work are done they can be compared to find out if what people want to do matches what is out there. The findings will be used to develop a plan for mental health day services for the next 5-10 years.

The City of Edinburgh Council will be holding an event on the 28 January 2009. This will be a chance to have a look at their draft report and recommendations. EUF have 6 places for the event. If you would like to go or would like more information contact Donna at CAPS on 0131 538 7177.

## Oor Mad History

Update from Kirsten

There was a big turnout at the CAPS AGM, where we showed our earliest piece of archive material, a presentation given by Service Users at a MIND conference. It really got people talking! It was great to hear peoples' comments, what they thought about the film, and how far people thought the User Movement has come since 1984. Thanks to everyone who took part.

We are getting set for our Oral History Training. We have five people keen to get started, still looking for one more! PLEASE give me a shout if you are interested. It will be a fun taster session in January, a chance to meet other folk and learn about the basics of using the recording equipment and doing an interview.

I met with Sarah Cowie, East Lothian Museums Education Worker. She is keen to help us with any events in the future. Also I went to a meeting of the Bi Centenary Sub Groups at the Royal Edinburgh Hospital. There has been a huge amount of work done by the different groups, including the Health and Wellbeing Groups' "Growing Spaces" horticultural project picking and pressing apples from the orchard!

We are still talking with Robert Rae at the Theatre Workshop about the possibility of some kind of performance, themed around the history of the User Movement. I will keep you posted about this.

Please phone me at CAPS on 0131 538 7177 if you want to find out more or get involved.

## VOX (Voices of Experience)

VOX is an organisation that represents the voice of service users nationally. We talked about becoming a group member at our last meeting and hope to make a decision at the December Forum. If we become a group member, VOX may be able to get our voice heard on national issues. EUF's job is to campaign on local issues. It is hard to campaign about issues like benefits because it is a national issue. It could be beneficial to have links with VOX for this reason.

## EUF Executive Training

In January we hope to run some training before the Forum. The training will be for people who are interested in getting involved with the EUF Executive. It is a good opportunity to learn more about what's involved before making a commitment. We will contact the people who said they were interested to let them know the times and details. If you haven't put your name forward and would like to do this training or would like more information contact Donna at CAPS on 0131 538 7177.

## New Worker at CAPS

Laetitia is a new Development Worker who started working for CAPS on 3 November 2008. She is replacing Kirstie and part of her job will be working with EUF. You may have met her at the CAPS Annual General Meeting. She will be coming along to the December Forum, so if you haven't met her already you'll be able to meet there.

## 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

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 advocacy you may contact:

**Advocard** 0131 554 5307

(Monday to Friday 9-5pm)

**Circles Network** 0131 537 6004

## At our last meeting.....

At our last meeting Wendy McAuslan joined us from VOX (Voices of Experience). She told us the history of VOX and what they do. She also talked about how VOX can link up with EUF and about group membership.

In 2004 one hundred service users came together in Dundee and talked about how local service user groups could link up and network. EUF and CAPS were part of these talks. This was taken up in a management group and funding was made available. In December 2006 VOX was launched.

VOX go to different planning meetings to make sure the service user voice is heard. Some of the groups they go to are about peer support and recovery. They also give comments to consultations and go to events. They produce a newsletter to keep their members updated with what is happening.

You can become an individual member of VOX if you have mental health problems. Recently they have opened up their membership to groups. The groups that can apply need to be user led, constituted and have certain policies in place. EUF are thinking about becoming a group member but would need to work on an Diversity Policy. VOX could provide training for this.

There was a debate about how VOX should work. Should it be a network of user groups in Scotland or should it be a network of individuals?

There was also a debate about how group members would vote at VOX's Annual General Meeting. At the moment individuals get one vote and a group gets one vote. Some people thought this was not fair as a group represents more than one person.

Wendy said that at the moment she is concentrating on making links with local groups. She wants to know what the main issues are for us. Becoming a group member may help us campaign on national issues that are hard for us to get involved with. For example the changes to Incapacity Benefit.

At our December Forum we will try to decide if we want to become members of VOX.

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.

## Patients Rights' Bill

The Scottish Government is having a consultation about a new piece of legislation called the Patients' Rights Bill. The Bill will effect anyone using the NHS and not just mental health services users.

There are two parts to the consultation paper. Part one is about getting views about the development of a legal framework. It will look at:

- what you can expect from the NHS in Scotland;
- what can be expected of you;
- what you have a right to expect;
- what your responsibilities are;
- what involvement and support you can expect in decisions about your own health and about the health services you use; and
- what you can expect to happen if things go wrong.

Part two explains how you can respond to the consultation. To get a copy of the consultation document email [patientrights@scotland.gsi.gov.uk](mailto:patientrights@scotland.gsi.gov.uk) or write to:

Patients' Rights Consultation  
 FREEPOST NATN452  
 Mailpoint 1  
 Healthcare Policy and Strategy  
 Directorate  
 St Andrew's House  
 Edinburgh  
 EH1 OBR

Responses need to be in by 16 January 2009. We will try to talk about this more at the December Forum. CAPS also have copies of the consultation document.

## North West Edinburgh Service User Group

The North West Edinburgh Service User Group tries to improve mental health services. It is open to anyone who uses or has used mental health services in North West Edinburgh.

The group's representatives can take people's views to meetings and professionals who make decisions. It is a chance to find out what's going on and to have a say.

At the next meeting the group will have someone from the Advice Shop to talk about changes to Incapacity Benefit.

If you would like more information phone Donna at CAPS on 0131 538 7177. The next meeting is on:

**Friday 12 December 2008**

**12:30pm - 1:30pm**

**The Rannoch Centre**

**6 Rannoch Terrace**

**Edinburgh**

## CAPS Annual Report

Included in this mailing is CAPS Annual Report. It is a report about what CAPS have been doing in the last year and was made available at the CAPS AGM. It also includes a brief summery of CAPS income and expenditure over the year.

# Community Happenings

## Scottish Recovery Network

'Making Recovery Real'

This is a free event to focus on learning about recovery from mental health problems, to consider initiatives related to promoting recovery and to encourage debate about the concept of recovery.

Thursday 26 February 2009  
Perth Concert Hall  
Perth

Visit [www.scottishrecovery.net](http://www.scottishrecovery.net) to download an application form or email [info@scottishrecovery.net](mailto:info@scottishrecovery.net) or phone 0141 240 7790 to ask for a form.

## Samaritans

The University of Nottingham are carrying out an independent evaluation of Samaritans telephone, e-mail and text messaging services. They would like to hear from people who have used these services to find out what people think of the services and support they received. It is confidential and anonymous.

To find out more or to give your views contact Michelle on 07825 753816 Or email [Shelp@nottingham.ac.uk](mailto:Shelp@nottingham.ac.uk). You can also visit their website at <http://www.nottingham.ac.uk/SHELP>.

## 'Making a Difference'

New Date

The 3rd Lothian Seminar on Improving Service Provision for People Who May Attract a Diagnosis of Personality Disorder.

Friday 13 March 2009  
9.00am – 4.30 pm  
Scottish Health Service Centre  
Management Centre  
Western General Hospital  
Edinburgh

The event is free but limited to 100 places. You will need to apply by Friday 20 February 2009. If you would like to go contact the Project Administrator at the Mental Health & Wellbeing Team on 0131 536 9411 or email [mentalhealthadmin@nhslothian.scot.nhs.uk](mailto:mentalhealthadmin@nhslothian.scot.nhs.uk)

## Patients Council

Annual General Meeting

Thursday 4 December 2008  
Board Room  
Royal Edinburgh Hospital  
1:30pm - 4:00pm

Speaker: Angela Farr will talk about the new Volunteer Hub in the hospital. A Christmas-themed buffet will be provided after the meeting.

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## 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 services, benefits, housing, advocacy, crisis services and transport. If you would like any more information about EUF please contact us.

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### Contact us

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

Phone: (0131) 538 7177  
Fax: (0131) 538 7215

Email:  
[info@edinburghusersforum.org](mailto:info@edinburghusersforum.org)  
Or visit our website:  
[www.edinburghusersforum.org](http://www.edinburghusersforum.org)

### EUF Meetings 2008

Saturday 6 December

### January Forum 2009

The January Forum will be on the **10 January** instead of the first Saturday of the month.

### Monthly meetings

On the first Saturday of each month 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**.