



**December
2009**

Wrap Up Well!

To wrap up 2009 we will have a look at the work EUF has been involved in throughout the year. At our next meeting, we will talk about what EUF members have campaigned for and the work they have done to improve services in Edinburgh.

Some examples of big pieces of work are the Day Services Review, the review of advocacy services and the Community Mental Health Team Development Groups.

EUF members have also represented EUF on different working groups such as the Royal Edinburgh Hospital Reprovisioning groups, the Strategic Development Groups and the Crisis Centre Partnership.

EUF members have also been active in other user led groups such as SEASONS and the North West Service users group.

At our December meeting we will also look forward to 2010 and talk about the things we want to discuss and the topics and services we want to campaign for.

Some topics have already been suggested. For example, people are keen to talk about a Short Break Programme and look at how it could be organised and who could benefit and be eligible. People also want to talk to a Psychiatric Liaison Officer.

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CARE AND SUPPORT
SERVICES TENDER
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If you have ideas about how EUF can keep helping the development of mental health services in the future, join us in December. If you cannot attend the meeting but have ideas on what we need to work on, please contact Laëtitia at CAPS on 0131 538 7177 or email laetitia@capsadvocacy.org

Our Next Meeting:

Saturday 5 December 2009

1.30pm - doors open

2.00 - 4.00pm - meeting

McDonald Road Library, Edinburgh

For more information contact CAPS
on 0131 538 7177.

Hot Topics

Care and Support at Home Tender

On 19 November, representatives from EUF and CAPS went to a City of Edinburgh Council meeting to present service users views about the re-tendering of some of the Care and Support Services at Home in Edinburgh.

The City of Edinburgh Council has recently decided to reorganise the way they offer their Care at Home services. The City of Edinburgh Council has put these services out to tender. This means that they asked different organisations to put in a bid for delivering Care at Home services.

At the moment Care at Home services are provided by lots of different organisations, but the Council has just given the tender for Care at Home for mental health to four big organisations. This means that people who receive Care at Home services may not be able to keep the same support worker. Also only one of these organisations has any experience working with people who have mental health issues.

One way to keep the same support worker is to apply for Direct Payments and organise your own support by employing someone you have chosen.

However, it can be a very slow process to get Direct Payments and it might not be possible to get these before the Council completes the changeover in February. Also the rates that the Council has set for Direct Payments are lower than what some of the current support organisations charge, so to stay with the

same organisation you would need to pay some extra money yourself.

A number of people who these changes will affect contacted CAPS and so CAPS and EUF went to the meeting to say the following things:

Relationships with Support Workers:

Many mental health service users who receive Care at Home have chosen to be with their current provider and may have been with them for a long time. They have built a relationship of trust with their support workers and these relationships may be lost.

The Impact on Mental Health:

The prospect of the changes is already causing worry, anxiety, distress and uncertainty amongst the people who may have to change to new providers. Some people fear that the stress of these changes may make them ill or feel more unstable.

Direct Payments:

Since Direct Payments were introduced in 2003 there has been a very low take-up from mental health service users. This is for a variety of reasons, including people not wanting to have the responsibility of being an employer or not being well-informed about Direct Payments.

The rates that the Council has set for Direct Payments are very low and it would not be possible for everyone to stay with their current provider without topping up the Direct Payments with their own money. This means that people who need the most support will be the worst affected as they will have

to pay the most to get the provider of their choice.

At the Council meeting on 19 November, there were nine groups of people representing learning disabilities, physical disabilities, mental health and hearing impairment giving their views. The Council listened to everyone's views and asked some of the people questions.

The Liberal Democrat and SNP majority on the Council wanted to go ahead and give the contracts to the new providers, but the Labour and Green councillors wanted to pass an amendment that gave the Council two more weeks to look at the whole process and the Direct Payments situation.

In the end the Conservative councillors voted for the amendment as well and the council agreed to wait until the 3rd December to make a final decision. Most of the councillors also agreed that there had not been reasonable consultation about the process with the people it will affect.

As the Council is now processing Direct Payment applications, it may be advisable to apply for Direct Payments **as soon as possible** to try and keep the same service provider, and decide later if you want to go ahead with using Direct Payments—**see PAGE 6 for details about how to do this.**

CAPS and EUF are meeting with councillors on Thursday 26 November to discuss these issues and how we might resolve them.

If you would like more information or want to give us your views on the re-tendering process please contact Naomi at CAPS on 0131 538 7177 or email naomi@capsadvocacy.org

Personality Disorder Toolkit Update

CAPS has just completed a six-month project where we spoke to people with experience of personality disorder and produced a resource for staff to help them better understand and support people with this diagnosis.

People with experience of personality disorder contributed their views through interviews, surveys and personal stories. They also gave feedback as the project progressed.

All of this information was divided into different sections:

- What it feels like
- What the diagnosis means to people and what they need when they find out about the diagnosis
- What is helpful and unhelpful when getting treatment and support
- Which attitudes from other people are helpful and unhelpful
- A list of useful resources both locally and nationally.

The final draft of the toolkit is now up on the CAPS website. People can have a look at it and comment on it before we get it printed.

If you would like to have a look at the resource please go to www.capsadvocacy.org and click on the Much More Than a Label link. There are also copies available that can be read in the CAPS office. Please call us on 0131 538 7177 to check there is someone in the office before dropping by.

Reprovisioning of the Royal Edinburgh Hospital

The Stakeholder Project Board met again in November and looked at the list of possible locations for a new hospital.

This process has happened twice before and twice the results were cancelled because of problems with the procedure.

There is now a new system in place that NHS Lothian has to follow to decide on the location of a new hospital, to make sure the exercise is done properly.

Also the recent economic problems in the country need to be taken into account as the price of land and material will have changed and affect the budget available.

We have also been informed that the decision on a new hospital will now be delayed and will not be ready by May 2010 as planned.

Below is the list of options for the location of a new hospital that have been short listed. This list will be sent to the Scottish Executive and a study of what can work and what should be considered will be carried out in March 2010.

Options shortlisted:

- Do the minimum and use the existing buildings, making sure they comply with regulations
- Refurbish and adapt existing buildings, demolish part of the existing buildings and build some new ones on the existing site and Myreside. This

would be cheaper but it would involve some flexibility as some buildings are listed and it might not be possible to have the same number of beds per ward but maybe smaller wards (for example 15 beds instead of 25).

- Western General Hospital where some old buildings can be demolished to make space for new ones
- A completely new hospital on the Myreside site next to the existing hospital
- Little France

Options that have been rejected:

- Deliver all psychiatric services in the community and close the hospital
- Build a new hospital on a non-NHS site
- St John's Hospital
- Astley Ainslie Hospital
- Liberton Hospital

Whatever the option chosen, people said it is important to get organised properly to deal with patients while a new hospital is being built or refurbished so that there is minimal disruption to services.

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

At our last meeting.....

Direct Payments

At our last meeting, Lucy Kaya talked about Direct Payment and Self Directed Support. Lucy works for the Lothian Centre for Inclusive Living (LCIL). They support disabled people to live independently.

Self Directed Support means that if you receive community care services, you can be given an individual budget and decide what the money is spent on. The aim is to give people as much choice and control as possible about the support they get. You can still have someone such as a social worker to help manage the money for you.

With Direct Payment, you get the money and manage your care yourself.

Disabled people came up with the idea of Direct Payment. It was not invented by Social Work or the Government. The Government backed them and now all local councils are supposed to make these available to people.

The Government thinks local councils should encourage choice by allowing people to address their own needs in the way they think is best for their agreed care plan to work.

People can directly buy the services they need and employ their own personal assistant, get care through an agency such as Penumbra, Health in Mind, LinkLiving, etc.. They can also get it from a local authority.

To apply for Direct Payment, you need to have a social worker or an occupational therapist to do an assessment of your needs and you need to be already receiving housing support or community care services.

When you decide to use Direct Payment, you have to deal with some responsibilities:

- To choose the support that meets your needs
- To deal with paying staff, agencies and the Inland Revenue
- To keep records of the money spent
- To respect your responsibilities as an employer

Lucy explained that people who become unwell will need somebody to help them manage the money they get. Some people use family or friends. Some people use circles of friends, trust funds or even advocates.

She also said that LCiL can help people decide if Direct Payment and Self Directed Support is right for them and help them get organised but they can't help people manage their money.

Direct Payment is a hot topic for people in Edinburgh at the moment. The City of Edinburgh Council has recently decided to reorganise the way they offer their Care at Home/Housing Support services (see What's Going On section on page 2). This is affecting how people can access Direct Payments.

To get more information on Direct Payment and to decide if it right for you, you can contact LCIL on 0131 475 2350, email lcil@lothiancil.org.uk or visit their website www.lothiancil.org.uk,

The Scottish Government has also created a user's guide called Directing Your Own Support. You can also get a copy from LCIL or CAPS. It is also available to download from the Internet at www.selfdirectedsupportscotland.org.uk

**HOW TO ACCESS DIRECT
PAYMENT FOR SERVICES
AFFECTED BY THE TENDERING
PROCESS**

If you want to make a direct payment application for a service that is affected by the tendering process, you should have your application **AS SOON AS POSSIBLE**.

You should phone Social Care Direct, which is the central contact point for the Council's adult social care services, on 0131 200 2324. You can also write to them (Social Care Direct, Chesser House, Level 1, 500 Gorgie Road, Edinburgh EH11 3YJ). Note your interest in making an application; give basic contact details and the hours and service you receive. This will then be added to the list of direct payment applications which are currently on hold.

You can also contact the organisation that is providing support to you at the moment and ask them if they can help you.

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 individual advocacy you may contact:

Advocard 0131 554 5307

(Monday to Friday 9-5pm)

Hospital Advocacy Service

0131 537 6004

Community Happenings

Bipolar Self-Help Group

Lothian Bipolar Self-Help Group will meet on 21 December from 7pm to 9pm at the Quaker Meeting House, 7 Victoria Terrace. Open to all and carers are particularly welcome.

There will be a talk by Dr Andrew McIntosh of Edinburgh University about "Recent advances in the causes of Bipolar Disorder - and how research will improve outcome".

Dr McIntosh will speak about recent research into the causes of Bipolar Disorder and how this will lead to new and better treatments. Examples will include ongoing projects in the fields of genetics and brain research.

Development Group Presentations

The Community Mental Health Team at **Ballenden House** is organising a presentation to show to people using services in the South area of Edinburgh what a development group is about, how it works and how people can get involved.

They are organising a free lunch at the Engine Shed on Tuesday 8th December from 12pm to 2pm. To book a place contact your key worker or reception at Ballenden House on 536 9460.

The development group will be for service users, carers and staff. People taking part in the group will discuss how mental health services can be improved at Ballenden House and city-wide. It is a

great opportunity for service users to get their voice heard.

There will also be an open day at the **Inverleith Unit**. CAPS will be there to present what a development group can do for people using the Inverleith unit and mental health services in the North West area of Edinburgh.

The open day will also have other presentations about the Intensive Home Treatment Team and services for carers.

It will take place on Thursday 10th December at the Inverleith Unit from 2pm to 4pm. For more information, contact the Unit on 0131 537 5128.

The meeting for the South Central Community Mental Health Team is taking place on Friday 27th November.

If you live in North East Edinburgh and are interested in a development group at Inchkeith House, please let the staff and CAPS know as there has been no interest from staff so far.

Oor Mad History needs you!

Oor Mad History are busy interviewing for the oral history archive. If you are part of a service user group or have been in the past, we want to hear from you!

If you are interested in being interviewed or know someone who might be, please call Kirsten at CAPS on 0131 538 7177.

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.

Contact us

Write to:

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Phone: (0131) 538 7177

Fax: (0131) 538 7215

Email:

info@edinburghusersforum.org

Or visit our website:

www.edinburghusersforum.org

EUF Meetings 2010

Saturday 9 January

(NB: 2nd Saturday of the month)

Saturday 6 February

Saturday 6 March

Saturday 3 April

Saturday 1 May

Saturday 5 June

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**.