



August 2008

What a Difference a Day Makes

We are going to use our August Forum to talk about the Day Services Review. We hope to have two of our service user interviewers there. They will tell us more about the Review and ask us three questions. How would you like to spend your time? Are you doing this now? If not what is stopping you?

There are lots of different services in Edinburgh which we can use during the daytime and also in the evenings and at weekends. We think that these services aren't as good as they could be because there is no 'bigger picture' of how they all fit together, so we can't be sure that they are giving us the things we want at the places and times we want them.

A group of people has been set up which includes service users, carers and the people who pay for and provide services. That group is going to find out exactly what day services are out there, what they offer, when they offer it and who can use them. Once we know this, we can compare what people want with what people have got and see what we need to do to make things better for everyone.

This is your chance to tell us about all the things that get in the way of you doing what you would like to be doing. Are the things that interest you not available at all, or is there some reason you can't use the services?

Come along to our Forum to find out more about the Day Services Review and to tell us what you think.

In with this mailing

- EUF Meeting Flyer
- Advocard Volunteer Leaflet

Our Next Meeting:

Saturday 2 August 2008

1.30 - 2.00pm Doors open

2.00 - 4.00pm Meeting starts

McDonald Road Library,
Edinburgh

For more information contact
CAPS on
0131 538 7177.

Hot Topics

Intensive Home Treatment Team (IHTT)

Edinburgh will soon have two IHTTs, one for the North and one for the South of the City. The IHTT should be up and running by the middle of October 2008. Each team will have a Nurse Team Leader. They will have their own consultant psychiatrist and a team of specialised nurses. It will also have close links with other workers such as Social Workers and Occupational Therapists.

The IHTT will be the gatekeepers for hospital beds and will decide whether they can treat you in your home or if you have to be admitted to hospital. They will also work with people in hospital to support them to leave hospital as soon as possible.

Providing intensive support to people who are unwell will be the IHTT's job. They will be able to visit people in their homes a number of times a day if necessary. The Community Mental Health Teams (CMHT) cannot provide this kind of intensive support, 24 hours a day, 7 days a week, 52 weeks a year. The idea is that the IHTT will work closely with the five CMHTs so if someone is becoming unwell they can be referred quickly. Each IHTT will have a team of about 18 members. They will work 24 hours a day, 7 days a week. Communication between the different services is key for making sure each part works together.

Mental Health Assessment Service

The Psychiatric Emergency Team (PET) is now called the Mental Health Assessment Team (MHAT). MHAT will be based at the Royal Edinburgh Hospital (REH) and Royal Infirmary Edinburgh (RIE). It will cover Edinburgh 24 hours a day, 7 days a week. People over the age of 18 will be able to self refer to MHAT. GPs will also be able to refer to MHAT. They will decide whether you need to be referred back to community services or on to the Intensive Home Treatment Team (IHTT) if you are unwell. MHAT has now been up and running for a month.

These arrangements should help reduce the number of people needing to go into hospital and the time people need to be in hospital.

Oor Mad History

'Hello! I'm Kirsten and I've just started as the Community History Worker with Oor Mad History. I am really excited about this project and am looking forward to meeting with you all soon.'

Kirsten will be coming along to our August meeting to introduce herself. If you would like to find out more about the project phone Kirsten on 0131 538 7177.

Edinburgh Crisis Centre

The Edinburgh Crisis Centre has moved to new premises and continues to provide emotional and practical support 24/7 through the free phone helpline number; 0808 801 0414.

In the next few weeks they will be able to provide short term face-to-face support and in the following period people will be able to receive face-to-face support at the Crisis Centre for longer periods including overnight. There will soon be open sessions when people can visit the Centre and meet the staff.

EUF has a subgroup that supports EUF representation on the Partnership Group that oversees the running of the Crisis Centre. If you are interested in becoming involved contact Donna at CAPS on 0131 538 7177.

An evaluation of the Crisis Centre is being carried out by an outside agency called Infusion. They have recently published their first report of the findings so far. It has been difficult gathering feedback from people who have used the Crisis Centre. If you would like to give feedback you can contact Infusion on 0131 220 4508 or email info@infusioncoop.org.uk.

CAPS has copies of the Infusion report, if you would like one please contact Donna on 0131 538 7177

Integrated Care Pathways

The draft Integrated Care Pathways (ICPs) for Depression, Schizophrenia, Bipolar Disorder and Generic care are now out for consultation until **Monday 25 August 2008**. The ICPs for Dementia and Personality Disorder should be made available in the coming weeks.

Each ICP focuses on the treatment and care of people who experience symptoms associated with one of these diagnoses. The generic ICP relates to all service users no matter what diagnosis they have been given.

ICPs take you through a step-by-step journey of what you should be offered at different stages when you are using mental health services. This should make sure certain treatments and care are made available at the right time to support you.

We hope ICPs will take into account individual choices and involve people in decisions about their care and treatment.

If you would like copies of the ICPs contact:

Claire Hedges, Project Administrator
Mental Health & Wellbeing Team

NHS Lothian, 148 Pleasance,
Edinburgh, EH8 9RS

Tel: 0131 536 9411

email:

claire.hedges@nhslothian.scot.nhs.uk

North West Edinburgh Service User Group

The Group is trying to change services to make them better for service users. Any-one who uses or has used mental health services in North West Edinburgh can go. Come along and hear about the things the Group is working to change and what is happening with mental health services on:

Friday 22 August
2:00pm - 3:00pm
Threshold Drop In
The Rannoch Centre
6 Rannoch Terrace, Edinburgh

The group is also taking part in the work of the **North West Edinburgh Development Group**. This group is trying to involve service users in the North West Edinburgh Community Mental Health Team. Any-one who uses or has used the CMHT in North West Edinburgh can come along. The next meeting is on:

Thursday 28 August 2008
2:00pm - 3:00pm
Inverleith Unit
Royal Victoria Hospital
Craigleith Road
Edinburgh.

For more information on either of these meetings contact Donna at CAPS on 0131 538 7177.

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 Interim Service

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 the meeting CAPS gave an update of what's happening with the plans for new mental health services in Edinburgh.

Mental health services are either provided in the community or at the Royal Edinburgh Hospital (REH). This balance between the community and hospital is going to change when home treatment is introduced. The Intensive Home Treatment Team (IHTT) will work with people in their own homes. It will provide an alternative to going into hospital but not a substitute for hospital.

Edinburgh will have two IHTTs – one for the North and one for the South of the City. The IHTT will be the gatekeepers for hospital beds and will decide whether they can treat you in your home or if you have to be admitted to hospital. They will also work with people in hospital to support them to leave hospital as soon as possible.

The Psychiatric Emergency Team (PET) is now called the Mental Health Assessment Team (MHAT). MHAT will be based at the REH and Royal Infirmary Edinburgh (RIE). It will cover Edinburgh 24 hours a day, 7 days a week. People over the age of 18 will be able to self refer to MHAT. GPs will also be able to refer to MHAT. They will decide whether you need to be referred back to community services or onto the IHTT if you are unwell.

MHAT has now been up and running for a month. The IHTT should be up and running by the middle of October 2008.

And of course, there will still be the option of contacting the Crisis Centre 24 hours a day, 7 days a week. One of the things they will be able to do will be to help you get in touch with other services if you want to.

These arrangements should help reduce the number of people needing to go into hospital and the time people need to be in hospital.

We hope to hear about people's experiences of using these services in the future.

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.

Community Happenings

Advocard

Volunteer Advocates Wanted

In this mailing we included a leaflet about volunteer opportunities that Advocard is offering. They offer their volunteers a ten day training programme and ongoing training, support and expenses. The next training programme is in September. See flyer for more details or get in touch with Advocard on 0131 554 5307 or email advocacy@advocard.org.uk

Adult Support and Protection (Scotland) Act 2007

Free conference - 'What it Means to Me'

The conference will tell people what they need to know about the Adult Support and Protection (Scotland) Act 2007; What is happening around implementation of the Act; and how this new piece of law could impact on their lives. The conference is for people who use community care services as well as carers and professionals.

21st August 2008,
10:00am - 4:00pm,
Crowne Plaza Hotel,
Glasgow.

For more information or to book a place phone the Scottish Consortium for learning disability on 0141 418 5420.

SIAA AGM

The Scottish Independent Advocacy Alliance held their AGM on the 2nd July 2008 at Dynamic Earth in Edinburgh. The debate this year was about quality assurance for independent advocacy. The SIAA have been consulting people about this issue. Do we need a 'quality mark' for advocacy organisations? Should the training advocacy organisations provide be assessed by an outside agency? Should all advocates do a qualification? Or can we just continue as we are at the moment?

Many people felt there should be some kind of assessment for training provided by advocacy organisations. How this would be achieved is still unclear. Advocacy organisations need enough resources to be able to do these things.

The SIAA want a mandate to take this forward. Those at the AGM were asked to vote on their preferences. Some were disappointed that 'continue as we are at the moment' was not an option. Another suggestion made was to use the Principles and Standards to evaluate advocacy organisations.

What was clear from the day is that there seems to be a wide range of debates within the advocacy movement about how they want to move forward. There are lots of different types of advocacy, for example, individual, collective and peer advocacy. It serves a lot of people who may be vulnerable and what's important is that these people get a good service when they use advocacy.

Community Happenings

Health In Mind Volunteer Opportunities

The Information Resource Service is looking for volunteers to support people to access information and resources related to mental health. There are various volunteer roles such as, Community Information Volunteer, Information Resource Centre Relief Volunteer and Information Resource Centre Volunteer.

To find out more contact Gayle on 0131 225 8508 or email gayle@health-in-mind.org.uk.

Speaking out for 'see me'

See me, the campaign to end the stigma of mental ill health are looking for pairs of volunteers to help promote their new campaign in September 2008.

They want to hear from people who have experienced mental ill health and have a story to tell about the importance of support from friends and family. You will receive training and ongoing support during this piece of work. For more information call 0131 624 8945 or email: info@seemescotland.org

Improving Mental Health in Education

NHS Lothian has teamed up with the Charlie Waller Memorial Trust (CWMT) and Scottish Development Centre for Mental Health (SDC) on a new piece of work that should improve the mental health of students in Colleges and Universities in Lothian.

The CWMT aim to raise awareness of the signs and dangers of depression, particularly in relation to education and training for primary care workers. For more information on CWMT visit www.cwmt.org

CWMT are going to fund a Waller Mental Health Trainer in Scotland to focus on developing support and training to improve student's mental health as well as staff of Colleges and Universities in Lothian. The aim is to; raise awareness of mental health and wellbeing across Lothian's student population; improve joint working between educational institutions and mental health services, particularly at a local level; and share learning and identify good practice to raise awareness at a nation level.

A Steering Group has now been set up to oversee this piece of work. They would like people who have experience of using mental health services and have interest in the mental health of students to be represented on this group. If you would like to find out more please contact Kirstie at CAPS on 0131 538 7177 or email: kirstie@capsadvocacy.org.

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

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

Email:
info@edinburghusersforum.org
Or visit our website:
www.edinburghusersforum.org

EUF Meetings 2008

Saturday 2 August
Saturday 6 September
Saturday 4 October
Saturday 1 November
Saturday 6 December

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**.