



**July
2008**

Ch - Ch - Changes

As you may be aware there are a number of changes planned to ways that mental health services will be provided in Edinburgh. Service users have been asked to get involved in events, reviews, workshops, and meetings.

The Edinburgh Community Mental Health and Primary Care Liaison Teams are being reviewed. They are trying to find one way of working across the City. There was a three-day workshop in June about this. See page 2 for more details.

A new Intensive Home Treatment Team is planned. It will be able to see people in their home if this is an alternative to being admitted to hospital. There is a draft policy about how the team is going to work.

And let's not forget the ongoing process of trying to decide where the site and services of the Royal Edinburgh Hospital should be. EUF and CAPS have been going to meetings and workshops about this. See page 2 for an update on the first Adult Psychiatry Workshop.

We want to use our July Forum to give an update about these proposed changes. We will also find out how the Intensive Home Treatment Team is planning to work.

Come along to the Forum so that we can have a say about future changes. Lets make sure that services are changing for the benefit of the people who use them.

In with this mailing

- EUF Meeting Flyer

Our Next Meeting:

Saturday 5 July 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

Community Mental Health and Primary Care Liaison Teams

A review of the Edinburgh Community Mental Health Teams (CMHT) and Primary Care Liaison Teams (PCLT) is being carried out. At our last meeting we talked about what we valued about the way the teams work now. We also suggested improvements and made comments. On the 10th, 11th and 12th June there was a three-day workshop. CAPS, the Patients Council and other service users were there. The workshop was mostly about finding a way of working that will be the same for all the teams across the City.

We talked about making an information pack for service users. This would explain what to expect from mental health services in Edinburgh. This will include information on the Intensive Home Treatment Team (IHTT), CMHT and PCLT, Royal Edinburgh Hospital (REH) and the Mental Health Assessment Service (MHAS).

We also talked about having an easy way back into the CMHT once you have been discharged. This would mean that you wouldn't have to go back through your GP.

Another idea from service users, is to have a person trained in mental health at GP surgeries. This person would act as a link to mental health services.

NHS Lothian have said that they will keep service users updated through a regular newsletter they will write. We will include this in the EUF mailing when we get them.

Royal Edinburgh Hospital Adult Psychiatry Workshop

NHS Lothian want to improve the services and building of the Royal Edinburgh Hospital (REH). The Scottish Government have set out how NHS Lothian must go about working out what is the best option. Before a decision can be made about which is the best site, NHS Lothian have to 'score' each possible site against 7 possible benefits. The higher the score the more likely a particular site will be chosen.

EUF members went to an event on the 2nd June and tried to decide the order of importance of the 7 benefits in terms of the Adult Psychiatry Service at the REH. In order of importance this is what was decided on the day.

1. Good Clinical Services
2. Good Physical Spaces
3. Good Access
4. Sustainable
5. Deliverable
6. Links for Teaching
7. Least Disruption to Services

There will be a second round of workshops which will try to score each of the possible sites by giving points based on how well each site can deliver on the 7 benefits. There were also events looking at Older People's Services, Rehabilitation Psychiatry and Substance Misuse.

Confused or what? There is a report about the first adult psychiatry workshop. If you would like a copy or more information phone Donna at CAPS on: 0131 538 7177.

Annual General Meeting

EUF had its AGM on Friday 30 May 2008, which was attended by 19 people, 7 were members and 12 were other people we had invited. It was held at the Drill Hall which most people thought was a really good venue. After the business there was a question and answer quiz to launch the Oor Mad History Project.

Unfortunately there wasn't enough signed up members of the forum for a quorum. This meant that we couldn't vote for people who stood for the positions of the EUF Executive or EUF representatives on the CAPS Management Committee. Because there wasn't a quorum at the AGM, members who came along to our next Forum meeting held on 7 June decided to approve the appointment of Secretary and a EUF representative on the CAPS Management Committee. The remaining EUF Executive posts remain unfilled. These are Convenor, Vice Convenor, Membership Secretary and Treasurer. If you are interested in standing for a post and would like more information about what is involved contact Donna or Keith at CAPS on 0131 538 7177.

'Oor Mad History'

Kirsten, the new Community History Worker will start on Wednesday 2 July 2008. She will support service users to continue the work of 'Oor Mad History'. The 'Oor Mad History' project is about looking into the history of the user movement in Lothian. We will give regular updates on the project in the newsletter and Forums. For more information contact Kirstie or Kirsten at CAPS on 0131 538 7177

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 to hear about changes to services and have your say about the way services work on:

Friday 18 July 2008
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.

Redesigning Vocational Rehabilitation Services

NHS Lothian Occupational Therapy service is looking at its vocational rehabilitation services in Edinburgh. They are working with a Knowledge Transfer Partnership to do this.

A Knowledge Transfer Partnership is a UK-wide programme to encourage working between public or private sector organisations and universities. The idea is to help organisations to improve services by using the knowledge, technology and skills of universities.

A project called Activate has been funded in Lothian. Part of its funding has come from a Knowledge Transfer Partnership. Its job will be to look at vocational rehabilitation services and redesign them over the next three years. Activate said it will make sure service users have a significant role to play in the redesign. You can find out more by contacting: Alison Meiklejohn on 0131 537 6412 or email: alison.meiklejohn@nhslothian.scot.nhs.uk

Day Service Review

Last month we sent out a leaflet about the Day Service Review. The leaflet asked three questions; How would you like to spend your time? Are you doing this now? And if not, what is stopping you? There is still time to get your answers in, just fill in the leaflet and send it to the freepost address. Our service user interviewers will soon be ready to go out to speak to groups of service users. If you would like a copy of the leaflet or more information, contact Kirstie at CAPS on 0131 538

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.....

We talked about the Review of the Edinburgh Community Mental Health Teams (CMHT) and the Primary Care Liaison Teams (PCLT). We talked about what we valued about the way the teams work now and suggested ways in which they could be made better.

What we value:

- being able to contact your psychiatrist's secretary and get an appointment within four days;
- being seen in your own home;
- being given a next appointment time;
- highly motivated and qualified staff;
- being able to see the same people and not having to tell your story again.

How things could be made better:

- staff should be more flexible in arranging appointment times;
- we should have a say in choosing our CPN (Community Psychiatric Nurse) and be able to change our CPN easily;
- staff should be in tune with service users needs. Service users should be more in control of their care;
- there needs to be more work done with the 'mild' spectrum of mental health. It would be good to have services where you don't have to go through a GP or Psychiatrist;
- we should be able to admit we feel better without fear of being discharged;

- there is a general lack of information. There should be more information about what you can expect from the teams and how to go about making a complaint if you felt you need to. This should be explained by a key worker. The NHS website needs to have clear information about the teams;
- there should be someone you can talk to at each GP surgery that is trained in mental health;
- there should be services available where you don't feel stigmatised.

These views were repeated at the three-day workshop about the Review, see page two for more details.

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

Scottish Mental Health Arts & Film Festival 2008

Film Competition – Call for Entries

The Scottish Mental Health Arts & Film Festival is the national arts festival in Scotland which explores mental health. It has its base in Glasgow, with events taking place all over Scotland between the 1 - 19 of October 2008.

The purpose of the film festival is to raise awareness and tackle stigma and discrimination around mental health. It is also about promoting an understanding of an individual's rights and recovery.

The film festival welcome submissions of films which address these issues directly. They are also interested in films which explore mental health issues more generally.

Films must be received by Friday, August 29th 2008. For more information about the guidelines and conditions email Belinda Arthur at smhaff@gmail.com
website: www.mhfestival.com.

Health All Round Community Health Project

'Winners and losers?'

A workshop for women discussing conflict in daily life.

Thursday 3 July 2008
10.30am – 12:00pm
Health All Round
Springwell House
Ardmillan Terrace

Call Claire Downs on 537 7530, for more information and to book your place.

Health in Mind Information Afternoon

'Stress & how to manage it!'

Facilitator: NHS Lothian
Wednesday 2 July 2008
1:30pm - 3:30pm
Health in Mind
40 Shandwick Place
Edinburgh
EH2 4RT

This session will talk about stress, its effects and how to manage it. To book a place call the Information Resource Centre on 0131 243 0106 or email: information@healthinmind.org.uk.

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

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**.

Other dates for your diary

If you would like to know more about any of these service user meetings please contact CAPS on 0131 538 7177.

Oor Mad History Steering Group:

These meetings will start up again when our new community history worker has settled in.

North West Edinburgh Service Users Group:

Friday 18 July 2008, 2:00pm - 3:00pm at Threshold Drop-In. See page 5 for details.

EUF Day Service Review Group:

To be confirmed. Contact Kirstie at CAPS.

EUF Monthly Meetings for 2008

Saturday 5 July

Saturday 4 October

Saturday 2 August

Saturday 1 November

Saturday 6 September

Saturday 6 December