



**June
2008**

Marching to the Same Beat

There is a review of the Community Mental Health Team (CMHT) and Primary Care Liaison Team (PCLT) happening in Edinburgh. They work in the community and offer support and services. The PCLT supports people with “mild to moderate” mental health problems and the CMHT supports people with more “severe” or long term problems.

Edinburgh is split into five sectors, North West, North East, South West, South East and South Central. There is a CMHT and PCLT for each area but they don't all work in the same way. The review will try to find a way for these services to be provided in the same way across the City. NHS Lothian have written a newsletter about the review for service users and carers. The newsletter has been included in this mailing and it explains why the review is happening and how they plan to go about it.

As part of the review there will be a three-day workshop in June to look at:

- what we value about the way the teams work at the moment;
- what improvements we would like to see, and
- our suggestions and comments.

Come along to the June Forum to learn more about the review. What we say will be taken to the three-day workshop and we will have the chance to tell NHS Lothian how we want our services to run.

In with this mailing

- EUF meeting flyer
- 'How We Run Meetings' flyer
- NHS Lothian newsletter about the CMHT and PCLT review
- Day Service Review Leaflet

Our Next Meeting:

Saturday 7 June 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

Day Services Review

In this newsletter you will find a leaflet with information about the Day Services Review. We would like you to fill in your answers to the three questions and send them back to us at the freepost address on the leaflet. This will help us in our work for the Day Services Review and get an idea of how people who use mental health services in Edinburgh would like to be spending their time.

We are still trying to sort of the difficulties we have been experiencing in getting answers from Jobcentre Plus about paying people who receive benefits. This has caused delays in being able to start our work. We hope to reach an agreement with them soon.

In the meantime we would like to start making arrangements to speak to people who use day services across the City. If you know of any drop-ins, groups or meetings that are coming up, for us to go to and get people's views please contact Kirstie at CAPS on 0131 538 7177.

Oor Mad History

The Steering Group have been busy recruiting the worker who will develop the Oor Mad History Project. We hope to have someone in post by the end of June who can take the work forward. A date for the Steering Group will be set when we have the worker in post. To find out more contact Kirstie at CAPS on 0131 538 7177.

Scottish Independent Advocacy Alliance

The Scottish Independent Advocacy Alliance (SIAA) is a membership organisation responsible for promoting, supporting and defending independent advocacy in Scotland. They have just published a document called 'Principles and Standards for Independent Advocacy'.

This document is meant to give people an understanding of what independent advocacy is and what advocates do. Advocates and advocacy organisations will use it to help them to work in a clear and responsible way. The document will be useful for advocacy organisations to make sure that they are providing high quality advocacy. It is also designed for people who use or come in contact with advocacy to have a clear understanding of what they can expect.

The Principles and Standards are about protecting the people who use advocacy as well as advocacy itself. It is written to apply to all independent advocacy in Scotland and all forms of advocacy, for example individual, collective and peer.

A code of practice has also been developed to be used with this document, giving examples of how the Principles and Standards may work in practice.

If you would like a copy of the guide phone 0131 260 5380 or email enquiry@siaa.org.uk.

At our last meeting.....

Keith Maloney from CAPS talked to us about the re-provisioning of the Royal Edinburgh Hospital (REH) and the workshops that NHS Lothian is going to have about this.

There are seven things that NHS Lothian want to take into consideration when deciding the best option for a new hospital. These are, Quality of Care, Accessibility, Quality of Physical Environment, Sustainability, Deliverability, Disruption to Services and Research and Training. We talked about what we thought was important in a new hospital.

Quality of the Physical Environment is important, for example having green spaces and gardens.

Accessibility to shops and café is important. The REH site has a lot of local amenities around it and this is something people really value.

Quality of Care is important to us. We want more than new wallpaper, we want to have good interactions with staff. Nurses should be available to have more one-to-ones and receptionists should be friendly and nice.

If the option was to rebuild the REH it would be a building site for people and not a good environment. Disruption to Services is important.

A psychiatric hospital should be separate from learning difficulties services.

The patient experience of hospital was not included in the things we need to take into consideration. This should be included.

It might be nice to have a fresh start with a new hospital being built away from the REH. There are bad memories attached to REH for a lot of people. However bad memories may be attached to any hospital. Services should improve so that these bad experiences don't keep happening.

It is important that we are kept informed about the process of building a new hospital. Members of EUF plan to go to the workshops to give a strong voice to service users and let NHS Lothian know what we think is important when building a new hospital.

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.

North West Edinburgh Service User Group

The Group is trying to change services to make them better for service users. They have recently been involved in developing a policy called 'Fast Track'. It is about being able to call one number to get back into the North West Edinburgh Community Mental Health Team. This means people who have been discharged don't have to wait long or go through their GPs again.

Meetings are being held at different services to get as many views as possible. The next meeting will be held at Threshold Drop-in on:

Tuesday 17 June 2008

2:00pm - 3:00pm

Threshold Drop In

The Rannoch Centre

6 Rannoch Terrace, Edinburgh

For more information contact Donna at CAPS on 0131 538 7177.

Crisis Centre

The Crisis Centre's lift has arrived and work is being done to install it. The Centre hopes to have its official opening in June. They will also be organising open days and we hope to go as a group to one of these days. We have no dates or times yet but hope to announce something at the June Forum.

If you can't make the next Forum but would like to find out dates for the open days contact Kirstie 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

Community Happenings

Lothian Deaf Counselling Service (LDCS)

LDCS is a new and free counselling service for deaf, deafened, hard of hearing and deaf blind adults across Lothian. They are having an open day on:

Monday 2 June 2008
4:00pm - 8:00pm
Abden House
Pollock Halls
18 Holyrood Park Rd
Edinburgh

For more information call 0800 804 7462 or text 0800 804 7463.

Health In Mind

Information Afternoons

Art & Mental Health
Facilitator: Scottish Arts Council
Wednesday 11 June 2008
1:30pm-3:30pm

Stress & how to manage it!
Facilitator: NHS Lothian
Wednesday 2 July 2008
1:30pm - 3:30pm

Both information sessions are held at Health in Mind, 40 Shandwick Place Edinburgh. For more information or to book a place phone 0131 243 0106 or email: information@health-in-mind.org.uk

Royal Edinburgh Hospital Workshops

At our last meeting we decided some of us would go the workshops NHS Lothian is organising to work out what to do with the Royal Edinburgh Hospital and its services. There are two workshops on Adult Psychiatry that EUF members will be attending on:

Monday 2 June 2008
Monday 28 July 2008
11:00am - 4:30pm
Edinburgh Suite, Easter Road Stadium

There are still some places left on the Adult Psychiatry Workshop, but you'll have to act quickly. There are more places left on Older People, Substance Misuse and Rehabilitation Psychiatry Workshops. For more information and to book a place phone Claire Hedges on: 0131 536 9411 or email: Claire.Hedges@nhslothian.scot.nhs.uk

Volunteer Centre

Weekly Public Information Sessions

The Volunteer Centre Edinburgh will be running information sessions for anyone interested in volunteering. These will be held every Thursday afternoon from 2:00pm - 5:00pm at the Volunteer Centre Edinburgh, 45 Queensferry Street Lane, Edinburgh. For more information phone: 0131 225 0630

Community Happenings

Recovery Training

There are some free recovery workshops that are being held across Edinburgh by NHS Lothian Mental Health and Wellbeing Team. There are a list of dates to choose from for each workshop. The facilitators are a trained group of people who have experience of mental health difficulties, as well as practitioners from the voluntary and statutory sectors with skills and experience in recovery.

Workshop A – Introduction to Recovery

Aims to raise awareness of recovery in Lothian.

Dates

5 June 2008
3 July 2008
4 September 2008
2 October 2008
30 October 2008

Course Length - Two hours,
11:00am -1:00pm **or** 2:00pm - 4:00pm

Workshop B- Learning More About Recovery

Aims to provide people with the opportunity to explore and understand the concept of recovery.

Dates

12 June 2008
26 June 2008
10 July 2008
11 September 2008
25 September 2008
9 October 2008
23 October 2008

Course Length - One Full Day,
10:00am - 4:30pm

Workshop C - Recovery into practice

Aims to provide people with the opportunity to reflect on, and to plan, ways of putting the recovery process into practice in services.

Dates

19 June 2008
18 September 2008
16 October 2008

Course Length Full day with half day follow up.

You will need to book four weeks prior to the date of the workshop. For more information on the Recovery workshops, please contact: Susan Pollock, Training & Development Facilitator;
Email Susan.Pollock@lhb.scot.nhs.uk;
Tel: 0131 536 9427

Mental Health First Aid Training

Oxgangs Care is offering free Mental Health First Aid Training to people living in the Oxgangs area. There will be a charge for people living outside the area. The training is about how to respond to people in crisis who experience mental health difficulties.

Course 1 - Monday 16 & Monday 23
June 2008

Course 2 - Thursday 28 August &
Thursday 4 September 2008

Oxgangs Library
10:15am – 4:45pm

Please contact Catherine Dodds for more information on 0131 445 3332 or email cathdodds35@hotmail.com

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:

To be confirmed, call Kirstie on 0131 538 7177

North West Edinburgh Service Users Group:

Tuesday 17 June 2008, 2:00pm - 3:00pm at Threshold Drop-In.

EUF Day Service Review Group:

To be confirmed, contact Kirstie on 0131 538 7177.

EUF Monthly Meetings for 2008

Saturday 7 June

Saturday 4 October

Saturday 5 July

Saturday 1 November

Saturday 2 August

Saturday 6 December

Saturday 6 September