



**May
2008**

Location, Location, Location

NHS Lothian want to improve the services and buildings of the Royal Edinburgh Hospital. They have said that they have not yet decided what is the best way to do this. They want service users to help to work out which is the best option. Whatever they decide, the plan must be agreed by the Scottish Government before it can go ahead.

The Government have set out very clearly how NHS Lothian must go about working out which is the best option. First of all, they must decide which things need to be considered. Then they must decide how important each of these things are. Some things must be included, such as: what is the cost; does it meet national standards; how much does it cost to run; how easy is it to move to a new site? There's not much we can say that will make much difference to these, but there are other things that we should be able to influence, such as: how easy it is to get to the new hospital and is it going to be a nice space to be in?

At the May meeting of EUF we will be talking about what think are the important things about a new hospital.

The next step will be to make sure that we have representatives at workshops NHS Lothian has arranged to decide on the best site.

The first round of workshops will agree which things should be considered and the order of their importance. See page 5 for details of the workshops.

The second round of workshops will 'score' each of the possible sites for the new hospital to find out which is the best option.

In with this mailing

- EUF meeting flyer
- Letter to members
- AGM flyer

Our Next Meeting:

Saturday 3 May 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

What we do at the Annual General Meeting (AGM)

We say what sort of things we've been doing in the past year, what we've spent our money on, and we can have resolutions or changes to our constitution. The constitution gives more details about how things work. If one of us wants to move a resolution or an amendment to the constitution we must send a written copy of the resolution or amendment to the Secretary, c/o CAPS, 5 Cadzow Place, Edinburgh EH7 5PL, to reach them by at least 7 days before the date of the AGM. To get a copy of the constitution call CAPS or visit www.edinburghusersforum.org.

We will also elect the Executive and choose our three representatives on CAPS' Management Committee. The Executive are made up of 5 officers:

Convener - usually chairs the Forum Meetings, and the Executive Meetings. This means they have to make sure everyone has their say, that everyone behaves themselves, that we decide things that need to be decided, and that we don't get side-tracked.

Vice-convener - is in charge of the meetings if the Convener can't be there, or needs a bit of a rest.

Secretary - is responsible for the mail we get from other people, and the mail we send to other people. They are also responsible for making sure somebody takes notes or minutes of meetings.

Treasurer - is responsible for giving expenses at meetings, for keeping records of money paid out, cheques written, and money paid in. They also help to apply for money to pay for the running of EUF. The CAPS Finance Worker helps them to do the accounts of EUF at the end of the year.

Membership Secretary - makes sure that new members get all the information and support they need. They also look for new ways to recruit members.

This year after the business of the AGM we will launch 'Oor Mad History', a project to look into the history of the user movement in Lothian.

For more information about the AGM call CAPS on 0131 538 7177 or email edinburghusersforum.org. We hope to see you there.

EUF AGM!!!

Friday 30 May 2008

2:00pm - 4:00pm

The Drill Hall

36 Dalmeny Street

Edinburgh

At our last meeting.....

Bill Scot from Inclusion Scotland came to talk to the forum about the changes to Incapacity Benefit (IB).

From October this year all new claimants to IB will have to have a new 'Work Capability Assessment'. By 2010 all existing claimants on IB will have to take the same capability test. Alongside the new tests a new benefit, 'Employment and Support Allowance' (ESA), will replace IB and disability related income support for all new claimants. Anyone claiming ESA will be assessed, over a 13 week period to decide whether they have a limited capability for work and if they are capable of 'engaging in work-related activity'.

Private sector organisations like Work Directions, as well as Jobcentre Plus and charities will run local Pathways to Work programmes.

The Government have said that 'The whole idea of the test is to identify what people can do rather than what they cannot do'. However the Disability Alliance say that 'the changes are simply an attempt to reduce the numbers claiming IB, by imposing a harder entitlement test'.

Some people feel we should try to stay positive about the changes; it may give people more opportunities.

Service users are often found fit for work more than people with physical problems. They will have to compete for jobs with people who have not had mental health problems. Is there that much work out there? Is the market place ready to support people with mental health problems? Some people need taxis, or a personal assistant, who pays for that?

Every-one who wants to work should get the right kind of support and assistance. Forcing sick and disabled people into work when they are not physically or mentally fit enough to do it is wrong.

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.

Day Services Review

The work for the day services review has been delayed because of problems we didn't expect to have organising a team of service user interviewers. We hope to have this sorted out as soon as possible to have people speaking to groups of service users across the City in the near future.

In the meantime a leaflet is available for people, explaining what the Review is for and asking people to fill in their own answers to three questions for the day services review:

- How would you like to spend your time?
- Are you doing this now?
- If not, what is stopping you?

This should be sent back to CAPS and will start to give us an idea of what sort of services people want to use and when and where they want them. If you would like to receive a copy of this leaflet please contact Kirstie at CAPS on 0131 538 7177.

Oor Mad History

The Steering Group have begun to recruit a full-time Community History Worker to take forward the Oor Mad History Project. The closing date for applications is Monday 28 April 2008. Application packs are available from CAPS, 5 Cadzow Place, EDINBURGH, EH7 5SN. Tel: 0131 538 7177, Fax: 0131 538 7215, Email: contact@capadvocacy.org. They can also be downloaded from CAPS website: www.capsadvocacy.org

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

Location, Location, Location Continued...

Below are details of the workshops being organised by NHS Lothian to help decide on the site for a new Royal Edinburgh Hospital. There will be two workshops for each service. All the workshops will be held at the Hib's Football Stadium. The sessions will run from 11:00am - 4:30pm. To book a place contact Clair Hedges by 22 May, on 0131 536 9411 or email Clair.Hedges@nhslothian.scot.nhs.uk.

Adult Psychiatry

Workshop 1 - Monday 2 June 2008
Workshop 2 - Monday 28 July 2008

Rehabilitation Psychiatry

Workshop 1 - Monday 9 June 2008
Workshop 2 - Friday 1 August 2008

Older People

Workshop 1 - Wednesday 4 June 2008
Workshop 2 - Wednesday 30 July 2008

Substance Misuse

Workshop 1 - Thursday 5 June 2008
Workshop 2 - Thursday 31 July 2008

EUF Website

The EUF Executive are working on a guide on how to write things for the newsletter and the website. Content on the website as well as articles in the newsletter will need to be clear, straight forward and in plain English so that it is as accessible to as many people as possible.

We will continue to update and develop the website. Decisions about what goes in the newsletter and website are made by the EUF Executive, if you have any suggestions please take them to the EUF Executive via CAPS. Visit the website at:
www.edinburghusersforum.org.

North West Edinburgh Service User Group

The Group are trying to change services to make them better for service users.

A service user representative from Season will be coming along to the next meeting. Seasons is a charity set up by service users in North East Edinburgh; they are trying to become an independent user led service. There will be lessons to learn from Seasons, such as what the group have achieved so far and the obstacles they've faced.

The Group will also be talking about the review of Community Mental Health and Primary Care Liaison Teams and the idea of user led groups and drop-ins. The meeting will be held at the PROP Stress Centre on:

Thursday 1 May 2008
12:00pm - 2:00pm
PROP Stress Centre
5 West Pilton Park
Edinburgh

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

Community Happenings

Edspace

Edspace is a website with information about mental health services in Edinburgh. It has been around for a year now and Health In Mind, who are responsible for the site, want to find out how useful it is for service users.

They are looking for people with all levels of computer skills to complete a short questionnaire about the website. If you are interested in taking part contact Gayle at Health in Mind on 0131 225 8508 or email gayle@health-in-mind.org.uk

Health In Mind

Information Afternoon
Does humour belong in Recovery?
Theo Dijkman from health in mind
Wednesday 14 May 2008
1:30pm-3:30pm

This event will give people an opportunity to explore whether we can have fun while thinking about recovery and in how far a sense of humour can help us along the way.

For more information contact Information Resource Centre on 0131 243 0106.

Crisis Centre Open Days

The new, fully accessible base for the Crisis Centre is expected to open soon. There are plans to hold a couple of open days for people to visit the Centre.

We will announce the times and dates at the next EUF meeting. If you can't make the next Forum but would like to go contact Kirstie at CAPS on 0131 538 7177 or email Kirstie@capsadvocacy.org.

Redhall Walled Garden

On the first Wednesday of every month Redhall Walled Garden invites people to spend the day with them. People will get to meet the staff and have a look around. If people want to stay for the whole day they will need to bring a packed lunch.

People that would like to use their services can phone for an individual appointment to meet the staff and have an informal chat about how their placements work.

To book a place call Redhall Walled Garden on 0131 443 0946.

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 Donna at CAPS on 0131 538 7177.

Oor Mad History Steering Group:

Thursday 1 May 2008, 2:00pm at CAPS.

EUF Executive:

Thursday 15 May, 2:00pm at CAPS.

North West Edinburgh Service Users Group:

Thursday 1 May 2008, 12:00pm - 2:00pm at PROP Stress Centre.

EUF Monthly Meetings for 2008

Saturday 3 May

Saturday 7 June

Saturday 5 July

Saturday 2 August

Saturday 6 September

Saturday 4 October

Saturday 1 November

Saturday 6 December