



**November
2008**

VOX - Voices of Experience

VOX are a Scottish, national, user-led organisation that aims to represent people who have a lived experience of mental health problems.

Their aim is to provide a voice for service users and to influence policy, services, practice and legislation.

Wendy McAuslan, the VOX development Co-ordinator, will be coming to EUPF to talk about what VOX is trying to do and what main issues they are working on at the moment. We can also find out how EUPF can get involved.

In the past individuals who have a lived experience of mental health could become members of VOX. Now VOX are allowing group membership. This means that EUPF could become a member. The November forum will be a good chance to learn more about VOX and decide if we want to take out a group membership.

Come along to our November forum and find out more!

In with this mailing

- EUPF Meeting Flyer
- CAPS AGM Flyer

Our Next Meeting:

Saturday 1 November 2008

1.30pm - doors open

2.00 - 4.00pm - meeting

McDonald Road Library,
Edinburgh

For more information contact
CAPS on
0131 538 7177.

Hot Topics

Royal Edinburgh Hospital Workshops

On Friday 3 October 2008 EUF took part in the first of two meetings that NHS Lothian had to hold again to try and decide where to build a new Royal Edinburgh Hospital. The second meeting is on Friday 31 October 2008 and we should have the result for the EUF meeting in November. But remember, designing and building a new hospital takes a long time. The final decision on where to put it won't be agreed by the Government until March 2009 at the earliest.

EUF is also hoping to have the chance to feed back to the Government how difficult and frustrating we have found it to have our views heard. They must work harder to provide simple information for service users to help us take part. It may be that EUF doesn't get involved in another huge project like this - but that is no reason not to demand they fix the system for all similar projects throughout Scotland in the future.

By David Atiyah (EUF member)

We have two EUF representatives going to the next meeting on the 31 October 2008. If you would like more information about the workshops contact CAPS on 0131 538 7177.

Day Services Review

We have almost completed all the interviews for the Day Services Review! Over 120 service users have given their views. There will be a draft report available in November about what they said.

There are a number of bits of work that make up the Day Services Review. The City of Edinburgh Council are doing a mapping exercise to find out what mental health day services are out there and who can use them. EUF is responsible for carrying out interviews with service users to find out the things they want to be doing and reasons why they might not be doing them. The Carers Council is doing a piece of work asking carers what they think people they care for would like to be doing.

When these bits of work are done they can be compared to find out if what people want to be doing matches what is out there. The findings will be used to develop a plan for mental health day services for the next 5 -10 years.

The City of Edinburgh Council will be holding an event on the 28 January 2009. This will be a chance to have a look at their draft report and have a say about the recommendations. We will advertise this event closer to the time.

If you have any questions about the Day Services Review contact Donna at CAPS on 0131 538 7177.

Interested in the EUF Executive?

We will be offering some training for people who are interested in becoming involved in the EUF Executive Group. We will try to do this at the beginning of next year. The training will run for an hour before the main EUF meeting. This way people can find out more about what is involved without having to commit to being on the Executive. There are some people who said they are interested at last month's Forum. If you haven't put your name down and are interested in the training contact Donna at CAPS on 0131 538 7177.

Charities for Sale?

There was an article in the Edinburgh Evening News on Wednesday 15 October 2008 about putting 'non-core' services out for tender. This is a bit of information from the article:

The City of Edinburgh Council spend around £120 million each year on social care and housing support services. These services are provided by a mixture of 650 voluntary and private organisations. The Council is planning to advertise more contracts on the open market. This means that more people can bid for them. The contracts are understood to be for 'non-core' care at home and housing support services. There are concerns that the contracts will go to the organisation or company that can offer the services most cheaply and people's care will be affected. This is the first we have heard of this. We will try to find out more.

Intensive Home Treatment Teams (IHTT)

The new IHTTs started running on Monday 27 October 2008. The IHTT provide a service that will run 24 hours a day 365 days a year. It's job is to provide alternatives to hospital admission where people would otherwise be admitted. It will provide treatment in people's own homes. They will also go into wards and help people to leave hospital as soon as possible.

There will be a North Team based at Allander House and a South Team based at Ballenden House. Each team is made up of 18 staff members including a Team Leader, Consultant Psychiatrist, Staff Grade Doctor, Social Worker, Occupational Therapist, Psychologist and Nurses.

You can't self refer to the IHTT. The Team accept referrals from; the Community Mental Health Teams, Primary Care Liaison Teams, GPs, Emergency Social Work, Mental Health Assessment Service, Liaison Psychiatry Services, Inpatient Services and the Edinburgh Crisis Centre. The IHTT will ask for information about the person being referred and if appropriate make contact with them. Assessment will happen in the most appropriate and least restrictive place, preferably the person's home. After the assessment the Team will look at community based treatment options or help with hospital admission if needed.

We hope to have someone from the Team come to a future EUF meeting. It would be good to hear about people's experience of using the IHTTs.

Oor Mad History

Update from Kirsten Maclean.

We now have our earliest piece of archive material, film footage from 1984. Come to the CAPS AGM to find out more!

More exciting news is that The Living Memory Association have offered to provide some basic Oral History Training for people who fancy learning more about interviewing skills and recording. It will be a fun way to get involved with the project, be active in recording your own history and also a chance to meet up with people from other areas. I'll keep you posted about this, but in the meantime if you are interested please let me know!

I've been out to East Lothian to meet with ELIG (East Lothian Involvement Group) members there. They are really keen and are interested in doing some video work. I went to a SAMH (Scottish Association for Mental Health) "Celebrating Inclusion" event at Brunton Theatre in Musselburgh. Tynepark Multi-Media Group performed their play, "On the Road to Recovery". It was fantastic. It showed the power of drama in getting messages across to the public.

In West Lothian, the group is keen to get going with archiving, talking about how far the movement has come in the last 20 years and the oral history interviews.

I hope to get out to Midlothian soon to catch up with people there.

Two members of the Patients Council have joined the steering group, which is great. We also have a new member from East Lothian and hope to have a member representing EUF soon.

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 advocacy you may contact:

Advocard 0131 554 5307

(Monday to Friday 9-5pm)

Circles Network 0131 537 6004

At our last meeting.....

At our last meeting we caught up on EUF business. We talked about the Day Services Review, Oor Mad History, the Royal Edinburgh Hospital (REH) Workshops, the North West Edinburgh Service User Group and the Crisis Centre.

The REH workshops have to be done again. Two EUF representatives went to the first of two workshops. They gave us feedback on how the workshops went. At the first workshop our EUF representatives have made a strong case for the importance of being near a good community (see page 2).

We had an update about the Day Services Review and heard about what service users have been saying. There are lots of things that are coming up again and again. What service users said will go into a report and the report should be available in mid-November. The report will help to make a 5 -10 year strategic plan for day services in Edinburgh (see page 2).

Kirsten, the Community History Worker for the Oor Mad History project gave us an update on what has been happening. She told us that there might be some training available for people who are interested in recording the oral histories. We want to make sure that the Oor Mad History project captures the hard struggles as well as the success stories of the user movement. We hope that recording the history of the user movement will help us with what we do now (see page 4).

We had an update about the work that the North West Edinburgh Service User Group is doing. The North West Edinburgh Service User Group are trying to improve mental health services in the North West. They are now having guest speakers (see page 6).

The Crisis Centre are having a series of open days and one of our members is organising a visit. There is a partnership meeting on soon and we will have more updates on the Centre for the next meeting (see page 6).

We decided that we would have a meeting about EUF business every second month and have a topic every other month. We will soon be providing training before the meeting for people interested in becoming part of the Executive Group.

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.

News from the North West

The North West Service User Group is a group of service users from North West Edinburgh who are trying to improve mental health services. Here's what they have been up to.

Representatives have been involved in finding a way for people who have been discharged to self-refer back into the Community Mental Health Teams (CMHT). This will now happen across Edinburgh. People who need to get back in touch with the CMHT should be able to do it quickly and easily.

Representative have been going to a steering group about making an information pack for service users. This pack will include information about the Intensive Home Treatment Team, the Community Mental Health Team, the Primary Care Liaison Team, the Mental Health Assessment Service and wards at the Royal Edinburgh Hospital. This should help people know what to expect from services and know what they can and can't do.

The group have also started having guest speakers. At their next meeting there will be someone from the Advice Shop to talk about the changes to Incapacity Benefit. The meetings are open to anyone who is using or has used mental health services in North West Edinburgh. The next meeting is on:

21 November 2008

12:30pm - 1:30pm

Rannoch Centre

6 Rannoch Terrace

Edinburgh

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

What's happening at the Crisis Centre?

The Crisis Centre are having a series of open days. You will need to call to book a place if you want to go. It is a chance to talk to the staff and get a tour of the building. There are some days open to the general public and some days open to service users and carers only. The open days are:

Wednesday 19 November 2008

10:00am - 12:00pm or 2:00pm - 4:00pm
(open to all)

Wednesday 14 January 2009

10:00am - 12:00pm or 2:00pm - 4:00pm
(service users and carers only)

Thursday 15 January 2009

10:00am - 12:00pm or 2:00pm - 4:00pm
(open to all)

Wednesday 18 March 2009

10:00am - 12:00pm or 2:00pm - 4:00pm
(open to all)

For more information or to book a place call Jacquie Walton on 0131 561 0082

Gardening and Resource Groups

The Crisis Centre Partnership Group are inviting service users to get involved in a resource group and a gardening group. The resource group are responsible for looking at information about the Centre. The gardening group will be responsible for making decisions on what the garden will look like. For more information call Jacquie at the Crisis Centre on 550 3723.

Community Happenings

Stafford Centre

Bipolar Group

The Bipolar group is starting up again at the Stafford Centre. It will run on the 2nd and 4th Thursday of every month from 6:00pm - 8:00pm at the Stafford Centre. It is a social group that have guest speakers and information about Bipolar for service users and carers. For more information call the Stafford Centre on 0131 557 0718.

LPIN - Lothian Psychological Interventions Network

'Making a difference'

'Improving Service Provision for People who may attract a diagnosis of Personality Disorder'.

This seminar will look at how people can make a difference by the way they deliver services. There will be presentations and an opportunity to discuss, debate and network. The seminar is for service users, carers, and workers from the statutory and voluntary sector. Places are free but limited to 100. Travel expenses for service users and carers will be reimbursed, The seminar is on:

Friday, 28 November 2007

9.00 – 4.30 pm

Scottish Health Service

Management Centre,

Western General Hospital, Edinburgh

If you would like to go you will need to fill in an application form and send it before Friday 7 November 2008. You can get an application form by phoning the Project Administrator at the Mental Health & Wellbeing Team on

0131 536 9411 or Email

mentalhealthadmin@nhslothian.scot.nhs.uk.

Don't forget.....

CAPS Annual General Meeting (AGM)

'1984'

Friday 7 November 2008

2:00pm (doors open 1:30pm)

Drill Hall, 30-36 Dalmeny Street, Leith

+ Buffet Lunch

What were you doing in 1984? What else was happening and what has changed? Find out at our AGM. We will be showing the earliest piece of recorded history from the Scottish user movement we have found.

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 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**.