



September 2008

Where Do We Go From Here?

At our last meeting it was suggested that we have a meeting about the way that EU F works....and so we shall, at our September Forum.

We have included the EU F constitution in this mailing, it explains things like how we work, what we can do, and how we should do it. At our next meeting we will explain what this means in practice, for example how we run meetings, the role of the EU F Executive and the role of representatives on different groups.

After we explain how EU F works at the moment we want to know how members think EU F should work in the future. There are three questions we want to talk about, they are:

- how are decisions made;
- what help and support do we want from CAPS and
- how do we make EU F as inclusive and open as possible?

Another thing that was suggested at the last Forum was to have this topic take up the entire meeting....and so it shall. We will, however, try to leave a bit of time for Any Other Business so people have a chance to bring things to the Forum.

It would be great to have as many members as possible come along. It is a good chance to have a say about the way EU F works and we hope you can make it.

In with this mailing

- EU F Meeting Flyer
- EU F Constitution

Our Next Meeting:

Saturday 6 September 2008

1.30 - 2.00pm doors open

2.00 - 4.00pm meeting

McDonald Road Library,
Edinburgh

For more information contact
CAPS on
0131 538 7177.

Day Services Review

EUF's work on the Day Services Review is full steam ahead with interviews being carried out and surveys coming in. The majority of the interviews will be done in September and we hope to have a report written by the end of the year.

At our last meeting we gave our views to the three questions in the Day Services Review. To find out what EUF said see page 5.

There are two pieces of work that make up the Day Services Review, the mapping exercise and the work that EUF are doing. The mapping exercise is being done by the City of Edinburgh Council. They are finding 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.

When both these pieces 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 to 10 years.

There are different ways you can have your say. One is to fill in the Day Services Review leaflet and send it to CAPS. The other is to join in one of the group sessions, there are meetings set up in different services across the City. You can also arrange to be interviewed one-to-one. If you use a drop-in or mental health service, check to see if there are any interviews set up. If you would to set up an interview, get a leaflet or would like more information contact Donna at CAPS on 0131 538 7177.

Oor Mad History

Oor Mad History (OMH) is a project about recording the history of the user movement in the Lothians. Kirsten is the new Community History Worker who will support this work; below is an update from her.

"I've been busy meeting user groups to introduce myself. Thank you to EUF for having me at your August meeting. I've also met up with The Patient's Council, Service Users Midlothian (SUM), East Lothian Involvement Group (ELIG) and Mental Health Action Project (MHAP). I've been talking to user groups about how they want to be involved with the project.

I've also been starting to organise the archive here at the CAPS office, which is interesting and dusty work!

I've been in touch with the Scottish Mental Health Arts and Film Festival; they will be holding some events in Edinburgh this year and will be a good link for OMH.

I have also been up to the Royal Edinburgh Hospital to find out more about the Bi-Centenary Project. The Heritage sub-group will look at the history of the patients and users of the hospital which will have strong links with OMH.

If you want to find out more about the project or want to get involved, if you have any papers from early user movement days or can think of any activists we should be talking to, get in touch! Please phone me at CAPS on 0131 538 7177."

Kirsten.

Hot Topics

Royal Edinburgh Hospital Adult Psychiatry Workshops

NHS Lothian want to improve the services and buildings of the Royal Edinburgh Hospital (REH). The Scottish Government have set out how they must go about working out what the best option is. There were two workshops organised by NHS Lothian for the following services; Adult Psychiatry, Older Peoples Services, Rehabilitation Psychiatry and Substance Misuse. Service users, carers, the voluntary sector and NHS staff were invited. This article is about what happened at the Adult Psychiatry workshops which EUF members went to.

At the first workshop on 2 June 2008 we were given a list of seven things (non-financial benefit criteria) to consider when building a new hospital. We then had to rate them in order of importance, this is how they rated:

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

At the second workshop on 28 July 2008 we were taken through a long list and a short list of options for where the Adult Psychiatry Services could be provided. An option only made it to the short list if it met the non-financial benefit criteria. We then had to individually score each option on the short list.

This was the short list of options:

1. Do nothing/minimum

This has to be an option.

2. Royal Edinburgh Hospital (REH)

Build a new hospital on land at the back of the REH site.

3. Royal Infirmary of Edinburgh (RIE)

Build a new hospital on land a the back of RIE site.

4. Western General Hospital (WGH)

Re-provide services on the WGH site.

We were each given a sheet to fill in to score the options. We had to give a score out of ten for how well an option met the non financial benefit criteria. So for example the RIE option might get 10 out of 10 for 'Links for Teaching' but only 2 out of 10 for 'Good Access' . In the first workshop we said that good access is more important than links for teaching so this would be taken into account when an option was given an overall score.

Confused? Lets get down to the results! The preferred option for the Adult Psychiatry Services at REH is to build a new hospital on the REH site. This doesn't mean that that this will definitely happen. The preferred option still needs to go through a financial analysis, a risk assessment and a process to decide if it's value for money. All this information will go to the Campus Project Board and ultimately it will be a decision of the NHS Lothian Board. It will then be given to the Scottish Government for approval. EUF was there, along with many other service users and we made our voice heard. Now we will see what happens. Watch this space!

North West Edinburgh Service User Group

The North West Edinburgh Service User Group is trying to change services to make them better for service users. Anyone who uses or has used mental health services in North West Edinburgh can go. At the next meeting Advocard will be coming along to talk about what they do and what services they offer. As well as hearing from Advocard they will also be talking about what is happening in mental health services as well as what the group have been working towards. The next meeting is on:

Friday 19 September 2008
12:30pm - 1:30pm
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. Anyone who uses or has used the Community Mental Health Teams in North West Edinburgh can come along. The next meeting is on:

Thursday 25 September
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

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 used our last meeting to talk about the Day Services Review and find out what EUF had to say. We were joined by two service user interviewers. They asked us what we would like to be doing with our time, if we are doing this now, and if not what's stopping us?

Some of the things people wanted to be doing are; physical activity, stimulating and challenging day trips, computer courses, courses that you can do in your own time and pace, safe places to go, user run social firms, training for work without feeling pressurised to take up employment, and volunteer opportunities.

These are some other things that were said. We want services that don't restrict our access because we are unwell. We want support and encouragement to join groups and activities in our local area. We want services that are open all day with a range of activities available. We need a balance of services available within the community and services available from purpose built facilities.

We would like to be able to purchase our own support based on what we want instead of other people choosing it for us. There should be more user led services and more input from service users in the management of mental health services

It would be good to have a facility at the hospital for inpatients about what is available in the community. We also talked about having a city wide one-stop-shop where people could go and find out information about mental health services.

Things that were stopping people doing what they wanted was a lack of information about day services. This is particularly important for inpatients before they are discharged from hospital. Many members said they didn't know what was happening in their local area. Age has stopped some people from accessing services. Services need more funding than they are getting now. There is sometimes not enough suitable space to run drop-ins and drop-ins have stopped without asking users what they want. Sometimes people don't get to have a say about what is provided. There need to be things in place to bridge the gap between society and isolation.

To find out more about the Day Services Review see page 2 or contact Donna at CAPS on 0131 538 7177

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.

Review of the Mental Health (Care and Treatment) (Scotland) Act 2003: Consultation

The Mental Health (Care and Treatment) (Scotland) Act 2003 is a piece of legislation that aims to improve the care and treatment provided to people with mental health problems. There was wide consultation before it was introduced. Some of you may remember EUF and CAPS being involved.

The Scottish Government has commissioned a limited review of the Mental Health (Care and Treatment) (Scotland) Act 2003. It is still quite a new piece of legislation and the review is meant to identify and fix the areas where there have been problems or where the legislation is not delivering what it is meant to.

The people responsible for carrying out the review are an independent group called the Mental Health Act Review Group. They will be responsible for advising the Scottish Government on changes that should be made to the Act.

The changes are meant to improve the way the Act operates and the experience of patients. There are some technical and other issues the Scottish Government wants resolved and the Review Group will give advice on these as well. They will report to the Minister for Public Health with the recommendations after they have consulted with people who have an interest in how the Act works. This is where we come in.

The Review Group has written a consultation document. There are six suggested key areas which need improvement. These are:

**Named Persons;
Advance Statements;
Second opinions;
Mental Health Officer availability;
Tribunals; and
Suspension of Detention.**

In the consultation document there is a background on each of these key areas as well as questions. The Review Group want responses to the questions based on people's knowledge and experience. You may feel you can offer your views on all the questions or just a couple, either is ok. They want these responses by the **31 October 2008**.

The Review Group said they are also open to any other views about the Act and welcome any suggestions for improvement.

To get a copy of the consultation document or if you have any issues or questions about the document or about the consultation process you can contact Charlie Burns, Secretary of the Review Group, on **0131 222 6163** or email:

charlie.burns@mwscot.org.uk

The consultation document is also available at:

www.mentalhealthactreview.org.uk

CAPS have copies as well, call Donna on 01315387177 if you would like one sent to you.

Community Happenings

Edinburgh Crisis Centre

The Crisis Centre has moved to its new premises and is having a series of open days. People will be able to get a tour of the Centre and speak with the staff. There are two days that are especially for service users and carers. Below are the open days:

Wednesday 17 September 2008,
10:00am - 12:00pm and 2:00pm - 4:00pm

users and carers only

Thursday 18 September 2008,
10:00am - 12:00pm and 2:00pm - 4:00pm

open to all

Wednesday 19 November 2008,
10:00am - 12:00pm and 2:00pm - 4:00pm

open to all

Wednesday 14 January 2009, 10:00am - 12:00pm and 2:00pm - 4:00pm.

users and carers only

Thursday 15 January 2009, 10:00am - 12:00pm and 2:00pm - 4:00pm

open to all

Wednesday 18 March 2009, 10:00am - 12:00pm and 2:00pm - 4:00pm

open to all

To organise a visit or find out more contact Jacquie Walton on

0131 561 0082 or email
jacquieadmin@edinburghcrisiscentre.org.uk.

Giving Feedback on the Crisis Centre

There are two ways to give feedback on your experience of using the Crisis Centre. You can contact Infusion who are doing an evaluation of the centre on 0131 220 4508 or email info@infusioncoop.org.uk. You can also contact Jacquie Nicholson, the Crisis Centre manager on 0131 561 0082 or email manager@edinburghcrisiscentre.org.uk.

AdvoCard

Planning the Way Forward for AdvoCard 2008 - 2011

Advocard has written a draft strategic development plan called 'Planning the Way Forward for Advocard 2008 - 2011'. Its about deciding what Advocard will be doing for the next three years. To get people's views about this plan they are offering to call people by telephone, arrange an informal chat or take comments by email. On top of this they are organising a day to talk about the plan informally. Below are the details:

Advocard's Future: Let Us Know What You Think of Our Plans

Monday 9 September 2008

2:00pm - 4:00pm

AdvoCard Office, 332 Leith Walk

For more information or to get a copy of the strategic plan phone Advocard on 0131 554 5307 or email advocacy@advocard.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

EUF Meetings 2008

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**.