



**February  
2008**

## **‘Mad People’s History - the Musical’**

Robert Rae, Artistic Director from the Theatre Workshop, will join us to talk about an upcoming production called ‘Mad People’s History - the Musical’.

The Theatre Workshop usually have a community play once a year. They use theatre to share social, political and cultural insights trying to make a difference to the people involved and the world around them. The Theatre Workshop includes disabled actors in their productions and was the first professional production theatre in Europe to do this.

As you may guess from the title this production is about the history of what happened to people with a mental health problem. Robert wants to talk to EUF to get the ball rolling and to find out what people think about the production and what should be included. He wants to hear our views and experiences which will help shape the production.

There are many ways we can get involved with this work. Come along to the next EUF meeting to find out how and share your views.

**In with this mailing**

- **EUF meeting flyer**

### **Our Next Meeting:**

**Saturday 2 February  
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

### Royal Edinburgh Hospital (REH)

EUF Exec members have been busy as ever attending meetings and making visits in our efforts to make sure our voice is heard in any changes made at REH or new buildings built.

The new hospital in Glasgow has just been opened - it cost £19 million and has 117 beds in total - all single rooms en-suite. You even get 1 computer on each acute adult ward.

As a brand new building everything was very clean. The design makes full use of light - and they have tried hard to avoid long dark corridors.

However, anyone having to stay in this hospital would still recognise it as one having been designed around the traditional ward based unit - with all patients eating on their own wards.

All the publicity in the media when this hospital was opened back in October claimed it was the most innovative in the UK.

Sorry Greater Glasgow Health Board, I for one won't be migrating across from Edinburgh in case I get ill again.

Edinburgh's Crisis Centre suits my personal needs infinitely better.

David Atiyah

### Good News! Remember Oor Mad History

Soon we will be going out and about, asking people questions and looking into old files, digging up *Oor Mad History!* Following on from the success of the event of the same name last October, we have just found out that we have been given money to carry on the good work. The focus of the *Oor Mad History* project will be on how people who use mental health services have come together to work for positive changes. We will work with the other collective advocacy groups across the Lothians to uncover this history.

Whether you remember *Awareness*, or just got involved with EUF, you are part of this history. Do you have tales to tell? Or old leaflets up in the attic? Watch this space! We have a lot of work to do to get the project up and running, but when we do, we will be asking past and current members of Edinburgh Users Forum and our allies to tell us who did what, when, and how!

We are now going to form a Steering Group who will be responsible for recruiting a worker and taking the project forward. It will be made up of one or two representatives from each of the user groups across the Lothians as well as people with specialists knowledge of our history, the user movement and archiving. If you would like more information about the Steering Group or this work contact Kirstie at CAPS on 0131 538 7177.

## At our last meeting.....

At our last meeting we talked about the re-provisioning of the Royal Edinburgh Hospital (REH). At the moment NHS Lothian is trying to decide what is going to happen to services and the site of REH. If there is going to be a new hospital, it will be a number of years until it is finished. NHS Lothian can make small changes in the meantime. They want input from service users and other interested parties about what should happen. We talked about what we wanted in a hospital and its services.

A hospital should provide services to those that can not be looked after in the community, offering a break from everyday situations that may make a person unwell. It is a chance to meet others in your situation. Most importantly services should be based on what service users have said they need and what has helped them.

The REH location is good because it has access to shops, cafes, and nice places to walk around. People can feel part of a community. It is also easy to get to with good bus routes.

We talked about whether we need to have separate wards for sections of the City, or for different genders, or different illnesses. If we had single rooms then we could have communal eating areas, and social spaces.

Something that we felt is very important is the relationship between staff and service users. This relationship is the most important part of a person's care.

We want to be seen as people and not as a diagnosis. There are other problems that need to be addressed such as our health and social situation.

There should be access to sport and exercise facilities at the hospital, such as tennis or swimming. There should also be access to healthy food, clean toilets, computers, wi-fi, talking therapies and a private space for visitors.

There are some concerns about going down the Private Financial Initiative (PFI) route. One reason being that it will exclude us from discussions about the building.

The views that we expressed at the meeting will go to the REH Campus Board and the Acute Inpatients Forum.

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 Service Review

We now have a team of interviewers who will be going out across town to speak to people who are using services. They will talk to service users to find out how they would like to spend their time, if they're doing this now, and if not what is stopping them.

It's important that we speak to as many people as possible and want to hear your views. Watch this space for more information. To find out more about the next EUF Day Service Group contact Kirstie at CAPS on 0131 5387177.

## VOX (Voices of Experience)

Vox is a national organisation of, for and by people who have experienced mental health problems.

They are having their 1st Annual General Meeting (AGM) in Glasgow on March 11 2008.

We will let you have more information in next month's newsletter and hope that Vox's National Development Co-ordinator, Wendy McAuslan will be able to join us for the EUF meeting on March 1st.

Travel expenses are available for anyone attending the AGM - by public transport.

Anyone can join by completing a membership form - there is no fee.

## 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)

## Community Happenings

### Scottish Recovery Network Narrative Research Events

In 2005 the Scottish Recovery Network (SRN) talked to people who recovered or were recovering from a long term mental health problem. They talked to 67 people who shared their stories. Twelve of these stories were used to make the 'Journeys of Recovery' booklet.

The SRN is now returning to the towns and cities where they collected the stories. They plan to hold half day events to talk about the findings of the Narrative Research Project. The event in Edinburgh will be held on the **19 March 2008**. The SRN will also launch their new publication, 'Routes to Recovery', which gives information and suggestions for recovery. The event is free and open to everyone. There are limited places so you need to register by emailing [info@scottishrecovery.net](mailto:info@scottishrecovery.net) or phoning 0131 243 0106.

### Patients Council

Tim Montgomery, Director of Operations of Royal Edinburgh and Associated Services (REAS), is talking at the next Patients' Council meeting about changes in both the hospital and the community.

Thursday, 31 of January at 2pm  
Royal Edinburgh Hospital  
[www.patientscouncilreh.co.uk](http://www.patientscouncilreh.co.uk)

### North West Edinburgh Service User Group

To get more service user views we have decided to hold the next meeting at Threshold drop-in. This gives people the chance to have a say in a place that is comfortable and familiar. We will be talking about service users running groups and drop-ins and what is happening in the Inverleith Day Unit. Any one who uses or has used mental health services in North West Edinburgh is more than welcome to come along. The next meeting is on:

Friday 8 February 2008  
2:00pm - 3:00pm at Threshold,  
The Rannoch Centre, 6 Rannoch  
Terrace, Edinburgh.

### Inverleith Day Unit Development Group

This group is for people who want to get involved in having a say about what happens to day services in North West Edinburgh. The group is a mixture of service users and NHS staff. The next meeting is on:

Thursday 14 February 2008  
2:00pm - 3:30pm  
Inverleith Day Unit, Royal Victoria  
Hospital, Craighleith Road, Edinburgh.

For more information about the meetings in North West Edinburgh contact Donna at CAPS on 0131 5387177.

## Community Happenings

### Royal Edinburgh Hospital

'Sharing and Celebrating Good Practice and Partnership Working at the Royal Edinburgh Hospital'

Friday 1 February 2008  
11:00am - 2:00pm in Midmar,  
First Floor, Mackinnon House,  
Royal Edinburgh Hospital.

This is a drop in event open to anyone interested in what is happening at the Royal Edinburgh Hospital. At 12:30pm Heather Tierney-Moore will launch the Royal Edinburgh Hospital's Statement of Intent as well as the self-harm project/ see me. A buffet lunch will be available from noon which people need to RSVP for and entry is free. For more information and to RSVP Phone Susan Tennyson on : 0131 537 (4)6517

### Inclusion Scotland AGM

Inclusion Scotland's Annual General Meeting (AGM) will follow a Road Show which will debate current issues affecting the lives of disabled people. The Road show and AGM is on:

22 February 2008  
Road Show: 10:00am - 3:15pm  
AGM: 3:15 - 4:00pm  
Radisson Hotel, 301 Argyle Street,  
Glasgow.

For more information phone:  
0141 887 7058

### 'Now Let's Talk Money'

A free half-day seminar on financial inclusion with input from Department of Work and Pensions, Scottish Government, Edinburgh Central Citizens Advice Bureau, Capital Credit Union and West Lothian Advice Shop. A buffet lunch will be included. The event is on:

Friday 15 February,  
9:00am - 1:00pm at Victoria Quay  
Register with Carena at Capital City Partnerships by phoning 0131 270 6035.

### 'Under Milk Wood'

'Under Milk Wood' is a new play by the Artlink Central Drama and Storytelling Group. It is an adaptation of Dylan Thomas' radio play and is on:

Monday 4 February 2008 at 2.00pm  
Netherbow Theatre  
Scottish Storytelling Centre  
43-45 High Street Edinburgh  
Entry is by donation. For tickets and more information phone Scottish Storytelling Centre on: 0131 556 9579.

### Lothian Bipolar Self-help group

Monday 18 February 2008  
Quaker meeting house, 7:00 - 9:00 pm  
Topic: what do computers have to offer self-help groups

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## 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.

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### Contact us

Write to:

Edinburgh Users Forum  
c/o CAPS

5 Cadzow Place, Edinburgh  
EH7 5SN

Phone: (0131) 538 717x7

Fax: (0131) 538 7215

Email: [contact@edinburghusersforum.org](mailto:contact@edinburghusersforum.org)

Or visit our website: [www.edinburghusersforum.org](http://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**.

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## Other dates for your diary

As well as our monthly meeting these are some other service user meetings. See articles inside for details.

### **Oor Mad History Steering Group:**

Tuesday 15 January 2008, 2pm at CAPS

### **EUF Day Service Review Group:**

To be confirmed

### **North West Edinburgh Service Users Group:**

8 February, 2:00pm - 3:00pm at Threshold, Rannock Centre

For more information phone Donna at CAPS on 0131 5387177.

## **EUF Monthly Meetings for 2008**

Next meeting: Saturday 2 February

Saturday 1 March

Saturday 5 April

Saturday 3 May

Saturday 7 June

Saturday 6 September

Saturday 4 October

Saturday 1 November

Saturday 6 December