



February 2009

February Catch Up

We decided a couple of Forums ago to have one meeting with a topic and the next would be a general catch up. The catch up is about the projects EUF is working on as well as finding out what is happening to mental health services.

At our February forum we will be catching up on what happened at the Day Services Review event on Wednesday 28 January 2009. It was held by the City of Edinburgh Council and they shared their draft recommendations for day services (see page 2).

We will also be hearing updates on the Intensive Home Treatment Team. They have been running for over three months now and have produced a report about their progress (see page 4). CAPS would really like to hear from any-one who has used the service.

We will hear about what the North West Edinburgh Service User Group have been working on. Some of the things they are trying to change will have benefits for a lot of service users across Edinburgh (see page 6).

There will be updates on the Oor Mad History project. There are still chances to get involved in the project (see page 3).

We can let people know about events and consultations that are happening. There is also a space at the end of the meeting for people to talk about a topic they want to bring to the Forum.

We hope to see you at the February Forum.

In with this mailing

- EUF Meeting Flyer

Our Next Meeting:

Saturday 7 February 2009

1.30pm - doors open

2.00 - 4.00pm - meeting

McDonald Road Library,
Edinburgh

For more information contact
CAPS on
0131 538 7177.

Hot Topics

Day Services Review

On Wednesday 28 January, 2009, EUF representatives, other service users and CAPS went to an event organised by the City of Edinburgh Council (CEC) about the Day Services Review.

The main themes and recommendations from the EUF report (see page 5) were presented at the event. There were other reports by the Carers Council and Outlook. The CEC produced a report with draft recommendations for day services in Edinburgh. Some of the things that we recommended in our report were included in the CEC recommendations.

One recommendation is to make services City Wide. This would mean that you could use services outside of your local area. This is something we recommended and it will give people more choice.

Another CEC recommendation is to have more weekend and evening services. This was one of our recommendations as well.

We asked for there to be more opportunities for service users to be involved in the management, delivery, evaluation and planning of mental health services. The CEC recommended that all day services have a policy on service user involvement which they will be held accountable to. Part of the

recommendation was to have service users audit the services provided by the CEC and community planning partners. We need to make sure that service users are properly supported to get involved.

The CEC is recommending that service users get a written agreement of the support they will receive including 'mutually defined goals' and 'risks'. Some people don't like the idea of having to set goals as soon as they go to a service. Other people like that it is clear what kind of support you get especially in the case of having a support worker. Many of the service users that went to the event don't like the idea of doing this for drop-ins.

There was a good discussion about drop-ins at the event. Many service users stood up and said how important drop-in services were for them. We hope that this will be listened to.

These are only draft recommendations at the moment. What was said at the event will be written up. There were many more recommendations for day services. We will talk more about this at the February Forum and will keep people updated through the newsletter.

If you would like more information or a copy of any of the reports mentioned call Donna at CAPS on 0131 538 7177 or email donna@capsadvocacy.org.

Oor Mad History

Kirsten MacLean, CAPS' Oor Mad History worker, is still sorting and making lists of (archiving) papers, photographs and posters from the last 20 years. They were gathering dust in the basements of collective advocacy groups in Edinburgh, Midlothian, West Lothian and East Lothian.

She is organising training for service user interviewers who will be gathering the stories of the activists who have been involved. The Living Memory Association is supporting this part of the work and will be providing a "taster" training session, on Tuesday 24 February, 2009, for people interested in becoming interviewers.

If anyone is interested in being trained as an interviewer, contact Kirsten at CAPS on 0131 538 7177.

She met with Tynepark Multi Media Group, in East Lothian, in November 2008. They talked about the production they are putting on at the moment, "On the Road to Recovery".

At the CAPS AGM on 7 November 2008, Kirsten showed a clip from a film of a presentation by Scottish service users at a mental health conference in England in 1984. This is the earliest piece of archive film she has come across.

Our Lothian project has an international connection. Together with Edinburgh University, we have links with Ryerson University, Toronto, Canada, where a course on Mad Peoples' History is taught.

Some of you will remember the visit in 2007 from David Reville, a service user activist and academic, who teaches this course.

David was also involved in the service user organisations in Toronto featured in the film "Working Like Crazy". CAPS has a copy of this film. Let us know if you would be interested to organise a showing of the film, which features mental health service users involved in social firms and the user movement in Toronto.

Kirsten will be speaking at the Scottish Recovery Network conference in February and at the Scottish Oral History conference this summer about our work on the Oor Mad History project.

EUF Executive Training

CAPS is running some training sessions for people who are interested in learning more about EUF and how to run meetings.

The second session will be before the February EUF meeting on:

Saturday 7 February 2009
12:30pm - 1:30pm
MacDonald Road Library

For more information contact Donna at CAPS on 0131 538 7177 or email donna@capsadvocacy.org.

Intensive Home Treatment Team (IHTT)

The IHTTs have been running since October 2008. The IHTT provide a service that will run 24 hours a day 365 days a year. Its 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.

The Team has been running for over three months now and they want to find out what has worked well and what needs to be improved or made more clear. The IHTT heard back from sixteen service users who gave their views. Service users said that they felt involved in decisions about their care and treatment and that they were respected by staff. Most people said they were given enough information, a few people said they needed more, especially around follow-up care after the IHTT. People said they felt safe 'most of the time' while being supported by the IHTT and said they felt feeling 'a bit better' to 'completely better' after using the IHTT.

One service user said they wanted to be able to choose the gender of the people visiting them at home. Another person said that it would be good if there wasn't a long time between getting support from the IHTT and an appointment with the Community Mental Health Team.

CAPS would like to hear from any-one who has used the IHTT. If you would like more information or want to tell us about your experience 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.....

At our last meeting we talked about the Day Services Review and looked at the EUF report.

Three years ago EUF asked the City of Edinburgh Council to do a review of day services in Edinburgh. We thought that there was a lack of information about what was out there. We also thought that there was a post code lottery, where you lived would decide what services you could use.

Eventually it was agreed that a review would be carried out. It was agreed that EUF would talk to service users to find out their views on day services. We asked three questions:

- how would you like to spend your time;
- are you doing this now; and
- if not, what's stopping you?

These questions were asked to service users in group and one-to-one interviews and through postal questionnaires. We heard from over 139 people. Their views were put into a draft report.

The aim of the report was to find themes service users said were most important to them. There were 6 main themes:

1. Information
2. Service user involvement
3. Stigma
4. Relationship between staff and service users
5. How services are organised
6. Resources

One thing in the report that needs to stand out more is the importance of drop-ins. CAPS have now gone through the questionnaires and group interviews to see if there were lots of people mentioning drop-ins. They were mentioned a lot and have now been included in the report as one of the main themes.

We also felt that the main themes need to be explained more. This has been done now and there have also been recommendations added. This will make what we are asking for clearer.

The themes and recommendations in the report will be presented at the Day Services Review event that the City of Edinburgh Council is organising on the 28 January, 2009. There will be EUF representatives going. To find out what happened at the event see page 2.

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.

Lothian's Independent Advocacy plan 2008-11

NHS Lothian makes a 3 year plan for Independent Advocacy. The plan explains what advocacy is about and what counts as independent advocacy. It also lists all the advocacy services, not just for mental health, it knows are being provided in Lothian.

The plan says what each service does, if it is individual or collective advocacy, how much money it gets and who it is for, for example people who use mental health services, older people, etc.

On January 15, 2009. NHS Lothian organised an event to talk about its current plan. (At the meeting we also talked about the Patients' Rights Bill.) We were asked what we thought about the plan and how it could be improved.

People who were there said there is a need to promote a better understanding of advocacy. People need to know how an advocate might help them and how to get in touch with advocacy services. Professionals also need to understand what advocacy is about and should encourage and help people to use it.

People also recognised that there were gaps in services. Independent advocacy is not always available to everyone who needs it.

North West Edinburgh Service User Group

The North West Edinburgh Service User Group is a group for people living in North West Edinburgh who use or have used mental health services. They meet once a month to find out what is happening to services and to try to find ways to improve them.

Service user representatives take the group's views to other meetings where decisions are made. One thing that they have been working on is a 'Fast Track' policy. This policy will help people who have been discharged from the Community Mental Health Team (CMHT). People who have been discharged and become unwell again will be able to contact the team directly.

Another thing the group have been involved in is an information pack for service users. There will be information about the CMHT, Intensive Home Treatment Team (IHTT), Mental Health Assessment Service (MHAS), and wards at the Royal Edinburgh Hospital.

The next meeting is on:

Friday 13 February 2009

12:30pm - 1:30pm

The Rannoch Centre

6 Rannoch Terrace

Edinburgh

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

Community Happenings

Mental Health Tribunals

The Mental Welfare Commission would like to speak to service users who have been to mental health tribunals. They are asking people to join in 'focus' groups to talk about their experiences.

If you have been to a mental health tribunal and would be willing to speak to somebody from the Mental Welfare Commission, please get in touch with Laëtitia at CAPS on 0131 538 7177 by the end of February. Meetings will be held locally and all travel expenses will be paid.

Activate

Activate is an organisation that is reviewing and trying to make improvements to the Occupational Therapy Horticulture Project, the Occupational Therapy Rehabilitation Unit and the Work Training Project. They are having a series of consultation events. They are keen to work with people who have used or use any of these services. It is also open to staff and any-one interested in work rehabilitation projects. The consultation events are on:

Monday 2 February, 2009

Thursday 12 February, 2009

Wednesday 18 February, 2009

To book a place or for more information contact Susan at sprior@qmu.ac.uk.

Health In Mind

Information Afternoon
Mental Health Advocacy

Speakers: Advocard, CAPS, Circles and Edinburgh Carers Council

Thursday 19 February 2009

2:00pm - 4:00pm

health in mind

40 Shandwick Place

To book a place phone 0131 243 0106

Lothian Recovery Network

Mary O'Hagan
Workshop

Recovery, Learning and Lothian
Friday 27 February 2009,
12.15pm – 5pm

Closing date 13 February 2009

The workshop will focus on staff development, recovery education for people with lived experience, implementing learning and culture change. For more information phone 0131 536 9411.

Warm Grant Deal

This Government programme provides advice and measures to make your home warmer and drier and to help you reduce your fuel bills. This grant is available to home owners or tenants of private landlords who receive qualifying benefits. For more information, call free on 0800 316 6009.

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 2009

Saturday 7 February 2009

Saturday 1 March 2009

Saturday 4 April 2009

Saturday 2 May 2009

Saturday 6 June 2009

Saturday 4 July 2009

Saturday 1 August 2009

Saturday 5 September 2009

Saturday 3 October 2009

Saturday 1 November 2009

Saturday 5 December 2009

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**.