



January 2010

Make a Statement

At our next meeting, we will talk about detention at the Royal Edinburgh Hospital and how people need to be made more aware of the safeguards they can use to help themselves.

In the last few months, there have been a lot of discussions at EUF meetings about whether or not people should be detained under a compulsory treatment order.

The 2003 Scottish Mental Health Act deals with the issue of detention and it includes some safeguards to help people deal with detention as well as possible. However a lot of people don't know about and don't use these safeguards.

Although we cannot campaign to have the Mental Health Act repealed or to stop detention altogether, we need to put energy in making sure people are not detained unless it is absolutely necessary.

We need to look at the Advance Statement and discuss why it is not used a lot. Can we do something about it? Can we find ways to make sure people know it is available and can it make a difference to how people are treated?

We also need to discuss Named Persons and why it not working. Do people know enough about it?

We will look at how advocacy can play a role in making detention a less stressful experience. If people are detained, it might happen at the weekend or in the evening. Should we campaign to have independent advocacy available outside office hours to make sure people get the right service at the right time?

Also should we campaign to have more staff trained, for example doctors, nurses and police officers? Would it help them understand better what it is like to be detained from a person's point of view and how to treat people when they are not well.

Join us at the next EUF meeting to give us your views on detention. For more information, contact Laëtitia at CAPS on 0131 538 7177.

Our Next Meeting:

Saturday 9 January 2010

1.30pm - doors open

2.00 - 4.00pm - meeting

McDonald Road Library, Edinburgh

For more information contact CAPS
on 0131 538 7177.

Hot Topics

Care and Support at Home Tender - UPDATE

The Care and Support at Home Tendering Process has been put on hold to allow time for an independent investigation.

Over the last six weeks representatives from CAPS and EUF have been attending meeting at the City of Edinburgh Council to discuss the Care and Support at Home Tender.

The Council has decided to reorganise the way they offer their Care at Home services and has put these services out to tender.

The Council wants to give the tender for mental health services to four big organisations. This means that some people may not be able to keep the same support worker and only one of these organisations has experience working with people with mental health issues.

Since the Council meeting on the 19th November where Labour and Green councillors put forward an amendment to delay the process by two weeks, we have been to several meetings with the Council.

We attended a meeting with the Health, Housing and Social Care Committee where we discussed the rates of Direct Payments and tried to work out a way that people could stay with their current provider if they wanted to. We expressed concern about the Direct

Payment rates the Council is offering as they are too low for many people to be able to use the system.

We were also invited to a meeting where we discussed the concerns of people who are not able to use Direct Payments and the fact that they may have no choice but to move to a different care provider.

We talked about the stress, upset and uncertainty this has caused for many people and the fact that very few people involved were asked what they thought before the tendering process began. Another big theme was how important it is that people can have choice and a view on issues that have an impact on their lives.

The Finance and Resources Committee of the Council was due to meet on 3rd December to make a final decision about giving the tenders and this was also the deadline to apply for Direct Payments.

But on 2nd December we were told that the Council had cancelled the meeting and that the Chief Executive of the Council, Tom Aitchison, had called a temporary halt to the tendering process and had requested an independent investigation of the process.

The committee will meet again on the 21st January 2010 to look at the independent investigation and decide what to do next.

This means that care and support services will not change for the time being. People will still get care and

support from their current. It is still possible to apply for a Direct Payment by contacting the council directly.

CAPS will continue to attend meetings about this to represent the opinions and views of service users and to keep service users informed about what is going on.

If you would like more information or to give us your views, please contact Naomi at CAPS on 0131 538 7177 or naomi@capsadvocacy.org

HOW TO ACCESS DIRECT PAYMENT FOR SERVICES THAT COULD BE AFFECTED BY THE TENDERING PROCESS

If you want to make a direct payment application for a service that is affected by the tendering process, you should fill in your application **AS SOON AS POSSIBLE**.

You should phone Social Care Direct, which is the central contact point for the Council's adult social care services, on 0131 200 2324. You can also write to them (Social Care Direct, Chesser House, Level 1, 500 Gorgie Road, Edinburgh EH11 3YJ). Note your interest in making an application; give basic contact details and the hours and service you receive. This will then be added to the list of direct payment applications which are currently on hold.

You can also contact the organisation that is providing support to you at the moment and ask them if they can help you.

Development groups starting in 2010

There have been presentations for service users, carers and staff at the Community Mental health Teams in the North West, South East and South Central areas of Edinburgh.

There has been a lot of interest and already some interesting discussions about how the groups can work and what they can discuss.

Dates have been set for the groups to start in the new year:

- South East Development Group, Ballenden House, Wednesday 27 January 2010 at 2pm
- South Central Development Group, Henderson Centre, Friday 29 January at 1.30pm
- North West Development Group at the Inverleith Unit, To Be Announced

The South West Development Group will keep on meeting monthly in 2010. The next meeting will be on 25 January at 2pm at Cambridge House.

For more information on the groups, contact Laëtitia at CAPS on 0131 538 7177 or email laetitia@capsadvocacy.org. You can also contact Laëtitia if you use the North East Community Mental Health Team and would like a development group to start at Inchkeith House as so far there has been no interest from this base.

EUF in 2010

Here are some topics EUF would like to discuss in 2010. If you have any views on any of them and if you would like EUF to campaign for specific services, please contact Laëtitia at CAPS on 0131 538 7177 or email laetitia@capsadvocacy.org.

EUF members are interested in campaigning for a Short Breaks scheme similar to the one available in Midlothian. Although there is no budget available at the Council at the moment for such a scheme, EUF will look at how it could work and how a comprehensive assessment of need could be developed .

People also want to invite a speaker to talk about the role of Psychiatric Liaison Officers at the Royal Infirmary.

Other topics include the relationship between service users and carers and developing more contact with the Carers Council and the issue of sheltered housing for people with mental health issues especially when they get older.

Mental Welfare Commission Survey

In January 2010, the Mental Welfare Commission is launching its first national survey of service users and carers views.

The survey will gather the views of people who have used services offered by the Mental Welfare Commission so that it can review its practice.

The Scottish Development Centre for Mental Health has been asked to run the new survey. This will ensure that it is independent. Individual responses are confidential and are not shared with the Mental Welfare Commission.

A web version of the questionnaire will be available from 5th January 2010. If you are interested in taking part using the Internet, please contact Laëtitia at CAPS in January on 0131 538 7177 or email laetitia@capsadvocacy.org to get the link to the survey.

The Mental Welfare Commission realise that not everyone who may want to participate in the survey will have access to the Internet at home. If you do not have access to the Internet or would need help filling in the survey online, CAPS is happy to help you do so. Please make sure you contact Laëtitia to arrange a time.

The Mental Welfare Commission will also produce some hard copies of the survey with freepost envelopes.

The survey will close on Friday 26th February 2010. For more information about how to take part in the survey please contact Hannah Biggs at the SDC on 0131 555 5959.

In with this mailing

EUF Meeting Flyer
EUF Newsletter
Seasons Greetings

At our last meeting.....

EUF in 2009

At our last meeting, we had a look back at some of the topics EUF has discussed and been involved in in 2009.

This was an opportunity to reflect on what has been achieved, successful and what still needs to be worked on into 2010.

Day Services Review

EUF members interviewed people in Edinburgh to get their views on day services. 75 people were interviewed and there were a lot of questionnaires filled in. EUF set up a Planning Group and the City of Edinburgh Council set up a Working Group. EUF launched their report in May 2009. It is expected that this report will be taken into account when services are designed and developed.

EUF Executive Training

CAPS organised training sessions for people who were interested in joining the EUF Executive from January to May. Sessions included chairing meetings, preparing meetings and agendas. In May four members joined the Executive. From July, monthly meetings take place to prepare the EUF monthly meeting.

Oor Mad History

Many service users trained to become oral history interviewers and talk to people across Lothian about their experience of the mental health service user movement. There is a plan to

have a book, exhibition and archive and the project is funded until December 2010.

Intensive Home Treatment Team

This service was introduced just over a year ago to reduce the number of beds in the hospital and get more people looked after in the community. It is now being reviewed. CAPS needs to speak to people who have had contact with the service and people who haven't been able to access the team and MHAS (Mental Health Assessment service).

Royal Edinburgh Hospital

The process of building a new hospital started up from scratch for the third time this year. EUF members have been involved in the different working groups meeting to discuss models of care, design and location of a new hospital.

EUF members have also taken part in Lothian Wide Service user forum to share their views on where a new hospital should be and what services it should offer.

Personality Disorder Toolkit

Naomi at CAPS interviewed over 30 people who have had experience of personality disorder and launched a resource aimed at staff at the CAPS AGM in October.

Members of EUF also took part in a feedback session on the toolkit.

In 2010, the project will also interview staff to try and make sure both service users and staff can benefit from the toolkit.

Development Groups

Members of EUF have been taking part in meetings at the community mental health team bases across the city to look at starting development groups.

Development groups will bring together service users and staff to talk about how to improve services in the base and across the city.

There is already a group running in the South West area (Cambridge Street) and new groups will start in the new year in the South Central, South East and North West areas..

For the moment there has been no interest from staff in the North East.

Information Pack

There have been two information packs developed to help people know what services are available. There is a pack for people who are in hospital and one for people who are getting treatment in the community. EUF members and CAPS have been involved in this project and the packs should be available soon.

Review of the Mental Health Act

EUF met to discuss this topic and CAPS wrote a response to the Government's consultation.

Review of Advocacy Services

EUF members gave their views to Council representatives about the importance of independent advocacy services. City of Edinburgh Council are looking into cutting the advocacy budget and they wanted to get the views of EUF members on why independent advocacy is important to them and what is necessary for organisations like CAPS to work well and have the resources to support service users campaign for better services.

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 individual advocacy you may contact:

Advocard 0131 554 5307

(Monday to Friday 9-5pm)

Hospital Advocacy Service

0131 537 6004

Community Happenings

Why the Internet?

The Scottish Development Centre for Mental Health is holding an event called Risk and Opportunity: Exploring the Role of the Internet in Mental Health.

This event will look at both the ways in which the internet can affect mental health, and how it can help to develop strategies that promote mental health and help recovery.

Using the internet and new technology could be a way in which health services and the third sector can deliver more for less in a challenging financial climate. It can also help reaching more people and give more support and information.

The event will look at three main themes:

- The Internet for Information about Mental Health
- The Internet for Delivering Services to People with Mental Health Problems
- The Internet as a Social Space, Affecting Mental Health

The event is not free but there will be a limited number of places available to support people who would benefit but cannot afford the costs.

It will take place on 25th February 2010 at Edinburgh University. The closing date is 4th February 2010.

To book a place, contact Janine Bowie, Events Organiser on 0131 555 5959 or visit www.sdcmh.org.uk/events/forthcomingevents.html#risk

Stories of Changing Lives

The Patients' Council would like to invite two representatives of EUF to the launch of their publication "Stories of Changing Lives".

It is a book of people's experiences of the re-provisioning of the continuing care services of the Royal Edinburgh Hospital in the late 1990's.

The book is based on the experiences of seven people who talk about how their lives have changed, what helped to make it happen and what got in the way.

There are also comments and reflections by professionals who supported people through and beyond the transition.

The launch will take place on Friday 15th January 2010 at Castle Room, Craiglockhart Campus, Napier University, Craighouse Road, Morningside, Edinburgh.

The event will start at 1pm and finish at 4.20. Please note that you will need an invitation to attend.

To book a place, please contact the Patient's Council on 0131 537 6462 or email info@patientscouncilreh.org.uk by 23 December 2009.

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 2010

Saturday 9 January

(NB: 2nd Saturday of the month)

Saturday 6 February

Saturday 6 March

Saturday 3 April

Saturday 1 May

Saturday 5 June

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**.