



January 2008

Day Services Review

Our January meeting will be on 10 January 2009. We will be talking about the Day Services Review.

In 2004 we had a meeting about day services this was not only about services that are open during the day, but also in evenings and at weekends and included a range of different kinds of activities and services. We asked City of Edinburgh Council to do a strategic review of these services to get a 'bigger picture' of what was out there.

Eventually the City of Edinburgh Council set up a Day Services Working Group, which EUF joined. It was agreed that EUF's part of the Review would be to ask service users about their views on day services. City of Edinburgh Council's job would be to find out what day services are out there. The Carers Council and the Outlook project also did pieces of work to find out what service users wanted and valued. All these pieces of work will be compared to find out if what service users want matches what is out there. This information will be used in developing a 5-10 year plan for day services in Edinburgh.

EUF asked service users three questions: how would you like to spend your time; are you doing this now; and if not what is stopping you? Over 150 service users had their say. What was said has been put into a draft report.

City of Edinburgh Council will be holding an event on 28 January 2009, to talk about what can be done to make day services better (see page 7).

The January forum will be a chance for us to look at the EUF report. We need to be clear about what we want and make sure the service user voice is heard.

In with this mailing

- EUF Meeting Flyer
- Advocard Volunteer leaflet

Our Next Meeting:

Saturday 10 January 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

Royal Edinburgh Hospital

We have reported in past newsletters that service user representatives went to a number of workshops to look at rebuilding the Royal Edinburgh Hospital on other sites. NHS Lothian needs to do more work on the detail of what the effect might be of moving services. They will need to have a public consultation if they decide to move away from Morningside.

Service user representatives who went to the Options Appraisal Workshops have met with a researcher from the Scottish Health Council. They have talked about their experience of being involved in the workshops.

Oor Mad History (OMH)

Together with the Living Memory Association, OMH will be running an **Oral History Taster** session in late January /early February 2009. It is a chance to learn some new skills, meet some new folk and having a blether about mad peoples' history! You will learn how to work the recording equipment and the basics of doing an oral history interview in a relaxed and fun environment. OMH project will then be looking for people who would like to volunteer to record interviews for the archive. To book a place or to find out more phone Kirsten at CAPS on 0131 538 7177 or email

kirsten@capsadvocacy.org

Tendering Care at Home and Housing Support Services

City of Edinburgh Council held a consultation meeting for service users on Monday 8 December 2009. It was about their plans to put out to tender care at home and housing support services. This will mean that organisations will have to bid for contracts to manage these services. CAPS went to this meeting. There were also people from physical disability and learning disability groups.

City of Edinburgh Council said they want to make more services available to more people. They have to do this with the same amount of money.

Two things that are important to service users is having support workers turn up on time and having a say in how the service is run.

Service users at the meeting were concerned about having to change workers and services. They were also concerned that the bid would go to the organization that offered the cheapest service.

We will keep people updated when we find out more. There will be another meeting on Monday 12 January 2009. Phone CAPS for more information on 0131 538 7177.

Crisis Centre

The Crisis Centre continue to have open days for people who want to visit the Centre and meet the staff. Here are the some dates for 2009.

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 jacquiadmin@edinburghcrisiscentre.org.uk.

Gardening and Resource Groups at the Crisis Centre

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 0131 561 0082.

Giving Feedback on the Crisis Centre

Infusion are doing a review of the Crisis Centre. This will be over a three year period. They are now moving into the second phase of the review. Part of phase two will be about speaking to service users about their experience of using the Crisis Centre. They will be going to the Centre and letting people know they are there if they want to talk to them. This will only be at certain times and will be in a private room. What people say will be confidential. You can contact Infusion on 0131 220 4508 or email info@infusioncoop.org.uk.

Another way of giving feedback is to contact Jacquie Nicholson, the Crisis Centre manager on 0131 561 0082 or email manager@edinburghcrisiscentre.org

EUF Meetings 2009

Below is a list of the 2009 EUF meetings. They will be held at MacDonald Road Library.

Saturday 10 January 2009

Saturday 1 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

EUF Executive Training

CAPS will be running some training sessions for people who are interested in getting more involved with the EUF. It is a good opportunity to learn more about running meetings.

There are people who said they were interested in the training. If you haven't put your name forward and are interested or for more information contact Donna at CAPS on 0131 538 7177 or email donna@capsadvocacy.org.

The first session will be before the January EUF meeting on:

Saturday 10 January 2009

12:30pm - 1:30pm

MacDonald Road Library

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.....

The last meeting was a catch up and Christmas social. We caught up on what was happening with the Royal Edinburgh Hospital (REH), the Day Services Review, the Crisis Centre, the Review of Community Based Mental Health Services, Tendering Home Care Services and a new Patients Rights Bill.

We talked about the Royal Edinburgh Hospital (REH) and the workshops people have been going to about rebuilding the REH on other sites. See page two.

We agreed to have a meeting about the Day Services Review in January. We have heard from over one hundred and fifty service users, what they said has gone into a draft report. We will have a look at this report in detail in January.

There is a consultation paper out about a new bill called the Patients Rights Bill (see page 6). It is relevant to any one using the NHS in Scotland. It is difficult to get a satisfactory result if you make a complaint against the NHS. It can take years if you wait to take a complaint through the Ombudsman. It would be good to see what the Bill says about making complaints.

There was a meeting coming up about Tendering Home Care Services. City of Edinburgh Council wants to consult with service users about this. CAPS will go to find out more. See page 2.

Infusion are doing an evaluation of the Crisis Centre. Phase two of the evaluation will include interviews with people who use the Centre. We had a look at the questions that Infusion are going to ask.

We talked about the review of the Community Based Mental Health Services in Edinburgh. We are concerned that there will be a reduction in weekend and evening work within the Community Mental Health Teams. We think that the term 'Recovery' needs to be spelt out in terms of what it means to changes in services. Comment made will be passed on to managers in NHS Lothian, that are dealing with the review.

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.

Patients Rights' Bill

The Scottish Government is having a consultation about a new piece of legislation called the Patients' Rights Bill. The Bill will effect anyone using the NHS in Scotland and not just mental health services users.

There are two parts to the consultation paper. Part one is about getting views on the development of a legal framework. It will look at:

- what you can expect from the NHS in Scotland;
- what can be expected of you;
- what you have a right to expect;
- what your responsibilities are;
- what involvement and support you can expect in decisions about your own health and about the health services you use; and
- what you can expect to happen if things go wrong.

Part two explains how you can respond to the consultation. To get a copy of the consultation document email:

patentrights@scotland.gsi.gov.uk

visit the website:

www.scotland.gov.uk/consultations

or write to:

Patients' Rights Consultation

FREEPOST NATN452

Mailpoint 1

Healthcare Policy and Strategy

Directorate

St Andrew's House

Edinburgh

EH1 OBR

Responses need to be in by 16 January 2009. CAPS also have copies of the consultation document.

North West Edinburgh Service User Group

The North West Edinburgh Service User Group tries to improve mental health services. It is open to anyone who uses or has used mental health services in North West Edinburgh.

The group's representatives can take people's views to meetings and professionals who make decisions. It is a chance to find out what's going on and to have a say.

The next meeting will be held at PROP Stress Centre instead of the Rannoch Centre so we can hear from a range of people.

One thing we will be talking about is the Review of the Community Based Mental Health Services. We will talk about the proposed changes to the Community Mental Health Teams. One of the changes that representatives from this group have been working on is 'Fast track'. Fast track is a way people can self refer back into the CMHT if they have been discharged and become unwell again.

If you would like more information or need help getting to the meeting phone Donna at CAPS on

0131 538 7177. The next meeting is on:

29 January 2009
PROP Stress Centre
5 West Pilton Park
Edinburgh

Community Happenings

Day Services Review Event

The City of Edinburgh Council are holding an event about the Day Services Review. It will be a chance to have your say about the draft recommendations for day services in Edinburgh. CAPS have a limited number of places booked. If you are interested you can contact CAPS or apply individually by emailing jackie.stewart@edinburgh.gov.uk. The Event is on:

Wednesday 28 January
10:30am - 4:00pm
City Chambers
Edinburgh

CAPS have copies of the Mapping Exercise that Edinburgh City Council produced. It looks at the range of mental health day services available in Edinburgh. If you would like a copy contact Donna at CAPS on 0131 538 7177.

We also hope to have a meeting with services users who are going to the event. This will be a chance for people to look at the agenda and draft recommendations and be clear about what we want. We will try to arrange this at the January EUF meeting.

Advocard

Included in this mailing is a leaflet from Advocard about volunteering with them. The volunteer work is about providing advocacy support to mental health service users in Edinburgh. Advocard provides training for people to do this. To find out more see the flyer, contact Advocard on 0131 554 5307 or email advocacy@advocard.org.uk.

WRAP (Wellness, Recovery, Action Plan) Training

WRAP is about helping people to stay as well as possible. The Mental Health and Wellbeing Team are putting on an awareness session, which will look at what a WRAP is. They will also have WRAP workshops where you can learn what's involved in making your own WRAP and start to make one.

WRAP Awareness Session
22 January 2008

Wrap Workshops
These are a series of three half-day sessions
12 February 2009
19 February 2009
5 March 2009

For more information or to book your place call the Mental Health and Wellbeing Team on 0131 536 9411 or email mentalhealthadmin@nhslothian.scot.nhs.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

January Forum 2009

The January Forum will be on the **10 January** instead of the first Saturday of the month.

For a full list of EUF 2009 meetings see page 4.

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**.