



**June
2010**

June Catch Up

At our next meeting, we will catch up on the many activities EUF has been involved in in May.

We will talk about the AGM which takes place on Friday 28 May 2010 at 2pm at Café Camino. We will see how it has affected the EUF Executive Committee which currently has three members and if we have new members on it.

At the AGM, EUF will present its report on Improving Detention. The Improving Detention Subgroup has done a lot of work to get people's stories of detention and to understand how much people know about safeguards such as advance statements and how much they use those safeguards.

The report will be the start of a campaign for better use and promotion of safeguards, more staff training and awareness of crisis and a higher availability of individual advocacy in times of crisis.

We will also talk about the EUF Constitution and Complaints Procedure. In the last months, some people have said it would be a good idea to review them. For the complaints procedure, some people think it needs to have a system to appeal

when a decision is made. Other questions people asked were:

- Why we have a procedure when we don't offer a service?
- Should we have a complaints procedure at all? Should it be a grievance procedure instead?
- Should we have a procedure for external matters and one for internal matters?
- What is expected of someone representing EUF at an external meeting?

We will also catch up on other groups and events EUF has been involved in such as the development groups, The Crisis Centre Partnership and the Advocacy Review.

Our Next Meeting:

Saturday 5 June 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

Review of the Mental Health Act

The Mental Health (Care and Treatment) (Scotland) Act 2003 came into force in 2005. Even though there were a lot of improvements made compared to the 1984 Act, some areas were causing continuing problems. A Review Group was set up by the Scottish Government to investigate and address these areas. The Review Group's report was presented to Scottish Ministers in March 2009.

The people doing the review reported to ministers in March 2009 and looked at five main areas of the act: advance statements, independent advocacy, named persons, medical matters, and tribunals. The consultation ran from August to November 2009 and there were 82 responses.

82% of those who gave a view agreed that all staff involved during a service user's recovery stage should be encouraged to discuss the making of an advance statement with the service user and record reasons for decisions not to make one. People can write an advance statement to say how they wish to be treated, or not treated, if they become mentally unwell and can't make decisions about their treatment. However, take-up of them has not been as high as expected.

90% of those who gave a view agreed that a service user should have a named person only if he or she has appointed

one. A named person is someone entitled to be notified of decisions made about a person. They also have the right to take part in proceedings before the Tribunal or Courts. Individuals can nominate a named person but one is appointed by default if they don't.

All 46 responses about advocacy said that the Government should ensure that there is appropriate provision for independent advocacy services by NHS Boards and local authorities.

The full report can be viewed at www.scotland.gov.uk/Publications/2010/03/04155611/0. If you require a printed version, please contact Laëtitia at CAPS on 0131 538 7177.

Day Services Review

Here's a bit of history and an update about the Day Services Review.

At a EUF meeting back in 2004, there was a discussion with service users about day services and drop-ins in Edinburgh. The discussion on 'day services' was not only about services that operate during the day, but also in the evenings and at weekends, and included a range of different kinds of activities and services.

There were a number of concerns like lack of information and services being available in one part of the city and not in others. Members of EUF agreed to write to the City of Edinburgh Council to ask them for a strategic review of these services to get a 'bigger picture'. EUF set up a Day Services Planning Group,

Advocacy Review

and this was followed by a Day Services Working Group, set up by the City of Edinburgh Council. As well as EUF's involvement, the Council's Working Group included Edinburgh Carers' Council, and a number of service providers.

It was agreed that the EUF contribution to the Day Services Review would be to ask service users about their views on day services. EUF did this and heard from 139 service users. What they said went into a report which was published last year. The report was presented to the City of Edinburgh Council together with reports from the Outlook Project, Edinburgh Carers Council and the City of Edinburgh Council. The City of Edinburgh Council put together a list of recommendations from these reports. These recommendations are now part of an 'implementation plan' about how services should work.

The working group is now called the Mental Health and Wellbeing Implementation Group. EUF continues to have representatives on this group. There was an event on 5 May 2010 that EUF went to. Organisations did short presentations to show how they were responding to the plan about how services should work. There was table top discussions to talk about things that should be happening in day services and how to make it happen. There will be a report written soon about what people said on the day.

EUF continue to represent service users views at the Implementation Group and will keep members updated on what is happening. If you would like more information contact Donna at CAPS on 0131 539 7177.

As you may know, Edinburgh City Council and NHS Lothian are reviewing how they fund all groups and organisations which provide independent advocacy in Edinburgh.

This review has now been going on for a year, and includes both Advocard, who provide independent advocacy to EUF members as individuals and CAPS, who support the EUF's collective campaigning work to improve services across the city.

On 18 May 2010, a Progress Report of this review was approved by the Health, Social Care and Housing Committee of the City Council. No decision has yet been made – this report was simply to keep the Committee up-to-date.

Some EUF members decided that the report was insulting to the value of the work EUF does, and the support CAPS provides to enable us to get our voice heard – so we chose to attend as a "Deputation", - which is just a fancy word for saying we had 10 minutes in front of the Committee to say whatever we wanted to.

The review has come up with seven different possible options for how advocacy in Edinburgh might look in the future. Quite rightly, advocacy should be extended to include other groups of people, - not just mental health service users.

Our fear is that the Council and the NHS will eventually decide on an option which combines CAPS and EUF members with many other groups and organisations.

Of course, surprise, surprise – they are trying to save money and have decided CAPS spends too much on management, administration, and infrastructure.

In front of the Committee, we tried to explain that just counting the number of people involved at EUF meetings was a pretty poor way of deciding whether CAPS was providing value for money. We made sure they knew how long and hard EUF had campaigned before the Edinburgh Crisis Centre was opened.

We told them that organisations like CAPS and Advocard, which were established and have been led by service users for the past twenty years do not deserve to be destroyed.

By choosing to speak out on this occasion EUF has learnt more about how the process works, and how we might be able to more effective next time – which will probably be in August.

The Council's report notes that there are two hundred individuals using collective advocacy groups in Edinburgh. This does not capture the number of people who benefit from the work of service user groups and the advocacy organisations supporting them.

Another benefit of collective advocacy is that it provides a forum for statutory agencies to consult about service development and redesign. Good collective advocacy, firmly rooted in the communities it represents; trusted, supported and managed by those communities is central to achieving this.

All this needs to be captured in the way independent advocacy services are measured, evaluated and valued. Collective advocacy is one of the main ways people who have experienced

mental health difficulties can have a say in the way their support, care and treatment is provided, in the most cost effective way, both in hospital and in the community.

Self Directed Support as Law?

The Scottish Government is asking people their views on making a law about Self Directed Support. The consultation is running until 23 June. It is very important that mental health service users have a chance to say on what they think about this.

CAPS is holding a meeting on Wednesday 16 June between 2pm and 4pm at Stepping Stones on East Norton Place for people to have a chance to give their views (See enclosed leaflet).

If you would like to contribute your views but can't come to the meeting you can get in touch with CAPS or send your views directly to the Scottish Government.

Some of the ideas are that:

- People would get Self Directed Support unless they said they didn't want it.
- Councils would get to decide if people on Compulsory Treatment Orders could use Self Directed Support.
- There could be more ways for people who can't manage Direct Payments themselves to get support to do this.

Your views are very important in this process so that the Government knows what matters to mental health service users. For more information, please contact Naomi at CAPS on 0131 538 7177 or naomi@capsadvocacy.org

At our last meeting.....

Psychiatric Liaison Service at the Royal Infirmary

At our last meeting, Dr Roger Smyth came to talk to EUF about his job and his department.

Roger Smyth is a psychiatric liaison consultant. The Liaison department is a small department with three full time and one part time consultants, two nurses (one specialised in self harm assessment and one in alcohol related problems), one administrator and medical/nurse students. The department is based at the Royal Infirmary.

The department provides mental health management and assessment. They work with general consultants who have mental health queries on the general ward and they also have a unit with six specialist areas: emergency, toxicology, transplant, dialysis, elderly patients and prenatal. They try to advocate for the appropriate treatment for people with mental health problems admitted in a general hospital.

The biggest problems met in general consultations are confusion, mood problems, suicidal patients, alcohol and drug problems.

The work is not done by consultants from the Royal Edinburgh Hospital because when people present in general medicine, their mental health issues are different. Often the mental health problems will be secondary to the physical ones.

The treatment will also be different as it needs to be compatible with the

treatment given for the physical problems, for example pregnancy and diabetes.

The specialist services deal with the treatment and management of people with mental health treatment. Not everybody knows that there is an emergency walk in service at the Royal Edinburgh Hospital so a lot of people come to the emergency services at the Royal Infirmary. People with injuries resulting from self harm also come to the Royal Infirmary and sometimes the police bring people there too.

The work can be very different from the Royal Edinburgh Hospital because the consultants don't have notes on the mental health problems of the patients and they don't know anything about their history.

There are 4 specialist areas:

- Dementia
- The Simpson Maternity to help birth planning and post delivery and avoid maternal deaths.
- Dialysis. It is associated with a lot of mental health problems because of the heavy treatment. The psychiatric liaison consultants have to assess the mental capacity of people who want to stop their treatment.
- Transplantation. When people might get a transplant they need to make sure the transplants have the best chance of success, especially when people have mental health problems or alcohol related problems.

Someone asked how incapacity is assessed. Dr Smyth explained that a person is incapable of making a

decision if they cannot understand, remember or communicate a decision. It is important to explore with patients the different choices they have and their consequences. Sometimes a patient's understanding can be affected by dementia and delusion.

Mental health problems can be expressed in physical problems (for example pelvic pain, headache) but physical problems can also make a diagnosis difficult or have blending effects on the mental health of a patient. It can then be hard to diagnose patients properly and general doctors will tend to think within their speciality. Liaison consultants can help them look at the potential psychological causes of physical problems.

Someone asked if they use advocacy services. Roger said that all patients will be informed about independent advocacy. Also they only use the Mental Health Act when a patient has a brain injury or suffers from acute confusion. In other situations, they give people information about advocacy.

Alternative Therapies

At the last meeting, a member said it would be good to campaign for more alternative therapies to medication.

We will need to look at what is already available and what has worked for people before we can decide what we want to campaign for,

If you have used alternative therapies, please tell us about your experience and let us know what has worked for you.

Please contact Laëtitia at CAPS on 0131 538 7177 or email laetitia@capsadvocacy.org.

Before it's a crisis...

Here is a list of numbers you can phone for support when most services are closed. It is a good idea to keep these numbers 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

08454 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)

Royal Edinburgh Hospital Advocacy Service

0131 537 6004

Community Happenings

Older People and Depression

Lothian Alliance Against Depression (LADS) is organising a seminar on older people and depression to coincide with National Depression Week.

Mental Health in Later Life is a key priority in Towards a Mentally Flourishing Scotland Policy and Action Plan which covers the promotion of good mental health and wellbeing and prevention of mental health problems.

At the seminar, there will be presentations about the key issues of older people and depression and examples of initiatives that can support older peoples' mental health.

It will be an opportunity to discuss these issues and inform how we develop work around older people's mental health and wellbeing within the next 5 years strategic programme, across Lothian.

The seminar will take place on 17 June 2010 from 10am to 3pm at The Quay, 131 New Street, Fisherrow Harbour, Musselburgh. Lunch and refreshments will be provided.

To attend, you need to fill in and send an application form by 7 June 2010 as places are free but limited. To get an application form, please contact Alison McEwan, Mental Health & Wellbeing Team, NHS Lothian, on 0131 536 9408 or email alison.mcewan@nhslothian.scot.nhs.uk

Deaf Counselling Service

Lothian Deaf Counselling Service (LDCS) is a free counselling service for Deaf, deafened, hard of hearing and deafblind adults who live in the Lothian area.

The service is designed to meet people's needs in terms of communication or deaf awareness on the part of the counsellor. The counselling can be in English or British Sign Language. There are also options for deafened or hard of hearing people such as individual loop systems to facilitate communication.

It is a Lothian wide service and they use venues across Edinburgh and the Lothian so that they can see clients at a venue convenient for them.

To be referred, talk to your doctor, social worker, community mental health nurse or audiologist.

Access to Arts Venues

Scottish Development Centre for Mental Health (SDC) is working with The Audience Business to make arts venues and events more accessible for people with mental health problems.

They would like to hear the views and experiences of people with mental health problems in relation to attending arts events. If you want to give your views, you can fill in a short survey about your experiences. You can access the survey at www.surveymonkey.com/s/artsneeds

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 5 June

Saturday 3 July

Saturday 7 August

Saturday 4 September

Saturday 2 October

Saturday 6 November

Saturday 4 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**.