



**June  
2009**

## **June Catch Up**

Our next meeting is a catch up meeting. We will hear updates on our projects, new services and consultations and events in Edinburgh. As well as this we would also like to look at service user involvement.

Service users' views need to be heard when services are planned and reviewed. But how do we make sure the views of a wide range of people who use mental health services in Edinburgh are being heard?

At our next meeting, we will look at different things we can try. We can look at new ideas and ways to reach more service users.

We will also look at how we can advertise the benefits of getting involved with EUF. Should we have different kinds of events such as one day events on a specific topic?

One problem with reaching more people is that CAPS has limited resources. How can service users get the most out of CAPS?

What is CAPS doing that works well?

What could CAPS do to improve its services?

Are service users confident that CAPS is representing their views and is accountable to them?

If you want to share your views and ideas come to our next meeting. Let's look at how we can make EUF stronger and make sure the views of service users in Edinburgh are heard.

### **In with this mailing**

- EUF Meeting Flyer

### **Our Next Meeting:**

**Saturday 6 June 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

The Campus Review board met in April 2009. Jackie Sansbury, who chairs the meeting, explained how the process of building a new hospital will be organised.

A timetable has been set up so people know when and where they can get involved and have their say. NHS Lothian hopes that a business case will be ready by May 2010.

CAPS told the board that a group of Lothian wide service users were getting together and will have discussions about the hospital. The group will get up-to-date information from NHS Lothian before their next meeting to help service users make the most of their discussions.

A series of events starting in June will be organised to look at the different models of care. Service users will be invited to these events.

People were also reminded that we cannot expect the same level of involvement from service users as in the last rounds of workshops. It is important that opinions and views that service users have already given should be used. NHS Lothian will put together the views already given and look different ways to involve service users.

Some more "Mental Health and Wellbeing in Lothian" events will happen from September. NHS Lothian will take into account feedback from the "Next Five Years" event that took place in April and the meetings will be shorter and focus on a specific topic (see page 4).

If you would like more information and if you want to be involved in the different events happening in the coming months, contact Laëtitia at CAPS on 0131 538 7177.

## New Development Groups

The Development Groups will be made up of service users and staff and will be a chance for more service user involvement in the Community Mental Health Teams (CMHT). There will be a meeting on Tuesday 16 June at 9.30am at the Royal Edinburgh Hospital about this. A staff member and a service user from all 5 CMHTs will be there as well as CAPS. The idea is to discuss structure, remit, roles and service user involvement. It is also to make sure that the groups work well and get issues taken forward.

CAPS will then write a report and we hope the groups will start by September. If people are interested in the meeting, have ideas on how the groups should run or want to volunteer to be a member of the development group in their area, contact Laetitia at CAPS on 0131 538 7177.

## Taxis for EUF stuff

EUF provide taxis for people who have mobility problems so they can still come to meetings. If you get taxis to the EUF meetings it is important to call CAPS at least one day before you need it. This is to make sure there is enough time to organise this. Recently there have been problems with taxis when people have phoned on the day they need them.

## Towards A Mentally Flourishing Scotland

Scotland's mental health improvement plan 'Towards a Mentally Flourishing Scotland' for 2008-2011 was launched in May 2009 by the Scottish Public Health Minister Shona Robison.

The plan looks at how protecting a person's own mental health could be important to reduce the number of people with mental health problems.

The Scottish Government's plans for mental health improvement include:

- national marketing campaigns raising awareness of how adults and young people can promote their own wellbeing;
- help for older people to spot the early signs of dementia;
- help for people to achieve good mental health by stopping smoking, being more active and eating healthier;
- promotion of wellbeing in the workplace to retain people in work when they experience mental health problems and helping those out of work;
- research into all the key factors that lead to suicides and creation of a secure, confidential suicide register for Scotland; and
- improve knowledge and understanding of self-harm.

The Minister said that the government's aim is to help everyone to understand how their own and other's mental health can be improved and encourage people to look after their mental health.

The report; Towards a Mentally Flourishing Scotland: Policy and Action Plan, can be downloaded from <http://www.scotland.gov.uk/Publications/2009/05/06154655/0>.

You can order copies by phoning 0131 622 8283 or you can phone CAPS on 0131 538 7177 to get a copy sent to you.

## Review of Independent Advocacy Services

On Tuesday 19 May 2009, at the Social Care and Housing Committee, the City of Edinburgh Council gave the go ahead to review all Independent Advocacy Services for adults across the City. They hope to have the review completed by November this year.

The good news is that they are hoping to provide individual advocacy to more people including older people and people with physical disabilities.

The bad news is that along with the intention to provide advocacy for more groups they also intend to cut the budget by £100, 000 by the end of 2011.

We do not know how they intend to carry out the review yet. We will try to find out more and let the Forum know through newsletters and meetings. Watch this space!

## **Mental Health and Wellbeing in Lothian The Next Five Years**

NHS Lothian held a Stakeholder event on 5 March 2009. It was called Mental Health and Wellbeing in Lothian - The Next Five Years. EUF and CAPS went to this event.

The idea was to talk about what we think we need to do across Lothian in the next five years for people's mental health and wellbeing. This includes children, young people and adults of all ages. There is a plan being developed called a 'Joint Strategic Programme' which will say what will happen over 2010 - 2015.

Based on comments and suggestions so far, NHS Lothian are now organising a 'Programme of Involvement and Engagement Events'. These events will be based on priority areas, themes and topics. You can tell NHS Lothian your suggestions for themes and topics by emailing:  
nextfiveyears@nhslothian.scot.nhs.uk

Or writing to: Administrator, Mental Health and Wellbeing Team, Deaconess House, 148 The Pleasance, Edinburgh EH8 9RS

NHS Lothian would like these suggestions by the 15 June 2009.

If you would prefer to talk to CAPS about ideas you have or would like more information phone Donna or Keith 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.....

Jackie Sansbury, the new Project Sponsor of the Royal Edinburgh Hospital Re-provisioning, came to our last meeting. Part of her job will be to lead the re-provisioning for the Royal Edinburgh Hospital (REH).

She said that she was struck by the fact that a lot of people were not very happy with what had been going on so far. This is the reason why all the workshops and consultations will be done again. She wants to meet with people involved and listen to what they have to say before making any more decisions.

EUF members had a lot of questions. One was about service user involvement. We wanted to know how it would be different to last time. Will service users views really be taken into consideration? Jackie said that there might be a possibility of setting up a service user advisory group. She is also looking into other ways of involving service users. She said NHS Lothian need to be clear about:

- what they need to do;
- what they can do;
- why they are going to do it.

The board of NHS Lothian has to make a decision at the end of the day. They need to know all the facts, including the preferences and views of patients.

Many service users in Edinburgh want the REH to be built on the Morningside site. One of the reasons is because it has good access to the community, which helps people to recover.

Some members felt that mental health services have got worse over the last eight years. You can build a new hospital but it needs to be a good service for people.

Members wanted to know the timescale for building a new hospital. There are lots of options on where to build it, the option that is picked will affect the timing. There could be a decision about where the hospital will be at the end of this year or start of next.

We hope that service users views will be taken seriously when deciding where to build a new Royal Edinburgh Hospital.

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.

## **Tendering Care at Home Services**

On Tuesday 19 May 2009, a delegation from CAPS, supported by members of EUF, spoke at a meeting of City of Edinburgh's Health, Social Care and Housing Committee in support of a motion by Councillor Ewan Aitken. The motion asked Edinburgh City Council to look at a report on a conference called 'Who Really Gets to Choose' which was about how services for people with complex needs, including people with mental health problems, are to be delivered in the future. The motion also called for a cross-party group to be set up to listen to concerns being raised about the effect 'competitive tendering' may have on the quality of services in the City.

Delegations from the Learning Disability Alliance and Powerful Partnerships also spoke in favour of the motion. Points were made about service users wanting more control and choice about who provides their care. We said that the consultation and involvement of service users in the re-tendering of support at home services in Edinburgh had been very poor. We asked for assurance that they would be more involved in future decisions about their care and treatment.

Despite support from some Councillors, the Committee decided that because the three delegations had been able to speak at the meeting, even though this was limited to only 5 minutes each, there was no need to consult further with service users. We heard council staff explain that the reason for re-tendering services wasn't just about cutting costs,

it was about more people being able to get a service from the same amount of money.

We understand that the amount of money the Council has to spend is limited, but we don't believe that this is a reason for not trying to involve people as fully as possible in any decision being made that could affect their personal care, treatment and recovery. STOP PRESS we have just heard that Councillor Atkins' motion has been 'bounced back' to a full council meeting on Thursday 28 May 2009. CAPS hopes to have another chance to raise the concerns of service users and will report back to EUF.

## **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. At their next meeting Lorraine Fleming from the Community Mental Health Team (CMHT) will be coming. She will talk about changes to the CMHT and answer questions at the next meeting on:

Friday 12 June  
12:30pm - 1:30pm  
The Rannoch Centre  
6 Rannoch Terrace  
Edinburgh

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

# Community Happenings

## Pet Care Network

Pet Care Network is a charity offering short-term fostering and support with various aspects of pet care.

A few meetings ago members said it would be good to have pets looked after if they need to be admitted to the Royal Edinburgh Hospital. This would help stop people worrying about the welfare of their animals.

Pet Care Network offers fostering, home visits, dog walking, transportation to vets and delivery of pet food. You need to be referred by social work. All the services are run by volunteers. You can also become a volunteer and be a pet carer or a dog walker in your area.

If you use the service, you might want to think about including this in your Advance Statement if you have one.

For more information on the service or how to volunteer, contact Theresa at Pet Care Network on 0131 476 0022 or visit their website:  
[www.petcarenetwork.co.uk](http://www.petcarenetwork.co.uk)

## Oor Mad History Project

The Oor Mad History Project now have a team of eight service user volunteers to work on the oral history interviews. Their job will be to interview people across Lothian about their experiences of the mental health service user movement. If you would like to be interviewed get in touch with Kirsten at CAPS on 0131 538 7177.

## Personality Disorder Project Live and Online!

The Personality Disorder Project has got off to a great start with a lot of different people interested in taking part.

We are starting to interview people about their experiences and have also put the questions online and on paper. This means that you can still take part even if you don't want to have an interview.

When we have finished collecting opinions and experiences we will also have a discussion day in the summer. This day will be to look at the ideas that have come out of the project and give your opinion about them

If you would like to be involved or ask any questions, please contact Naomi. If you would like to do the online questionnaire please follow the link on the CAPS website:

[www.capsadvocacy.org](http://www.capsadvocacy.org)

## Inclusion Scotland

Annual General Meeting (AGM) and Launch of 'Freedom of Information - Accessible and Affordable Housing' Report.

Monday 22 June 2009

10:30am - 3:15pm

Glasgow Centre for Inclusive Living

117 - 127 Brook Street

Glasgow

To book a place or for more information call Angela Marshall on 0141 887 7058 or email  
[angelam@inclusionScotland.org](mailto:angelam@inclusionScotland.org).

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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 7177

Fax: (0131) 538 7215

Email:

[info@edinburghusersforum.org](mailto:info@edinburghusersforum.org)

Or visit our website:

[www.edinburghusersforum.org](http://www.edinburghusersforum.org)

### EUF Meetings 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**.