



March 2011

March Catch Up

At our next meeting, we will catch up on the many developments that have taken place since the beginning of 2011.

A lot of consultation papers on strategies and reviews of benefits have been circulated and events have taken place to look at the future of mental health services in Edinburgh and the Lothian.

The draft Lothian's joint mental health strategy for 2011 to 2016 called "A Sense of Belonging" is still out for consultation. The questionnaire can be filled in until 4 March 2011 and there is a consultation event on Friday 25 February. At our next meeting we will talk about the event and what people feel are the most important points of the strategy.

We will also discuss the 'Rapid Improvement' event that took place at the end of January. As part of the review of all mental health services in Edinburgh, the event looked at Community Mental Health Services. It brought together staff, service users and voluntary organisations to discuss ways to improve services.

Some of the focus of the event was to look at how some services could become more citywide and no longer be limited to a specific area of Edinburgh. At the moment most services are divided in two areas in

the North of the city and three in the South. Do you think it would be better to have citywide services? Are you worried about the quality and availability of services if things change?

The event was run by NHS Lothian and fits with the review of other services such as acute services at the Royal Edinburgh Hospitals, the Intensive Home Treatment Teams in the community and the Mental Health Assessment Service.

Join us at the next meeting to share your views on the future shape of services in the city. For more information, please contact us at CAPS on 0131 538 7177.

Our Next Meeting:

Saturday 5 March 2011

1.30pm - doors open

2.00 - 4.00pm - meeting

McDonald Road Library,
Edinburgh

For more information contact
CAPS on 0131 538 7177.

Hot Topics

Reprovisioning of the Royal Edinburgh Hospital

A lot has happened with the reprovisioning of the Royal Edinburgh Hospital in the last few years with many meetings and workshops organised to discuss the location of the new hospital and what it should look like. Some key developments have taken place recently.

In October 2010, NHS Lothian's Finance and Performance Review Committee took the decision that the Royal Edinburgh Hospital should remain in its current Morningside location and should not move to another site such as Little France.

The committee also decided that it should consider relocating services from other hospital sites where this is felt appropriate.

The committee will soon meet with Scottish Government officers to discuss this in detail. Following this NHS Lothian should be able to finalise an "Initial Agreement" and start the process of approval by the internal NHS Lothian governance.

There have been meetings with stakeholders of services currently delivered from the Astley Ainslie Hospital site to look at the possibility of the services relocating to the Royal Edinburgh Hospital site.

The Astley Ainslie Hospital specialises in post-acute care and rehabilitation services for patients with conditions such as stroke, cardiac disease and brain injury. The proposals have been

warmly received and discussions are still ongoing.

A decision to include Learning Disability inpatient services on the Royal Edinburgh Hospital site has also been taken. Key services and stakeholder representatives have been actively involved to make sure all the work already done on plans for a new hospital fits their needs too.

Oor Mad History: The Future

Oor Mad History are holding an event. You are invited to:

Oor Mad History – the future Hear the latest news

Community archive
Oral history project
Exhibition
Canadian "Mad Peoples' History" course
Volunteering

Have a say about the future of Oor Mad History, get together and get involved!

Wednesday 23 March 2011 from 2pm to 4pm at the Guild Room, Filmhouse Cinema, 88 Lothian Road, Edinburgh EH3 9BZ. Tea and coffee will be served.

For more information, please contact Kirsten at CAPS on 0131 538 7177 or email kirsten@capsadvocacy.org.

Experiences of Psychosis

WE NEED YOUR VIEWS—please get in touch if you think you can help!

CAPS is working with service users who have experience of psychosis to find out more about their experiences and what support they have found helpful and unhelpful.

The information we will collect will be shared anonymously with the NHS to help them with staff training and also to support service users to campaign for help and support where they see gaps in services.

We are currently collecting people's views and experiences. If you would like to share your experiences around psychosis and your views on the support you have received or just have a chat about the project, please contact Naomi on 0131 538 7177 or email naomi@capsadvocacy.org.

Evaluation of MHAS

MHAS (Mental Health Assessment Service) provides same-day emergency mental health assessments at the Royal Edinburgh Hospital and there is also an out of hours presence at the Royal Infirmary of Edinburgh.

EUf is helping NHS Lothian to evaluate the service. NHS Lothian wrote a questionnaire and distributed it to the people who used the service from September to November 2010 but they would be keen to get more views and also to hear people's comments on their experience and how they think the service could be improved.

In this mailing we have enclosed a questionnaire. If you have used MHAS in the last six months, please fill it in and return it Freepost.

We will also hold stalls at the Royal Edinburgh Hospitals in March to give information about the evaluation and to help people fill in the questionnaire. Should you require help with the questionnaire or if you would prefer to talk to someone about your experience of MHAS, please contact Laëtitia at CAPS on 0131 538 7177.

Development Groups

The role of the development groups is to get staff and service users to work together to improve the Community Mental Health Teams (CMHTs). It is a chance for service users to have a say about how their services are run.

At the moment there are five CMHTs across the city. Only some of them have development groups. There is a proposal to have one city wide group.

There will be a meeting on **27 April 2011, from 12pm to 2pm at the South West CMHT in Cambridge Street** to talk about this. It will be for staff and people who have been involved in the development groups. People with experience of using the CMHTs who are interested in getting involved are also welcome. The meeting will be a chance for people to decide the future of the development groups, what they should be working on and how and where they meet.

If you are interested in coming to this meeting contact Donna at CAPS on 0131 538 7177 or email donna@capsadvocacy.org.

Community Mental Health Services

On the 26, 27 and 28 of January 2011, there was a 'Rapid Improvement' event looking at Community Mental Health Services. Rapid Improvement events are a way of bringing staff, service users and other organisations together to decide on ways to improve services. The event was run by NHS Lothian. EUF and CAPS attended. Here is a sneak preview of some of the things that are being planned:

Citywide Group Work

Activity groups run by the Community Mental Health Teams (CMHTs) could become citywide. This means that if you use services at a specific CMHT, you could go to groups outside the area it serves. This is something that service users said they wanted in the EUF Day Services Review Report. CAPS suggested that the EUF Day Services Report should be taken into consideration when deciding what kind of groups are offered.

Information and Communication

There are plans to improve information for service users. Ways to do this could include a newsletter, standardised information for different conditions and support groups, brief information sheets on what services are offered and information events.

Re-focusing the work of the CMHTs

The CMHTs want to look at a 'community-care pathway'. This would outline what treatment you could expect when using the services. They are looking at working on a two year timeframe. This would mean that most

people would be seen over a period of two years. At the end of the period, they would be reassessed. It doesn't mean that people would be automatically discharged after two years. The 'two year pathway' is planned to be piloted with the South East CMHT before it is taken on by other areas of the city.

Fast Track

Fast Track is a way of contacting the CMHT after you have been discharged. People can call the team directly. The team will do an assessment over the phone and decide what support you need. Fast Track was a service that service users campaigned for. There will be an audit of Fast Track and an information leaflet will be designed. They also want to gather service users' views on and experience of using Fast Track.

Weekend Work

Having groups at the weekend is something service users are keen on. There are plans to look into how to make this happen. There are also plans to look into evening and weekend services across the city to make it easier for people who work during the day to access the services they need.

Development Groups

The development groups have not been taking place in all areas of the city. There are proposals for one city wide group. There will be a meeting in April to discuss this (see page 3).

Other things are being planned but these are the main pieces of work that CAPS and EUF will be involved in. There will be a report out soon with all of the actions. If you would like a copy, contact Donna CAPS on 0131 5387177 or email donna@capsadvocacy.org.

At our last meeting...

Advocacy Review

We talked about what happened at the full City of Edinburgh Council meeting on 3 February 2011.

There was a vote on whether all the advocacy services in Edinburgh should go to competitive tender. The Liberal Democrats, SNP and the Conservatives voted to put all independent advocacy services out to tender. They also said they will test the market because they feel some organisations in Scotland and England could provide the services.

They did not seem to find important the fact that current organisations are rooted in the community they work with and that many were started by the people in the community.

Someone who attended the Council meeting said that people representing service users did all they could and did a good job but councillors had already decided the fate of advocacy services.

It means that independent advocacy services including CAPS, Advocard, the Patients Council and the Carers Council will have their contracts put out to competitive tender.

Later in the year, the Council will invite organisations to bid for three independent advocacy contracts for the whole of the city:

- One for Learning Disabilities
- One for Older People and People with a Physical Disability
- One for Mental Health and Carers.

A Sense of Belonging

Linda Irvine, Strategic Programme Manager for Mental Health at NHS Lothian came back to talk about the draft Mental Health Strategy.

People wanted more information on the strategy for non-medical treatments. Linda explained that NHS Lothian has developed the ICP (Integrated Care Pathway) for low mood and depression. The idea was to look at alternatives to anti-depressants. They have developed new services such as Guided Self Help and exercise schemes. They are also looking at arts by prescription.

The strategy talks about partnership with collective advocacy. How does it fit in? Linda said that they see collective advocacy organisations as partners and want to build on projects such as the Personality Disorder Toolkit and the Psychosis project. They think that it is not only people who shout the loudest that should be heard. The Personality Disorder project is a good example of how this can be done.

Someone said NHS Lothian should work better on getting information to people. For example, many people have never heard of the information centre at Health In Mind. The people there are volunteers and not experts but they are filling the gap left unfilled by professionals. Linda agreed it is hard to share information properly.

At our next meeting, we will discuss the stakeholder event that will take place on Friday 25 February at the Hibernian Stadium.

Community Happenings

Inside out

This is a course organised by Linkliving for people who wish to develop skills to better manage anxiety and deal with life events.

Participants will work as a group and individually to explore the ways that they currently respond to life events and how to think and respond to these differently. The course will run over nine weeks and will involve practical exercises with group discussions and feedback.

The course will take place at the Drill Hall in Dalmeny Street weekly from 9 March 2011 between 1.30pm and 4pm.

If you would like to attend, please contact Judy Middlemiss on 0845 002 0819 or email judy.middlemiss@linkliving.org.uk.

Contact Point Open Session

Contact Point is a mental health resource which offers emotional, social and practical support to adults who are often isolated and vulnerable.

The team and service users will hold an open session for anyone interested in accessing and/or referring people to the services.

There will be an opportunity to visit Contact Point and get information on the various services provided such as: Art Groups, Swim Group, Get Out There And Active Group, Women's only sessions and Drop-In services which are

open evenings and weekends. Referral and Risk Assessment Information will also be available.

The two sessions will take place on 30 March 2011 between 10.00 am-12.00pm and 3.00 pm-5.00pm

Please contact Maggie Gray or Bernie Mooney on 0845 140 7777 or email bm@baronyha.org.uk to arrange a visit.

If you are interested in accessing Contact Point but are not able to attend the open session, please contact Bernie Mooney to discuss how you could receive this information.

SEASONS Project

SEASONS is a health and wellbeing project open to anyone 18+ living in Edinburgh who has lived experience of mental health problems. The project is based at Lochend House in Restalrig.

SEASONS runs a variety of activities to support people's recovery. On Wednesdays, they run a drop-in with activities from 6pm to 9pm. There is also a session on Sundays between 4pm and 7pm and meetings in place of interest on Friday afternoons.

The programme of activities is drawn up month by month to reflect people's choices.

They are running a new programme of events and activities:

Would you like to know where to get quality items for free? Go on a poetry walk at the Botanic? Ramble with a ranger at Newhailes? Make art inspired

by nature? Or grow a pot of food to share at their community feast?

If you would like to know more, contact Jane on 0131 661 8720 or email jane.mather@edinburgh.gov.uk.

The SEASONS Charity is also looking for new committee members to meet monthly and shape the running of the SEASONS service.

If you feel that user led services are important, have financial or business skills, or have experience of mental health services, please contact Jane. Full training will be provided.

Principles Into Practice

The Principles Into Practice Network conference 2011 will take place at the Scottish Youth Theatre in Glasgow on 18 March.

The event will be an opportunity to hear 'from the horse's mouth' about a wide range of projects that have shown how a commitment to putting the principles of mental health law into practice can lead to real change for people in Scotland.

There will be an opportunity to share learning on topics such as supporting recovery with people who experience long-term mental health conditions, increasing service user participation and influence, delivering mental health services that respect diversity.

The winners of Principles into Practice Awards will be announced at the event. The Royal Edinburgh Hospital/CAPS Self Harm Service has been shortlisted in the 'Participation and service user influence' category.

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

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 2011

Saturday 5 March

Saturday 2 April

Saturday 7 May

Saturday 4 June

Saturday 2 July

Saturday 6 August

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**.