



**March  
2009**

## **Intensive Home Treatment Teams**

Anne Langley, Clinical Nurse Manager in the Edinburgh Community Health Partnership (ECHP), will join us to talk about the Intensive Home Treatment Teams (IHTTs).

It is important to hear people's views so that the IHTT can improve and develop in a way that provides the best service for people using it.

The IHTTs have been running since October 2008. IHTTs provide a service that runs 24 hours a day 365 days a year. Their job is to provide alternatives to hospital admission where people would otherwise be admitted. The teams provide treatment in people's homes. They also go into wards and help people to leave hospital as soon as possible.

An IHTT is made up of a Nurse Team Leader, Community Psychiatric Nurses, Psychiatrists, Social Worker, Occupational Therapist and a Psychologist.

You can't self refer to an IHTT. Referrals can be made by: Community Mental Health Teams (CMHT), Primary Care Liaison Teams (PCLT), GPs, Mental Health Assessment Service (MHAS) and liaison psychiatric services, inpatient services, the Edinburgh Crisis Centre and Emergency Social Work.

This meeting is a good chance to learn more about the IHTTs and ask questions. It is also a chance to express your views about the teams especially if you have used one before.

### **In with this mailing**

- EUF Meeting Flyer
- Tendering Care at Home Services, Letter from the City of Edinburgh Council

### **Our Next Meeting:**

**Saturday 7 March 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

## Crisis Centre

We have campaigned for around 13 years to get the Crisis Centre and are pleased to announce that the Crisis Centre's full service is now open. This will mean that people will have the opportunity to rest overnight and up to seven nights.

The Crisis Centre has a free phone helpline, face-to-face support and now the opportunity to rest at the Centre. To use the service you need to phone the helpline on 0808 801 0414. If you would like face-to-face support you can talk to staff about arranging this.

The Crisis Centre are having a series of open days. This is a chance to see the Centre and meet the staff. You need to book a place by phoning 0131 561 0081. The next open day is on:

Wednesday 18 March 2009  
10:00am - 12:00pm and  
2:00pm - 4:00pm

Infusion are doing a three-year review of the service. They want to hear from people who have used the Centre. You can get in touch with them by phoning Sally Dick on 0131 220 4508. You can also give your views to the manager Jackie Nicholson by phoning 0131 561 0081. CAPS are not part of the review but if you would feel more comfortable talking to them they can pass your views on. Phone Donna at CAPS on 0131 538 7177 if you would prefer to do this.

## Tendering Care at Home Services

We have included a letter from the City of Edinburgh Council (CEC) about tendering care at home services. Tendering means that the CEC will invite organisations to apply for the contract to run certain services. This will effect people with learning, physical or mental health disabilities who receive support in their own homes from projects that are funded by CEC.

The CEC says it is looking for good quality services in the City. They want to get the best service for everyone that needs the service. People will still get the same service but there may be a change in the organisation which gives them that service. The changes won't happen until the end of the year and we will know more in the Summer.

There were a couple of consultations about this. Service users have been worried that the tenders will go to the cheapest service. The CEC have said that the decision will be based 30% on price and 70% on quality. It is important that we have involvement in deciding what is a good quality service. The CEC have said that they have been given views on the sorts of things service users want from providers. They said that these views will be taken into account in the things they will ask providers to deliver.

For more information call Social Care Direct on 0131 200 2324.

## Community Mental Health Teams (CMHTs)

The Community Mental Health Teams (CMHTs) see people who have complex and long-term mental health problems. They are based in the community and visit people in their own home or at the centre they are based in. There are five teams across Edinburgh. Last summer there was a review of the CMHTs because all the teams worked in different ways. They wanted to get them working in the same way and to make improvements to them. There was a three-day workshop about this. There will be changes to the CMHTs, some are listed below.

### Development Groups

There will be development groups set up across the city to make sure that there is service user involvement in the CMHTs. The groups will be made up of professionals, carers and service users. It should be a good opportunity to influence how the CMHTs work. Information will be available from key workers in March 2009.

### Fast Track

Fast Track is about being able to contact the CMHTs directly if you have been discharged and become unwell again. The North West Edinburgh Service User Group have been campaigning for this. There will be a six-month trial soon.

### Change in Working Hours

All teams will work Monday to Friday from 9:00am - 5:00pm and Saturday and Sunday from 9:00am to 5:00pm or 10:00am to 6:00pm if it's needed.

This will be the same times as before in some areas and in others areas it will mean a cut in evening work.

### Information Packs

Service users said they wanted more information about services. This has been taken forward and there will be new information packs explained and given to service users when they come into services. There will be information on the CMHTs, wards at the Royal Edinburgh Hospital, Intensive Home Treatment Teams, and the Mental Health Assessment Service.

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

## Royal Edinburgh Hospital

### BREAKING NEWS

NHS Lothian Director Jackie Sansbury is now responsible for the project to build a new Royal Edinburgh Hospital. Having reviewed the meetings and information collected so far, she has decided to review the whole project. This will mean doing the consultations again and a further delay before any new hospital can be designed and built.

EUF members will no doubt feel frustrated at this delay. But NHS Lothian are still fully committed to building a new hospital.

We have invited Jackie to the April EUF meeting to talk about this.

## Mental Health and Wellbeing in Lothian

### The Next Five Years

EUF representatives are going to an event on Thursday 5 March 2009 to talk about mental health strategy for Lothian for the next five years.

This is an important event. It will be looking at what we need to do across Lothian in the next five years for people's mental health and wellbeing for children, young people and adults of all ages.

We will let members know what was discussed at this event at the Forum and in the newsletter. If you would like more information phone CAPS on 0131 538 7177.

### Oor Mad History Project

Things are very busy with Oor Mad History (OMH)! Following the oral history taster session on 24th of February 2009, the project will soon be looking for volunteer oral history interviewers to record interviews for the archive. If you would like to get involved in recording Oor Mad History, please contact Kirsten at CAPS on 0131 538 7177.

OMH project are speaking at the Scottish Recovery Network conference on the 26th of February 2009 and also at the VOX event about service user research on the 6th of March 2009. Both these events are great chances to talk about the project and meet new people.

### 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.....

Our last meeting was a catch-up meeting. We talked about the Royal Edinburgh Hospital, Crisis Services, Day Services Review, North West Edinburgh Service User Group, and consultations and events that are happening.

At the time of the meeting there had been no decision about where to rebuild the Royal Edinburgh Hospital (REH). There were two options, rebuild at the back of the REH or rebuild at the back of the Royal Infirmary Edinburgh (RIE). Since the meeting this has changed (see page 3). CAPS is meeting with the Patients Council and service users in West Lothian to learn about their experience of re-providing a psychiatric hospital (see page 7). It will be good to learn from past experience.

We talked about the Day Services event that the City of Edinburgh Council (CEC) organised. Some of the things service users said they wanted are part of the CEC recommendations. One is having more weekend and evening services. Another thing is making services city-wide. We want to make sure that there is training for service users to get involved in the management of services. It would be good if this was supported by advocacy organisations.

The Crisis Centre's full service is now open! People will now be able to rest there for up to 7 nights. There are a series of open days, see page 2.

We have received a letter from the City of Edinburgh Council about the decision to Tender at Home Services (see page 2). The letter has been included in the mailing. We want to know if there will be any cost for service users that might have to change providers.

We heard from a member about the work they have been doing in North West Edinburgh. One thing they have been working on is 'Fast Track'. People who have been discharged will be able to get back in touch with the Community Mental Health Team directly if they become unwell (see page 3).

We talked about events and consultations coming up and organised representatives to go along.

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.

## Smoke-Free Mental Health Services

The Government is consulting service users on achieving smoke-free mental health services in Scotland.

In March 2006, Scotland introduced a law that banned smoking in public spaces such as workplaces, pubs and restaurants. Designated rooms in psychiatric hospitals and psychiatric units were exempt from the ban. Now the Scottish Government wants to review this position.

It set up a Tobacco and Mental Health Advisory Group to look at how psychiatric hospitals and psychiatric units in Scotland might become smoke-free. The researchers also interviewed mental health professionals in Scotland. They are in favour of banning smoking because they feel it makes inequalities in health worse. They also think it damages the health of mental health professionals.

The Government would like to hear your views on how exposure to second-hand smoke in psychiatric hospitals and units can be reduced. To get a copy of the consultation, phone John Glen on 0131 244 5660 or download a copy at [www.scotland.gov.uk/Publications/2008/12/22094350/1](http://www.scotland.gov.uk/Publications/2008/12/22094350/1). The closing date for responses is 6 April 2009.

## 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 and to try to find ways to improve services.

The group have decided to alternate meetings between PROP Stress Centre and the Rannoch Centre. At their next meeting they are going to be talking about the Community Mental Health Team (CMHT). The CMHT work with people with 'severe' and long term mental health problems in the community. Soon development groups will start; these will be meetings with professionals and service users and will hopefully help people to have a say in how the CMHT runs. We will use the next meeting to look at the draft role and remit of the development groups; this is a chance for us to say how we want them to work.

The next meeting is on:

Thursday 12 March 2009  
2:00pm - 3:00pm  
PROP Stress Centre  
5 West Pilton Park  
Edinburgh

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

# Community Happenings

## Service User Involved Research Event

Voices of Experience (VOX) are organising an event to develop future plans for taking forward service user involved research in Scotland. There will be speakers talking about what is happening now with service user research. A member of the Oor Mad History Steering Group and the Community History Worker will speak about the project as well as the Day Services Review. There are also members of EUF going. The event is on Friday 6 March but is fully booked. If you would like any papers from the event sent to you contact Voices of Experience on 0141 572 1663. EUF will keep members updated through the forum and newsletter.

## Bipolar Fellowship Scotland (BFS) new website

Bipolar Fellowship Scotland (BFS) are announcing the launch of their website. The new website will allow people to take out online membership of BFS and purchase publications online. The website also provides links to an e-community site, the BFS Facebook group and links to a number of relevant organisations. You can visit their website at [www.bipolarscotland.org.uk](http://www.bipolarscotland.org.uk).

## Re-providing Psychiatric Hospitals

The Patients Council along with Service Users Midlothian (SUM) and West Lothian service users will be holding a meeting about re-providing psychiatric hospitals. West Lothian service users will talk about their experience of being involved in the design of a new hospital in Livingston. The meeting will also look at what people want from the re-provisioning process. The meeting is on 14th April 2009, at the Royal Edinburgh Hospital. The meeting will only be about design and will not look at where a new hospital should be. Places are limited so if you are interested in taking part in the event contact Laetitia at CAPS on 0131 538 7177.

## Health in Mind

### Information Afternoon

### Epilepsy and Mental Health

Guest Speaker: Epilepsy Scotland

Wednesday 11 March  
2:00pm - 4:00pm  
Health in Mind  
40 Shandwick Place  
Edinburgh

The session will give an overview of various types of epilepsy and mental health. There are limited places available so it is important to book a place in advance. Phone 0131 243 0106 to find out more or book a place.

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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 7 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

### 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**.