



**May
2010**

Think Links

At our next meeting, we will talk about the role of psychiatric liaison staff at the Royal Infirmary of Edinburgh. EUF members have asked to invite someone from the team to know more about their role.

Dr Roger Smyth will come and speak to EUF at their next meeting. Dr Smyth is a Consultant Liaison Psychiatrist. He is one of a team of three psychiatrists and three specialist nurses providing psychiatric services to the Royal Infirmary of Edinburgh.

His department provides psychiatric opinions to all the wards and clinics at the Infirmary with specialist input to the Emergency Department, Toxicology service, National Transplant Unit and Maternity Unit.

Psychiatric liaison staff can give psychiatric consultations for people who

are admitted for other medical reasons. This could be people who are being treated for things like self harm, and also for people admitted for a general medical problem, but who need to see a psychiatrist because of an existing mental health issue or something that comes up during their admission.

Some EUF members have had varied experiences with the service and therefore have questions and opinions about how it works. We will also ask if changes are in the pipeline and if the review of acute services will affect the service.

Join us at the next EUF meeting to meet Dr Smyth. For more information, contact Laëtitia at CAPS on 0131 538 7177.

With this Mailing

- Invitation to EUF's Annual General Meeting on 28 May 2010
- Information on Cairdeas House's respite care
- Flyer for the next EUF meeting
- EUF Constitution

Our Next Meeting:

Saturday 1 May 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

Crisis Centre

EUF continue to be part of the Edinburgh Crisis Centre Partnership Group. Our representatives report back to the forum and get ideas from members about how it should develop.

In April, a group of service users met with the manager of the Centre to look at the information leaflet. We discussed how it could be improved and it could explain better how the centre could help.

Infusion is the organisation that have been getting service user's views about the Crisis Centre. A report has been written and we will bring copies to the next meeting. You can also get a copy by contacting Donna at CAPS on 0131 538 7177 or emailing donna@capsadvocacy.org.

Want to get more involved? There is a new project that will create a DVD about what it is like to use the Centre. Other groups there are the garden group who plan the garden, the resource group who look at information, and a group that will set up a Facebook page.

If you would like to get involved in any of these groups contact Jacquie at the Crisis Centre on 0131 561 0086 or email jacquie@edinburghcrisiscentre.org.uk

The Crisis Centre Partnership Group are hoping to have a 'Shared Learning Event' in late June. It will be a chance for other organisations, professionals and service user groups from across the country to learn from Centre. We will let you know more when we have dates so watch this space.

Oor Mad History Report from Canada

In November 2009 Oor Mad History visited Toronto to learn about the service user movement there.

The Lothian mental health service user movement has had a link with Canada since 2001 when "Working Like Crazy" came to Scotland. We then had a visit in 2007 from David Reville, who teaches Mad Peoples' History.

One of the main highlights of the visit was meeting with the Toronto Psychiatric Survivor Archives. We also attended one of David Reville's lectures in Mad People's History at Ryerson University.

We visited the local psychiatric hospital and "Empowerment Council". They have peer support workers in every department in the hospital and have a project dedicated to promoting the recruitment of survivors within the hospital.

They also have a survivor run information centre and espresso bar in the hospital. We were able to visit several of the survivor run businesses in Toronto, including the Raging Spoon Café .

Kirsten and Jim wrote a full report on the visit, if you would like a copy please call Kirsten at CAPS on 0131 538 7177 or email kirsten@capsadvocacy.org.

New Law on Self-Directed Support Consultation

The Scottish Government wants to change the law on direct payments and make a new law about self-directed support. It wants to know what people think about its plans. It has written a consultation paper so at this stage it has not made any firm decisions yet.

The ideas in this consultation are from talks that the Government has had with councils, voluntary organisations and people who need some support to be part of their community and to stay healthy.

It says that self-directed support gives people more choice and control over their lives, so it wants to change the law to make it easier for people to get self-directed support.

At the moment, the rules about direct payments are in lots of different laws. The Scottish Government wants to bring them together into one clearer new law.

Direct payments are when someone gets money from the council to pay for support instead of getting a service. Self-directed support is the different ways that people can choose their own support. Direct payments are one kind of self-directed support.

Self-directed support gives people more control over their lives. But some people do not want to buy their own support or manage direct payments.

Self-directed support lets people:

- take a direct payment
- take a direct payment and have it managed by someone else
- have an individual budget and use this to get support from the council or another organisation.

The Government thinks that more people could use direct payments in the future. There are still lots of people who do not get offered direct payments or self-directed support.

The Government wants to make sure that people always get the choice. One idea is for people to get self-directed support unless they say that they do not want it.

There are some people who cannot get direct payments. The Government wants to change the law to let more people get them.

At the moment, some people with mental health problems cannot get direct payments. Some people are given a Compulsory Treatment Order that means they must go to hospital. If they are well enough, they can leave hospital. They cannot get direct payments after that for up to 9 months.

One idea is to let councils decide if people who have this kind of Compulsory Treatment Order can get direct payments when they are given leave from the hospital.

There have been a lot of changes to care and support services recently and it is important for people to have a say about what support is best for them.

There are 8 questions in the consultation and you can answer as many as you want.

The closing date is 23 June 2010. To get a copy, contact Laëtitia at CAPS on 0131 538 7177 or go to www.scotland.gov.uk/Publications/2010/03/23102019/0.

Advocacy review

The group who are in charge of carrying out City of Edinburgh Council's review of the independent advocacy services it gives money to have said that they have made "tentative plans for a stakeholder event" on Thursday 27 May in the afternoon.

This will be an important opportunity for mental health service users to go along and say again what they think is important about the advocacy services.

We will unfortunately not be able to confirm the date before the next newsletter is out so we will have to find other ways to keep people informed. However if you would definitely like to attend the event, please contact Keith at CAPS on 0131 538 7177 or email keith@capsadvocacy.org and we will keep you updated.

Care and Support Tender

Since the City of Edinburgh Council decided to halt the Care and Support Tendering process they have been looking at better ways to consult and engage with service users, service providers and advocacy organisations. They have employed Shulah Allan who worked for EVOG for many years to run meetings to ask people their views on the whole Care and Support Tender process. Service users who have been affected by the process and CAPS staff have been invited to meetings to give their views. The Council is also planning to produce a "lessons learned" report. For more information or to pass on your views to Shulah please contact Naomi on 0131 538 7177 or naomi@capsadvocacy.org

Development groups

Three development groups in the South of the city have now been meeting regularly since January.

The South Central and South West Community Mental Health Teams now have Information Development volunteers who help organising and distributing information.

In South Central they will hopefully be involved in doing newsletters and sending out flyers. In the South Central team, they are identifying the most important information the team and service users need in the building.

The plan is for volunteers eventually to be in all Community Mental Health Teams and Intensive Home treatment teams.

There is still some confusion about the roles of the development groups and we are waiting for the Team Leaders group to give us a clear statement about what is expected of them and how their views are taken into consideration.

The South Central group thinks it is important to assist service users to get their voices heard and look at how changes in services affect them. It is also important to share information, make links with other services and organisations, look at city wide issues and encourage recovery principles.

The South West group said there should be equal participation from its members (staff, services users, advocacy and Chaplaincy) and be recognised at higher meetings such as the Strategic Development Group.

At our last meeting.....

Social Work Review

Service users have raised concerns about the review of Mental Health Social Work and Mental Health Officer Services.

The review was mentioned at the end of 2009 at a Strategic Development Group but there has been no official consultation with service users. Most of the time, the information about the review has come directly from social workers in the Community Mental Health Teams.

Some of the proposed changes are to move social workers from the Community Mental Health Teams and the mental health officers from the central team and instead have a big group working across the city.

The review paper argues that these options would allow for a more consistent service, allow for cover when staff are off work and deal more rapidly with emergency cases.

The South West development group has put together a document detailing their views about the different options and their concerns about how the review came about and why we need to have yet another system.

Colin Beck who is in charge of this process at the City of Edinburgh Council has agreed to meet service users to answer questions about this and find out their views on 23 April 2010 at 11am at Stepping Stones. We will pass on the views of the South

West Development group too. If you would like to give your views on the review, please contact Laëtitia at CAPS on 0131 538 7177.

AGM

At the next AGM on May 28, there will be the election of the EUF Executive. We looked at the different roles of the Executive, how to apply for one of the positions and how to nominate people.

There are five office bearers positions on the Executive:

- Convenor
- Vice Convenor
- Treasurer
- Secretary
- Membership Secretary

Members of the Executive usually meet a few days before the monthly EUF meeting and work on the agenda. They also deal with the AGM and issues such as complaints.

If you are interested in a position on the Executive, please contact Laëtitia at CAPS on 0131 538 7177.

EUF Complaints Procedure

The EUF Executive have discussed reviewing the complaints procedure and asked people at the meeting what they thought about making changes to it.

People feel we need to be clearer about how the procedure works, for example how to complain about EUF

as a whole or about a specific member. It is important to keep it simple and straightforward.

It was also felt there should be more protection for CAPS staff if they have to investigate a complaint. Finally people want to discuss whether there should be an appeal procedure within the complaints procedure.

If you have ideas about how the complaints procedure can be improved, contact Laëtitia on 0131 538 7177 or email laetitia@capsadvocacy.org and she will pass your comments on to the EUF Executive.

People also think we should think about updating the EUF constitution. People suggested to look at how meetings are run. We should also look at the positions on the Executive and maybe add new positions for representatives of other organisations or service users groups EUF members might be involved in.

A copy of the constitution has been enclosed with this mailing as requested at the last EUF meeting.

CORRECTION

In the last newsletter (April 2010) when talking about short breaks, we got the address of Cairdeas House wrong. It is located in Coates Gardens and not Shandwick Place. Also we wish to make it clear that Cairdeas House provide short breaks directly to service users. This in turn can also give a break for a carer, where there is one.

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

Panic Attacks Information Afternoon

This information afternoon will look at different types of panic, self help and treatments. It will be run by Mairi MacDonald-Woolley and Ronnie Menzies, Clinical Associates in Applied Psychology.

It will take place on Wednesday 23rd June 10, 2pm to 4pm at Health in Mind, 40 Shandwick Place, Edinburgh.

Service users, carers and workers are welcome but there are limited places so you will need to book in advance.

To book a place, call 0131 243 0106 or e-mail information@health-in-mind.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 Contact Point team and service users are holding their second open sessions. The sessions are for anyone interested in accessing the service or referring people.

There will be information on the different services Contact Point offers such as art groups, a gym and swim group, men's activity group and the drop-in. Referral and risk assessment information will also be available.

The sessions will take place on Wednesday 19 May 2010 from 10am to 12pm and from 3pm to 5pm at 101 High Riggs.

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

Recovery meets psychoanalysis

The Recovery Across Lothian Steering Group and the Sunderland Trust are organizing an event called "Recovery meets psychoanalysis - but are they on speaking terms?" on 20 May 2010.

They have allocated 20 free places for people with lived experience to attend this event. Tickets will be allocated on a first come first served basis and will be confirmed via email.

If you would like to attend, please email Prappy Campbell on prappy.campbell@nhslothian.scot.nhs.uk. If you do not use email, please contact Laëtitia at CAPS on 0131 538 7177 to arrange a place. The closing date is 30th April 2010.

EUF AGM

The EUF Annual General Meeting will take place on Friday 28 May from 2pm to 4pm at
Cafe Camino
St Mary's Parish Centre
Top of Leith Walk

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**.