



**May  
2009**

## **A Clean Slate**

Jackie Sansbury, the new Executive Sponsor for Re-provisioning at NHS Lothian, will be coming to our May Forum. She is looking at improving the buildings and services at the Royal Edinburgh Hospital (REH).

Jackie has experience in developing new hospitals and has been involved in the rebuilding of the Sick Kids Hospital, the Old Victoria Hospital, the Neuroscience department at the Western General and Herdmanflat Hospital in Haddington.

She has looked back at what happened in the last year with the plans for a new REH. She thinks that not everybody was happy about the process and the results of all the meetings and workshops. She has therefore decided to start the whole process from the beginning and wipe the slate clean. This is not just for the location of a new hospital but also for the model of care patients would receive. She prefers not to rush and to meet as many stakeholders as possible before starting.

This is our chance to let Jackie know how we want to be consulted. We can also tell her what is important to us when building a new hospital. We can tell her what we thought about the last consultations and how NHS Lothian could do them better. Jackie will also be there to answer any questions we have about the re-provisioning.

Bring your ideas and views to the next meeting. We need to be clear about what we want from a hospital and how we want to be consulted.

### **In with this mailing**

- EUF Meeting Flyer
- 'Much More Than a Label' flyer (see page 3)
- EUF AGM Flyer (see page 2)

### **Our Next Meeting:**

**Saturday 2 May 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

## EUF Annual General Meeting (AGM)

At our AGM we say what sort of things we've been doing in the past year and what we've spent our money on. We can have resolutions or changes to our constitution. The constitution gives more details about how things work. If one of us wants to move a resolution or an amendment to the constitution we must send a written copy of the resolution or amendment to the EUF Secretary, c/o CAPS, 5 Cadzow Place, Edinburgh EH7 5PL, to reach them by at least 7 days before the date of the AGM. To get a copy of the constitution call CAPS or visit [www.edinburghusersforum.org](http://www.edinburghusersforum.org).

We will also elect the Executive Committee and choose our three representatives on CAPS Management Committee. The EUF Executive are made up of 5 officers:

**Convener** - usually chairs the Forum Meetings, and the Executive Meetings. This means they have to make sure everyone has their say, that we decide things that need to be decided, and that we don't get side-tracked.

**Vice-convener** - is in charge of the meetings if the Convener can't be there, or needs a bit of a rest.

**Secretary** - is responsible for the mail we get from other people, and the mail we send to other people. They are also responsible for making sure somebody takes notes or minutes of meetings.

**Treasurer** - is responsible for giving expenses at meetings, for keeping records of money paid out, cheques written, and money paid in. They also help to apply for money to pay for the running of EUF. The CAPS Office Administrator helps them to do the accounts of EUF at the end of the year.

**Membership Secretary** - makes sure that new members get all the information and support they need. They also look for new ways to recruit members.

After the business of the AGM we will launch the EUF Day Services Review Report. It's a report that has over 140 service user views about day services. There will also be a buffet.

For more information about the AGM call CAPS on 0131 538 7177 or email [info@edinburghusersforum.org](mailto:info@edinburghusersforum.org). Please let us know if you can make it so we can plan the catering.

## EUF AGM!!!

**Friday 29 May 2009**

**2:00pm - 4:00pm**

**Doors Open at 1:30pm**

**The Drill Hall**

**36 Dalmeny Street**

**Edinburgh**

## Much More Than a Label

'Much More Than a Label' is a flyer that was included in this mailing. Here's what it's all about.

CAPS has been given funding by NHS Lothian to run a six-month project looking into people's experiences of personality disorder. The new Development Worker Naomi Salisbury will be working on the project. She would like to speak to anyone who has experience of personality disorder, whether you have been given a diagnosis or not. She will be talking to people about their experiences until the 30 June 2009. Then she will be using their views to make a 'toolkit' or pack about personality disorder. The deadline is quite soon because she only has six months to finish the work.

### Why Personality Disorder?

There is not a lot of information about personality disorder for people who have the diagnosis or staff who work in mental health services. There is still a lot of misunderstanding about what personality disorder is and how to provide good support. We want to know your views about what is helpful and what is not helpful when getting treatment for personality disorder. We are going to use your views to produce a pack to help people understand personality disorder better and to provide information for service users and staff.

This is an opportunity to have your say about the support and information available for people with personality disorder.

What is out there that is working?

What isn't working? And why not?

What could be done to make things better?

If you would like to discuss how you could contribute please contact Naomi at CAPS on 0131 538 7177 or email [naomi@capsadvocacy.org](mailto:naomi@capsadvocacy.org)

## A Visit to Gartnavel

EUF members, the Patients Council and Service User Midlothian (SUM) went to visit the Gartnavel Psychiatric Hospital in Glasgow on Wednesday 1 April 2009. The trip was organised by NHS Lothian.

Gartnavel was built in 2006 on the site of the old psychiatric hospital. The consultation process started in 1999. Service users were involved and helped come up with a 'clinical brief' (what they expected from a new hospital). The things that were important to service users were natural light and spaces, single en-suite rooms, wide and short corridors and smaller day space. These things seemed to be achieved. The hospital has shops, cafes and local facilities in walking distance.

We need to start thinking about what we want from a hospital. Gartnavel Hospital can give us some ideas. We can bring our ideas to the next EUF meeting where we will be talking about a new psychiatric hospital in Edinburgh.

## Evaluation of the Crisis Centre

Infusion is the organisation doing the evaluation of the Crisis Centre. They are doing this over 3 years (2007-2010). If you've had support from the Edinburgh Crisis Centre, they would love to know how you felt about it. Your views are vital.

There will be researchers at specific times at the Crisis Centre to interview people currently using the service. If you have used the Centre and want to make comments you can talk to Sally Dick at Infusion by calling 0131 220 4508. You can email [info@infusioncoop.org.uk](mailto:info@infusioncoop.org.uk) or you can post your comments to:

Infusion Co-operative  
Fifth floor  
Wellgate House  
200 Cowgate  
Edinburgh  
EH1 1NQ

You can also do a survey through Infusion's website by visiting [www.infusioncoop.org.uk](http://www.infusioncoop.org.uk).

## The Advice Shop is Moving

After being based at 85 South Bridge in Edinburgh for nearly 18 years the Advice Shop will be moving around the middle of June to a slightly larger premises at 329 High Street, Edinburgh.

## 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 as catch up meeting. Some of the things we talked about were the Royal Edinburgh Hospital (REH), an information pack for service users, the Edinburgh Equalities Forum, the EUF Annual General Meeting (AGM) and future campaigns for EUF.

We talked about the re-provisioning of the REH. Jackie Sansbury is the new Executive Sponsor for Re-provisioning at NHS Lothian. She will be coming to our next meeting (see page 1). We also talked about a visit to Gartnavel Hospital in Glasgow (see page 3).

There is a new Information Pack that is being developed for service users. It will have information about services like the Community Mental Health Teams (CMHTs) and the Intensive Home Treatment Teams (IHTTs). There is a space in this pack for service users to give advice to other service users. One of the things that people felt was really important is knowing your pets are ok when you go into hospital. People should know who can help with this. We also said that it is important to know about advocacy services. Staff do not always tell you about them.

We talked about the Edinburgh Equalities Forum. They have talks, events and forums for people with disabilities. You can join as an individual or group member. We decided to invite them to our July Forum to let us decide if we want to become group members.

A member suggested that we campaign for funding for short breaks. This could be a fund for people who need to get away from the City and have a holiday. Midlothian Council have a fund for this, people can apply for a grant for up to £200. We decided to write to the City of Edinburgh Council to see if it is possible to have something like that in Edinburgh.

We decided to have our AGM at the Drill Hall and to launch the EUF Day Services Review Report (see page 2).

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.

## **VOX (Voices of Experience)**

### **VOX Annual General Meeting (AGM)**

VOX is a national mental health service user led organisation. They aim to give a voice to people who have or have had mental health problems. EUF have decided to become group members of VOX. Once our membership has been approved we will be able to vote at the VOX AGM. Each group member will get one vote. Voting will be about things like who's on the management committee or changes to the constitution. We can decide who will represent EUF at our next meeting. The VOX AGM is on:

Saturday 6 June 2009  
10:00am - 3:00pm  
Quaker Meeting House  
7 Victoria Terrace  
Edinburgh

If you would like to go contact John Steel on 0141 572 0519 or email [jsteel@mht.org.uk](mailto:jsteel@mht.org.uk).

### **Achieving Smoke Free Mental Health Services - Public Consultation.**

VOX have produced a response to the consultation paper, 'Achieving Smoke Free Mental Health Services'. They have asked service users to give their views about making mental health services non-smoking. We will bring the paper to the next EUF meeting. If you would like a copy sent to you contact Donna at CAPS on 0131 538 7177.

## **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.

The next meeting is on:

Thursday 14 May, 2009  
2:00pm - 3:00pm  
PROP Stress Centre  
5 West Pilton Park  
Edinburgh

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

## **Citizens Advice Bureau**

Sarah Davison is an outreach worker employed by Citizens Advice Bureau to run an outreach session every Tuesday in the Royal Edinburgh Hospital.

The service provides advice about a range of issues for people connected to the Royal Edinburgh Hospital. It is a service for out-patients and in-patients. It is also for friends, relatives, carers and staff.

Sarah is interested in suggestions about how to increase how much people use the service. If you are interested in making comments, please contact Laëtitia at CAPS on 0131 538 7177.

# Community Happenings

## Stress Control

### Information Hour

Have you heard about the stress control courses running in Edinburgh and want to find out more?

There will be an information afternoon about these courses run by NHS Lothian. The information session will be held on:

Wednesday 10 June 2009  
12:00pm - 1:00pm  
Cherry Room, Wighton House  
Thistle Foundation  
Craigmillar

To book a place contact Health in Mind on 0131 243 0106

## The Mental Welfare Commission is moving

The Mental Welfare Commission for Scotland has moved to new offices. The new address is:

Thistle House  
91 Haymarket Terrace  
Edinburgh EH12 5HE

The phone Number is 0131 313 8777 and the freephone number for service users and carers is 0800 389 6809.

## Movies are Good for You!

The Scottish Mental Health Arts and Film Festival (1 to 22 October 2009) wants you to help programme their feel-good festival films.

The Festival is the largest of its kind in the world. They would like you to suggest the films that make you feel good! They are looking for suggestions across the whole spectrum of cinema. It could be a musical, comedy, thriller, science-fiction, horror, art-house, or blockbuster.

It's not always so-called 'happy' films which make us feel good, sometimes it's films in which we see ourselves and our lives reflected, and films which make us laugh and cry.

Your suggestions don't need to be about mental health, They are looking for films which make you feel positive, so any film is a contender.

They will show five of these films in cinemas across Scotland. Please send your film titles to [smhaff@gmail.com](mailto:smhaff@gmail.com) with 'feel good films' in the subject line. Say what the film means to you and why you would like it to be shown at the festival. The closing date is Friday 8 May 2009. You can find more information at [www.mhfestival.com](http://www.mhfestival.com).

If you're not great with computers but want to make a suggestion contact Donna or Laetitia at CAPS on 0131 538 7177.

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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 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**.