



# November 2010

## November Catch-up

Our November meeting will be a good chance to catch up on all the things we have been up to recently. The last month has been busy as usual.

We will have updates on things we have been involved in like the Employment Support Allowance Focus Group. Some people have been finding that the assessment for Employment Support Allowance does not work for people with mental health problems and we want to make our voices heard about it.

There will be updates on the development groups in the Community Mental Health Teams (CMHTs). Talks will begin with North East Edinburgh CMHT about starting a development group there. We would then have five groups throughout the city.

Our service user representatives have been to events and meetings and will report back to the Forum. Some of the events we have been to include a Mental Health Improvement event which looked at how to improve mental health services within the current economic climate.

We will also talk about our Improving Detention report and the work that continues to be done around that, such as training for staff in partnership with the

Lothian Recovery Network. We will hear about the Short Breaks campaign we are working on. We will also talk about the progress of the Alternative Therapies sub-group.

At our last meeting we got onto the subject of Recovery. There were many different views on what Recovery means. There will be a chance to talk about this more at our next meeting. The annual Lothian Recovery Network conference is in December and there may be a chance to feed our views into their action plan for 2011.

If you have any views or information you would like to bring up there will be space for this in "any other business". We hope you can make it to our November meeting.

### Our Next Meeting:

**Saturday 6 November 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

## Consultation on Self-Harm and Services

The Scottish Government has said it has made a commitment to improve the knowledge and understanding of self-harm and come up with an appropriate response.

The National Self-Harm Working Group was created and they have written a consultation paper to get people's views on certain issues. NHS Scotland will also do a consultation through Choose Life.

The deadline for responses is 31 December 2010 and a revised report will be prepared by the end of March 2011.

For a copy, go to [www.scotland.gov.uk/Publications/2010/10/selfharm](http://www.scotland.gov.uk/Publications/2010/10/selfharm)

If you do not use the Internet, please contact CAPS for a paper copy as the Government does not offer this option.

### Background

In 2006, a report suggested a new approach to self-harm with both a general focus on mental health improvement as well as specific information, training and intervention and the development of responses to self-harm.

The Scottish Government said that it would work with partners to agree a definition of self-harm and develop non-stigmatising language and information, increase awareness of self-harm, map and assess existing training and projects across Scotland, and increase effective methods of prevention and offer guidance to services.

### What Next?

The government proposes the following main objectives:

- Reduce the number of people who are suffering from psychological distress
- Improve the general service response to people who are suffering from psychological distress
- Increase the rate of identification of people who are self-harming, both through encouraging more people to seek help and through better recognition of self-harming behaviour by professionals
- Improve the service response to people who self-harm, addressing the underlying causes and improving people's experience of care services

NHS Health Scotland will also be working on other ways for people to contribute their views.

You can contribute to the consultation as an individual, but CAPS would like to be able to put in a collective response which represents the views of service users.

If lots of people are interested we will arrange for people to get together and discuss their views. We really want to be able to support service users to influence this plan, so please get in touch if you want to give your views.

If you would like to give us your views about services for self-harm in Scotland and what you think the government should do next, please contact Naomi at CAPS on 0131 538 7177 or [naomi@capsadvocacy.org](mailto:naomi@capsadvocacy.org)

## Allied Health Professionals Event—What's Next?

In a previous newsletter, we talked about Allied Health Professionals (AHPs) and what their roles are. They help people recover from illnesses. They also help people get back to work when an illness has left them unable to work for a long time and they are struggling to adjust back to active life.

They can support people just to take part in everyday activities and enjoy life again. They also support families and carers in adjusting to changes brought about by illness or disability. They do not work only in mental health. For example, they can help people to walk after a stroke or overcome eyesight problems.

A report called “Realising Potential: An action plan for allied health professionals” in mental health was launched by the Scottish Government in June 2010. This document aimed to bring together the work of the allied health professions (AHPs) in mental health in partnership with service users and carers, professional organisations and NHS Boards.

In September, CAPS and some service users attended a NHS Lothian Workshop for service users, carers, academics, health and social care professionals and managers working on the action plan.

People who attended discussed ways to put into practice the recommendations from the report. The aims of the workshop were to raise awareness of the action plan, hear about service users' and carers' experiences of what helps them to lead a meaningful and “ordinary” life and

make sure all the key people were involved in the implementation of the plan.

Following the workshop, there will be a report on the workshop and more work will be done with key stakeholders to produce an action plan, with timescales. There will be some study days in 2011 which will be chosen according to topics guests at the workshop have said they would be interested in, such as supported self-management, workforce/educational requirements, vocational rehabilitation, service user and carer involvement.

If you would like to know more about the Realising Potential report, the workshop report or if you are interested in the 2011 study days topics, please contact Donna at CAPS on 0131 538 7177 or email [donna@capsadvocacy.org](mailto:donna@capsadvocacy.org).

## Short Breaks and Respite Consultation

The Short Breaks working group has met throughout the year to discuss the possibility of a Short Breaks Scheme for Edinburgh.

The group talked about how a scheme could work, how it could be organised and how EUF could be involved in its planning, running and monitoring.

A report is now available and it will be sent to local authorities. We will keep you updated on their feedback.

For more information, to give your views or for a copy of the report, please contact Laëtitia or Naomi at CAPS on 0131 538 7177.

## North East Edinburgh

There is now a North East Edinburgh Mental Health Forum. It represents the views of mental health practitioners, their agencies and users to Leith and Craightinny & Duddingston neighbourhood Partnerships' Health and Wellbeing sub-groups and other relevant planning structures.

The next meeting will be on Wednesday 8 December at 10.30am at Leith Community Education Centre. If you are interested in attending, please contact Donna at CAPS on 0131 538 7177 or email [donna@capsadvocacy.org](mailto:donna@capsadvocacy.org). The forum will look at the mental health strategy. There will also be a chance to bring up any mental health topic you want to talk about.

Donna is also looking for people who are interested in a development group in the North East. Development groups in Community Mental Health Teams allow service users, carers and staff to work in partnership to discuss issues and share ideas on how to develop and improve services locally and city wide.

There are now development groups in all four other areas of Edinburgh. Three of them started in 2010 but there has been no interest from the Community Mental Health Team at Inchkeith House.

The North East Team has now decided to look into how they could set up a development group. No date, venue or format have been set up yet so we need people living in the North East to let us know if they are interested and what they would like from a possible development group.

## Employment Support Allowance

CAPS is interested in finding out about people's experiences of the Work Capability Assessment for Employment Support Allowance. CAPS is holding a meeting at their office on Wednesday 3rd November at 1.30pm to talk to people about their views.

This is a first meeting and then CAPS will be running a consultation to find out the views of as many people as possible. It is important to do this now so CAPS can tell the government if there are problems with the system.

If you would like to give your views but can't come to the meeting contact Naomi at CAPS on 0131 538 7177 or [naomi@capsadvocacy.org](mailto:naomi@capsadvocacy.org) for more information.

## Patient View

An organisation called Patient View is doing some research about doctor-patient relationships. They are especially interested in hearing about mental health.

They have asked organisations like CAPS and EUF to give their opinions and this will contribute to a global study. The closing date for the survey is the 5th November 2010. If you would like to give your views please contact Naomi at CAPS on 0131 538 7177 or [naomi@capsadvocacy.org](mailto:naomi@capsadvocacy.org)

You can get more information about the survey here:

<https://www.surveymonkey.com/s/DOC-PATIENTS>

# At our last meeting.....

## Smoking ban

We wrote a letter to Tim Montgomery, Director of Operations at the Royal Edinburgh Hospital about the smoking ban which is being introduced at the hospital. We felt that service user views had not been taken into account.

Tim Montgomery sent a long letter back outlining the things that the hospital is doing to help people stop smoking, such as nicotine replacement patches and activities.

We are very concerned about this as sometimes it can take long to process the paperwork to access services like the gym or other activities. If you are a heavy smoker what do you do at times when there are no activities? Also if you are detained and can't leave the ward, a lot of these options aren't open to you.

We are also concerned about the possible interactions between Nicotine Replacement Therapy and medications some of us are taking.

We are going to discuss this in more detail at our next meeting as there are a lot of issues which worry us and we feel have not been considered.

## MHAS

We talked about the evaluation of MHAS (Mental Health Assessment Service) . There was a survey of the Intensive Home Treatment Team last year but no information has been collected about MHAS. MHAS have therefore done a feedback questionnaire about their service during September 2010.

We thought it would be a good idea for EUF to gather service user views on MHAS to add to their survey. People have had varying experiences of these teams and therefore it is important to try and avoid bad experiences happening again.

For example, someone said that they think there is a lack of communication between MHAS and the Community Mental Health Teams.

Some people felt the information on the relation between MHAS and the Intensive Home Treatment Teams is unclear and that the questionnaire is vague.

We decided that some EUF members will meet to discuss how we can collect views on all aspects of MHAS and get good feedback to the teams so that they can use it to improve their service.

We will keep you updated but if you have any views or if you would like to share your experiences of using this service, please contact Laëtitia at CAPS on 0131 538 7177 or email [laetitia@capsadvocacy.org](mailto:laetitia@capsadvocacy.org).

# Community Happenings

## Living Life New Telephone Service

As part of developments across Lothian, NHS have now agreed to rollout this telephone-based scheme which is aimed at helping people living in Lothian to deal with mild to moderate low mood, anxiety and depression.

NHS Living Life was established by NHS 24 in 2008 to increase access to psychological therapies in the region. It is self-referral project, so that people experiencing low mood, anxiety or depression can contact the service directly on 0800 328 9655 without having to go via their GP.

The telephone service provides accessible, user friendly Cognitive Behavioural Therapy (CBT), and puts people more in control of their mental health. CBT is an evidence-based and structured form of psychotherapy which focuses on unhelpful thinking and behaviour which commonly occurs during times of distress.

People can access the service by telephone from the privacy of their own home - and the telephone calls are to a free phone number. The service is open from 1pm to 9pm Monday to Friday, excluding Public Holidays, with appointments being made to suit the patient. This means that patients can have their therapy or coaching when it is suitable to them and can be fitted around their family, employment or other commitments.

## Recovery Conference

The 4th annual Lothian Recovery Network conference is taking place on Thursday 9 December 2010 10.00am to 4.00pm at Norton Park Conference Centre, Albion Road, Edinburgh, EH7 5QY. The theme is "Roads to Recovery: Travelling Together"

There will be opportunities to hear from local people about how the network contributes to promoting and supporting recovery throughout Lothian and attend workshops on self-management, learning and sharing from people's experience of mental distress, peer support and person centred planning

For an application form, please email [LH\\_LRN@nhslothian.scot.nhs.uk](mailto:LH_LRN@nhslothian.scot.nhs.uk) or contact the Project Administrator on 0131 537 6761. The closing date for applications is the 8<sup>th</sup> November 2010.

## CAB hospital closure

The Citizens Advice Outreach Project based in the Royal Edinburgh Hospital closed at the end of September due to funding difficulties.

People needing help can now phone Citizens Advice Direct Monday to Friday 9am-8pm and Saturday 10am-2pm on 0844 848 9600. Adviceguide UK is a website run by Citizens Advice ([www.adviceguide.org.uk/scotland.htm](http://www.adviceguide.org.uk/scotland.htm)).

You can also get free debt advice and information for self help at [www.nationaldebtline.co.uk/scotland](http://www.nationaldebtline.co.uk/scotland).

The UK government website DirectGov also contains information – visit this website at: [www.direct.gov.uk](http://www.direct.gov.uk) .

For face-to-face advice you can visit a local branch of Citizens Advice. To find a branch, go to [www.citizensadviceedinburgh.co.uk](http://www.citizensadviceedinburgh.co.uk) .

### **Development groups:**

#### **Next meetings**

Some of the five Community Mental Health Teams have a development group. Service users, carers and staff work in partnership to discuss issues and share ideas on how to develop and improve services.

South West (Cambridge Street):  
Monday 29 November at 2pm

South Central (Henderson Centre):  
Friday 26 November at 1.30pm

South East (Ballenden House):  
Wednesday 3 November at 2pm

North West (Inverleith Unit):  
Friday 19 November at 2pm

North East: Coming soon!

## **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

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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 2010-11

**Saturday 6 November**

**Saturday 4 December**

**Saturday 8 January**

**(exceptionally second  
Saturday of the month)**

**Saturday 5 February**

### 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**.