



September 2010

September Catch Up

At our next meeting, we will catch up on what has been happening over the summer.

At the August meeting, there were discussions about the review of advocacy services with John Armstrong, Joint Programme Manager at City of Edinburgh Council about the best option for the future of independent advocacy.

Some EUF members met after the meeting to make sure everyone on the EUF mailing list received a questionnaire asking them to give their views on the seven different options the Council and NHS Lothian are considering for the future of advocacy in Edinburgh.

In September, we will talk about the letter we sent to a GP representative suggesting that it would be very useful if all GP surgeries in Edinburgh could be encouraged to display and make available all the GPs' special interests.

We received comments from a couple of GPs who all shared similar opinions and said it would be hard to enforce such a system because all GP practices work independently. They also said that GPs enjoy the generalist nature of their job and enjoy seeing a variety of patients with different problems.

We will talk about their response and decide if we want to challenge it or offer other solutions.

We will also talk about the smoking ban at the Royal Edinburgh Hospital. EUF wrote to Tim Montgomery, Director of Operations at the hospital, to voice their concerns about a ban happening without a proper strategy for patients to adapt and without taking patients' views into account. We still have not received a reply.

Join us at the next meeting to catch on these issues and more! If you cannot attend but would like to give your views, please contact Laëticia or Donna at CAPS on 0131 538 7177 or email laetitia@capsadvocacy.org.

Our Next Meeting:

Saturday 4 September 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

Day Services Review

The day services group is coming to an end. Service users have said what they wanted from day services and it would be good to know what has been done. There should be a report out soon which will have this information in it. It should also list what still needs to be done.

There will be future groups to organise events about the day services review. At the moment, EUF does not have representation, if anyone is interested in joining this group contact Donna at CAPS.

We gave feedback that EUF members were not at all keen on being asked to complete a questionnaire on arrival at the Crisis Centre. However, if evidence is to be collected to demonstrate that the Crisis Centre is a successful service, apparently has to be collected in this way. It would not be valid if you were only asked how you felt at the end of your stay.

As a compromise, it was agreed that the number of questions would be reduced down to as few as possible, and staff would always be around to help with filling in the form. The questionnaires will be introduced for a trial period, and then reviewed.

Crisis Centre

An event to launch the Independent Evaluation Report into the first three years of the Crisis Centre is being planned for February 2011. It will be aimed at two different audiences; increasing awareness of the Crisis Centre within Edinburgh, and promoting

the Crisis Centre to people throughout Scotland, hoping to encourage them to seriously consider introducing similar facilities throughout the country.

We will keep you updated on details of the event as soon as we know more.

Development Groups

The South West Edinburgh Development Group has decided to hold a Christmas event to get all the Development Groups in Edinburgh together.

The details and format still need to be worked out but a date and time has been set. It will be held on Monday 13 December 2010, 2:00pm - 4:00pm.

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):
27 September at 2pm

South Central (Henderson Centre):
3 September at 1.30pm

South East (Ballenden House):
22 September at 2pm

North West (Inverleith Unit):
to be confirmed

North East: No group

Alternative therapies Working Group

EUF have a new subgroup to look at alternative therapies, treatments and medicines for people with mental health problems.

The aim of the subgroup is to make sure mental health professionals are aware of and are offering alternative therapies, medicines and treatments to people who use mental health services. The group will:

- find out what evidence and research exists to support alternative medicines, treatments and therapies;
- find out where it is being offered;
- find out what is being provided in the Royal Edinburgh Hospital, Primary Care Liaison Teams, Community Mental Health Teams and the Intensive Home Treatment Teams
- find out how it is being offered;
- find out how many people take up the offer;
- find out how alternative therapies, treatments and medicines are monitored and evaluated and;
- write a report about what we have found.

We are looking for people to join the subgroup. If you would like more information contact Donna from CAPS on 0131 538 7177 or email donna@capsadvocacy.org.

Oor Mad History: The Book

Oor Mad History is a community history project promoting and recording the history of the Lothian mental health service user movement.

The Oor Mad History team has now done seventy oral history interviews with services users and people who have been working in mental health. There is also a growing paper-based archive.

In May the volunteer service users met for a book workshop to help chose material to go in the book and a CD. The book is now in the final stages before going to print. Some fantastic quotes from the interviews have also picked out to go on a CD which will accompany the book.

The team is now planning an exhibition, so if you are interested in getting involved with that please phone Kirsten at CAPS on 0131 538 7177 or email kirsten@capsadvocacy.org.

The book and exhibition launch will take place on Friday 1st October from 2 to 4pm at the Drill Hall, Dalmeny Street, Edinburgh (off Leith Walk).

Join us for the launch of the book and celebrate the hard work volunteer service users are putting into the project.

A buffet and refreshments will be served during the event. Please contact Kirsten if you would like to attend.

Improving Detention Training

Earlier this year EUF carried out a survey and wrote a report about people's experiences of being taken to hospital when they were detained.

We thought about the best ways to get the information across to staff that matter and one of the ideas was to do some training.

We have organised an event with Lothian Recovery Network to try out the training we have developed so far, meet members of the Recovery Network who have experience in training and to discuss what to do next.

The event is called :
Improving Detention? - Using Research to Improve Practice

It will be held on Wednesday 1st September from 11am—2.30pm at the Central Library on George IV Bridge.

There will be tea and coffee and a sandwich lunch provided.

At the event you will be able to look at ways of the EUF research making mental health practice in Lothian better and hear from local people about how they became a trainer and how they have made a difference.

For more information or to book a place contact Naomi at CAPS on naomi@capsadvocacy.org or 0131 538 7177.

If you would like to contribute your ideas but cannot come to the event please get in touch.

Primary Care Services Focus Groups

Do you use Primary Care Mental Health Service or have you used them recently?

Primary Care Mental Health Services means short-term support such as six weeks of meeting with a nurse or occupational therapist to discuss the issues you are having.

If you would like to give your views on this service then, come along to a focus group on **Tuesday 7 September 2010** In the afternoon:

1 - 2.30pm at Ballenden House, 28 Howden Street, EH8 9HL

Or in the evening:

7 - 8.30pm at Cambridge Street House, 5 Cambridge St, EH1 2DY

At the focus group you will have the chance to give your views:

- about what is important in Primary Care Mental Health Services
- about what should be in a new survey looking at ways to improve Primary Care Mental Health Services

The focus group will be a closed group of people who have used Primary Care Mental Health Services. Tea and coffee will be available.

For more information or to book a place, please contact:

Naomi at CAPS: 0131 538 7177 or naomi@capsadvocacy.org.

At our last meeting.....

EUF Executive

The Convenor of EUF has resigned from their post. There are only two people on the Executive now which mean they cannot make any decisions.

If you are interested in joining the Executive, if you would like more information or if you would like to attend an Executive meeting to see if it suits you, please contact Laëtitia at CAPS on 0131 538 7177. There are three positions vacant at the moment: Convenor, Vice Convenor and Membership Secretary.

Advocacy Review

John Armstrong, Joint Programme Manager at City of Edinburgh Council came to talk about the latest consultation the Council is doing on advocacy services.

The City of Edinburgh Council has been doing a review of independent advocacy services in Edinburgh for the last year.

We were given papers to look at to understand what the review is about and a questionnaire to fill in. One paper is about the vision of the Council for the Advocacy Review, one about the core requirements for all future models of independent advocacy and a questionnaire about the seven different options of how advocacy services could work.

John explained that the review needs to allow three things:

- There needs to be a saving of £100,000 a year;
- People who could benefit from advocacy who currently don't get services should get them;
- Advocacy services should fit what people want.

John already came to talk to EUF in August 2009 to ask people what they wanted from advocacy services. He doesn't need to get these views again. He is now asking us to fill in a questionnaire about the seven different options and decide which option fits best what we said we wanted.

There has been a big delay in the review. John said that this was partly because it took a long time for NHS Lothian and the City of Edinburgh Council to reach an agreement on how to work together. Another reason was that people who use services that said they didn't have enough chance to have a say.

The Advocacy Review Project Board has to write a report to the Council by December 2010 and recommend one of the seven options. John has been going to different forums and groups to try to find out what option people think is best.

He made it clear that we do not have an option about the cuts to advocacy services. There is some confusion about the budget because more money has become available to deal with the Adult Support and Protection Act.

At the Advocacy Review Feedback event on 27 May 2010 the Review Board could not produce any

documents showing where savings would be made. John said it would be a matter of asking organisations if they can provide a service at a certain price.

We asked how the Advocacy Review would affect groups like EUF. It is important that EUF remains independent. There was also a comment about wanting to keep the same staff. John said that the options are about contracts and not organisations, it is not about organisations disappearing. Independent collective and individual advocacy will be supported in some way. John asked us to fill in the questionnaire to tell him what option would best suit groups like EUF.

There was a view that this seems like a tick box exercise. There might not be a box you want to tick. Could EUF come up with their own option for how advocacy services could work? John said that the Review Board would welcome it. We therefore decided to make a collective response to the questionnaire.

People only have until the end of August to fill in the questionnaire as the Review Board will meet to discuss the results early September. An 'Equalities Impact Assessment' team will pull together the responses.

Unfortunately this very short deadline did not allow us to circulate it with the newsletter so we had to do a separate mailing to EUF members. We have given people we have sent the questionnaire to the option to send it back to EUF so their individual views can be given to the Council but also included in a collective EUF response.

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

Service User Talk

The Lothian Recovery Network are organising a talk by Peter Campbell about service user action and how we can move to a new model of recovery.

It will take place on Tuesday 14 September 2010 from 6pm to 8pm at Edinburgh Napier University, Comely Bank Campus, 13 Crewe Road South.

Development and delivery of services by people who have used them continues to be a vision or aspiration in Lothian and Scotland. There are still hopes and dreams of reaching a bigger vision and a clearer direction for the future.

Peter Campbell describes himself as a survivor of the mental health system, a writer, campaigner and a poet. Following many long stays in hospitals and asylums, he became a founder member of Survivors Speak Out, a national network group. In 2006 he was named Mind Diamond Champion for his passion and campaign for the rights of people with mental health problems.

Peter will look at the history of the survivor movement and how by understanding the past, foundations for a new model can be formed for the future. We can then begin to map out the future Recovery journey across Lothian.

Places are free but limited to 50 and the closing date for applications is 30 August 2010. For an application form, please phone 0131 537 6761 or email LH_Lrn@nhslothian.scot.nhs.uk.

The Hive's Annual Hearing Voices Open Day

The Hearing Voices open day will be an informal day with tea and coffee followed by guest speakers. It will take place on 3 September at 11am at the Hive at the Royal Edinburgh Hospital.

After the talks, there will be a barbeque and music for everyone to enjoy and to give people a chance to chat.

If you are planning on going along, please let The Hive know by phone on 0131 537 6256 or email david.boyd@samh.org.uk so that they can organise the catering.

The Hive is an activity centre and coffee bar for inpatients. Based in the grounds of the hospital, it is run by the Scottish Association for Mental Health (SAMH).

Inclusion Scotland AGM

Inclusion Scotland Annual General Meeting will take place at Premier Inn, 80 Ballater Street, Glasgow, G5 0TW on Friday 17 September 2010 at 11am. Registration will start at 10.30am.

The AGM will be followed by Inclusion Scotland's Blue Badge Event. The day is due to finish at 3.30pm. Lunch and refreshments will be included.

If you would like to go, contact Angela Marshall to get a booking form on 0141 887 7058 or email angelam@inclusionscotland.org.

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 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**.