

**Independent Collective  
Advocacy  
Mental Health News  
February 2014**



**EAST LOTHIAN**

**Crisis Support Update**

The East Lothian Mental Health Joint Planning Group meets monthly and its job is to plan, design, develop and review mental health services in East Lothian, based on what is needed locally.

It tries to make sure the services are linked together and available to everyone who needs them, and that they fit with regional and national plans.

CAPS is presently working with the planning group to create a paper to present to the Health and Social Care Partnership regarding people's concerns around the lack of Crisis support within East Lothian.

Look out for more updates in future newsletters.

Andrew Kernohan represents the voice of people who use mental health services at this meeting. You can contact Andrew with any thoughts you'd like him to pass on

You can contact Andrew directly on:

**[ps.eastlothian@gmail.com](mailto:ps.eastlothian@gmail.com)**

Or phone CAPS and we can put you in touch with him.

**New Mental Health Bill**

The Scottish Government have produced a consultation paper on proposals for a draft Mental Health Bill. This Bill is mainly about making some minor changes to improve the operation of the 2003 Mental Health Act.

They want to improve the access to Advance Statements by placing a duty on Health Boards to make sure that if a person has an advance statement, that a copy of it is kept in the person's medical records. Also proposed is that the Mental Welfare Commission will keep a register of advance statements that can be accessed in certain circumstances.

There are also proposed changes around appointing a Named Person and plans to introduce a Victim Notification Scheme for victims of Mentally Disordered Offenders.

The consultation runs till 25 March 2014 and we hope to arrange a meeting where you can hear directly from the Scottish Government and tell them your views. More information will be in next months newsletter.

# What's Happening at CAPS

## Living with Labels

### A film and discussion about Mental Health Diagnosis

**Through a mixture of interviews, group discussions and graphic art, the film explores how people feel about being labelled as mentally ill, the impact this has had on their lives and how they define their experience for themselves.**

Following the film screening, members of the Steering Group who created 'Living with Labels' will lead discussion around the issues raised in the film drawing on their own experiences.

The film was produced by CAPS and funded by See Me. People from East Lothian are represented in the film. There will be a screening in Midlothian on:

**Wednesday 19 March 2014  
1:00pm to 3:00pm  
McSense Conference Centre  
Mayfield, Dalkeith**

To book your FREE place contact Carla Pedwell at Collaborate to Educate on 0131 225 8508 or [carla@health-in-mind.org.uk](mailto:carla@health-in-mind.org.uk).

## Mad People's History Module is GO !

We are very excited to tell you that our "Mad People's History and Identity" module is due to start at the end of March 2014. This project is a partnership between CAPS Advocacy (Oor Mad History), Queen Margaret University (QMU) and NHS Lothian Mental Health and Wellbeing Team.

"Mad People's History and Identity" is a six week module, running on Thursdays at QMU and begins on Thursday 27 March 2014. It'll look at topics such as language and labelling, history of confinement and treatments, madness and gender, madness and sexuality.

The course will place the views and narratives of people with mental health issues at it's centre and aims for students to see themselves and others as "experts by experience". We've had a lot of interest so far.

If you'd like to find out more and apply then please contact the module coordinator, Elaine Ballantyne as soon as possible:

Email: [EBallantyne@qmu.ac.uk](mailto:EBallantyne@qmu.ac.uk)

Phone: 0131 474 0000 (ask for Elaine Ballantyne)

## Experiences of Psychosis Collective Advocacy Group

### What's this group about?

This group is for people who have experienced psychosis to get together, **have a collective voice and create change**. The group decides what it wants to do (it is experience-led) and it has a CAPS staff member (Lili) to help the group do what it wants to do.

### How can I get Involved?

You could contact the project worker, Lili, or you could come along to our next meeting. There are 2 other events coming up too (see 'Psychosis Training')

### When's the next meeting?

The next meeting will be on **Thursday 20th February 2014 from 2.30 to 4pm in the Abbey Mount Centre, 2-4 Abbey Mount, Edinburgh, EH8 8EJ.**

There is no set agenda for this meeting: you can decide what you want to discuss. However, the meeting could be a chance to find out more about the collective advocacy project, and talk about what has been done in the past, what is ongoing, and what we want to do in the future. It will also be a chance for us to meet! Please let Lili know if you are thinking of coming.

**To contact Lili: 0131 273 5116**

**[lili@capsadvocacy.org](mailto:lili@capsadvocacy.org)**

## Psychosis training

Some training about working with people experiencing psychosis was developed last year with the input of people from this group. If you would like to find out more about this training, we are running an **information session** for people who have experienced psychosis on Thursday 27th February from 1.30-3.30 in Musselburgh. If you are interested in coming or want more information, please contact Lili by Monday 17th February. The next step in the development of the training course is to make **film clips** of people talking about their experiences of psychosis and recovery. If you are interested in getting involved, please get in touch with Lili by the 5th March.

## Green Space/Art Space

As reported in the December edition, CAPS Oor Mad History project has been going along to the "Green Space/Art Space" events looking at ideas for the non clinical spaces at the new Royal Edinburgh Hospital. We have split into different groups or "cocoons" including, growing spaces, therapeutic spaces and community/participatory arts. Members of Oor Mad History took part in a number of cocoons and one idea that people suggested is a space within the hospital where people can go to feel "normal". So we talked about a "peer led hub" that could have a variety of functions. If you'd like to have your say and/or come along, please contact Kirsten on 0131 273 5116 or [kirsten@capsadvocacy.org](mailto:kirsten@capsadvocacy.org)

# What's happening at CAPS

## Scottish Mental Health Arts and Film Festival 2014

Are you interested in the arts? It's a great way to raise awareness about mental health and get your views across about your experiences.

If you'd like to get involved in planning and running events such as exhibitions, comedy nights and writing workshops why not join the CAPS Festival Planning Group? We're a friendly bunch of folk and are always welcoming to new members.

Last year we worked with other organisations to put on an amazing exhibition at Summerhall's Old Animal Hospital. So we'll need to get our thinking CAPS (geddit?!) on to top that. Some ideas so far are more public pieces of art, so looking at a project which would take our messages out into the streets!

So if you'd like to get involved in the 2014 festival, please get in touch to find out more. The planning group will be meeting regularly throughout the year and you can join at any time. If you have art or writing you'd like to submit then there will be a call for submissions/artists soon, so watch this space! **Please contact Kirsten at CAPS on 0131 273 5116 or [kirsten@capsadvocacy.org](mailto:kirsten@capsadvocacy.org)**

## Experiences of Personality Disorder Collective Advocacy Project

The next meeting will be on **Tuesday 18th February 2014 from 2.30 to 4pm in the Abbeymount Centre, 2-4 Abbey Mount, Edinburgh, EH8 8EJ.**

There is no set agenda for this meeting: you can decide what you want to discuss. However, the meeting could be a chance to find out more about the collective advocacy project, and talk about what has been done in the past, what is ongoing, and what we want to do in the future. It will also be a chance for us to meet! Please let Lili know if you are thinking of coming.

## FREE TRAINING in Haddington on working with people given a diagnosis of Borderline Personality Disorder

"Much More than a Label: Living with a Diagnosis of Personality Disorder" is running on the 6th and 13th March 2014 in the John Gray Centre, Haddington.

To book a place, contact Carla (email [carla@health-in-mind.org.uk](mailto:carla@health-in-mind.org.uk), phone 0131 225 8508) or see [collaborate-to-educate.org](http://collaborate-to-educate.org)

To contact Lili: 0131 273 5116  
[lili@capsadvocacy.org](mailto:lili@capsadvocacy.org)

## Helping the Voice of Advocacy

Voice of Advocacy is a project with a specific goal. A group of people with lived experience of using advocacy is developing training about independent advocacy. The training produced will be aimed at those professionals who come in to contact with vulnerable people through the health and care sectors. People who make up Voice of Advocacy will be well qualified to produce training materials that will detail and describe how important independent advocacy is to many people in need of the help of services in the health and care sectors.

The Voice of Advocacy group has recently held its 4th meeting. After having this initial set of meetings, the group is now working to gather and record information about the firsthand advocacy experiences of everyone taking part.

Perhaps you have used an independent advocacy service recently? Hopefully you recognise the benefits that you have had by working with an independent advocate. Why not share some of that experience with the Voice of Advocacy by taking part in the 2 meetings per month for the next 5 months.

It is not too late for the group to take on new members. If you would like to join with the others in Voice of Advocacy, please contact Jane Rubens at CAPS on 0131 273 5116 or [janer@capsadvocacy.org](mailto:janer@capsadvocacy.org) for details

## 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 as such 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  
(Mon to Thurs 6pm - 2am)  
(Fri to Mon 6pm - 6am)

### Samaritans

08457 90 90 90  
(24 hours)

### Emergency Social Work Service

0800 731 6969  
(out of hours only)

### NHS 24

08454 24 24 24  
(out of hours only)

### LGBT Helpline

0300 123 2523  
(Tues + Wed, 12pm-9pm)

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 can contact:

### CAPS Individual Advocacy:

**0131 273 5118**  
(Monday to Friday, 9 - 5pm)

# CAPS Independent Collective Advocacy in East Lothian

CAPS is an independent advocacy organisation and supports people in East Lothian who use, or have used, mental health services. Collective advocacy is about groups of individuals with a common cause coming together to raise awareness, campaign and influence service planning and provision.

CAPS supports groups in East Lothian to talk about mental health services and other issues. If you or your group would like to meet with CAPS then please call 0131 273 5116 to arrange a meeting.

For more details about our meetings or to join our mailing list contact CAPS on **(0131) 273 5116** or email [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)

**CAPS**  
**independent**  
**advocacy**  
The Consultation & Advocacy  
Promotion Service

## Contact us - Collective Advocacy

CAPS  
The Consultation & Advocacy  
Promotion Service  
Old Stables, Eskmills Park,  
Station Road, Musselburgh  
EH21 7PQ

phone: **0131 273 5116**

fax: 0131 273 5117

e-mail: [nikki@capsadvocacy.org](mailto:nikki@capsadvocacy.org)

web: [www.capsadvocacy.org](http://www.capsadvocacy.org)

follow us on twitter [@capsadvocacy](https://twitter.com/capsadvocacy)

follow us on facebook:  
[www.facebook.com/CAPSIndependentAdvocacy](https://www.facebook.com/CAPSIndependentAdvocacy)

## Contact us - Individual Advocacy

CAPS  
The Consultation & Advocacy  
Promotion Service  
The Old Stables, Eskmills Park,  
Station Road, Musselburgh  
EH21 7PQ

phone: **0131 273 5118 (New Tel No:)**

fax: 0131 273 5117

web: [www.capsadvocacy.org](http://www.capsadvocacy.org)

We offer individual advocacy support on a one to one basis to help safeguard your rights, support you to prepare for meetings and to challenge decisions you don't agree with.