

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

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

MIDLOTHIAN

What you want and how to make it happen

CAPS have been finding out what people with mental health issues want in Midlothian. Here is what has happened so far....

People filled in the CAPS survey last year and told us what was needed in Midlothian. CAPS took these views to the 'Midlothian Joint Mental Health Planning Group'

There was an event last year based on the results of the survey. People decided on two ideas they wanted to happen.

The Mental Health Planning Group listened to what people said and are now looking at ways to make it happen

The two ideas that people wanted are:

1 A place to go where you can find out about local services and things that are happening in Midlothian

2 Social places that people can go in their local area

The Joint Mental Health Planning Group have been looking into different ways to make this happen. CAPS are trying to find out what you think of these ideas or if you have a different way you think it should work. There is a short survey included in this mailing which you can fill in and send to the freepost address. You can also fill it in online by following this link

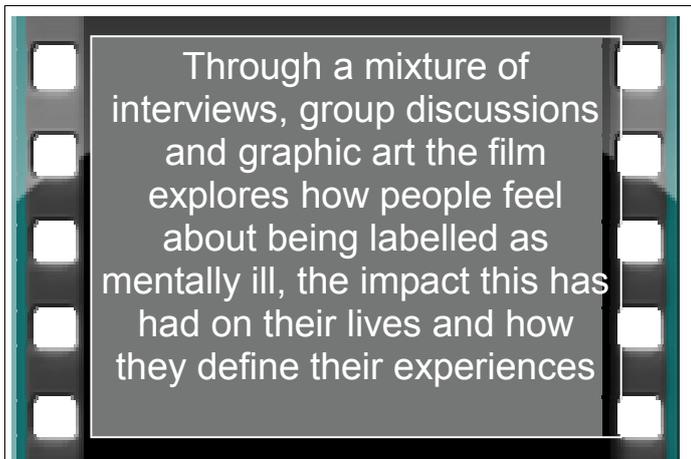
<https://www.surveymonkey.com/s/gettingwhatyowant>

For more information phone Donna at CAPS on 0131 273 5116 or email donna@capsadvocacy.org.

What's happening at CAPS?

Living with Labels

A film and discussion about Mental Health Diagnosis



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 in Midlothian are represented in the film. A screening in Midlothian will be on:

Wednesday 19 March 2014

1:00pm to 3:00pm

**McSense Conference Centre
Mayfield, Dalkeith**

To book your FREE place contact Carla Pedwell on 0131 225 8508 or 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@gmu.ac.uk

Phone: 0131 474 0000 (ask for Elaine Ballantyne)

Experiences of Psychosis Collective Advocacy Group

What's this group about again?

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')

Next meeting

The next meeting will be on **Thursday 20th 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.

Phone Lili on 0131 273 5116
Or email 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 experience 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

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**

Experiences of Personality Disorder Collective Advocacy Project

Next meeting

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, phone 0131 225 8508) or see

collaborate-to-educate.org

**Phone Lili on 0131 273 5116
Or email 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

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.

Watch this space!



Community Happenings

Midlothian Celebrates LGBT History Month

'Past Present and Future'

This is a free, family friendly evening of dance, music and art, bringing together the community to celebrate and increase awareness of different cultures and identities.

The event will feature the Loud and Proud Choir, Bollywood/Bhangra dance, West African music and dance, guest speakers and refreshments. The event is on:

Friday 28 February 2014

5:00pm—10:00pm

**National Mining Museum Scotland
Lady Victoria Colliery
Newtongrange
Midlothian
EH22 4QN**

To register your interest go to <https://lgbtyouth.wufoo.com/forms/past-present-and-future>

For venue information phone the Scottish Mining Museum on 0131 6631618.

Everyone Together Self Directed Support Event

'Everyone Together' is a project of Diversity Matters and is funded by the Scottish Government's Self Directed Support Team. People who run the events have experiences of using services and managing their own support.

This two day event that will bring together people and explore what they want from self-directed support. You will meet and learn from others, create a network of support and contacts and find out what's possible and the resources you need. The event is on:

**Wednesday 19 and Thursday 20
February 2014**

10:00am—4:00pm

**Main Hall, Loanhead Miners
70-74 The Loan, Loanhead, EH209AQ**

Donna from CAPS will be going. If you would like to go together get in contact with Donna on 0131 273 5116 or email donna@capsadvoacy.org. If you would like more information or to book a place contact Shelagh Lockhart on 0131 271 3825 or Karen Niven on 0131 271 3656 or email

LearningandDevelopmentTeam@midlothian.gov.uk. Or you can visit the Everyone Together website at

www.everyone-together.org.

New Welfare Reform Support Group

A new peer support group for people affected by welfare reform

Forward Mid, the local support organisation for disabled people and people with long term conditions is joining forces with Midlothian Council and Grapevine to bring together disabled people and others living in Midlothian who are affected by the changes in benefits, to be part of a peer support group.

The meetings will have professionals there that could offer advice and support as well. If you are interested or would like more information phone Eric at Forward Mid on 0131 663 9471 or Kirstie at Grapevine on 0131 475 2370.

Transport and Health

The Midlothian Public Partnership Forum want to know your experiences of what it's like to get to and from health appointments, getting home from hospital and getting out and about to take part in activities and groups that make you healthier. The Partnership want to know about any experience you had around these topics, when it happened and your suggestions on how transport in relation to health could be improved. You can tell your story and give your ideas by emailing catherine.evans@nhslothian.scot.nhs.uk or post to Catherine Evans, Midlothian Community Health Partnership, Fairfield House, 8 Lothian Road, Dalkeith, EH22 3AA.

Before it's a crisis

Here is a short list of phone numbers you can contact for support.

Breathing Space

0800 83 85 87 (6pm-2am)

Samaritans

0845 7 90 90 90

NHS 24

0845 4 24 24 24

Emergency Social Work Service

0800 731 6969 (out of hours only)

Early Intervention Crisis Response Service at The Orchard Centre

Monday to Friday
4.00pm - 10.00pm

Saturday and Sunday
10.00am - 4.00pm

Telephone: 0131 663 5533

Telephone and face-to-face contact offering support 363 days/year (closed Christmas Day and New Year's Day).

Advocacy

You can contact **CAPS Individual Advocacy Service** on **0131 665 9698**. CAPS provides one to one (individual) advocacy for Midlothian people in the community and in the Royal Edinburgh Hospital.

CAPS Independent Collective Advocacy in Midlothian

CAPS is an independent advocacy organisation and works with people in Midlothian 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 works with groups in Midlothian to talk about mental health services and other issues. If you or your group would like to meet with CAPS then please call Donna on 0131 273 5116 to arrange a meeting.

For more details about our meetings or to join our mailing list contact Donna at CAPS on (0131) 273 5116 or email donna@capsadvocacy.org

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Contact us - Collective Advocacy

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follow us on facebook:
<http://www.facebook.com/CAPSIndepen>

Contact us - Individual Advocacy

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We offer individual advocacy support on a one to one basis to help safe guard your rights, support you to prepare for

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