

**Independent Collective
Advocacy
Mental Health News
March and April 2014**

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

MIDLOTHIAN

A Sense of Belonging The People's Conference



A Sense of Belonging is Lothian's mental health strategy from 2011—2016. Every year there is a 'Taking Stock' event to see how the strategy is going and what still needs done. The strategy is about improving people's mental health and wellbeing across Lothian.

This year CAPS is going to hold 'The People's Conference' for people that the mental health strategy benefits. You will get a chance to meet other groups and people across Lothian, see what's happening in other areas and decide what work needs to be done. What is said will be presented at the Taking Stock event (see page 5). This should inform the work that will be done over the next year.

There will be guest speakers from local groups. For example the new eating disorder peer support group, the Pink Ladies from Dalkeith and many more. It is a chance to see what other areas are doing and to have a stronger voice which will influence decisions across Lothian.

We will look at what is working, what work still needs to be done and how the strategy could better work for you or the groups you go to. To make sure people can come CAPS can arrange transport.

The **People's Conference** is on:

**Friday 25th April
10:00am—4:00pm
Queen Margaret University
Queen Margaret Drive
Musselburgh, EH21 6UU**

**Free buffet lunch
Help with transport**

Places are limited so please book as soon as you can by contacting Donna on 0131 273 5116 or email donna@capsadvocacy.org.

What's happening at CAPS?

Scottish Mental Health Arts & Film Festival 2014

The CAPS Festival group have been getting together to start planning events for the 2014 festival. Time flies!

After the success of the "Out of Sight/Out of Mind" exhibition at Summerhall last year, the group are keen to use Summerhall as a venue again this year. We're also looking at community spaces as well, including libraries and Ocean Terminal shopping centre. We're hoping to develop a public arts project this year. The group are also planning "Creative Conversations" to meet up in between planning meetings, to stimulate ideas and support each other.

The group is planning another open mic night, with spots available to any musicians, song writers or poets. There are plans for workshops and film screenings, not to forget the Stomp out Stigma Ceilidh!

The CAPS Festival Group is always open to new members, who are interested in the arts and campaigning. If you'd like to get involved with the group or the festival in any way contact Kirsten at CAPS on 0131 273 5116 or email kirsten@capsadvocacy.org

Mad People's History & Identity course

As you know, we are developing a "Mad People's History and Identity" course at Queen Margaret University in partnership with the university and NHS Lothian Mental Health and Wellbeing Team.

We have had a huge amount of interest in the course, from a range of people all over the country. The first run of the course is now full and there is a waiting list.

We're very much looking forward to getting started and meeting all the new students, who we hope will be part of developing the course and watching this work grow in the future.

If you'd like to find out more about the course, and perhaps apply to do it next time around, please contact Kirsten at CAPS on 0131 273 5116 or kirsten@capsadvocacy.org or you can contact the course coordinator Elaine Ballantyne:

Email: EBallantyne@qmu.ac.uk

Phone: 0131 474 0000 (ask for Elaine Ballantyne)

Eating Disorders Awareness Week

'Eating Disorders Awareness Week 2014 took place in the last week of February. I was delighted to be given an opportunity to be part of it.



It started with a reception in the Great Hall in Edinburgh Castle. I felt very nervous before the evening; the prospect of speaking to many different people was quite daunting! I was worried that as a person with lived experience I would be treated differently

or feel out of my league. At times it felt over whelming but I thoroughly enjoyed myself. I met Alex Salmond, who gave an opening speech. I also spoke to Dennis Robertson MSP, who organised the week as his daughter had sadly passed away due to an eating disorder.

Going as part of a group really helped. Having the support from Donna at CAPS was great and made me feel more at ease. We all left feeling pleased at how the evening had gone.

Thursday was the screening of our film 'Seen but Not Heard' at the Scottish Parliament. The charity single 'This is me' by a men's eating and exercise disorder charity was also shown.

Beforehand I felt extremely nervous, worried about how people would react to the film, to what we had to say and of course about making the speech. It went a lot better than I anticipated, afterwards I felt proud to have achieved it. Feedback from the audience was fantastic; many people came up at the end to say they felt very moved by the film. It highlighted how much of a difference the film potentially has to make.



Friday was the all day conference at the Parliament. I went to talks on the role of technology and social media in eating disorders in the morning and a Dietetics/Nutrition talk in the afternoon. Both were interesting and raised many important topics.

I believe that the week was a major step forward in creating awareness around eating disorders but it also showed how much more still needs to be done, in particular changing and improving attitudes. I am glad to have been a part of the week and grateful for the support received from CAPS throughout'. *Naihm*



Self Directed Support (SDS) webcast launch

Celebrating SDS on 1st April 2014!

Take part in the twitter/social media campaign and follow the National Launch through Lothian Centre for Inclusive Living's (LCIL) webcast.

The Social Care (Self Directed Support) (Scotland) Act comes into force in Scotland on the 1st of April 2014. The Lothian Centre for Inclusive Living (LCiL) in partnership with the Scottish Government will host a national reception, featuring key note speaker Minister for Health Michael Matheson, offering opportunities to hear about or have a say on what makes SDS work and to discover the various SDS guides through new interactive technologies. To mark this important occasion, and on the run up to this event, LCIL **want to hear from people who have direct experience of using social care services, on how they hope SDS will work for them.** These are the ways you can get involved:

Social media

Twitter and Facebook page: Use LCiL's Twitter and Facebook page to post your contributions using the tag: **#makeSDS work** (make sure to include the @LothianCIL in Tweets so they can link it to them). Search on Facebook for 'Lothian-Centre-For-Inclusive-Living' and leave comments on their page.

If you don't have a Twitter or Facebook account you can also send your comments directly to LCIL by calling 0131 475 2350 or email lcil@lothiancil.org.uk with your name, contact details and comments, or instead you can post your suggestions using the address: #makeSDSwork, Lothian Centre for Inclusive Living (LCiL), Norton Park, 57 Albion Road, Edinburgh, EH7 5AY.

Celebrate the launch of SDS on the 1st of April with LCIL through the webcast

You too can be part of the action by visiting LCIL's [homepage](#) at **11am on the 1st of April** to view the live broadcast of the event (40 – 50 minutes in total). The Twitter feed will present the latest updates from the event and will be a platform for you and others to send in your thoughts, questions and comments. During the event it will feature some of the best suggestions from the #makeSDSwork campaign.

Make sure to visit the homepage at 11am on the 1st of April www.lothiancil.org.uk

To find out more about Self Directed Support visit LCIL website at www.lothiancil.org.uk or phone them on 0131 475 2350.

Midlothian Council also now have a SDS section on their website at www.midlothian.gov.uk.

A Sense of Belonging 'Taking Stock' Event

“A sense of belonging” – A joint strategy for improving the mental health and wellbeing of Lothian’s population 2011 - 2016

'A sense of belonging' is the joint strategy for improving the mental health and wellbeing of people in Lothian.

It is called a joint strategy because it was developed by NHS Lothian, local authorities, 3rd sector agencies and collective advocacy working together.

One of the things the strategy says it will do is to hold a yearly 'taking stock' event to decide what needs done the most.

There are four areas that the strategy focuses on these are:

Tackling inequalities

This is about the disadvantages people face in life. The strategy wants to target the least well off and use a method called an 'assets based approach'. This is about recognising that people have skills, abilities and can do things for themselves and are able to work together with services to get the things they need and want.

Building social capital and wellbeing

This is about having more confidence, feeling connected to your community and feeling like you belong. It is also about your ability to bring about change in your life. The strategy want to create opportunities that help people to achieve this.

Embedding recovery

Recovery is about living a satisfying, hopeful and contributing life even with limitations. It means different things to different people. The strategy wants to make sure that recovery is being promoted and professionals are working with people to achieve the recovery they want.

Improving services for people

The strategy wants to improve services by involving people, listening to people, prioritising what matters to them and making sure that people get a say in decisions and discussions about their needs and how they will be met.

So do you feel the benefits of all this work? CAPS will be presenting the views that come from the People’s Conference (see the front page for details) at this event. If you want to come as part of a CAPS group get in touch with Donna on 0131 273 5116 or donna@capsadvocacy. We can even sort out transport if you need it. Places are limited so get in touch asap. The event is on:

Thursday 15th May

9.30am – 4.30 pm

James Watt Auditorium,

Edinburgh Conference Centre,

Heriot Watt Campus, Riccarton,

Edinburgh

For more information or to book a place independently of CAPS call

0131 465 5548 or email

mentalhealth.admin@nhslothian.scot.nhs.uk. You can also book online at

<http://takingstock2014.eventbrite.co.uk>

Community Happenings

New service at Citizens Advice Bureau (CAB)

Benefits and Debt Advice

Midlothian CAB have a new outreach service which will give benefits and debt advice. They are held at the following places:

Gorebridge Library, 98 Hunterfield Road
Monday—1:00pm-4:00pm

MARC, 10 Woodburn Road, Woodburn
Tuesday—10:00am—1:00pm

MAEDT-12 Bogwood Court Mayfield
10:00am-1:00pm

These clinics will be held in addition to the other clinics that CAB run. You don't have to make an appointment but if you need urgent advice go early. To find out more contact Dalkeith CAB on 0131 660 1636 or Penicuik CAB on 01968 675259.

Active 50+ Festival

This festival is organised by Active Midlothian. There will be activities, advice, information and health checks on:

Wednesday 26 March 2014
10:00am-2:00pm
Dalkeith Art Centre

For more information contact Vivian Wallace on 0131 561 6506 or email vivian.wallace@midlothian.gov.uk

A Place of Safety A Safe Place to be

Share your story about police custody

Have you been taken into police custody as a place of safety in the last 12– 18 months as a result of mental health issues?

Do you want to share your experience of being in police custody and what happened to you on release?

Do you want to be part of crucial research to help NHS Lothian and Police Scotland develop a more appropriate safe place to be when you're in crisis due to your mental health issues?

Support in Mind Scotland is running a project to gather experiences of people who have been taken into police custody as a Place of Safety in Lothian. This is to help NHS Lothian, Police Scotland and partners to develop a more suitable approach based on people's direct experience.

Being involved would mean talking one to one with Dane and Frances from Support in Mind Scotland about your experience and what could have been done differently, if anything, to help you.

To find out more contact Dane Thomson at Support in Mind Scotland on 0131 662 4359.

Job Opportunities at CAPS

CAPS will soon be looking for two new people to join our team.

1. An Individual Advocacy worker

This job is to provide direct individual advocacy to people living in the community in Midlothian and East Lothian who use mental health services.

The new worker will work alongside our team of individual advocates and the main focus of the work will be the provision of independent advocacy in the community. This will be a 17.5 hours a week job.

You will be able to see more details about this job on our website soon.

2. An Information worker

This is a new post with CAPS and will involve office based advocacy support for Collective and Individual Advocacy in East Lothian and Midlothian.

This person will be answering telephone enquiries, helping to co-ordinate appointments, sending out this newsletter and doing lots of other publicity and awareness raising tasks. Another key role will be using social media and helping to revamp our CAPS website.

It'll be an exciting new job, full time and based in our office in Musselburgh.

Again look out for details on the website soon.

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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<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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