

## MONEY / FEEDBACK

Below is summary financial information prepared for inclusion in this Annual Report. This information is drawn from the audited Financial Statements for the year ended 31<sup>st</sup> March 2014. To obtain the full Financial Statements, please contact us.

Please note that this Annual Report was produced before the formal adoption of the full Financial Statements at our AGM on 31<sup>st</sup> October 2014.

<b>Income</b>	<b>£</b>
Grants	356,480
Donations	534
<b>Total income</b>	<b>357,014</b>
<b>Expenditure</b>	<b>£</b>
Collective Advocacy	129,653
Individual Advocacy	106,164
Support of Advocacy Services	58,576
Governance	9,510
<b>Total expenditure</b>	<b>303,903</b>

The above funding was received from East Lothian & Midlothian Councils, NHS Lothian and East Lothian Community Health Partnership. We are grateful for all the support they have provided to the organisation.

### What do YOU think?

We are always interested in hearing people's views on CAPS. It helps us to do things better in the future if you tell us what you think about the work we do.

If you have any thoughts, ideas or feedback for us, please contact us.

## WHO'S WHO / CONTACT US

### Management Committee

Lin Cochrane (Convenor)  
Elaine Ballantyne  
Laurelle Edmunds  
Sandra Ramsay

Chris Liddell left the Management Committee during the year.

### Current Staff

Jane Crawford - Co-ordinator  
Fiona Macdonald - Senior Advocacy Worker  
Clive Baker - Individual Advocacy Worker  
Kousar Javaid - Individual Advocacy Worker  
Kyna Reeves - Individual Advocacy Worker  
Niamh Allen - Development Worker  
Ele Davidson - Development Worker  
Lili Fullerton - Development Worker  
Jane Rubens - LEARN Senior Educator  
Maeve Coyle - LEARN Educator  
Tom Frank - LEARN Educator  
Andrew Kernohan - LEARN Educator  
Fiona Kernohan - LEARN Educator  
Kirsten Maclean - Community History Worker  
Glen Faulkner - Office Administrator  
Amy Tucker - Information Worker

### Address

Old Stables  
Eskmills Park  
Station Road  
MUSSELBURGH  
EH21 7PQ

### Collective Advocacy

Phone: 0131 273 5116  
Fax: 0131 273 5117

### Individual Advocacy

Phone: 0131 273 5118  
Fax: 0131 273 5117

website: [www.capsadvocacy.org](http://www.capsadvocacy.org)  
e-mail: [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)  
<http://www.facebook.com/capsadvocacy>  
twitter @capsadvocacy

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

**REPORT 2014**

CAPS is an Independent Advocacy Organisation for people who have lived experience of using mental health services. We are completely independent from the people who fund us and those who provide other services to the people we work with.

We believe in the importance of independence and we:

- put the people who use advocacy first;
- aim to be as free as possible from any conflicts of interest;
- aim to be accountable to those we work with;
- aim to be accessible to those we work with.

CAPS is a full member of the Scottish Independent Advocacy Alliance. We are managed by a volunteer Management Committee, and have sixteen members of staff and a team of volunteers.

CAPS provides Collective and Individual Advocacy in East Lothian and Midlothian and also hosts several experience-led projects across Lothian. We work to enable people who use mental health services to set their own agenda; to find a stronger voice; to get their point across and influence decisions which affect them.

We do this by:

- providing volunteer and paid advocates to work with individuals;
- finding out about and publishing people's views on mental health issues and services;
- involving people who use services in the training of staff who work in mental health services;
- promoting the principles of independent advocacy.

# Individual Advocacy

2014

We provide Individual Advocacy to people from East Lothian and Midlothian who use mental health services, to help resolve a wide range of issues affecting their lives. Two full-time and two part-time members of staff and a team of volunteer advocates work with individuals in the community and in the Royal Edinburgh Hospital, where Midlothian and East Lothian acute in-patient beds are based.

The service is based in Musselburgh but staff and volunteers can arrange to meet wherever suits the person best.

*"Without this help I don't know where I would be"*

In 2013 - 2014, a total of **313** people were supported to make their own choices.

- 173 from East Lothian, 141 from Midlothian
- 113 first time contacts
- 119 cases were of a complex nature (38%)

Here's the issues we've helped people with:

- 32%** - Benefits and Financial issues (+9% on 2013)
- 18%** - Health issues
- 11%** - Children and Families issues (+3% on 2013)
- 11%** - Mental Health Act work
- 7%** - Legal issues
- 5%** - Employment issues
- 5%** - Complaints
- 2%** - Hospital related issues, 2% Social Work related
- 7%** - Others

*"People at CAPS are human beings who treat you with respect and understanding, not just a number."*

*"CAPS helped me a great deal with debt problems, which were so bad they were making my depression worse"*

*"A valuable service and the public need this help"*

*"I am taken more seriously with official support."*

# Collective Advocacy

2014

In **Midlothian** and **East Lothian** we offered Collective Advocacy opportunities to people by visiting local services and groups. People's views were represented at the Joint Mental Health Planning Groups. A monthly newsletter for each area keeps individuals and organisations informed about what CAPS is doing and what else is happening in their community.

## Experience Led Projects (Lothian)

**Seen But Not Heard** is a new project, initially funded by the Butterfly Bursary. A diverse range of people with experience of eating disorders came together to make a film about what it feels like to have an eating disorder. Now work is underway showing the film to raise awareness with young people.



The **Personality Disorder Project** continued to promote and increase understanding around personality disorder by the two day training course led by people with lived experience. Some people contributed again to Napier's Mental Health Nursing course, shaping future practitioners by assessing students!

**The Voice of Advocacy** is a new project which brings together people who've used advocacy from many organisations across Lothian.



People are sharing experiences and working together to create training about why Independent Advocacy is important.

Look out for training sessions in the future.

People who are part of the **Experiences of Psychosis Project**, contributed their thoughts and experiences into NHS key worker training. Some people have been filmed talking about their experiences and these clips will be used in future training and for any other purposes that the group decide. More people are always welcome to share their experiences of psychosis.

# Collective Advocacy

2014



The very first **Mad People's History and Identity** course took place at Queen Margaret University.

The content was informed by the Canadian course that people here have studied online in previous years and developed and was delivered by people with lived experience of mental health issues.

*"The course had a huge impact on me personally, now I'm inspired to get involved in activism and advocacy"*

Our involvement in the Scottish Mental Health Arts and Film Festival continues to grow. There was an exciting programme of events with a fantastic exhibition at Summerhall as well as satellite ones around Lothian. Comedy, poetry, sculpture, painting and creative work allowed people to make a statement about mental health.

**The People's Conference** brought together people from across Lothian to hear about various peer-led projects and then think about what else should be happening within the four areas of "A Sense of Belonging". Lots of passionate discussion was had, summarised and fed back at the NHS Lothian annual event. A full report of findings is available from CAPS.



**LEARN** (Lothian Recovery and Education Network) offers free, recovery-focused and experience-led mental health and wellbeing courses.

It's a partnership between CAPS, the Lothian Recovery Network and NHS Lothian. CAPS employs part-time educators with lived experience to deliver courses alongside NHS recovery champions. Currently we are offering courses such as Realising Recovery, WRAP (Wellness Recovery Action Planning), Much More Than A Label Personality Disorder training and others. Check out our website for the full programme and course dates and venues. Courses are free of charge.

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