

SCOTTISH MENTAL HEALTH ARTS AND FILM FESTIVAL 2015

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FESTIVAL**

We had our first meeting of the CAPS planning group for the 2015 festival. It was a great turn out and really good to see some new faces. People really liked the theme, “rebels”, and thought it brought up lots of ideas around rebelling against social control or the “system”, refusing to be silenced and standing up to be counted.

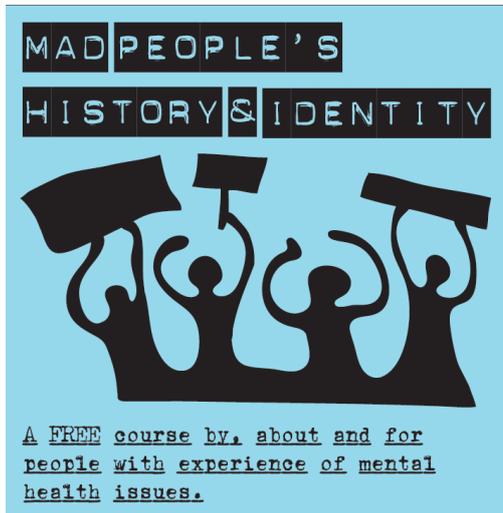
There were lots of ideas for events already, with people keen to explore subversive fairy story workshops, felt making, masks, inviting professionals to be “rebels”, dis-inhibition, “diagnosing” psychiatry. A new mothers group in Dunbar are keen to do a writing event, we’d like to screen a film about psychosis and do an event based around the concept of sadness. People also thought it would be good to do something focusing on young people and rebellion – maybe a writing competition? This is just a flavour of the ideas!

People are keen on doing the open mic night again, so we need to think of a venue for that. We’d also like to do an exhibition this year and will be looking for potential partners. We’d like to do a ceilidh, so we’ll need to decide whether to do this with Summerhall Ceilidh Club or to do it independently. We’d also really like to be involved with the Mela again this year.

Jo MacFarlane and Sally Fox would like to do an event, “Shameless Rebels” based on their successful poetry event “Stigma and Stones” around experiences of Borderline Personality Disorder. Jo, Sally and Elspeth Morrison are also cooking up a follow up event to their sell out “Is this Love?” of 2014.

Do you have an idea for an event? Or would you like to get involved in making some of these ideas happen? Come along to the next planning group – Friday 13 February, 2-4pm, LEARN, Floor K, Argyle House, Lady Lawson Street, Edinburgh. Phone Kirsten at CAPS on 0131 273 5116 for more information or email kirsten@capsadvocacy.org

STUDY MAD PEOPLE'S HISTORY AND IDENTITY AT QUEEN MARGARET UNIVERSITY



We are getting cracking preparing for the next round of the Mad People's History and Identity (MPHI) course at Queen Margaret University.

MPHI is a six week course, running a day a week at the uni, about the history, the experiences, stories, culture, activism and the people who identify as service users, survivors, mad, patients etc. Just like we have Women's History, Black History and LGBT History there is now a new field emerging of Mad People's History.

This is the first course of its kind outside Canada and we ran it for the first time in 2014. There was a group of 14 students who studied topics including "What is Mad People's History?", "A history of confinement and treatments", Madness, gender and sexuality and a history of activism. There was lots to talk about! The feedback was really good with people saying things like "I have never come across a course that makes you an expert by your own experience", "it made my mental illness a positive for the first time", "I realised that just because I have a mental health issue doesn't mean I don't have the right to go to university", "made me realise I have a voice to be heard".

People really enjoyed the peer support aspect and have set up a regular meet up which will be open to new students to join in 2015. We're hoping to arrange some social activities this year such as film screenings and talks and we're also planning to start developing and running a community based course as well.

The new course at QMU will start in April/May 2015 and will be open to anyone with personal experience of mental health issues. You don't need any other qualifications to do the course, although you will need some basic computer skills. It's free and there may be help available for childcare if that's a barrier for you attending. If you'd like to find out more please contact Kirsten at CAPS on 0131 273 5116 or email kirsten@capsadvocacy or contact the Module Coordinator, Elaine Ballantyne at QMU on EBallantyne@qmu.ac.uk.

MORE ABOUT PUBLIC SOCIAL PARTNERSHIPS, INCLUDING A NEW ONE WITH HIBS FOOTBALL CLUB!



Some people from CAPS attended a meeting at the Hibs Stadium about a new Public Social Partnership. This is a new partnership being developed between Hibs, NHS Lothian Mental Health and Wellbeing Team, third sector organisations and the business community. The Club are keen to open up their facilities at Easter Road and at their Training Ground in East Lothian for the benefit of the

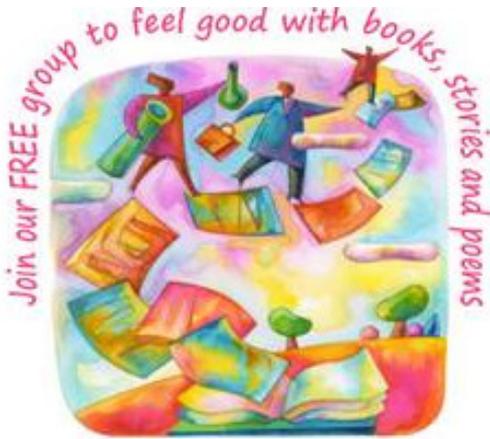
community. So time to get our thinking CAPS on! The possibilities are endless, so if you're interested in finding out more and having your say on how these spaces could be used to improve the mental health and wellbeing of the community then please get in touch!

Also there's still time to get involved in the meetings for the Green Space/Art Space PSP which is about developing the non-clinical spaces at the new Royal Edinburgh Hospital. There are now two groups, "Green Space" looking at green/growing spaces and "Art Space" looking at arts, crafts and participative arts. The Community Voices meeting in December about the Green Space/Art Space PSP was very well attended and people's questions and comments were logged in a report about the event written up by AdvoCard. Please contact AdvoCard for a copy of the report.

The Scottish Government have agreed to fund £48 million for the first stage of the redevelopment of the Royal Edinburgh Hospital. £120 million has also been agreed for future phases. Other news is that the Lothian Health Foundation have agreed to provide **£1 million** for the renovation and refurbishment of The Hive and to take forward projects agreed by the Green Space/Art Space groups.

So if you're interested in finding out more and maybe getting involved as things move forwards, please contact Kirsten at CAPS on 0131 273 5116 or email kirsten@capsadvocacy.org

BRAW BLETHER



After the success of this group which began last year, 2015 will see the return of Braw Bleather. The groups aim is to make people feel good using books stories and poems. Dalkeith Library is holding a group on Mondays from 1.30pm—3.00pm as well as a new 6 week programme exclusively for carers starting on 6th February on Mondays

from 10.30– 12 noon. Penicuik library group is on Tuesday at 1.30pm -3pm. If you have access to a computer you can get more information at:

http://www.midlothian.gov.uk/info/427/libraries/1397/health_and_wellbeing or call Midlothian Library Service 0131 271 6668.

COMMUNITY WELLBEING PROJECT

People who use the Orchard Centre Services gave feedback which showed a need for more services to be more local. As a result the Orchard Centre opened more services around Midlothian. In January a new service opened in Mayfield. This service includes a café, one to one support, crisis support and information as well as group activities. You can attend on

Monday evenings from 4.30pm to 8.30pm and is in **Sure Start Family Reach Out, Mayfield Combined School Building, TU Hut, Stone Avenue, Mayfield EH22 5PB**. For more information call Orchard Centre Services on 0131 663 1616.



IN YOUR AREA

GP OUT OF HOURS SERVICE



NHS Lothian has carried out a review of the GP out of hour service and as a result some recommendations are being made about how to improve the service. There is going to be a meeting about the out of hours service so come along to find out more and discuss the proposals that have been made with the service manager. The meeting takes place on Monday 9 February 2015 from 2pm—4pm in

the Conference Room, Lasswade Centre, Bonnyrigg EH19 2LA.

Contact Catherine Evans on 0131 271 3411 or e-mail

catherineevans@nhslothian.scot.nhs.uk for more information or to book a place.

HEALTH AND SOCIAL CARE

This year all of the health and social care services in Midlothian will be coming together. Community Collaborative is a group of people organised by Community Health Partnership. It has been set up to help shape the strategy for this by ensuring that the views of people in the community are represented and that it is accessible and relevant to people who will be using the services. If you want to be involved and to get your point of view across about how this could affect the services that you access get in touch with Ele at CAPS to find out more about this. You can e-mail her at ele@capsadvocacy or call on 0131 273 5116.

CAPS Information



CAPS

**The Consultation and
Advocacy Promotion
Service**

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CAPSIndependentAdvocacy**

CAPS is an independent advocacy organisation and supports 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 our collective advocacy team on 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 amy@capsadvocacy.org

We also 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. Call Individual advocacy 0131 273 5118

BEFORE IT'S A CRISIS - SHORT LIST OF PHONE NUMBERS YOU CAN CONTACT FOR SUPPORT:

**Early Intervention Crisis
Response Service at the
Orchard Centre**

Monday—Friday

4.00pm—10.00pm

Saturday and Sunday

10.00am– 4.00pm

Telephone: 0131 663 5533

Telephone and face-to-face
contact offering support.

(Closed Christmas day and
New Years Day)

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)