

LOTHIAN WIDE

CAPS
independent
advocacy
The Consultation & Advocacy
Promotion Service

CAPS Independent Collective Advocacy Newsletter

Winter 2015

ANOTHER GREAT SMHAFF



The Out of Sight / Out of Mind exhibition presenting at the Scottish Mental Health Arts and Film Festival this year was a huge success. So many individuals and groups submitted artwork we were struggling to fit in all the

amazing pieces into the basement of Summerhall! The exhibition involved fashion, painting, drawings, masks, sculptures, film and multi-media projects. The audience were spoiled by the talent on show this year. CAPS would like to thank all of the people who helped set up, invigilate and submitted their artwork. Everyone involved was invaluable in helping making the exhibition such a success. There were many other wonderful events as well such as the open mic night, art workshops at the Afro Art Lab, talks and film screenings. We are all away to have a wee rest now before we do it all again next year!



AGM

We had a successful AGM on the 6th of November. This year it was held in the Walpole Hall in Edinburgh. We had a great turn out of people in attendance, where Glen presented the financial report and the convenor, Lin Cochrane, gave us an overview of our year. You will be able to see the financial report if you would like, just email glen@capsadvocacy.org. You can also have a look at our annual report that came with this newsletter. Conversations for Change presented an overview at the AGM of their busy project as it draws to a close, thank you very much it was great to see all the hard work you all put in and the wonderfully creative things you have produced.

LEARN

We have a new LEARN Programme out later on in November so if you would like a copy let us know by emailing LEARN@capsadvocacy.org. We can send it via post or email. If you have any questions about how to sign-up for a LEARN course or what the courses are about don't hesitate to give us a call on 07910021537.



A&E ALL AND EQUAL

AdvoCard have a project where they want to hear from you about your experiences of A&E. If you have lived experience of a mental health problem and you have been to the A&E department at the Edinburgh Royal Infirmary or St Johns in Livingston in the last five years. If you would like to participate in a confidential, peer led research project about your A&E experience you can contact Becky or Patricia at AdvoCard by calling 0131 554 5307. Or you can e-mail collectiveadvocacy@advocard.org.uk. Or write to them at 332 Leith Walk, Edinburgh, EH6 5BR. This research is funded by See Me and interviews will happen in November and December.



NEW BUTTERFLY BURSARY FILM

CAPS are very pleased to have received funding from the Butterfly Bursary for an exciting new project centred on eating disorders. The Butterfly Bursary was set up in memory of Lindsay Weddell who lost her life to anorexia nervosa, and is a research and education bursary established by NHS Lothian.



The film is being made exclusively by young people who have experience of an eating disorder to raise awareness and educate other young people.

The project has been making good progress so far – a steering group of young people has been formed and has been meeting regularly. The meetings have been facilitated by CAPS project worker, Niamh Allen with help from colleague Maeve Coyle.

The meetings have been about getting to know one other, sharing experiences and stories of having an eating disorder and talking about what would be useful for other young people to know. The final film will hopefully be screened in schools across Edinburgh and the Lothians, so the group have also been thinking about how it can best relate to this audience.

The meetings have been informal and relaxed – with space for brainstorming and creative ideas. One of the members has written a song for the film. A Facebook page has also been created as a place for members to share ideas and other thoughts for the project. The next steps will be thinking about the structure and layout of the film and starting filming work and ideas.

The project is still open for any other young people to get involved if they are interested. This can be done on an individual basis or becoming part of the steering group. You don't need any previous experience in making films, as you will learn skills along the way. The age range is 16-25 and everyone is welcome. We can cover travel expenses to get to and from the meeting.

If you would like to get involved or want any more info please contact Niamh at niamh@capsadvocacy.org or telephone CAPS on 0131273 5116.

TRAUMA SERVICE REDESIGN

The steering group formed as part of the Rivers Centre redesign project, facilitated by CAPS Independent Advocacy have been meeting regularly to create a survey that will be part of the final consultation. The survey is for people who have experienced trauma or had experiences that have had a long-term effect on their mental health and/or life.



The information collected from the survey will be used by people involved in the experience-led project. It will be used to make recommendations on information about the service and to make sure that the views of people who might want to use the service are included. A final report will then be written.

The survey includes questions on language, attitudes, location, services and treatment as well as looking at other areas in peoples' lives. It will be firstly piloted by the members of the steering group and will then go live towards the end of the week beginning the 16th of November. A link to the survey will be posted on our website. There will also be paper versions available – if anyone would like a copy please get in touch with CAPS.

CAPS workers Ele, Lili and Niamh are also planning to hold focus groups for organisations interested in having their say about the trauma redesign service. There will be a general focus group meeting in Edinburgh in December and also meetings in East, Mid and West Lothian in the new year. If anyone is interested in attending or an organisation has specific requirements please get in touch through email: ele@capsadvocacy.org or telephone CAPS on 01312735116.

PSYCHOSIS FILM

We are delighted to have had the opportunity to show the Experiences of Psychosis film at the Scottish Parliament on Thursday 19th of November. The film was created by members of the experiences of psychosis group and will be used to raise awareness of issues facing people who have similar experiences. The event was hosted by Malcolm Chisholm MSP. There was also an interesting panel discussion following the film. If you would like more information about the experiences of psychosis film or the group please email lili@capsadvocacy.org. Photographs from the event will be available on our website soon!



CHRISTMAS EVENT

After the success of last year's festive event, CAPS will be hosting one again this year. The celebration will take place in Argyle House, Lady Lawson street in Edinburgh. The event is open to anyone who works with us, who would like to come so drop by for some mince pies and refreshments! The event is on Wednesday 16 December 2015 from 4pm-6pm. If you would like more information about this event please call 0131 273 5116 but you need not RSVP.


SC021772

Join

CAPS

ADVOCACY

For a festive celebration!

ARGYLE HOUSE
Lady Lawson Street
EDINBURGH
EH3 9SJ

*
*Drop in for
Festive Fun!*
*



WEDNESDAY 16
DECEMBER 2015
4 pm-6 pm
0131 273 5116
www.capsadvocacy.org

CAPS INFORMATION



CAPS

**The Consultation and
Advocacy Promotion**

Service

Old Stables

Eskmills Park,

Station Road

Musselburgh

EH21 7PQ

BEFORE IT'S A CRISIS:

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)

Scottish Charity

Number: SC021772

CAPS is an independent advocacy organisation and provide individual and collective advocacy to people in East Lothian and Midlothian who use, or have used, mental health services. We also have a number of experience led projects across Lothian. Collective advocacy is about groups of individuals with a common cause coming together to raise awareness, campaign and influence service planning and provision.

Seen But Not Heard: a project about eating disorders contact seenbutnoheard@capsadvocacy.org to get involved.

Experiences of Psychosis: A group involved in strategic planning about early treatment of psychosis contact lili@capsadvocacy.org

LEARN: free experience led mental health and wellbeing courses. To find out more email LEARN@capsadvocacy.org

Mad People's History Project: get involved with project to participate in SMHAFF as well as course at Queen Margaret University. To get involved email Kirsten@capsadvocacy.org

Phone for collective advocacy: 0131 273 5116

Phone for individual advocacy: 0131 273 5118

Fax: 0131 273 5117

E-mail: contact@capsadvocacy

Web: www.capsadvocacy.org

Twitter: [@capsadvocacy](https://twitter.com/capsadvocacy)

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