

SMHAFF 2014 SUCCESS!



Painting by Michael Dawson

We are pleased to report on the success of this years Scottish Mental Health Arts and Film Festival. The projects we were working with were very successful. Visitors to the Summerhall Exhibition described the artworks as: “Stunning, inspiring, wonderful work” and said that it was “nice to learn that art can talk”. The exhibitions at other venues such as Ocean Terminal and Portobello library were equally well received. The screening of the thought-provoking Mars Project Film was a popular event

and the discussion, facilitated by a panel of mental health professionals was successful in raising many issues. We were pleased by how many people signed up to the “Is This Love? The Power of the Therapeutic Relationship” event. There were so many people interested in this event that unfortunately there was not room for everyone. As a result of the popularity of this event and the numbers of people who were disappointed, discussions are ongoing about having a similar event in the near



Book Launch

future to accommodate the large interest in this area. The launch of Jo McFarlane’s memoir “Skydiving for Beginners” was also very popular with about 60 people in attendance! CAPS would like to thank all of the volunteers who worked so hard to produce artwork, discussions, films and events as well as those that helped with the everyday running of the events and we look forward to what next year’s festival brings!

CAPS ANNUAL GENERAL MEETING

Thank you to everyone who attended our AGM on the 31st of October, it was a great success with around 50 people in attendance. We started off with the business of the AGM where Lin Cochrane the Convenor gave the annual report, which you can find attached to this months newsletter.



Glen Faulkner then presented the

accounts. After the business of the meeting the new website was unveiled and then we heard presentations from volunteers who had worked with the project. A big thanks goes out to them for speaking and letting us know about all their hard work as well as talking about their experiences with CAPS. CAPS would also like to say a big thanks to Eskmills Bowling Club who let us use their venue as well as providing much needed refreshments and buffet! Thank you to everyone who came along and participated to make the day such a success!

WELCOME ELE!



Hi, I'm Ele, the new Collective Advocacy Development Worker for East Lothian & Midlothian. I've come to CAPS from a background primarily in homelessness support and benefits.

Prior to taking up this job I worked for a local charity for 5 years, Bridges Project, as the homemaker supporting young people with issues around homelessness to sustain their tenancies. Before this I worked for East Lothian Council for 10 years. In an old life my qualification is in Information and Library Studies!

I have a keen interest in mental wellbeing both in my professional and personal life and am very excited to be taking on this development role within CAPS and look forward to making what I hope will be a valuable contribution to the work that CAPS does within the community. If you are part of a group that you think could benefit from my help please contact me at ele@capsadvocacy.org and I am very much looking forward to meeting you soon.

HAVE YOUR SAY

NEW EATING DISORDERS PROJECT

We are pleased to have received funding from See Me for an exciting new eating disorders project. The project will involve creating and information leaflet written by people with lived experience which would be available in GP surgeries. We would like to bring people with lived experience of eating disorders together in order to gather their stories and experiences. We would also like to hear people's thoughts on what GP's need to know so we can also create an information booklet for them. The aim is to help GP's gain a greater understanding to help them recognise and treat eating disorders. Views will be gathered through steering groups, one to one interviews, telephone interviews, through e-mail and online surveys. A

steering group has been set up and will take place on **Thursday 13 November** 10.30 - 12.30 in Edinburgh at the Beat Office, in the Scottish Council for Voluntary Organisations (SCVO) Building, Mansfield Traquair Centre, 15 Mansfield Place, Edinburgh EH3 6BB. If you have lived experience of eating disorders and would like to participate in the project contact Niamh at CAPS on 0131 273 5116 or e-mail seenbutnoheard@capsadvocacy.org.

Eating Disorder Steering Group:

Thursday 13 November
10.20-12.30

Beat Office

Scottish Council for
Voluntary Organisations
(SCVO) Building, Mansfield
Traquair Centre,

15 Mansfield Place
Edinburgh

EH3 6BB

SEEN BUT NOT HEARD SCREENING



Queen Margaret University are having an evening screening of the film "Seen But Not Heard" on Tuesday 16th of December from 6pm to 8pm. The film will be shown and then Niamh and Maeve will answer questions and lead discussion about the issues raised. If you are interested in coming along please email seenbutnoheard@capsadvocacy.org and telephone 0131 273 5116 to book a space.

EAST LoTHIAN EVENTS

LGBT DOMESTIC ABUSE TRAINING

Run by East and Midlothian Violence Against Women Partnership, this course aims to provide awareness raising around the experiences and specific concerns of lesbian, bisexual and transgender (LBT) women in Scotland. This is a very engaging full day session which will look at real life scenarios and allow participants to discuss their concerns in a safe environment. It is suited to a wide level of understanding: from those who are completely new to this topic, to those who have already supported LBT women, want to share and expand on their experience, and want to learn how to support other staff and volunteers. It will take place on Tuesday 11th November from 9.30 am to 4.30 pm at the Brunton Hall in Musselburgh. Please e-mail mwilliams@eastlothian.gcsx.gov.uk if you wish to attend.

BEHIND CLOSED DOORS



Participants of the global 16 days campaign to raising awareness about gender-based violence, Women's Aid are proud to host Behind Closed Doors, an experiential exhibition that demonstrates the reality of living with domestic abuse. Work carried out by Women's Aid East Lothian and Midlothian that aims to make a difference to the lives of women, children and young people will also be shown. The exhibition is on Wednesday 10th of December at ACF Hut, Goosegreen, Musselburgh, between 11am and 2pm.

1 IN 100 PROJECT

Support in Mind have launched a new campaign called 1 in 100. It has been launched to raise awareness of schizophrenia and the impact it can have on individuals, their families and their friends. The aim of this project is to find out about people's experiences of living with schizophrenia in Scotland in 2014 and they need your help to do that. Please visit their website:

<http://www.supportinmindscotland.org.uk/about-us> for more information or phone the National Team on 0131 662 4359 and they will can talk to you about the campaign. The closing date is November 28th 2014.

If you have access to a computer you can use this link to go straight to the survey: <https://www.surveymonkey.com/s/1in100-Scottish-schizophrenia-survey>

CAPS INFORMATION

CAPS

**independent
advocacy**

The Consultation & Advocacy
Promotion Service

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 organization and supports people in East Lothian 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 East Lothian 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.

Phone for collective advocacy: 0131 273 5116

Phone for individual advocacy: 0131 273 5118

Fax: 0131 273 5117

E-mail:

contact@capsadvocacy.org

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www.facebook.com/CAPSIndependentAdvocacy