

OUT OF HOURS CRISIS SERVICE

People in East Lothian have told CAPS for some time now that they want a safe place to go when they are in crisis.

- Our consultation In 2012 ;



62% of people said that in times of crisis having 'face to face' contact would be helpful



55% of people said that 'contact' with someone in another form was something they valued.

- CAPS 2013 report 'Places to go, People to See, Things to do' ;



Lack of crisis support was identified as a major gap in services

- The People's Conference—2014;



People from East Lothian once again raised the lack of crisis support and the need for drop in services.

Good News! Now you can do something about it!

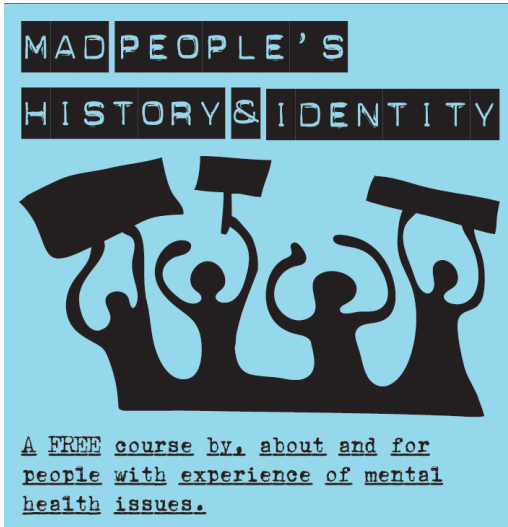
CAPS, Changes, Penumbra, Stepping Out and First Step , together with input from East Lothian Council, have organised a set of events to gather peoples ideas on what an out of hours service should look like.

These events are open to anybody who identifies with having needed a service like this in the past or can see the use for one in the future.

Please come to one of these sessions and be involved in shaping this service to work for you. You've told us what is missing, now come and be a part of the solution too! We need your input.

Information on the event dates, times and locations are on the poster included, but if you want to chat before an event contact Ele Davidson at CAPS on 0131 273 5116.

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

SCOTTISH MENTAL HEALTH ARTS AND FILM FESTIVAL 2015

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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,

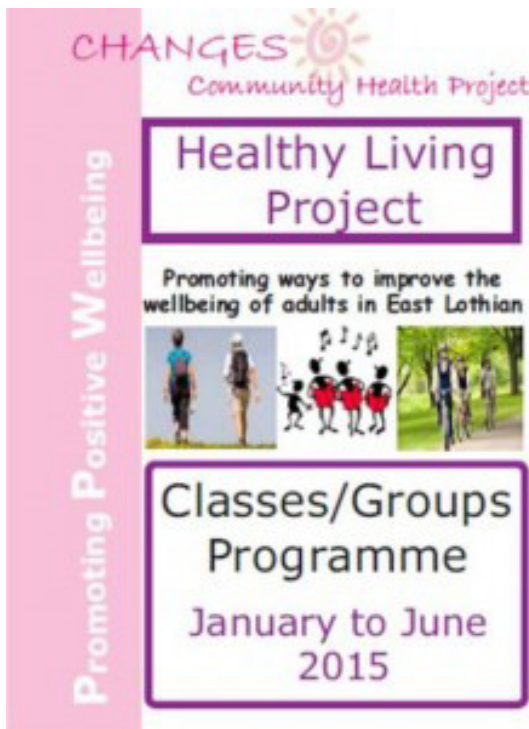
“diagnosing” psychiatry. A new mothers group in Dunbar are keen to do a writing event, we’d like to screen a film about psychosis and do an event based around the concept of sadness. People also thought it would be good to do something focusing on young people and rebellion – maybe a writing competition? 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

CHANGES HEALTHY LIVING PROJECT



Changes are running new classes from January—June 2015. There are many different groups available to join all with different activities for a healthy lifestyle including gentle exercise, walking, jogging and cycling. The classes are free of charge, apart from Tai Chi which has a £3 weekly contribution. In addition to physical wellbeing classes there are also mental health classes. There is a positive mental health and wellbeing class as well as classes about dealing with stress, suicide talk, understanding anxiety and panic as well as mindfulness and relaxation. To find out more or information or to book a place on a class call 0131 653 3977 or e-mail bookings@changeschp.org.uk. You can also

have a look at Changes website www.changeschp.org.uk for class times and places.

EDUCATE FOR MENTAL HEALTH

Volunteers needed to help educate medical students on mental health

The University of Edinburgh Patient Partnership Programme is looking for people to help educate medical students on mental health. Their student doctors need people with lived experience to be involved. If you would be interested in taking part in this the EPPSAT team would love to hear from you. Working with people who have lived experience would help medical students understand all the needs of the people they will eventually work with. Students can learn by seeing a wide range of experiences where real people are experts in their condition.

To find out more you can look at the patients information leaflet on their website at; www.eppsatsat.mvm.ed.ac.uk. If you would like support to be involved with this project please contact Ele Davidson at CAPS on 0131 273 5116 or to get in touch with the programme yourself contact 0131 242 9414 or email: trisha.lamb@ed.ac.uk

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 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 safe guard 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

Web:

www.capsadvocacy.org

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

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