

MIDLOTHIAN

CAPS
independent
advocacy

The Consultation & Advocacy
Promotion Service

CAPS Independent Collective Advocacy Newsletter

November 2014

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



Book Launch

event in the near 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. 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.

COME “LEARN” HERE

REALISING RECOVERY



As you may have seen in last month's newsletter The Lothian Education and Recovery Network (LEARN) have produced their course programme. Realising Recovery is a course that provides people with an opportunity to examine and develop a practical understanding of 'recovery' relevant to their own mental health and wellbeing as well as that of others. This is a four day course taking place at the McSence Conference Centre in Dalkeith. Day 1 is on **Thursday 20 November** and will introduce you to the

course as well as the concept of recovery. Day 2 is on **Friday 28 November** and is about self direction and the use of self. Day 3 is **Thursday 4 December** where you will discuss Person Centred Approaches and risk taking. The final day is on **Thursday 11 December** and is about connecting with communities and making your action plan.

LIVING WITH LABELS

This workshop examines the concept of labelling, the effect that labels can have on a personal level and the way that labels are used in society today. You will have the opportunity to reflect on ways that mental health labels can affect an individual's sense of recovery. We will also be showing the film 'Living with Labels' which was designed and produced by people who have experiences of receiving psychiatric



labels. This two hour long session is for anyone who wants to understand the impact labels have people's lives and their recovery. The session takes place on **Monday 24 November** from 1pm– 3pm at Argyl House, Lady Lawson Street, Edinburgh. However there is also a session at Midlothian Voluntary Action Dalkeith on **26 January 2015** if you can't make it this year!

There is still time to book onto these courses so email LEARN@capsadvocacy.org or call LEARN on 0791 002 1537 if you would like a place. There is also a booking form online at our website: <http://capsadvocacy.org/lothian-wide-projects/learn/>.

HAVE YOUR SAY

NEW EATING DISORDERS PROJECT

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

We are pleased to have received funding from See Me for an exciting new eating disorders project. The project will involve creating an 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.

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. This film focuses on people who have lived experience of eating disorders. The film will be shown and then Niamh and Maeve will answer questions and lead a discussion about the issues raised. If you are interested in coming along please email seenbutnoheard@capsadvocacy.org or telephone 0131 273 5116 to book a space.



MIDLOTHIAN EVENTS

BEHIND CLOSED DOORS



Behind closed doors is an experiential exhibition that demonstrates the reality of living with domestic abuse. This was produced by the participants of the global “16 Days” campaign and is being hosted by Women’s Aid in East Lothian and Midlothian. The exhibition intends to draw attention to gender-based violence and will showcase the work of Women’s Aid which aims to make a difference to the lives of women, children and young people. The exhibition is on Wednesday 26th of November at ACF Townhall, Lasswade, between 11am and 2pm.

USING THE INTERNET FOR JOB SEEKING COURSE

Midlothian Community Learning and Development are running free courses for local people. All of these classes are informal, fun, friendly and welcoming. This course was developed to support people who were not confident or sure how to go about applying for jobs on-line, however, it would also be of use to people who are having to complete other forms, e.g course applications, on-line. Starts Thursday, 6 November to 11 December, 9.45-11.45 am at Penicuik High School, in the CLD Computer suite. 39a Carlops Road, Penicuik. There are crèche places available for this course. For more information please contact 01968 664 114 or 01968 664 109 or email isabel.pattie@midlothian.gov.uk



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 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

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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 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

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)