

MIDLOTHIAN

CAPS
independent
advocacy
The Consultation & Advocacy
Promotion Service

CAPS Independent Collective Advocacy Newsletter

September 2014

SMHAFF PROGRAMME LAUNCHED!



The 2014 programme for the Scottish Mental Health Arts and Film Festival is out now! Film, literature and music events will be happening in October all over Scotland, exploring the nature of personal, political and social power.

CAPS are involved in 10 events this year including “Out of Sight/Out of Mind” a multi venue exhibition featuring artwork by people with experience of mental health issues. Jo MacFarlane will launch her book “Skydiving for Beginners”. Jo’s also performing alongside Dr Allan Beveridge following his talk on “Madness

and Melancholy: Boswell’s Life of Johnson”. We’re partnering up with Summerhall’s Ceilidh Club on Tues 7 October, so get your dancing shoes on for that. There’s a fascinating event, “Is this Love?” where three women explore the power of the therapeutic relationship. We have the ‘Mars Project’ film screening, about a Canadian hip hop artists experiences of schizophrenia, at the Film House, creative writing workshops, “The Inmates are Running the Asylum” film screening about the history for Vancouver Mental Patients Association, an open mic night at Contact Point and finally the spectacular Wellbeing Mela on Sunday 19 October. It’s going to be a busy month! Come along, take part and have a great festival!

For more information please contact Kirsten at CAPS on 0131 273 5116 or kirsten@capsadvocacy.org

SERVICES FOR WOMEN WITH COMPLEX NEEDS “STAKEHOLDERS CONVERSATION”

NHS Lothian has been looking at how they can improve care, treatment and support for women who may have been given a diagnosis of a personality disorder.

They have been talking about developing a ‘matched care model’ for women with multiple and complex needs’. A matched care model is about having a range of services at different levels of intensity, with services talking to each other and education at each level. The levels go from raising public awareness; to community and neighbourhood support; to use of primary health care; to mental health and A&E departments; to inpatient specialist services; to day-programme and residential-inpatient units. One of the reasons for thinking about a matched care model is that people can get support before more complex care is needed.

One of the places that this conversation has been happening is at an NHS Strategic Planning Group about people who might attract a diagnosis of a personality disorder. In this group there are representatives from collective advocacy, carers’ advocacy, clinicians, practitioners and managers.

In July NHS Lothian held an event to hear what a wider range of people thought about how services can be improved for women with complex needs. People with lived experience of a personality disorder diagnosis were there, along with carers, NHS Lothian staff, local authority staff, and third sector agencies. In total 40 people were there.

First Lili from CAPS spoke about the Much More than a Label Personality Disorder Collective Advocacy Project. Then Linda Irvine from NHS Lothian spoke about the ideas of what could happen. Linda also said that a conversation about services for men will be started soon.

“STAKEHOLDERS CONVERSATION” CONTINUED

If you would like to have your say, there is a second event being held on Wednesday the 8th October 2014 from 1.30 to 4pm at the Melting Pot in central Edinburgh. For more information and to find out about registering, please contact mentalhealth.admin@nhslothian.scot.nhs.uk or 0131 465 5571.

If you would like to talk about things that CAPS can do to make it easier for you to come, get in contact with Lili at CAPS. Lili is also the person to talk to if you don't want to or can't come to the event, but still want to say something about this: if you get in contact with her we can talk about the best way for you to get your voice across about this topic.

BENEFIT CUTS SUPPORT GROUP

<p>Affected by benefits cuts?</p>	<p>Need some support or someone to help?</p>
<p>Since the beginning of the year a group of individuals concerned about some aspects of Welfare Reform (which are hitting disabled people the hardest) have been meeting in Midlothian. This is primarily for disabled people and people with long term conditions who are personally affected by some of these changes. The group offers a confidential space to share experiences and get information, advice and support from workers who are available to help on an individual basis should this be required.</p>	
<p>9TH SEPT DALKEITH ARTS CENTRE 11AM-1PM</p>	
<p>Who'll be there? Nicole - Welfare Advice; Kirstie & Neil - Grapevine; Eric & Marlene - Forward Mid; Penny - Hardship Co-ordinator; Stuart & Morag - Local Area Co-ordinators.</p>	
<p>TUESDAY 9TH SEPTEMBER - Come and be part of.... Midlothian Benefits Cuts Support Group!</p>	
<p>FORWARD MIDLOTHIAN DISABLED PEOPLE For further details, please contact: Eric or Ian t: 0131 663 9471 or Kirstie t: 0131 475 2370 e: eric.johnstone@mwacvs.org.uk</p>	

Individuals concerned with the effects of welfare reforms, such as benefit cuts, have been meeting in Midlothian. This group is primarily for people with disabilities or long term conditions who are personally affected by these changes. The group offers a confidential space to share experiences with others and get information, advice and support from workers who are available to offer this on an individual basis should it be required.

The next meeting is due to take place on Tuesday 9 September 2014 from 11am – 1pm at Dalkeith

Welfare Hall, Dalkeith. It is hoped that Colin Beattie, MSP for Midlothian North and Musselburgh will join this meeting. For more information contact Kirstie at Grapevine on 0131 475 2370 (Mon-Thu, 10am-4pm) or email:

grapevine@lothiancil.org.uk alternatively call Eric Johnstone at Forward Mid.on:

0131 663 9471.

MIDLOTHIAN COMMUNITY HOSPITAL GARDENS

“Midlothian Community Hospital Gardens will be open from 2 – 4pm on Saturday 6th September. Fantastic progress has been made over the last year and the gardens are looking lovely. There will be vegetables, plants, jams and cakes and eggs for sale as well as a tombola and gardeners’ question time. Plants are welcomed for the stall or a contribution of home baking.



More volunteers are needed to help out in the gardens and this will be a good opportunity to see what goes on and ask questions.

Please contact Daisy Muir on MCHGardens@cyrenians.org.uk or 0777 288 6746 for more information.”

KINSHIP CARERS MIDLOTHIAN

Grandparents Parenting Again and Kinship Carers
Midlothian
Registered Charity No: SC043967
Established 2003

ARE YOU RAISING
YOUR GRANDCHILDREN/GREAT GRANDCHILDREN?
NIECES OR NEPHEWS?
CHILDREN OF FRIENDS?

YOU ARE A KINSHIP CARER

Grandparents Parenting Again and Kinship Carers (Midlothian) is run
FOR KINSHIP CARERS, BY KINSHIP CARERS
offering 2 services

- > A SUPPORT GROUP - every Thursday during term time at Gorebridge Parish Church 9.30-11.30 am and an evening meeting at 7.30 pm on the 1st Monday of each month. Monthly support meetings in Peacock, Monday mornings. Please contact for more information.
- > A PEER SUPPORT SERVICE - one to one support from a dedicated worker, signposting to relevant agencies, giving information and representation (e.g. assistance with letter writing, phone calls or support at meetings).

PLEASE CONTACT US

Telephone: 07540 300 591
E-Mail: kinshipcarersadvocacy@gmail.com
Website: www.kinshipcarersmidlothian.co.uk

If you care for grandchildren, nieces or nephews, children of friends, then you are a kinship carer. Grandparents Parenting Again and Kinship Carers Midlothian are run for carers by carers and offer two services. There is a support group run every Thursday at Gorebridge Parish Church between 9.30 am- 11.30am. There is also a peer support service which provides one-to-one support from a dedicated support worker who can provide you with representation and information as well as signposting to available services.

If you would like more information you can call 07540 300 591. You can also e-mail kinshipcarersadvocacy@gmail.com. Or you can visit their website www.kinshipcarersmidlothian.co.uk.

NATIONAL SUICIDE PREVENTION WEEK

**Adult Males
make up
77% of
suicides in
the UK**

*(Source: Office
of National
Statistics)*

National Suicide Prevention Week 2014 will take place from Sunday 7th September to Saturday 13th September. During the week there will be lots of events and activities taking place across the Lothians to help raise awareness about what to do if you think someone may be at risk.

The week will begin with the annual Lothian Choose Life Challenge Cup. This is a five-a-side football tournament that will take place on Saturday 6th September at Gracemount Leisure Centre. For more info about this event or to register your team, please contact John Murphy at john@orchardcentreservices.org.uk or call 0131 663 1616.

For help and further advice if you are concerned that someone you know might be at risk, contact Breathing Space on 0800 83 85 87 or the Samaritans on 08457 90 90 90.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

There will be a 2 day crisis intervention training course on 22 and 23 September 2014, 9.00am - 5.00pm which supports you to feel confident about helping those at risk of suicide. The course covers personal attitudes, values and feelings about suicide. You will learn to identify cues indicating risk of suicide, how to discuss suicide with a person at risk and develop the skills to intervene with that person. The course is Suitable for anyone who may come in contact with an "at risk" person, and wants to learn suicide intervention skills. This may include: nurses, teachers, mental health professionals, social workers, support workers, doctors, counselors, and clergy. The course takes place at Bonnyrigg Health Centre (meeting room 1), 109-11 High Street, Bonnyrigg, EH19 2ET. For more information please get in contact with Simon Miller SimonMiller@health-in-mind.org.uk

HAVE YOUR SAY



The following comments are made by readers of CAPS Newsletters and do not necessarily represent the views of CAPS Advocacy. However it is important for people to have their say about issues that affect them. Collective advocacy allows people with similar views to come together and discuss ways to move forward and change things, so if you have any comments or feel similarly to other newsletter readers please get in touch with us.



“The supposed theory of the capitalist system of a free market is that the government will re-address the balance by protecting the less well off. This has not been upheld by either the Labour or Conservative at the Westminster Governments by their use of ATOS etc and some of the laws introduced.

There are many people who suffered from abuse in childhood, and the establishment has preferred to ignore a problem which cause alcohol misuse, drugs etc and a financial cost to society. Recently through the media this has been shown to be a major problem for older people as well, yet again Westminster appears to wish to put it " out of sight". As far as I am aware these problems have not been mentioned through the newsletter but may be a cause of depression, anxiety and general mental health problems. This is something which should be noted in any mental health programme.”

Robin H Dickson.

CAPS Information

CAPS

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CAPSIndependentAdvocacy

CAPS is an independent advocacy organization 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 the collective advocates at CAPS on 0131 273 5116 or email contact@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 Xmas 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)