

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.

CRISIS SUBGROUP

In response to many comments, East Lothian Joint Mental Health Planning Group is now working hard to draw together all the evidence of need in relation to people needing support in a crisis.

A sub group of people, including CAPS, is considering possible solutions and ways of designing a service which can be as accessible as possible to people from across East Lothian—not an easy task.

The work should soon be at a point where possibilities can be identified and it would be valuable to get views and comments to add to the consultations and evidence CAPS has gathered in the past.

If you have anything you'd like to say about work around Crisis please contact Amy Tucker to express your interest. It would be great to have a small group of people meeting up to look in a lot more detail at what may happen. CAPS would invite a group to meet up in our office. Contact Amy on 0131 273 5116.

EAST LOTHIAN

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

This two day course is run by The Mental Health Carer Support Group and is designed to give you the skills and confidence you may need when talking to a loved one if they are feeling low. This two day workshop takes place at Carers of East Lothian, 94 High Street, Musselburgh. You will learn how to find out if the person you care for is feeling suicidal and how to support them. This training is suitable for all carers who are worried that their loved one has suicidal thoughts from time to time. The ability to attend both days of this two day work shop is essential. The beginning of each session will set the tone for the rest of the day so please arrive promptly on both days. Bring a packed lunch or money to purchase food from the local area. Places are limited to 20 so to book as soon as possible please call 0131 0135.

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 and will be held 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.

LOTHIAN AUTISTIC SOCIETY

Lothian Autistic Society is launching a new project in East Lothian. The project is called Basecamp, and is aimed at children aged 7 to 12 and 13 to 17 years with higher functioning autism who may be isolated due to their social and communication skills.

Basecamp will involve group sessions aiming to encourage self-confidence, and encourage children to access community based activities. The project will support the person to develop their social skills in a safe and structured environment while having fun and making friendships.

The first session will run on **Thursday 25th September**: 7-12 age group from: 4.15 – 6.15pm, and the 13-17 age group from 6.30 pm to 8.30pm at Musselburgh East Community Centre, Haddington Road, Musselburgh EH21 8JJ

Parents or carers who secure a place for their child are requested to make a contribution of £3 per week towards activity costs.

For more information and to request a referral form please contact John Marr on 0131 661 3834 or j.marr@lothianautistic.org

RECOVERY EVENT

LEAP (Lothian Edinburgh Abstinence Programme) are holding an open day for people to find out more about recovery. The meeting, at the Brunton Hall Musselburgh, is open to anyone affected by addiction. This is including carers, friends, and family members of people who have an addiction. Come along on 11 September 2014 from 1.30 to find out more about recovery and what the next step to recovery involves. For more information and to book please contact 0131 653 5762 or email meldap@eastlothian.gov.uk

READERS COMMENTS



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

CALL 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)

CAPS

**The Consultation and
Advocacy Promotion Service**

**Old Stables
Eskmills Park,
Station Road
Musselburgh
EH21 7PQ**

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 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.

Phone for collective advocacy: 0131 273 5116

Phone for individual advocacy: 0131 273 5118

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