

....and there's MORE!

CAPS has been looking at the wider issues that underpin human rights. We have set up three focus groups to advance key priority areas of work. Here are a few of our achievements so far:

- **National Policy Group** - successfully challenged, with Scotland's Regional Tribunal Judge, the disparity around not being able to speak at benefits tribunals.
- **Diversity Group** - Launched a targeted campaign, involving posters, leaflets and visits that promoted the work of CAPS to minority ethnic groups.
- **Children and Young People's Collective Advocacy Group** - Gathered 93 responses from young people across Scotland on what they'd like a Mental Health collective advocacy group to do. We are currently seeking funding to take these views forward.

MONEY

Summary financial information

<u>Year ending 31st March 2016</u>	£
Income / in kind support	
Donations	14,075
Charitable activities	424,281
Total	438,356
Expenditure / losses	
Collective Advocacy	261,708
Individual Advocacy	181,341
Pension scheme remeasurements	31,000
Total	474,049
Net movement in funds	-35,693

CAPS received grant funding from East Lothian & Midlothian Councils, NHS Lothian, NHS Education Scotland & See Me. We are grateful for all the support they have provided to the organisation.

At time of printing, CAPS statutory audited accounts are awaiting final approval.

CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation (SCIO).
Scottish Charity No. SC021772

printed July 2017

WHO'S WHO / CONTACT US

Management Committee

Lin Cochrane - Convenor
Elspeth Morrison - Vice Convenor
Laurelle Edmunds
Sandra Ramsay

Current Staff

Jane Crawford - Chief Executive Officer
Fiona Macdonald - Senior Advocacy Worker
Clive Baker - Individual Advocacy Worker
Joanna Cowan - Individual Advocacy Worker
Kousar Javaid - Individual Advocacy Worker
George Kappler - Individual Advocacy Worker
Kyna Reeves - Individual Advocacy Worker
Victoria Jackson - Volunteer Co-ordinator
Niamh Allen - Development Worker
Ele Davidson - Development Worker
Lili Fullerton - Development Worker
Kirsten Maclean - Community History Worker
Anne O'Donnell - LEARN Co-ordinator
Julie Ross - LEARN Assistant
Tom Frank - LEARN Educator
Andrew Kernohan - LEARN Educator
Fiona Kernohan - LEARN Educator
Glen Faulkner - Office Administrator

Two of our staff, Robin Holmes and Jane Rubens retired this year. Two members of staff returned to full time education within this year also, Maeve Coyle and Amy Tucker.

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CAPS

independent
advocacy

REPORT 2016

CAPS is an Independent Advocacy Organisation for people who have lived experience of using mental health services. We are completely independent from the people who fund us and those who provide other services to the people we work with.

CAPS provides Collective and Individual Advocacy in East Lothian and Midlothian and also hosts several experience-led projects across Lothian.

In April 2016 CAPS changed it's legal status to become a Scottish Charitable Incorporated Organisation (SCIO).

This year we have been growing the number of volunteers that are involved with CAPS.



With our new Volunteer Co-ordinator in post there have been lots of positive developments allowing many more people to become involved with collective advocacy and the LEARN project, putting people at the heart of the work that CAPS does across the Lothians.

Individual Advocacy

2016

We provide Individual Advocacy to people from East Lothian and Midlothian who use mental health services, to help resolve a wide range of issues affecting their lives. During this year, two full-time and four part-time members of staff worked with individuals in the community and in the Royal Edinburgh Hospital, where Midlothian and East Lothian acute in-patient beds are based.

CAPS is based in an office in Musselburgh but we can arrange to meet wherever suits the person best.

“Thank-you to CAPS advocacy...I felt more confident speaking out and realise I do have a voice.”

“CAPS input was the model of professionalism, dignity, determination and integrity.”

In 2015 - 2016, a total of **360** people were supported to make their own choices in **400** instances of advocacy; 204 in East Lothian, 196 in Midlothian.

This year the people we have helped have regularly had more than one issue; in fact this year of the 400 instances of advocacy, there have been **531** issues:

- 183** - Benefits
- 83** - Health and hospital care
- 62** - Housing
- 46** - Mental Health Act (e.g. tribunals)
- 44** - Children and families
- 21** - Social work related
- 19** - Employment
- 16** - Support to make a complaint
- 15** - Finances
- 13** - Legal
- 29** - Other e.g. adult support and protection, signposting, education.

“The advocates are invaluable. Non-judgemental and above all else, kind!”

Collective Advocacy

2016

This year has seen lots more consultation across East and Midlothian. In East Lothian CAPS has been asking people about what support would be helpful before returning to volunteering, education or employment. In Midlothian we have been talking to people about what should be included in the new Midlothian Wellbeing Access Point service. CAPS also gathered views in East and Midlothian in response to the Scottish Government consultation on Scotland's new Social Security Powers.

Experience Led Projects (Lothian)

Seen But Not Heard - Following the success of the original film, the NHS Lothian Butterfly Bursary provided further funding to make a film with young people sharing their experiences of eating disorders in order to create awareness and understanding. The response to make the film was overwhelming and the success of the project continues to grow with the film having been shown in the Scottish Parliament as well as in universities and schools across Lothian.



The **Experiences of Psychosis Project** film launch at the Scottish Parliament last November was extremely successful and has led to requests from several NHS services to view the films. Members of the group have been working with NHS Education Scotland (NES) contributing to online training for those working with people who experience psychosis.

LEARN has seen some big changes this year. In staffing, the team now has a new LEARN Co-ordinator and the addition of a new LEARN Assistant to help ensure the high standard of service that the project aims to provide. Following a review of the project in Spring 2016, the team have been striving to ensure that more volunteers with lived experience of mental health can be involved in delivering the courses. This helps to ensure that LEARN's programme fits with CAPS core values. The course topics and content continue to evolve to reflect what people tell CAPS is important to them.



Collective Advocacy

2016



The **Mad People's History and Identity** course has reached the end of its three year pilot with Queen Margaret University. The project's success has created many opportunities including attending and presenting at

conferences throughout Britain and Ireland. An exciting development that has grown out of the QMU course is the design and delivery of new community based sessions by a group of people who attended the course. So far these have run successfully at the Stafford Centre in Edinburgh and a course is planned in the Orchard Centre in Bonnyrigg, Midlothian. The result of these community courses is that now discussions about Mad People's History and Identity can be more accessible to more people!

Trauma Reference Group - CAPS have been bringing together people who have experience of trauma to input into the redesign of Lothian's trauma centre - The Rivers Centre. So far the group have gathered views, through consultation, on the language that people want to see being used in a new trauma service and this group continues to feed into the redesign process on issues like physical environment, training and education.

The 2016 **People's Conference** was held in Walpole Hall in May 2016. The event was planned and organised by the, now established, steering group of people who have worked on the People's Conference in the past. The theme this year was "Dear Doctor..." looking at people's experience of accessing primary care. People's thoughts from the day were presented at Taking Stock in May 2016 and there was recognition that this subject is currently high on several agendas across Lothian and people's voices on this topic were welcomed. **Be part of this next year. Get in touch with us.**



www.capsadvocacy.org

A huge "thank you" to all the people who take part in these Collective Advocacy projects and make them so successful.