

MIDLOTHIAN VOICES

CAPS Independent Advocacy

IS THERE ANYBODY OUT THERE?



CAPS
independent
advocacy

What is CAPS?

CAPS is an **independent advocacy organisation** for people who **use or have used mental health services**.

CAPS **work with people who use or have used mental health services** as individuals or as members of a group to **set their own agenda**, to find a **stronger voice**, **to get their point across**, and **influence decisions** which affect their lives.

CAPS provide individual and collective advocacy in **Midlothian and East Lothian**. CAPS also have several **Lothian-wide** experience-led projects.

Individual Advocacy is about working **alongside a person** to help them **express their views** and have more **influence** over **decisions** being made about their lives.

Collective Advocacy is about **groups** of individuals with a **common cause** who come together to **raise awareness**, **campaign** and **influence** service planning and provision.

CAPS is an **Independent Advocacy** organisation.

This means that it:

- Puts the people who use advocacy first
- Is accountable
- Is as free as it can be from conflicts of interest
- Is accessible

**CAPS is a Scottish Charitable Independent Organisation
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and East Lothian Community Health Partnership.**

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Midlothian Voices....



Midlothian Voices are a group of people who live in Midlothian and identify as having Mental Health issues.

The group formed in August 2017 with the intention of ensuring that local people were involved in decision that were made on a local level.

When the group first met they discussed topics that they would like to look at for work going forward. The group decided they would like to talk about;

- Universal Credit
- Stigma of Mental Health with Employers
- Access to alternative types of therapy

One of the things that the group identified as a gap that they hoped to fill within the group was a good place to discuss upcoming events and share knowledge of other resources.

Midlothian Voices Mission Statement

“Midlothian Voices are a group of people who live in Midlothian that come together with shared experience of Mental Health Issues and a collective interest in having our voices heard on issues that are important to us. This group will be facilitated by CAPS Independent Advocacy.

Our goals as a group are;

- **To Identify and work on issues that are important to us such as welfare reform and fighting against stigma;**
- **To feed into local and national Mental Health Strategy by attending relevant meetings and events and taking the thoughts and opinions of our group members to enable people to have a louder voice in decision making.**

- **Helping people in Midlothian to be involved in local issues and raising awareness of Mental Health issues and local services.**

To enable us to achieve our goals;

- **We will meet regularly as a group.**
- **We will share information about issues and events that are happening in our local area**
- **We will attend meetings and events that are relevant to Mental Health**
- **We will organise events to allow other people in Midlothian to come together on issues in our local area.**
- **We will, supported by CAPS, produce material as needed to promote the work we are doing, i.e. leaflets, reports etc.**

The group decided that the first action they would like to take was to arrange an event that brought together people in Midlothian with services in the county.

It was important to the group that as many different services including statutory, voluntary and peer groups were represented at the event and that it would be an opportunity to create a reference guide of these services that people could access to find out what was available and how they could access them.

The following report will give a description of the services that came along on the day and will look at 3 questions that people discussed in the afternoon;

- **Is your ideal service here today? What other services would you like to see in Midlothian?**
- **What didn't you know about services in Midlothian before today, have you heard anything that surprised you today?**
- **What would make it difficult for you to access these services? What could they do to help?**

Is there anybody out there?...

On the day of the event each of the services that attended were given a 2 min slot to describe their service and let people know how they could access them.

Each service submitted a paragraph for this report;

venturetrust

Venture Trust is a national organisation who provide 5-10 day Wilderness Journeys to people who want to make changes in their lives.

We have four core programmes:

Inspiring Young Futures – for young people aged 16-21 (or 25 if care experienced)
(In Midlothian we do not have a contract for IYF but we do work with a small number of young people in ML but referrers need to pay for this themselves)

Living Wild – for males and females aged 16-40 who are on a criminal justice order

Next Steps – for women aged 16 and over who want to develop their confidence and motivation to change their lives.

Positive Futures – for males and females aged 16-64 who have served in the armed forces (can be the TA and for any length of time, long or short)

People can self-refer or be referred from an organisation they currently work with.

People come to us for a wide range of reasons – they maybe suffer from poor mental health, are in recovery from addiction, have experienced domestic violence or have recently left school and have little experience of paid work and are struggling with what to do next.

We have Wilderness Journeys going out all year round with up to 12 participants on each course with 5 members of our highly trained

Field Team. When away participants do outdoor activities alongside personal development work in groups and one to one. Participants come back with an Action Plan which contains clear goals and details of how they will work to achieve these goals. Participants have an Outreach Worker who supports them from initial meeting, to go on the Wilderness Journey and for up to a year after they return.

Their Outreach Worker will point them in the direction of other group sessions and training courses that Venture Trust offers as well as signposting them on to other opportunities that they might be interested in whether that's for employment, training, volunteering or continuing to work on their confidence, improve their relationships or take up a new hobby.



Midlothian People's Equality Group

Our vision is to have a more equal Midlothian where all of the different people and communities of Midlothian are valued, more trusting of their fellow citizens, live longer, are healthier,

better educated and less likely to be victims or perpetrators of crime.

We aim to promote equality and challenge prejudice; encourage collaboration between different communities of people across Midlothian; ensure that the interests of all the different people in Midlothian are represented in local policy and planning.

MPEG organise joint projects and events which create the opportunity for different people across Midlothian who may have experienced prejudice to share experiences, learn from each other, identify shared interests, have fun and work together to find solutions.

Get in touch with Erin Cuthbertson, Equalities Engagement Officer 0131 271 3358 for further details about how to get involved.





LEARN offers free mental health courses. There are two things which make these different to other courses

Education for Advocacy. All our courses come from the collective advocacy groups that CAPS support. They are about the voices and experiences of people with lived

experiences. Everyone who facilitates our courses have their own lived experience.

Everyone knows something other people would love to learn so we encourage people on our courses to learn from each other. We discuss things, make collages, draw, watch CAPS videos – whatever helps people learn and listen and share.

People on our courses tell us they feel relaxed, they feel able to share, they learn lots, they laugh a lot, they feel less alone, they feel inspired!

So if you live or work anywhere in the Lothians, whether you have your own lived experience or you are a worker or both, please get in touch with us at learn@capsadvocacy.org
www.capsadvocacy.org/learn



1985 - 2015

Celebrating 30 years of supporting volunteering in Midlothian

Volunteer Midlothian

Volunteer Midlothian provide support and advice about volunteering to people in a number of ways. We can help by:

- Exploring if volunteering is right for you
- Giving you information about opportunities available
- Matching you up with a suitable group or organisation
- Helping you to contact the organisation you are interested in
- Arranging a 'taster' of volunteering if you are not sure of what you would like to try
- Accompanying you the first time you go to your place of volunteering
- Helping you through the application process

- If you are interested in finding out more or would like to book an appointment with one of our advisors please visit our website www.volunteermidlothian.org.uk, phone us on 0131 660 1216, email us at info@volunteermidlothian.org.uk, or pop into our office at 32/6 Hardengreen Industrial Estate, Dalkeith EH22 3NX.



Midlothian Voluntary Action

Midlothian Voluntary Action provide a range of support and training to community groups and voluntary organisations. Get in touch if you need assistance to set up a new group, or access funding for your activities. We also have small grants of up to £500 for individuals or groups who want to explore a new idea around peer support. For more information on our services contact us on 663 9471, or at info@mvacvs.org.uk



Gorebridge Community Cares

Gorebridge Community Cares is a Charitable organisation that began as a grassroot movement and was successful in saving the library and leisure centre services in Gorebridge. As a community led movement, we believe there are gaps in services and their provision. Our vision is to try to remove some of the inequalities within our community of health, employment, education, transport, food poverty (different from food banks and more to do with affordable local shopping) and by offering opportunities or attracting the right services, make Gorebridge a fairer and happier place to live.

We will try to do this through new ways of thinking about issues – why is the current provisions not reaching those who need it most –

the under the radar people? We will offer informal education, food, nutrition, cooking skills, adult returners type courses, confidence building, core skills, guidance, using these vehicles to help make life a little bit easier for those who want it.

We hope to help in small ways to break the cycle of poverty and act as a preventive and holistic approach to emotional and mental health issues by helping families and individuals achieve their potential in a safe and nurturing environment, but more, by offering people a new narrative for themselves, the quality and aspiration of their lives will be improved.



EQUAL ACCESS

Equal Access is developing mental health support service that includes raising awareness of mental health issues among minority ethnic people and identifying any barriers people may experience in accessing services.

The diversity of our staff and volunteers means we can communicate with you in several languages. We can offer support in different ways which may include one to one support, befriending and peer support, group activities or providing information.



RE-DISCOVER BEFRIENDING

Our popular re:discover befriending services help people to take the first steps towards meeting new people, rediscovering old hobbies and developing new interests and connections.

re:discover befriending offers 6-month matches with the flexibility to be extended up to a maximum of 12 months where appropriate. It is currently available to anyone feeling isolated due to experiencing mental ill health and living in Edinburgh, Midlothian or the Scottish Borders.

A volunteer will:

- Build the person's confidence and self-esteem
- Provide more opportunities for social contact
- Support them in building relationships with others
- Encourage them to take part in local activities or groups
- Help them to pick up old hobbies and interests and discover new ones
-

How to apply re:discover Midlothian:

Referrals for Midlothian are assessed on an ongoing basis. These should be made directly to the service or via the Joint Mental Health Team. Please contact Lisa Hodgkinson by email or phone 0131 202 6413 or 077607 53020. Self and third-party referral forms are available at the bottom of this page.

**MENS SHARE****Suicide, Harm, Awareness, Recovery & Empathy (SHARE) Project**

Many men find it hard to talk about their feeling which can mean they find it difficult to find the right support to help them resolve their problems.

The Men's SHARE Project provides an accessible comfortable space which offers social and emotional support.

SHARE started as a Midlothian pilot project, funded by the Choose Life suicide prevention initiative and is delivered by Health in Mind in partnership with the Citizens Advice Bureau and available for men aged between 25 and 50.

The project runs:

Thursdays - Drop in at Dalkeith MVA and Penicuik Town Hall.

Mondays - Drop in at Newbattle Education Centre from 9.30am – 11.30am

Mondays - Five-a-Side Football at Loanhead Leisure Centre at 5.30pm.

SHARE aims to reduce risk by having weekly support groups in major population centres. It also has the potential to develop 1:1

support if needed. The project focuses on prevention and intervention, providing support to promote resilience strategies and recovery pathways. It also offers an opportunity to engage in activities that promote a sense of purpose and belonging.

Many 'at risk' men have been supported by SHARE with an emphasis on guiding them to appropriate services at an early stage. Individuals with the group are growing in confidence and are feeling more comfortable about sharing their emotional issues. The project has seen men who have previously been extremely isolated, become involved in both general and targeted conversations.

The evidence indicates that the benefits to Midlothian men could be replicated throughout Scotland. The evaluation report for the project is available [here](#).

For more information, contact the Orchard Centre directly on 0131 663 1616 or [email us](#).



CLEAR: Community Lived Experience for Alcohol & drugs Recovery

CLEAR is a Midlothian peer support project for people who experience drug or alcohol problems and mental health difficulties. You would work with experienced volunteers who have had addictions and mental health problems themselves and they would support you while you are still going through these challenges.

CLEAR is based at Health in Mind's Orchard Centre Services in Bonnyrigg and is funded by Mid and East Lothian Drug and Alcohol Partnership (MELDAP).

Who can use the project?

To join the CLEAR project you will need to:

- Be 18 years of age or over
- Live in Midlothian
- Have or be in recovery from a drug or alcohol problem
- Be willing to work to explore ways of improving your mental wellbeing and wellbeing.

CLEAR is open to all people, no matter their gender, ethnicity, sexuality, faith or beliefs.

How do I become involved?

You can refer yourself to the project or be referred by any agency. A project worker will then arrange to meet with you to discuss CLEAR, how it might benefit you and how to register to use the service.

For more information, contact the Orchard Centre directly on 0131 663 1616 or [email us](mailto:phil.morris@orchardcentreservices.org.uk).



ROWAN - Respect Our Woodland and Nature

The ROWAN project encourages people to enjoy the benefits of being close to nature and the sense of wellbeing it offers. It's one of the services delivered by Health in Mind's Orchard Centre Services which operate throughout Midlothian and are funded by Midlothian Council.

The project offers people a chance to participate in conserving local woodland and walkways for the benefit of the wider community and as well as offering hands-on gardening, it offers health walks and an opportunity to learn about woodland skills and environmental issues.

Currently, ROWAN is involved in conservation activities with the local Ranger service at Roslin Glen, the Bonnyrigg Footpaths Initiative, the Midlothian Community Hospital Garden Project, the Secret Garden in Dalkeith and the Lost Garden of Penicuik.

Want to get involved? Contact Phil Morris on 0131 663 1616 or email phil.morris@orchardcentreservices.org.uk





The **Midlothian Access Point** is all about guiding you to access the support you need to increase your mental wellbeing—reducing low mood and your feelings of stress; increasing your

confidence and self-esteem. The Access Point is not a crisis or emergency service. We can help support you to understand more about why you feel unwell, find out about groups, activities and services in your area, and help you access the support that will work best for you.



Juno Perinatal Mental Health Support was founded in February 2015 by a group of mums in Edinburgh who all have personal experience of perinatal mental health difficulties. We support mums who are experiencing perinatal mental health difficulties through weekly peer

support groups across Edinburgh.

Perinatal mental health difficulties can include antenatal depression/anxiety, postnatal depression/anxiety, maternal OCD, postpartum psychosis and birth related trauma.

Our main aim at Juno is to help mums with perinatal mental health difficulties realise that they are not alone in how they feel and what they feel is indeed a very real illness. It is very common to think ‘why me?’ ‘why can everyone else cope?’ ‘will I ever feel normal again?’ ‘it’s not supposed to feel like this...is it?’

We are now launching our first Midlothian drop-in peer support group on 16th May 2018. The group will run every Wednesday (during term time) 0930-1100 at The Link, 5 Mayburn Walk, Loanhead, EH20 9HG.

For more information you can contact us on:
Juno.enquiries@gmail.com



Mums Walk is a new peer support walking group for mums (with babies or children of any age) in Midlothian who are experiencing mental health difficulties such as low mood, depression and anxiety.

Mums Walk has been set up by a group of mums who all have personal experience of mental health difficulties in the postnatal period and beyond. Talking with other mums who could relate to what we were experiencing was important in our recovery. We now want to offer that support to more mums in Midlothian.

What does the group offer?

Being outdoors and walking can have a positive effect on our mental health and wellbeing

Meeting with other mums can reduce the isolation which often accompanies mental ill health

A safe place to talk and be listened to with understanding and no judgement

Talking with other mums who are experiencing something similar can help you to know that you are not alone in how you are feeling

Sharing ideas about recovery and staying well

Information about the help and support available in Midlothian

Talking with mums who have recovered can give hope that with the right help and support you can and will recover.

When: we meet every Monday during term time 0930-1100

Where: we set off each week from the Lasswade Centre, Bonnyrigg.

Parking is available. At the end of each walk we welcome you to stay for tea/coffee in the cafe at the Lasswade Centre.

Cost: the walk is FREE. You may wish to buy tea/coffee after the walk.

Walks are gentle and led by mums who are Paths for All trained health walk leaders.

There is no need to book a place in advance, just turn up. We know it can be difficult to go along to a group for the first time, so one of our volunteers can meet up with you beforehand if that would be helpful.

For more information about the group please contact:

mumswalkmidlothian@gmail.com



Local area Co-ordination is based on a vision of a society where disabled people and their carers are valued as full and equal members of the community. The LAC team work alongside children and adults (up to 64 years) with learning disability; physical

disability; sensory impairment; and their families.

We work alongside people to enable them to become more confident, supporting them to achieve their dreams and to build good lives.

We also work alongside communities, groups and organisations, supporting them to become more welcoming and inclusive.

Please contact any member of the team on 0131 454 1785.



Midlothian



Midlothian Psychological Therapies.



It is a service available to adults (18-65) living in Midlothian. We offer specialist assessment and talking therapies to people experiencing mental health difficulties. Talking therapies are delivered in 1:1 and in groups. It is an opportunity to better understand what is distressing us, where these difficulties come from and what is keeping them going in the here and now, so that we can start making some positive changes towards recovery. The main way to access this service is by attending the Midlothian Access Point.





VOCAL is Voice of Carers Across the Lothians, a carer-led organisation working with family members, partners and friends who are caring for someone.

A carer is anyone who looks after another person on an unpaid basis. This could be due to a long term condition or illness, a mental or physical health issues, disability, or addiction.

VOCAL offers a range of services in Midlothian.

Carer Support – offers the opportunity to talk to a carer support worker about information and support needs, your hopes and goals for the future and work out next steps. VOCAL can offer support with things like benefits checks and applications, support to manage your own health by getting a break and having a health check. There are also opportunities to meet other carers or find local activities.

Counselling – VOCAL's COSCA recognised counselling is open to carers requiring emotional support. Financial contributions are agreed at a level to suit your individual circumstances.

Training & Groupwork– Meet other carers, increase your confidence, improve your health and develop coping skills to help manage your caring role through a range of training and groupwork.

Family Support Addictions– Supporting family members and friends affected by someone else's addiction, this service provides one-to-one and group support, as well as short training courses.



Bibliotherapy



Midlothian Bibliotherapy – Braw Blether

Braw Blethers Reading Groups

Midlothian Library service is currently running the following Braw Blether sessions. Braw Blether groups get together to read and tell stories; using poems, song lyrics, fiction, and news

articles, to spark conversation.

You don't have to be a great reader to come along, and you don't need to bring anything with you.

Every Monday	Dalkeith Arts Centre	1.30	–	3.00pm
Every Tuesday	Penicuik Library	1.30	–	3.00pm

Braw Blether for Carers, Dalkeith Arts Centre 10.30- 12.00 pm – once a month, exclusively for those caring for someone in Midlothian. If you are thinking about attending one of the groups, or you would like to enquire on behalf of someone you know, you can contact the Bibliotherapist Fiona Bailey on 0131 271 6668 fiona.bailey@midlothian.gov.uk



Horizons Cafe is Midlothian's first Recovery Cafe. We provide a safe, clean, sober and recovery focussed environment that all people of a similar mind are welcome to attend. The Cafe is run and operated by people in recovery or affected by addiction.

Children are very welcome and can even participate in craft activities!

So if you need a chat, some nice food or just a place to be safe around people who understand you, then come along.

On: Every Friday at 10:15 am – 11:15 am

At: Horizons Recovery Cafe, Dalkeith Baptist Church, North Wynd, Dalkeith, EH22 1JE

For more details please phone 0131 660 6822



The Wellbeing Service funded by the Midlothian Health and Social Care Partnership (HSCP) is currently being provided in eight Midlothian GP practices.

- The approach is based on a 'good conversation' focusing on personal outcomes and building people's strengths, assets and community support. Through the good conversation approach, people are supported to explore coping strategies, express their own needs and priorities, and reflect on their progress.

- The service is being provided on a one-to-one basis (between 1 to 10 sessions) and through group support, and people are supported to access local services.



CRAFTY CREW

Crafty crew are a peer group that meet regularly to provide support and engage in craft activities.

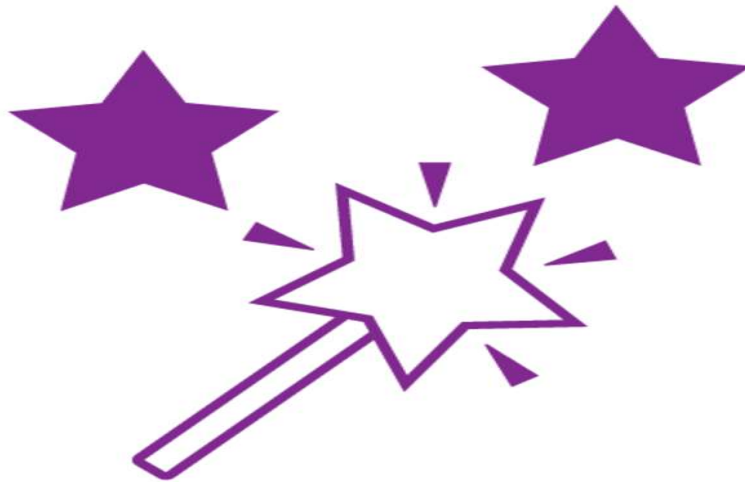


CLAIRE'S SAFE HAVEN

Claire's safe haven are a peer group that meet regularly in a safe environment to provide support to each other.



WE ASKED PEOPLE...



Is your ideal service here today? What other services would you like to see in Midlothian?

*"I would like to see a service for young people
Younger than 16+ and families too"*

*"I am amazed at the work of Crafty Crew. I didn't know about
them and will promote this group!"*

*"I like the work of the LEARN project because I want to know
more about mental health and treatment"*

" I love that its free, that makes access easier"

*"We need a service for young people age18-24. It would be
good if Midlothian could link in with Fairbridge to hold
induction courses locally"*

"Good variety of services / different things on offer"

*"Housing options- community housing -social aspect, wider
age range especially for younger adults with a disability"*

"Spring looks good."

"Womens share group for women with experience of suicide"

"Self harm projects S.T.A.R"



What didn't you know about services in Midlothian before today, have you heard anything that surprised you today?

“How many services there are in Midlothian doing some great work. I didn't know Pink Ladies was finishing :(“

“The hub in Dalkeith will be really positive ‘one stop shop’ will ideally reduce duplication of work for professionals and service users”

“Learning about Gorebridge community cares, addressing community needs”

“Variety of services on offer”

“I didn't know anything – I came here to learn-“

“Didn't know about the Pink Ladies ‘offshoot’

“Didn't know about Venture Trust”

“Services that I didn't know existed Menshare and Braw Blether”



What would make it difficult for you to access these services?

What could they do to help?

“Geographical distances -need to travel to access services – can be a barrier”

“Need for a directory of Mental health services- variety of ways to access information by service users and professionals”

“Holistic services seeing people as an individual not just helping in one aspect of life or as a label /criteria”

“Geography plays a part, good services but don’t always know areas”

“More joined up working would be beneficial”

“Not sure how to get referred, transport”

“Physical disabilities / Wheel chair access”

“Names are really confusing/ similar, difficult to figure out what each does”

“Partnership working to be supported/encouraged resources/facilities etc”

“Organisations staying true to their roots (not being swayed by funding/criteria etc.)”

“Bureaucracy; priority in paying/billing services; not meeting criteria of services e.g age group; services not recognising need /individuals”

“Access to transport;”

“Not knowing people; feeling low /isolated”

“Barriers to accessing services: often seen as ‘not engaging’ rather than working to address barriers”

“Getting well advertised”

“Available venues to meet”

“Better networking-events like this altogether maybe annually”

“Services having better feedback and communication between each other”

“Transport”

“Confidence”

“Financial constraints – not enough support packages , Lack of information about services. Drop in information service”

“Increase use of Library Services Volunteer to facilitate/coordinate info”.

What were the main themes of the events?



There were several clear themes that came through in these events;

- Information on what's available in the local area remains difficult for people to keep up to date with, more ways to keep up to date would be appreciated.
- People commented on the need for more services for young people's mental health and wellbeing.
- Transport remains a barrier to people accessing services
- Opportunities for people and services to come together in a face to face capacity are highly valued by all
- Continued efforts around communication and joined up working between services remains important.

What did people tell us about the day?

*"The networking,
The soup, The
venue."*

*"Hearing about, and
meeting the other
groups..good soup!"*

*"Great for
meeting and very
informative."*

*"The variety of
organisations
represented."*

*"The being
together as a
group."*

*Everyone in one
place – lots of
info."*

*"Relaxed, informal
informative.
Opportunity for
sharing."*

*"Hearing about
services I didn't
know about."*

*"..learn about the
very wide variety of
services in
Midlothian."*

Today I loved...

*"The networking,
The soup, The
venue."*

*"The
format/presentation of
the day, very good!"*

*"That the event
was so well
organised."*

*"Good
atmosphere."*

*"Collective agency,
coming together,
learning new ideas and
groups."*

*"Hearing about
services & group
discussions."*

*"Meeting different
groups."*

"Everything!"

"There are still gaps in mental health provision in Midlothian."

"About working together, sharing ideas, useful contacts."

"about how useful knowing about other services and how they support."

"about how we work together."

"about how many kind people are working to make things better."

"There is more out there to take part in."

"getting out there and speaking to other organisations about partnership!"

"of womanshare and promote posters etc .."

Today made me think...

"..like to see more services for children and young people and families around mental health."

"The networking, The soup, The venue."

"There are a lot of services but only if they know about them."

"That the event was so well organised."

"about getting help locally...microphones would have been good difficult to hear."

"What we have and what we need."

"What a lot of great services, good to do an event like today."

"I thought about how important it is to reach out to people in isolation, there seems to be a lot of focus helping people who are"

"There is possible a gap in the market for self-harm projects...today's event has been absolutely superb!"

"Lots of new and helpful information about services.."

"...a mindset to take away and pursue resources about what is going on in my area."

"Should do this regularly – could be a half day? Lunch was great!"

"The hope that more people will be made aware."

"contact with other groups with similar goals..work together"

"Have taken information about volunteering."

Today I want to take away...

"That groups exist, providing support, so knowing help is available is important."

"All the information I have gained and networking to signpost people."

"What I had temporarily forgot...it's good to talk!"

"Relaxed, informal informative. Opportunity for sharing."

"Positive idea's"

"All the good ideas I heard."

"That there is going to be more of this kind of thing in the"

"How we coordinate our use of premises."

"Links of information and how to promote health and wellbeing."

"Getting more info onto Midspace...crafty crew sounds great!"

"That there are organisations that will help set up peer support groups."

Where do we go now?



- CAPS and Midlothian Voices will distribute this report widely across services and groups in Midlothian
- We will publish this report on our webpage and link on our facebook. We will encourage other people to share this link.
- We will ensure that the report is available in public places for people to access as a reference tool for services in Midlothian and invite people to add their thoughts on the questions in the report.
- We will also take this report to relevant strategic planning meetings within Midlothian Health and Social Care Partnership to allow the findings in the report to inform decision making.

Acknowledgements



CAPS would like to thank everyone who was involved in the planning, collaboration and organization of this event.

An extra special thank you to Horizons café for their fantastic lunch!

For all those who participated in the event CAPS would like to thank you. It was great to see so many people interested and involved in this topic and some inspiring discussions came out of the event to take forward for the future!

Contact details

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