

# Annual Report 2022

Celebrating 10 years of Out Of  
Sight Out Of Mind exhibition!



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# welcome

## Welcome to CAPS' Annual Report for 2022

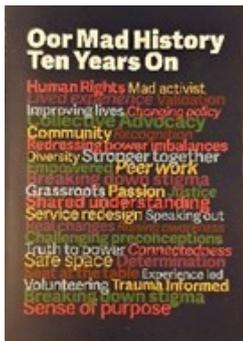
Writing the annual report is a time to reflect on all that's happened in the last year. 2022 has seen real growth

in CAPS with new members of the staff team and new projects.

We've been reflecting too on the last ten

years with the launch of "Oor Mad History Ten Years On", the ten year anniversary of the Out of Sight Out of Mind exhibition, and

ten years for me too, working with all the incredible team at CAPS.



## The growing staff team

Some of the team have moved on to new roles elsewhere and I'd like to thank them for all they contributed to CAPS and the benefit they helped bring to the people we work with. **Kirstie** and **Robyn** are taking maternity leave with two new members of staff taking on their work – **Malin** in the adult individual advocacy team who's focus is 16 and 17 year olds, and **Denise** in the children's individual advocacy team.

Another three people have joined our children's individual advocacy team – **Steph**, **Rachael** and **Lauren** and two people have also joined the adult individual advocacy team – **Sarah** and **Lily**. In collective advocacy, **Molly** is now working on three of the experience led projects and recently **Ellis** joined us to focus on the other two. **Benjamin** is now the contact for Oor Mad History.

We are all delighted that our individual advocacy work is extending to the specialist area of **Eating Disorders** where we will be working with children, young people and adults throughout Lothian, complementing existing mental health provision.

Enjoy reading about the all the independent advocacy work we do and the difference it makes to people!



# individual advocacy for adults

## Mental Health Advocacy

We provide individual advocacy to adults from East Lothian and Midlothian who use mental health services, to help resolve a wide range of issues affecting their lives. During this year, five 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.

## Our service this year (April 2020 – March 2021)

**281** people were supported to make their own choices in

**458** issues (231 in East Lothian, 227 in Midlothian)

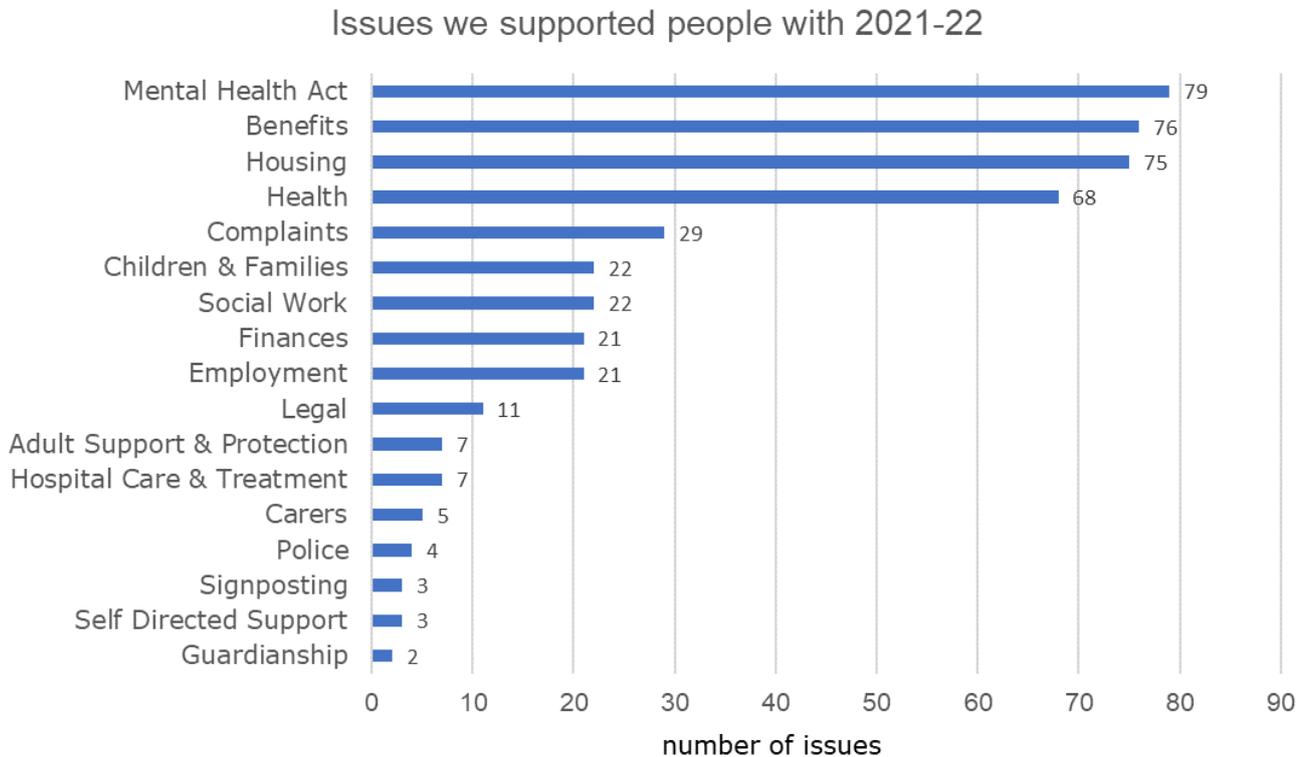
“People were nicer if [my advocacy worker] was present. The other side would hear me. It definitely made a difference - 150%!”

“CAPS is a fantastic organisation. They helped me to put my case forward.”

“I was up against a brick wall, but [my advocacy worker] got my point across and made people take notice. She helped take the weight off my mind.”

## individual advocacy for adults *continued*

We can support people to navigate a wide range of different issues. Here are the things people approached us for assistance with this year:



### Changes in our Individual Advocacy team

Requests for individual advocacy continue to increase as the Covid-19 recovery continues. As of our latest reporting in October 2022 referral numbers are now approaching pre-pandemic levels.

Thanks to additional funding from the East Lothian and Midlothian Communities Mental Health & Wellbeing funds, we were able to expand our age range down to work with younger adults from age 16 for the first time from April 2022. Malin Brash joined us in September and will focus on growing this area of our work. Additional funding from NHS Lothian also meant Lily Walton joined us in September and will provide specialist advocacy for adults experiencing an eating disorder. This project will be able to work with people from anywhere in Lothian for the first time – more details in next year's report!

These exciting new areas of work plus growth across all our individual advocacy work meant the team needed some extra management support. We welcomed Sarah Fox in August 2022 as our new Individual Advocacy Team Leader.

## individual advocacy for adults *continued*

People we've worked with this year said:

"[CAPS] made me feel listened to. Because of that I felt I didn't have to back off because it was overwhelming."

"With [my advocacy worker] in my corner I was more confident"

"[My advocacy worker] was good at explaining things - he was down to earth, nice to talk to and made me feel at ease."

"I felt that I was able to take a much more active part because of [my advocacy worker]'s support. He helped me to feel empowered by it."

"She had my back - I connected with her straight away - and she explained everything so that I understood all the different options. She walked the walk with me."

"[Two advocacy workers] both helped me through a really difficult time and helped me to voice things that I couldn't put into words."

"I can't overstate the support - you did a great job to help me be in control."

"[My advocacy worker] was at the meeting with me - and I felt this made everybody round the table much more careful what was said - [my advocacy worker] was on my side."

Please ask to see a copy of our 2021 – 22 East Lothian & Midlothian Report for more details!

# individual advocacy for adults *continued*

## Drug and Alcohol Advocacy

We also work with adults in East Lothian and Midlothian who want our support to have their voices heard due to being affected by **drug or alcohol use**. Someone coming to CAPS drug & alcohol advocacy service does not also need to identify as having a mental health issue.

## Our service this year

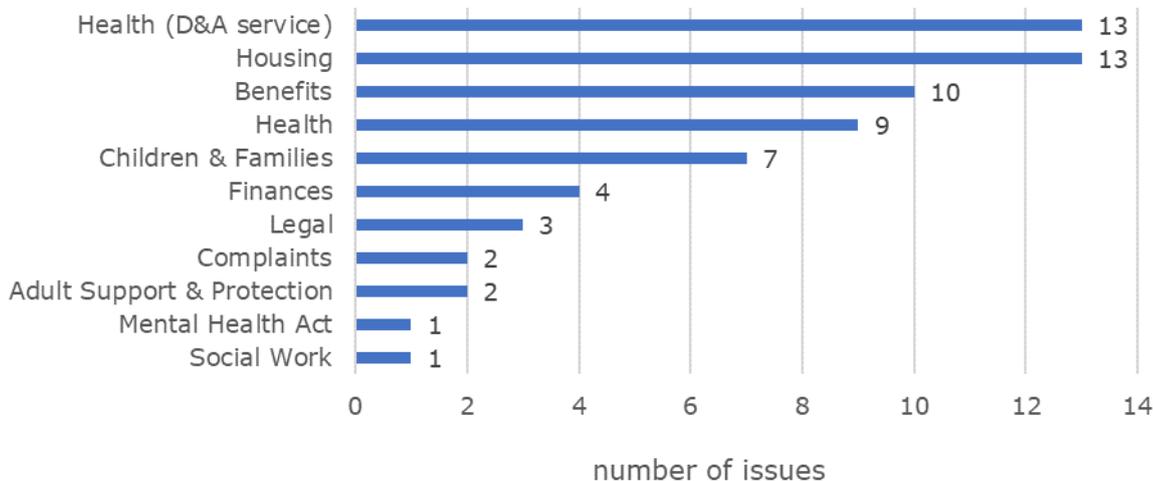
50  
20

people were supported to make their own choices in

66  
ee

issues (34 in East Lothian, 32 in Midlothian )

### Issues we supported people with 2021-22



## Drug and alcohol feedback

"[My advocacy worker] gave me brilliant support. He explained what all the meetings were about and it was good having someone there for you."

"[My advocacy worker] is particularly expert at giving me time, putting me at ease. She's been outstanding and very competent."

# individual advocacy feedback

We invited a variety of different agencies that our advocacy partners had been working with to complete an online survey to tell us about their experience of CAPS' involvement. We received 23 online responses.

## What did people say?

- ◆ 91% felt they had enough understanding of what CAPS does.
- ◆ 96% thought CAPS' involvement had been helpful for the people they had worked with – one respondent didn't know.
- ◆ 100% said CAPS' involvement had been helpful to the work they did.
- ◆ 91% rated the speed of our response Very Good or Good, 9% rated it OK

*"Always find the advocates I have been involved with helpful and approachable."*

*"It makes a big difference to me to know that there is a service there to help people navigate their way through the system in order to get their voice heard"*

*"Very good at supporting people with mental health issues to access our service."*

*"Fabulous service - independent advocacy at its best"*

*"I have only ever had positive experiences when working with CAPS. The individual workers are knowledgeable, respectful, good with communication and accessible. They work well with the patients who I work with and am reassured that they are having their voice and views heard."*

**Our Learning** – Some respondents wanted more clarification on the advocacy role and on confidentiality and information sharing. We plan to address this through offering awareness raising sessions to other organisations – please get in touch if this would be helpful for you!

# children's hearings advocacy

CAPS Independent Advocacy is funded by the Scottish Government to provide advocacy to children and young people aged 5-18 at Children's Hearings in East Lothian and Midlothian.

Here's a breakdown of what our work looked like between April 2021 and March 2022:



**How many people did we work with?** We received 81 referrals and worked with 61 different children and young people to help them have their voices heard.



**Who made the referrals?** 59 out of the 81 referrals came from social workers. The others came from parents and carers, other advocacy providers, residential placements and self-referrals.



**Who used the service?** We worked with children and young people from five to 17 years old. Most young people we worked with were eight and ten years old. 29 identified as male and 32 identified as female. 30 were from East Lothian and 51 were from Midlothian.

## Our children and young person's team

In August 2022 we welcomed Denise and Lauren to the team as two new advocacy workers, and in September 2022 we welcomed Rachael. We're delighted our team have also now been funded by NHS Lothian to provide advocacy to children & young people with an eating disorder, so look out for more information about this in next year's report. Denise works with the children's hearings service, Rachael works with the eating disorders service, and Lauren and Lara will work across both services. This allows us to have as much capacity as possible within the team, to support children and young people who are experiencing either of these issues to access advocacy.

# children's hearings advocacy *continued*

## Feedback so far

"...the panel were really pleased to have heard [the child's] views, and all the girls were really clear in telling the panel their views and it helped the panel a lot..."

*Feedback from a children's reporter*

"If I wanted an advocacy worker again I'd definitely try and get one from CAPS. [My advocacy worker] was really nice, it was really good working with her."

*Feedback from a young person*

"I could say at my hearing what I wanted."

*Feedback from a young person*

	<p>15 children and young people were asked if their advocacy worker <b>supported them in a way that was right for them and their needs</b>. All 15 (100%) wholly agreed with this statement.</p>
	<p>13 children and young people were asked if their advocacy worker <b>listened to them</b>. All 13 (100%) wholly agreed with this statement.</p>
	<p>23 children and young people were asked if their advocacy worker had <b>helped them to learn about their rights or understand what their rights were</b>. 100% either wholly or partly agreed with whichever version of the statement they were asked (19 wholly agreed, 4 partly)</p>
	<p>23 children and young people were asked if their advocacy worker had <b>helped them to say what they wanted or say how they feel and what they want</b>. 91% either wholly or partly agreed with whichever version of the statement they were asked (19 wholly, 2 partly)</p>

# collective advocacy in East Lothian and Midlothian

Over the past year, CAPS individual and collective advocacy across East Lothian and Midlothian have been working closely together. They have been strengthening the voices of more people who use our service and helping to have issues that are important to them raised at decision making level.



This work, connecting individual and collective advocacy, is relatively new but we have already seen successes and possibilities!

We talked about the difficulties people have with access to GPs at the Mental Health planning group and were able to arrange a meeting with the GP representative to take these concerns back to GP forums and help connect with GP practices.

The individual advocacy team explained a common issue our advocacy partners were having was difficulty getting in touch with housing teams. Our collective advocacy worker was able to raise these experiences at planning meetings and go on to connect with housing managers to look at the issues that people have around communication. From this we have been able to begin planning how advocacy workers can work better with housing to navigate access for the people they work with.

These are both great first examples of how this collaborative way of working between the teams can reach more people, gather more opinions and amplify more voices!

We are really excited to keep seeing this work develop and create more opportunities to highlight the issues that are important to people in places where decisions are made about services offered to them.

# much more than a label

Much More Than A Label, collective advocacy group have finished writing their booklet about personality disorders from a lived perspective. The final touches are being made to it and then the group hope this will be distributed widely.

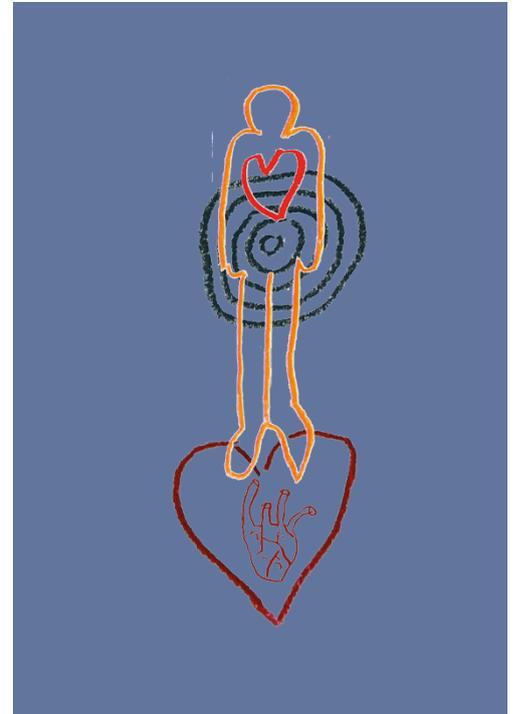
The group are also continuing to deliver training sessions, and have recently delivered in-person training at Queen Margaret University to their Occupational Health students to a great response;

**“Really good insight into lived experiences and how we as professionals can make changes to how people with BPD experience healthcare.”**

**“It was really good to hear about the negative + positive experiences you both have had with health professionals. By hearing about those experiences, it will help me to think about ensuring I am going to try being a person that does not further impact a person negatively. And ensure that I provide more space for comfort rather than solutions.”**

Recently, Much More Than A Label held a “getting to know us session” where people interested in joining the group were invited to meet the current members of the group in a social setting before getting involved in the collective advocacy work. The group plans on holding these regularly to introduce new members, so please get in contact if you identify with being a person who may attract a diagnosis of a personality disorder and live in Lothian.

The group have a new worker, Molly, who can be contacted at [molly@capsadvocacy.org](mailto:molly@capsadvocacy.org)



# experiences of psychosis

The Experiences of Psychosis group have continued to meet regularly online. The group are currently focusing on updating their workshop about what psychosis means to them to bring in the voices of new members of the group. They are keen to continue to deliver this workshop to university students, but are also exploring the possibilities of holding open workshops, or workshops for new audiences such as the police.

At their most recent in person training for psychology students at Edinburgh University the group delivered their updated training with new contributions to the material.

They received some great feedback;

**“This is one of the best sessions I’ve had since starting the course. Thank you for sharing and please keep sharing your experiences. This was so powerful and special”**

**“It was fantastic to hear individuals’ experiences of psychosis and how services played a part in this.”**

Along with welcoming new members to the group, the group have been editing their group agreement to be easier for new members to read and creating a mission statement. The group are keen to invite those with lived experience of psychosis living in Lothian to the group, so please get in contact if you are interested in joining.

Members of the group have continued to be involved in the Early Intervention in Psychosis national network, which is currently being trialled in two NHS areas in Scotland.

The group has also welcomed a new worker, Molly, who you can contact at [molly@capsadvocacy.org](mailto:molly@capsadvocacy.org)

# experiences of trauma

Our experiences of Trauma group linked up with Rowena McIntosh and Samantha Keough from the Improvement Service Scotland and the Authentic Voice project this year to look at how our group can feed into their work in the national trauma agenda.

Members of the group have been attending the Authentic Voice 'deep dive' webinars and are looking to present at one of these in the new year.

We are also working on a case study of the work we have been doing. We're thinking about what's important when involving people who have experience of trauma. This will be published on the Improvement Service website.



We have recently welcomed a new worker, Ellis Kokko, who will be facilitating the group moving forward.

One of the first things Ellis will be doing is supporting the group to deliver our recently completed 'Here & Now' workshop. This has been designed by members of the group and hopes to provide opportunities for people to gain more insight into what it is like to live with experiences of trauma.

The group will also be making a short film around experiences of trauma and will be starting work on this in the new year.

# oor mad history

## Oor Mad History

It has been a busy year for Oor Mad History! The group completed their book Oor Mad History Ten Years on and in October welcomed a new worker, Benjamin, after the previous workers left for pastures new. Members of the group also attended a zine making workshop and visited the Lothian Health Archive.

## New Book

The Oor Mad History collective advocacy group worked to produce the new book. The book focuses on what has happened in collective advocacy and 'mad activism' in the last decade. We held a successful launch event in May 2022 at Queen Margaret University which attracted an audience of around 40 friends, supporters, and allies of Oor Mad History. We celebrated the book with speeches from people involved with local collective advocacy groups. Allies and supporters of the movement also spoke. There was also a canape and soft drinks reception. It was great to see so many familiar and also new faces after so long of attending online/lockdown events.

You can read the book online here: [OMHBookCompleteLoRes.pdf](#)



# oor mad history continued

People were invited to write comments about the book and the event on bunting which was hung around the room. Here are some of their comments:

“Here’s to the last 10 years and the next 10!”

“Great event – David Reville would have loved it!! More power to your Mad ??? hearts and practices of (spirited) persuasion”

“Well done, great to see these stories and experiences captured in print again - legacy.”

“Oor Mad History  
Without this, silence;  
With silence it no longer remains our history.”

The copies of interviews carried out for the book have been included in the OMH archive which the group plan to develop and add to over the coming months.

The Oor Mad History Worker also attended this years Mad Peoples History and Identity course at QMU. This enabled the projects to make links with people on the course, some members of the group also signed up to attend the course. As a result several new members have joined or expressed interest in the project.

They will continue to work closely with Queen Margaret University to further develop links with the Mad History and Identity course and the Mad studies Masters course and participants.

A member of the group was involved in recruiting a new worker and the group are currently getting to know the new worker and sharing ideas for project activity moving forward.

# arts as advocacy

## Over 200 Voices at the 10th Out of Sight Out of Mind Exhibition (OOSOOM)

This October at Summerhall, OOSOOM presented artworks made by 221 people with experience of mental health issues, and had it's first in person launch in two years! As part of the 10th year celebrations the Planning Group commissioned the making of a film to share OOSOOM's activist beginnings, development and its advocacy purpose. They also organised an 'exhibition about the exhibition' of archive material including all ten posters.

The Planning Group were joined in September and October by a team of 'Exhibition Volunteers' and received support from CAPS staff team, Scottish Mental Health Arts Festival (SMHAF) team and Summerhall staff.



There were 1377 visitors to the exhibition at Summerhall and the online exhibition had more than 2000 visitors: [www.outofsightoutofmind.scot](http://www.outofsightoutofmind.scot)

## Thrive Arts and Creativity Grants

Thirty-four OOSOOM exhibitors and groups applied for and were given art material grants. Forty-two creative activity grants were given to individuals and groups to take part in SMHAF and Thrive Arts Programme.



# “seen but not heard” eating disorders project

Our Eating Disorder project has been as busy as ever in 2022.

We have welcomed a new worker, Ellis Kokko, who is excited to take forward all the work the group is doing.

Over the course of the year the group have worked on three different strands of work;

- **Men & Eating Disorder Research:**

The group began their research by creating a survey to gather responses from people who identify or align with the experience of being a man with an eating disorder. They now have 38 responses to this and are beginning to analyse these and move on to the next stage of the research. They are currently recruiting for research subjects to undertake 1 - 1 interviews exploring individual experiences in more depth.

**Call For Respondents!**  
For our survey about Men and Eating Disorders

'Seen But Not Heard' Collective Advocacy Project have created a survey about men and eating disorders.

If you live in the UK and identify or align with the experience of being a man with an eating disorder we want to hear from you.

To access the survey please follow:  
[www.surveymonkey.co.uk/r/CAPSMENED](http://www.surveymonkey.co.uk/r/CAPSMENED)

This survey will be used to raise awareness of issues affecting men with eating disorders

**CAPS** Seen But Not Heard      For a hard copy or any questions please contact: [ellis@capsadvocacy.org](mailto:ellis@capsadvocacy.org)      **CAPS** Independent Advocacy

CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation.  
Scottish Charity Number: SC021772

- ♦ **Input into the re-write of Overcoming Bulimia and Binge Eating:**

Seen But Not Heard were previously involved in the rewrite of Overcoming Anorexia and are pleased to have been invited to assist with the ongoing development and updating of these resources by inputting lived experience into the rewrite of Overcoming Bulimia and Binge Eating. Four of our volunteers have contributed to this project.

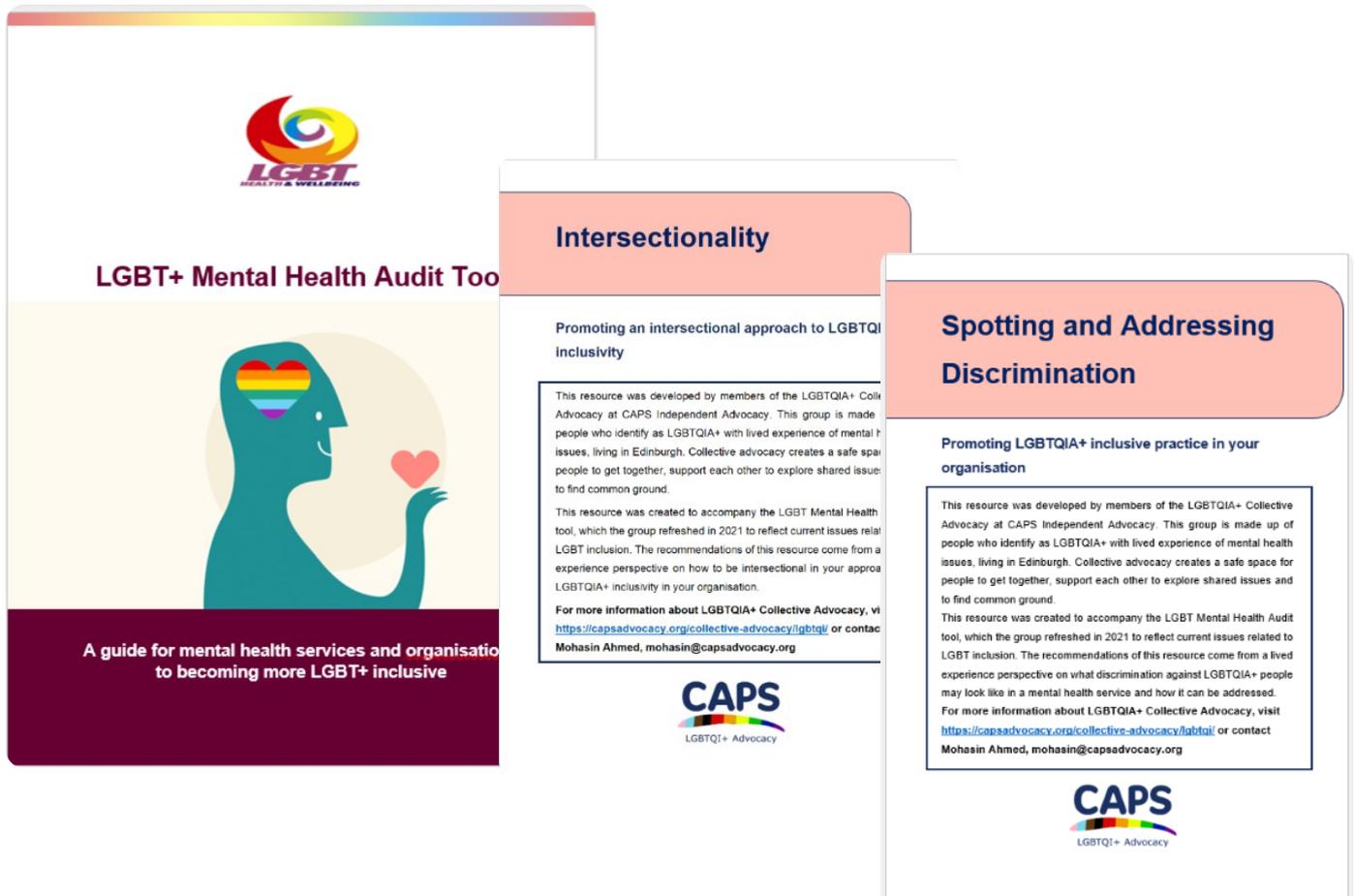
- ♦ **Continuing to deliver their Experience Led workshop:**

We have returned to in-person delivery of our Experience Led workshop, and are excited to have 8 new members interested in joining our project!

# LGBTQIA+ collective advocacy

This year the LGBTQIA+ Collective Advocacy group have been busy finishing the refresh of the [LGBT+ Audit tool](#), first created by LGBT Health and Wellbeing. The tool, and accompanying resources, were launched in June, during an online event demonstrating how to use the tool and why it is so important.

Since then, the group has had multiple opportunities to share this piece of work, including hosting an event on Intersectionality in Mental Health for #ThriveFest3 in October, and presenting at the Lothian Advocacy Learning Day in August.



We hope to continue this work into the new year and are offering to host sessions on the audit tool to interested organisations and at relevant events.

**Please get in touch** with [mohasin@capsadvocacy.org](mailto:mohasin@capsadvocacy.org) to enquire.

# minority ethnic collective advocacy

Over the past year, the Minority Ethnic Collective Advocacy group has been working hard to create a series of four workshops on our experiences of being from a Minority Ethnic background, and living in Scotland/the UK, and the role that these experiences play in our mental health – including how these create barriers to accessing support.

These workshops will be delivered online and are open to anyone interested in learning about these issues.

The group has also collaborated with the LGBTQIA+ Collective Advocacy group to deliver the Intersectionality in Mental Health event for #ThriveFest3.

A similar workshop was also delivered by both groups at EVOC's first Community Commissioning event in November.

**INTERSECTIONALITY  
IN MENTAL HEALTH**

Supporting LGBTQIA+ and Minority Ethnic  
Communities

1:30 – 3:30 pm  
9th October 2022  
Scottish Storytelling Centre  
43-45 High St, Edinburgh  
EH1 1SR

Join us, as part of #ThriveFest3, for a session on intersectionality in mental health from a lived experience perspective; featuring guidance on how to improve your practice to be more inclusive of Minority Ethnic and LGBTQIA+ communities.

To register email Mohasin at [mohasin@capsadvocacy.org](mailto:mohasin@capsadvocacy.org)

[www.capsadvocacy.org](http://www.capsadvocacy.org)

CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation Scottish Charity number: SC02772

To keep up-to-date about the delivery of the workshops mentioned, and future events, sign up to the CAPS newsletter on our website: [capsadvocacy.org](http://capsadvocacy.org)

# Lothian voices

**CAPS**

Lothian Voices

**CAPS Independent Advocacy – Mental Health and Wellbeing strategy for Scotland 2022**

The comments below represent responses, gathered from CAPS collective advocacy groups, from people who identify as having lived experience of mental health issues. The group chose to answer the questions in a way accessible to them by discussing the categories and expressing their opinions in less formal way.

This document represents the results of these discussions.

When the group discussed Part 1 of the consultation looking at definitions and how reference should be made there were several comments which considered the language of the terms and the need for any definition.

*It seems there is no difference between Mental Health and Mental Wellbeing*

*If it confuses having 3 descriptions, it might be better if Mental Health described people's mental health when they are well and Mental Health conditions described when people are less well*

*Don't like Mental illness, feels like there is too much stigma attached to this.*

*I think it's useful to distinguish mental 'illness' from times when people will generally feel low/overwhelmed (low wellbeing/health). Sometimes I'll overreact/grieve over what it's like to be seriously unwell so there's a misperception about what it feels like. However – giving psychiatrists sole power in this domain by having the right to diagnose (or not) needs to be challenged*

CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation. Scottish Charity Number 0050779

**CAPS**

Independent Advocacy

This year Lothian Voices group have been continuing the important task of feeding into consultations that affect decisions about their lives. This may include the services they access, the communities they live in and funding choices around this.

The group wrote an extensive response to the 'Mental Health and Wellbeing Strategy for Scotland 2022' consultation which you can read [on CAPS' website](#).



The group welcomed Molly as the new facilitator for the group in July this year, and put her to work organising this year's People's Conference!

This year we welcomed a panel of people including MSP Maggie Chapman, representatives from Home Energy Scotland, Changeworks, Nourish Scotland, and Edinburgh Coalition Against Poverty. They spoke about how they are supporting people with the cost of living crisis.

We followed this with an activity looking at how this affects our mental health and our recovery by asking what helps us gain “spoons” (as an analogy for energy) and what services can do to stop stealing our spoons!

The group will be presenting the findings of this years conference at the Thrive conference on the 25th of November.

# LEARN

This year has seen big changes with our **LEARN** programme! Anne O'Donnell has moved on from CAPS and Ele Davidson has taken up the new position of Education as Advocacy manager.



We have started to expand the opportunities for delivery of Experience Led training to offer targeted workshops to organisations and groups that are interested in hearing lived experience voices.

We have also been able to start offering 'in person' workshops which has been a great experience for our volunteers to be able to be back in the same room as the audience!

**Our two new Thrive projects** have designed workshops and have started to deliver these with lots more plans for the new year.

Our **Much More Than a Label, Experience of Psychosis and Seen But Not Heard** groups have returned to delivering workshops at Edinburgh University and Queen Margaret University, for their clinical psychology, art and music therapy, medical and occupational therapy students.

Our newly formed training, **You, Me, Us, We**, for mental health social workers in Edinburgh, looking at people's experiences of being subject to statutory measures has already delivered 4 sessions across the year and hopes to deliver more in 2023.

Volunteers have also delivered a one off **general mental health workshop** for nursing and social work students and have contributed to two separate **storytelling sessions** in collaboration with the Scottish Storytelling Centre!

We are looking forward to bringing you lots more next year including our new Experiences of Trauma workshop - **Here & Now**.

Throughout 2022 CAPS have delivered **22** Lived Experience Education inputs!

# volunteering

In 2022, CAPS answered **141 volunteer enquiries** (122 from Edinburgh, 1 from East, West and Midlothian each and 14 other areas/unknown) and **72 new people** have chosen to get involved with CAPS. The highest number of inquiries (54) were for the Seen But Not Heard project, followed by Oor Mad History (14), Out of Sight Out of Mind (14), and Much More Than A Label (13).

**17 participants completed the CAPS volunteer induction** this year and are now working in formal volunteer roles. Many more people have been involved with and contributed to CAPS projects in a more informal way.



This year, volunteers have been involved with delivering **online workshops**, **revising an audit tool**, **carrying out surveys and putting together the findings from these surveys**. They have also been involved with **helping write and publish the Oor Mad History book**, and **planning the OOSOOM exhibition**.

As Covid restrictions slowly relaxed, a number of volunteer events returned to taking place in-person. For instance, the **CAPS Easter meet-up** was at Newhailes and volunteers enjoyed a fun (and rainy!) Easter egg hunt followed by warm drinks and Easter quiz at the café. CAPS also celebrated **Volunteer's Week** by organising a coffee and catch up at the Botanic, as well as an autumn board games and tea meet up at CAPS' Argyle House office— the first volunteer meet up there since Covid!

# Volunteering continued

CAPS was delighted to celebrate the good work done by volunteers when the **Experiences of Psychosis group** was awarded the **Inspiring Volunteer Award** by Volunteer Edinburgh. Two volunteers went along to the ceremony, on behalf of the team, where they were presented a certificate by the Rt. Hon Lord Provost of Edinburgh.



# peer forum

The Peer Forum is a collective advocacy space for people who use their mental health lived experience as peer workers or volunteers in Edinburgh. The group includes and is open to people who engage or have engaged in **any form of peer support**— paid/voluntary peer work, naturally occurring peer support etc. The Peer Forum aims to serve as a protected space where important issues around peer work can be discussed.

This year, the group has discussed issues like **pay in peer work, employer's understanding of peer work, language around peer work and opportunities for progressing within peer support roles**.

Inspired by these discussions, the group has recently undertaken a **survey** exploring people's experiences as peer workers in Edinburgh, with the aim of understanding what is good within peer work, what needs further improvement and what might be causing people to move on from peer working roles. The anonymous findings from this survey will be shared with stakeholders and decision makers with the aim of improving experiences of peer workers in Edinburgh.

Peer Forum members have been active in taking part in events and discussions relevant to peer work. They went along to the annual **Gathering Peer Voices (GPV)** event, where the survey was also promoted. The Peer Forum also plans to be involved with contributing to writing a "**Peer Work charter**" which was an outcome from the GPV event.

This work happens under the **Peer Work Community of Practice** project funded by Thrive and delivered by Health in Mind and CAPS.



# collective advocacy evaluation

People involved with CAPS collective advocacy projects were invited to complete an online evaluation survey which was also available to be sent out as a hard copy.

- 79% found getting involved with collective advocacy an easy process with 21% being unsure
- 80% said that they had had the opportunity to learn about the aims and purposes of the collective advocacy group and 20% were unsure
- 87% agreed that there are different ways to make your views known within groups and that there were different options discussed. With 6.5% unsure and 6.5% saying no.
- 73% felt they were better informed and had learned new information
- 60% felt that being involved in collective advocacy had given them ways to challenge power imbalances, although some people were unsure.
- Opinion was divided also over whether it was easier to challenge power imbalances as a group, 73.5% of people said yes but 20% were unsure and 6.5% said no.

People also said there were additional benefits to being involved in collective advocacy, these included: developing friendships, learning new skills and feeling less isolated.

Following on the next page are some examples of what people said. The full report will be published on CAPS' website.

# collective advocacy evaluation

Regular meetings both online and in person so everyone can have a say.

I've met some great people through this so definitely building relationships and making new friends.

Being a volunteer with CAPS is a really important part of my life. I have learned from my fellow volunteers and feel like I can use really negative experiences to educate professionals and improve the system for people who will experience a personality disorder.

Everyone gets a chance to provide their opinions.

I am very keen to challenge the powers that be. This is very possible in Lothian Voices.

It would be great to have a collective advocacy project for people with mental health issues who also have autism and/or ADHD. I'd rather attend something like that if CAPS was running it. I trust CAPS to actually listen to us and be led by us.

# summary financial information 2022

The summary financial information was drawn from our statutory accounts.  
Copies of our statutory accounts are available on request from:  
Glen Faulkner, Finance & Administration Manager  
phone: 0131 273 5116  
e-mail: glen@capsadvocacy.org

## Statement of Financial Activities for year ended 31<sup>st</sup> March 2022

	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £	Total 2021 £
<b><u>Income from:</u></b>				
Donations & legacies	150	15,000	15,150	22,800
Charitable activities	0	651,956	651,956	489,794
Investment income	173	0	173	379
Other income	0	0	0	812
<b>Total incoming resources</b>	<b>323</b>	<b>666,956</b>	<b>667,279</b>	<b>513,785</b>
<b><u>Expenditure on:</u></b>				
<b>Charitable activities</b>				
Collective Advocacy	936	375,202	376,168	214,233
Individual Advocacy	0	268,411	268,411	222,845
<b>Total expenditure</b>	<b>936</b>	<b>643,613</b>	<b>644,549</b>	<b>437,078</b>
<b>Net income/(expenditure)</b>	<b>(613)</b>	<b>23,343</b>	<b>22,730</b>	<b>76,707</b>
<b><u>Other recognised gains / (losses)</u></b>				
Pension scheme remeasurements	13,902	18,098	32,000	(3,000)
<b>Net movement in funds</b>	<b>13,289</b>	<b>41,441</b>	<b>54,730</b>	<b>73,707</b>
Funds at 1 <sup>st</sup> April 2021 / 2020	91,630	279,848	371,478	297,771
<b>Funds at 31<sup>st</sup> March 2022 / 2021</b>	<b>104,919</b>	<b>321,289</b>	<b>426,208</b>	<b>371,478</b>

# summary financial information

## 2022 *continued*

### Balance Sheet at 31<sup>st</sup> March 2022

	2022		2021	
	£	£	£	£
<b>Fixed assets</b>				
Intangible assets (net book value)	1,560		2,000	
Tangible assets (net book value)	8,720		7,745	
<i>Total fixed assets</i>	<i>10,280</i>		<i>9,745</i>	
<b>Current assets</b>				
Debtors	0		7,260	
Prepayments	6,154		12,401	
Cash at bank & in hand	580,728		494,403	
<i>Total current assets</i>	<i>586,882</i>		<i>514,064</i>	
<b>Liabilities</b>				
Creditors (falling due within one year)		9,841		10,750
Accruals		13,125		20,210
Deferred income		79,719		54,500
Provision		0		2,160
<i>Net current assets</i>	<i>484,197</i>		<i>426,444</i>	
<i>Total assets less current liabilities</i>	<i>494,477</i>		<i>436,189</i>	
Creditors (falling due after more than one year)		49,269		3,711
<i>Net assets ex. pension liability</i>	<i>445,208</i>		<i>432,478</i>	
Pension scheme liability provision		19,000		61,000
<b>Total net assets</b>	<b>426,208</b>		<b>371,478</b>	
<b>The funds of the charity</b>				
Unrestricted – general	21,312		20,989	
Unrestricted – designated	83,607		70,641	
Restricted	321,289		279,848	
<b>Total</b>	<b>426,208</b>		<b>371,478</b>	

We received grant income from Thrive Edinburgh, the Edinburgh, East Lothian & Midlothian Health and Social Care Partnerships, NHS Lothian, the Scottish Government, Future Pathways, MELDAP, Health in Mind and the Corra Foundation. We are grateful for all the support they have provided to the organisation.

# who's who

## Management Committee

Brendan Rooney - Chair  
Eilidh Coltman—Vice Chair  
Tom Jordan - Treasurer

Laurelle Edmunds  
Amy McMahon  
Lauren Stonebanks

## Staff

Jane Crawford - Chief Executive Officer  
Kyna Reeves - Individual Advocacy Manager  
Sarah Fox - Individual Advocacy Team Leader  
Kirstie Aitken - Individual Advocacy Worker  
Clive Baker - Individual Advocacy Worker  
Kousar Javaid - Individual Advocacy Worker  
George Kappler - Individual Advocacy Worker  
Donald Preston - Individual Advocacy Worker  
Malin Brash - Individual Advocacy Worker  
Lily Walton - Individual Advocacy Worker for Adults with Eating Disorders  
John Player - Individual Advocacy Worker (Drug and Alcohol)  
Niamh Allen - Individual Advocacy Worker (Drug and Alcohol)  
Steph Davis - Children & Young People's Team Leader  
Denise McFadden - Children and Young People's Individual Advocacy Worker  
Lauren Miller - Children and Young People's Individual Advocacy Worker  
Rachael Pearson - Children and Young People's Individual Advocacy Worker  
Robyn Smith - Children and Young People's Individual Advocacy Worker  
Lara Wauchope - Children & Young People's Individual Advocacy Worker  
Victoria Jackson - Collective Advocacy Manager  
Pam van de Brug - Arts as Advocacy Manager  
Ele Davidson - Education as Advocacy Manager  
Mohasin Ahmed - Collective Advocacy Worker  
Molly Newhouse - Collective Advocacy Worker  
Benjamin Wold Birmanis - Collective Advocacy Worker  
Ellis Kokko - Collective Advocacy Worker  
Glen Faulkner - Finance & Administration Manager  
Catherine Street - Communications Manager

Rosie Eatwell-White, Anne O'Donnell, Dave Morris, Lindsay Horton, Sarah Golightley, Iona MacTaggart and Madhu Venugopal left during the year.

The work of CAPS is also supported by our invaluable Volunteers. Please see the Volunteering section on pages 21-22 for more information.

# contact us

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MUSSELBURGH  
EH21 7PQ

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Individual Advocacy

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Children and Young People's  
Advocacy

phone: 0131 273 5236  
e-mail: [ypadvocacy@capsadvocacy.org](mailto:ypadvocacy@capsadvocacy.org)

Collective Advocacy

phone: 0131 273 5116  
e-mail: [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)

Please check the website for mobile numbers of Collective Advocacy staff

[www.facebook.com/CAPSIndependentAdvocacy](http://www.facebook.com/CAPSIndependentAdvocacy)

twitter [@capsadvocacy](https://twitter.com/capsadvocacy)

[www.capsadvocacy.org](http://www.capsadvocacy.org)



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