

# CAPS

Independent Advocacy



West Lothian



East Lothian



Edinburgh



Midlothian

## Annual report 2023

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# welcome



Another year has passed with more exciting developments at CAPS. Thanks to the Communities Mental Health and Wellbeing funding, we have been able to offer Individual Advocacy to the LGBTQIA+ community in Midlothian on gender related health care issues and others.

We can now also offer **Veterans** all over Scotland, the chance to have an independent voice funded by the Scottish Veteran's Wellbeing Alliance. Jessica is gathering views from all veterans, especially those whose voices are not traditionally listened to. Exciting times lie ahead in Edinburgh,



as CAPS have entered into a partnership with AdvoCard and the Royal Edinburgh Hospital Patients Council to provide Independent Advocacy services to people with mental health issues and those who use drugs or alcohol. CAPS' role is to provide **Collective Advocacy** to people with mental health issues living in the

**community**. We welcomed Irene and Angharad to take on this work to help strengthen the voices of people using Thrive mental health services in each of the localities of Edinburgh.

## Move to Norton Park

In March, we packed up all our Collective Advocacy stuff and said goodbye to Argyle House as we moved into Norton Park. We have our own meeting room where the groups at CAPS can meet with people joining online too, where that's helpful for the group. Our main office base remains at Old Stables in Musselburgh for our two teams of Individual Advocacy workers. Individual Advocacy demand is continually increasing and you can read all about the difference it makes to people inside this 2023 Annual Report.



**A huge thank you to all the CAPS' team who make it happen!**

# individual advocacy (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 2022—March 2023)

391

People were supported to make their own choices in

593

Issues (329 in East Lothian, 264 in Midlothian)

*“Things always went better when [my advocacy worker] was with me. He would also explain things so that I always understood.”*

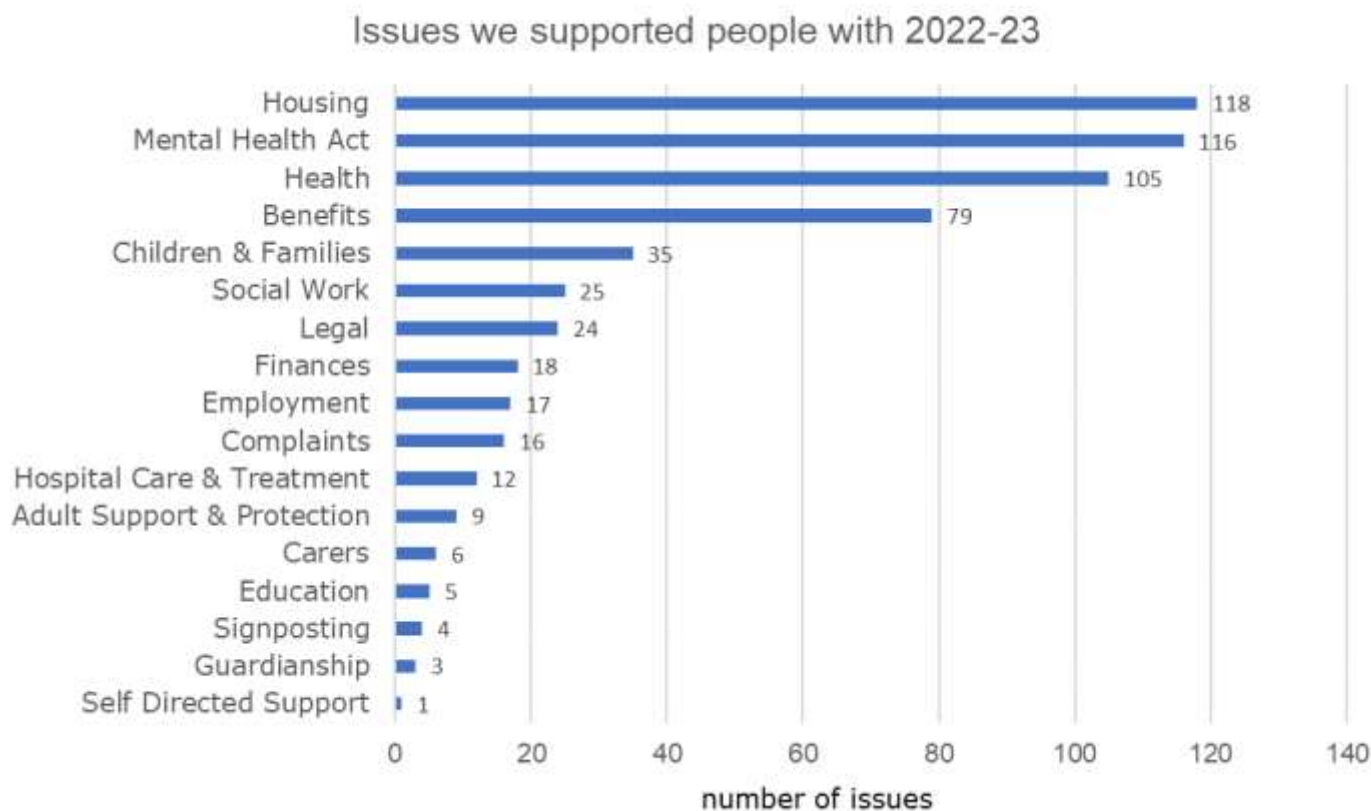
*“Having [my advocacy worker] with me definitely helped with getting my point across and being taken seriously.”*

*“Having [my advocacy worker] helping me gave me a boost so I could put my views over. She was in my corner when I had trouble speaking to new people.”*



## What we've been working on

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



## People said:

*"I wouldn't have felt as confident on my own as I get all uptight and anxious. But I knew that [my advocacy worker] was there for back-up".*

*"I can't begin to express my gratitude. Not only did they make my voice heard, they amplified it."*

*"It's an invaluable service for people who need it - it empowered me."*

*"They've been very, very helpful, and the professionals listen to you more because they know they can't fob you off."*

## 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.

The reporting year for our Drug & Alcohol Advocacy project is different to our Mental Health Advocacy work, so the below figures cover the third year of the service from July 2022- June 2023.

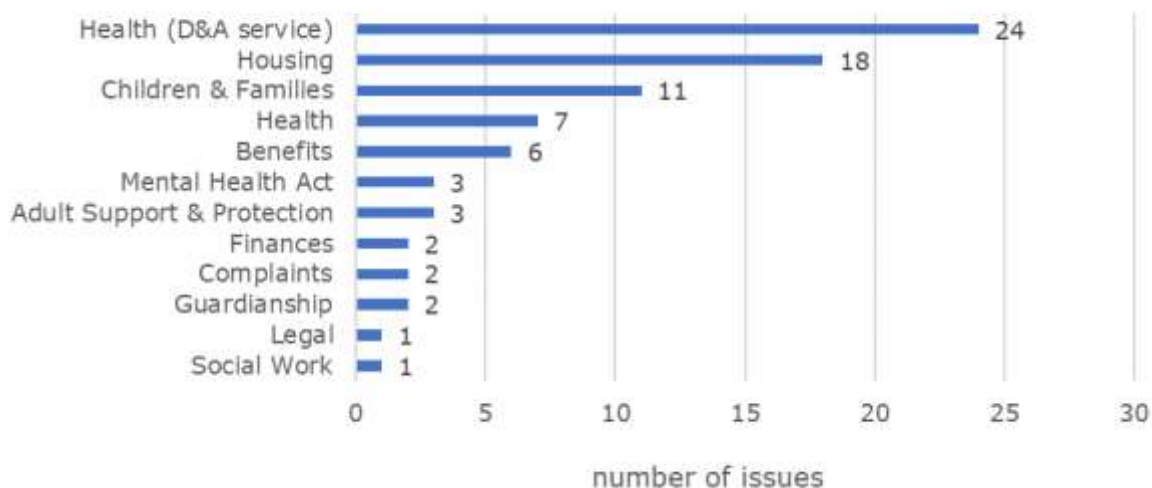
### Our Service this year

67  
80

People were supported to make their own choices in

Issues (44 in East Lothian, 36 in Midlothian)

Issues we supported people with 2022-23



### Drug & Alcohol Advocacy feedback

*"Because of [my advocacy worker's] help, people are listening and taking account of what I say to them."*

*"My advocacy worker's] support gave me the confidence to make phone calls for myself. It made me feel heard. I have benefitted so much, and it got me a foot in the door."*

## Eating Disorder Advocacy

Lily Walton is our specialist advocacy worker who provides Individual Advocacy to people experiencing an eating disorder **anywhere in Lothian**.

We can work with people both in the community and in the Regional Eating Disorder Unit (REDU) at St John's Hospital in Livingston. Lily initially spent time promoting and building awareness of the new service, particularly in REDU where she is now well known. People there now often ask for her support to attend review meetings to have their voices better heard around their treatment.

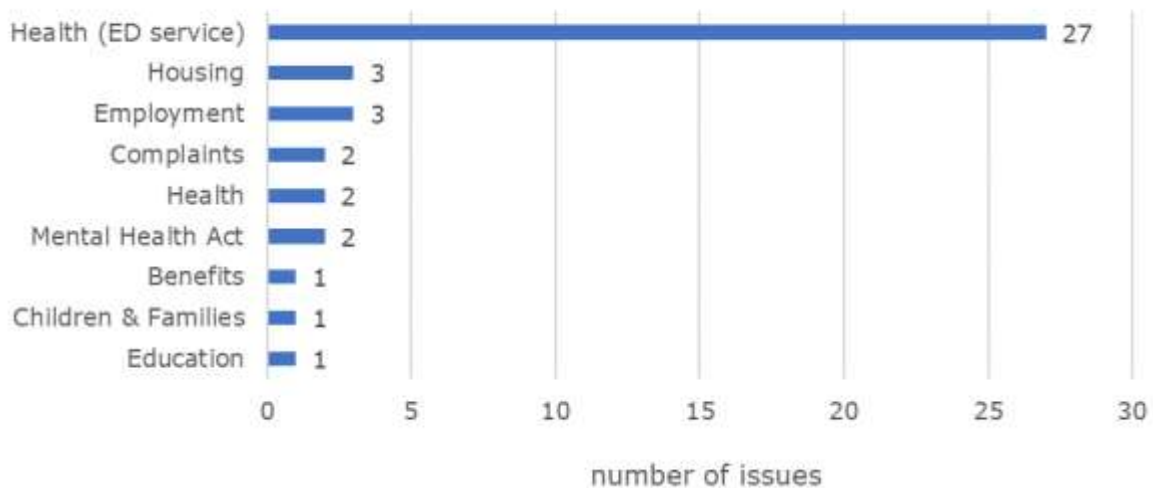
### Our Service this year

33  
33  
42  
42

People were supported to make their own choices in

Issues

Issues we supported people with 2022-23



### Eating Disorder Advocacy feedback

*"I feel more empowered chatting things through with [my advocacy worker] before an appointment. [My advocacy worker] is brilliant and is definitely helping me. I feel very supported."*

*"It was about having someone in my corner, especially when talking to doctors."*

# new individual advocacy projects

## 16–17 year olds' Individual Advocacy

*"It was good because CAPS believed in me as a person. They jumped straight in and helped as much as possible." - a young adult*

We were pleased to receive funding from the Communities, Mental Health & Wellbeing Funds in East Lothian and Midlothian to extend the age range of our adult Individual Advocacy service down from 18 to 16 in 2022-23. This meant young adults experiencing mental health issues could **access an**

**Independent Advocacy service for the first time**, something to which they had a right but no access before. We have assisted young adults in a variety of situations, such as supporting young adults experiencing **homelessness** to have their voice heard in relation to their accommodation, and supported another young adult to have their voice heard around issues in their **education environment** which were affecting their mental health.

In East Lothian, this work has been funded for a second year, allowing us to build on our progress so far. Unfortunately, Midlothian decided not to continue the funding, so work in this area came to an end in September 2023.

## LGBTQIA+ Individual Advocacy

We have been funded by the Mental Health & Wellbeing Fund to provide a dedicated Individual Advocacy service to the LGBTQIA+ community in Midlothian for the first time. We can assist people with a wide range of issues from those experiencing **homelessness** to support accessing **gender-affirming healthcare**.

We launched this work in June 2023 so more information will be provided in next year's annual report.





# 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 2022 and March 2023:



We received **98** referrals and worked with **65** different children and young people to help them have their voices heard.



We worked with children and young people from five to 16 years old. Most young people we worked with were **seven** or **ten** years old.



**28** children and young people identified as male and **37** identified as female. **21** were from East Lothian and **30** were from Midlothian.

*"She helped me understand stuff, that I really didn't understand."*

*"I liked everything about it [advocacy]. [My advocacy worker] made it really relaxing so I was not actually worrying about anything."*

*"Definitely [made me feel more comfortable at Hearings] - I used to hate them, now I love going to them."*

# children and young people eating disorders

This year, we started a new project, funded by NHS Lothian to provide Individual Advocacy to children and young people experiencing eating disorders across Lothian. We spent time recruiting new advocacy workers to undertake this important work. We then started promoting the new area of work widely in late autumn 2022.



We had received **9** referrals by 31 March 2023 and a further **11** between April and September. We expect demand to grow further as awareness of the new service increases.



We have now worked with children and young people from all areas of Lothian, some in the community and some in the Royal Hospital for Children and Young People.

*"You and the solicitor went over and above. Thank you so much"*

## Individual Advocacy Feedback

As well as asking our Advocacy Partners, we also invited a variety of agencies to tell us about their experience of CAPS' involvement. We received **33** responses.

- **94%** said CAPS' involvement had been helpful for people they worked with
- **97%** said CAPS' involvement had been helpful to the work they did
- **97%** rated the speed of our response Very Good or Good, 3% rated it OK
- **97%** rated the quality and helpfulness of our response Very Good or Good, 3% rated it OK

# individual advocacy feedback continued

## Comments from agencies included:

***“From my point of view it is reassuring that my client has another person assisting them as I feel more confident that I am understanding their position and needs.”***

*“Great service to assist those who may find it difficult accessing frontline services to gain the support and accommodation that they require.”*

*“Young people we have referred have made great progress with support from CAPS staff.”*

***“CAPS is a great service - the advocacy workers really adhere to independence which is invaluable.”***

***“You seem to have the knack of recruiting motivated, caring and effective advocates to assist vulnerable people to make their voice heard.”***

*“Hugely supportive and friendly. Having a rights based approach is very beneficial.”*

*“The advocacy service in East Lothian has been exemplary and has benefitted the people I work with in many ways. The importance of providing true advocacy where it is the person's voice/views only that is presented can't be understated. (I am never aware of the advocacy worker's own position or views on a client's circumstances.) Advocacy services have also benefitted clients who have been on a long term order through the development of a trusting and consistent relationship with their advocacy worker. I am pleased that CAPS are now offering more specialist supports to younger people in EL.”*

# collective advocacy in east lothian and midlothian

We are excited to be able to introduce a new worker to the East Lothian and Midlothian collective advocacy work!

Amy has joined our team at an exciting time for Independent Advocacy relating to geographical area.

With the introduction of the Edinburgh Collective Advocacy work, we expect more crossover and the possibility of joint working on issues identified that affect people across locations within the Lothians.

With our new capabilities to hold online and hybrid meetings Amy will be working on getting information out there about the different ways that people can be involved.

In East Lothian, CAPS is holding an event in November 2023 to bring people together who may be interested in commenting on East Lothian's new strategy for Independent Advocacy. We will ask people what is important to them and how to raise the profile of Independent Advocacy.

In Midlothian, members of the group have continued to attend the trauma training steering group and the new worker has spoken to one of our participants about becoming more involved!

We will also be carrying out an evaluation of the views of people in Park Cottage in Midlothian, a mental health rehabilitation Home Care service in Dalkeith. Participants in Midlothian Voices will be actively taking part in this, moving towards more meaningful involvement of people with lived experience!



# much more than a label

This year the Much More Than a Label group have been growing their ranks!

With several new members, the group have been working to update their workshop with new members of the group adding their own content.

*"so massively informative to hear a lived experience. In awe of presenters... in honesty and capacity in self-reflections – makes me feel more passionate about the role of compassion and kindness and validates the role of the arts therapies. Non judgement vital."*

Throughout the year the group have delivered the workshop to students at Edinburgh University and Queen Margaret University, and have continued to be involved in the Personality Disorder Improvement Programme.

*"Really insightful and truthful presentation. Seeing a person rather than just discussing a diagnosis is very appreciated, eye opening and is relatable to experiences I have had or heard. I will take away an air of openness and less judgement."*

The group, through their CAPS' project worker, fed into the suite of animations being produced by the Scottish Personality Disorder Network.

The group attended and fed into several meetings through Thrive, adding their voice to different initiatives and proposals such as the proposal for

Mentalisation Based Arts Therapies Groups and the Matched Care Model for Women with Multiple and Complex Needs.

*I relate to many of the thoughts/feelings associated with BPD and appreciate it being framed as 'a reasonable response to trauma or adverse events'. It's very valuable to hear how diverse experiences with BPD can be, and that will be my biggest takeaway."*



# experiences of psychosis

This year the Experience of Psychosis group have enjoyed further expanding the audiences that they deliver their workshop to. They still delivered to students in QMU and Edinburgh University but also delivered bespoke workshops to Cyrenians' staff and the Edinburgh prevention and intervention team from Police Scotland.

*"It's put the human back into our study. We spend so much time reading about people behind a clinical lens through journals + research; having this experience really made it more real and more human; which is the reason we do this."*

*"I really value having a workshop led by people who have experienced this. Learning from lived realities is so important, so thank you for this opportunity."*

With our new home at Norton Park we enjoyed offering our first open workshop since lockdown, which was a great success! We plan to run more in the coming year.

The group have enjoyed exploring creative ways of answering a question that often comes up during their workshops;

"What is psychosis?" They have produced a series of zines and produced an art piece called 'A window into psychosis' which they now use in their workshop to talk to the diversity of their experiences of psychosis.

*"I loved it! The blend of experiences, art, poems, thoughts + views. Thank you..."*

*"info from the session will be useful in my place of work as I support people who have experience of psychosis."*



# experiences of trauma

In the past year, the Experiences of Trauma group continued to work on their Here and Now lived experience workshop. With the support of the new advocacy worker Ellis, the group has held two 'Critical Friends' sessions to seek feedback. The group has received interest in the workshop from several places and is planning to start delivering it in early 2024.

The group started working on a short film about living with trauma, collaborating with the video artist Steph Wilson. An open call was circulated in the Spring for new people to join the project. After two visual workshops, the group decided to build the film around the theme "Who Am I?".



Members of the group travelled to Glasgow to attend the opening of the Scottish Mental Health Arts Festival to watch another lived experience of trauma film that premiered there.

The group also continued to feed into the national trauma agenda. In March, the group provided feedback on the Quality Improvement Framework for Trauma-informed organisations by the National Trauma Training Programme. More

recently, the group was invited to join the "Passionate about Trauma" network and the bi-monthly Trauma Ambassadors meetings by Claire Ryan-Heatley, the Edinburgh City Council Trauma Lead Officer.

*Picture: members of the group attended the Scottish Mental Health Arts Festival in Glasgow in October 2023.*

# oor mad history

The Oor Mad History group has made excellent progress this year. In June, members of the group attended the 'Shaking the Archive' conference at Queen Margaret University and gave a talk and presentation about the project, which was very well received. It was a very proud moment for the group and hopefully we can do more talks of that nature in the future.

Since then, a new Collective Advocacy worker has been appointed and seven new people have joined the group. They are now focusing on developing a workshop about the limitations of the biomedical model. The group is very enthusiastic about creating this workshop together and excited that they will have the ability to share their own experiences and knowledge.

We are also making good headway with digitising the Oor Mad History archive. Some members of the group came together to discuss categories for the archive material and we are starting the process of building a website to hold the materials and will continue to add more valuable resources to it.

The Mad People's History and Identity course will resume in partnership with Queen Margaret University next year. This course is free and open to people in Lothian with lived experience of mental health issues. We hope to be delivering a couple of the sessions and will begin thinking about this soon. There are lots of exciting projects going on for the group and we're looking forward to continuing to strengthen the powerful collective voice of Oor Mad History!



Feedback from the Shaking the Archive Conference:

*"We were so inspired by the talk you gave at the conference that we came along to the Out Of Sight Out Of Mind launch this evening, so thank you for that!"*

# arts as advocacy

## Out of Sight Out of Mind Exhibition 2023

This October at Summerhall in Edinburgh, the 11th Out of Sight Out of Mind exhibition showed artworks by 213 people who have experience of mental health issues. Many responded to this year's Scottish Mental Health Arts Festival theme: **'Revolution'**. Some spoke about personal revolutions and others offered their vision for revolution on a societal or global scale. The exhibition's Planning Group created a 'manifesto for a revolution', and hundreds of people added what was important to them in the 'Manifesto Room'. The launch, a zine workshop and the 'meet the exhibitor' events were all well attended, and there has been lots of discussion on people's plans for 2024!

### In numbers:

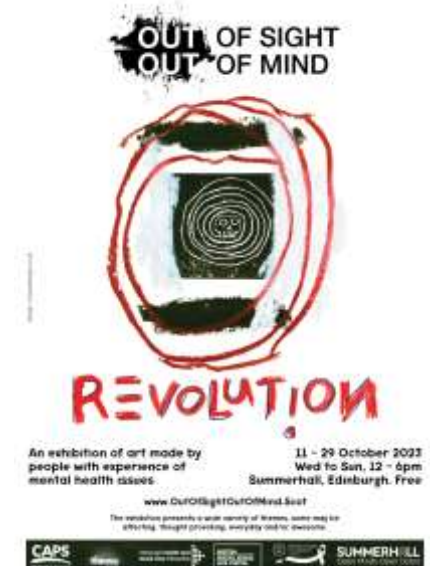
213 people made 153 artworks. In June 40 artwork materials grants were awarded. Throughout the year 17 people took part in the Planning Group. 20 'exhibition volunteers' joined them to help in October. There were 1769 exhibition visitors, and the website had 987.

To read what the exhibition means to people and to see the 2023 artworks, visit the website:

[www.outofsightoutofmind.scot](http://www.outofsightoutofmind.scot)

### CAPS Thrive Arts Grants

Four grants were used by people who have experience of mental health issues for art projects which shared topics which are important to them with the public:- the exhibition 'Assemble II' at Edinburgh Palette in May and, in October as part of SMHAF, exhibitions 'TALK' at the Scottish Storytelling Centre, 'Hard To Look At' at Whitespaces Gallery, and an online event 'The Friendship Bench Project'.





# “seen but not heard” eating disorders project

A new group was formed after the new advocacy worker Ellis started in October 2022. Since then, the group has delivered three lived experience workshop sessions: one for art and music psychotherapy students at Queen Margaret University, one for parents and carers of children and young people with eating disorders, and a collaborative workshop with the LGBTQIA+ group delivered at the Cullen Centre Eating Disorder unit at the Royal Edinburgh Hospital. The group also created a collaborative art piece exploring the impact of mandatory calorie labelling legislation on people with eating disorders. The art piece has been exhibited as part of the Out Of Sight Out Of Mind exhibition. In addition to the main group, Seen But Not Heard includes two sub-groups with their own projects:



## **Men & Eating Disorders Research:**

After completing an online survey that gathered 38 responses, the group has moved onto the next stage of the research, which involves undertaking 1-1 interviews to explore the topic in more depth. The group has conducted 3 interviews so far and is currently exploring possibilities to collaborate with the Cullen Centre to identify people who would like to be interviewed.

## **“Overcoming” book series**

The group continued to work on the re-write of the “Overcoming Bulimia Nervosa and Binge Eating”, collaborating with Professor Patricia Graham. The re-write was completed in July and the group has been invited to contribute to the creation of a brand-new book on Binge Eating Disorder. Work on this is scheduled to start by the end of 2023.

*Picture: “Counting Calories” - artwork for the Out Of Sight Out Of Mind exhibition*



# LGBTQIA+ & minority ethnic collective advocacy

## LGBTQIA+ Collective Advocacy

A new advocacy worker Ellis started in April and has been focusing on recruiting new members and promoting the project in events such as Edinburgh Pride and the Scottish Transgender Conference. The group has completed two collaborative workshops - an intersectionality workshop delivered to a private counselling service together with the Minority Ethnic group, and a workshop on Eating Disorders in the LGBTQIA+ community, delivered to the eating disorder clinical team at the Cullen Centre at the Royal Edinburgh Hospital. The group also started planning a Queer Community Event involving workshops and speakers on the topic of queer activism and wellbeing in the current political climate.

## Minority Ethnic Collective Advocacy

This year the group have spent time refining their suite of workshops and have delivered these to lots of different audiences. Earlier this year the intersectionality workshop was delivered to YouthLink Scotland EDI Community of Practice. The group delivered their 'Insights into Minority Mental Health workshop series online. The series includes 'Racial discrimination in the UK', 'Our everyday realities' and 'Stigmas within ME communities & services'

*"Was really thought provoking, insightful and helped me to appreciate that what I took for granted was a privilege that many did not experience in childhood and adulthood and as such really enhanced my understanding and highlighted the need to help inform and educate others."*

They also delivered a bespoke intersectionality session with CAPS LGBTQIA+ collective advocacy group for NEECS (North East Edinburgh Counselling Service). The group has also been involved in consultations from NHS 24, and EVOC for the Communities Mental Health and Wellbeing Fund.

# lothian voices

This year Lothian Voices have been kept busy with several big projects! The group have been working together to develop a play which focuses on feelings of mounting anxiety during a bus journey. We're hoping to record and perform the play for radio and then develop a second play focusing on the benefits and tribunal system. It's been a fantastic and creative collaborative project for the group and everyone is excited to share it in the next few months!

## The People's Conference

The group has also been working hard to plan this year's People's Conference which focuses on the housing crisis in Lothian. We discussed group members' own experience of the crisis as well as referring to the AdvoCard & Shelter reports.

**What makes a house a home?**

**affordable comfortable warm stable peaceful**

**unaffordable unhappy unhealthy unsafe cold**

**The People's Conference**

**a free event for people with experience of mental health issues**

**8th November from 10:30am to 4:30pm**

Norton Park Conference Centre Hall Edinburgh  
including table discussions, zine-making, group activities and a free lunch.

For more information or to book a place contact Azra  
(collective@capsadvocacy.org or 07436 102 762)

**CAPS**  
Lothian Voices

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

During the conference we held discussions, an interactive zine-making session or designing a question to put to parliament, and we used our findings from the day to write an open letter to the Scottish Minister for Housing.

We will then present our findings from the day to attendees at a major conference organised by Thrive on the 24th November.

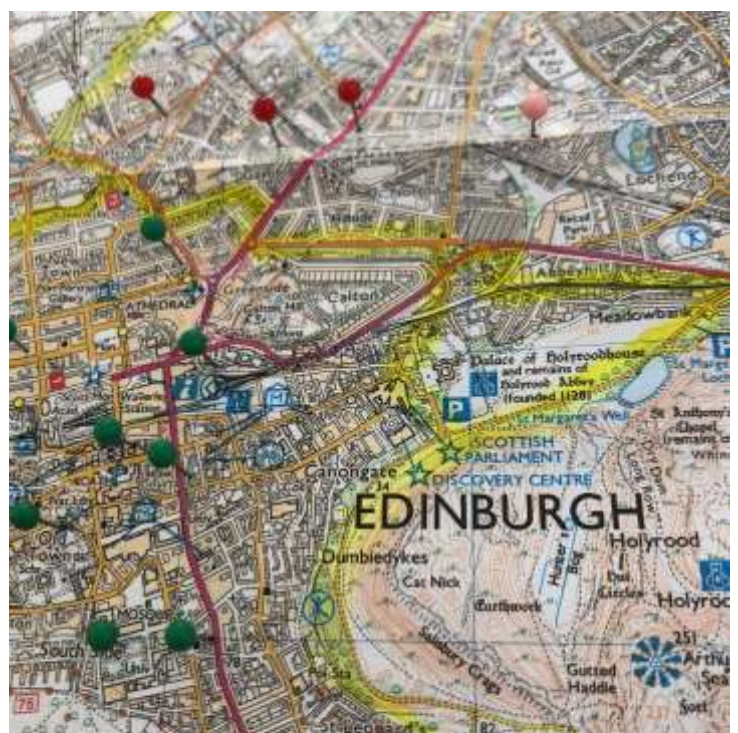
# edinburgh collective advocacy



Planning for the Edinburgh Collective Advocacy group is well underway, with hopes to soon establish a presence throughout the four localities of Edinburgh.

The group has welcomed two new workers, Angharad and Irene. You can send any enquiries about the group to [angharad@capsadvocacy.org](mailto:angharad@capsadvocacy.org). Angharad will be starting the group by holding welcome sessions in local communities in the coming months, before hopefully setting up regular meetings in each locality. She is looking forward to meeting people and their communities and facilitating exciting new projects.

The pre-existing Community Voices group continues to meet regularly in person, after facilitation was passed on to CAPS from AdvoCard. We have discussed issues in housing, support services and local issues, which have provided a great starting point for future project work. We hope to maintain the Community Voices meetings as a central point for a network of groups in Edinburgh.



# collective advocacy for veterans

This is the first year that CAPS has expanded its Collective Advocacy work to include military veterans across Scotland. The project is facilitated by Collective Advocacy worker Jessica Stubbs who joined CAPS in May.

These first six months have been focused on project development and have included building relationships with key representatives from veterans charities, the Scottish Government, the Ministry of Defence, law enforcement, the NHS, local industry leaders, medical advocacy organisations and members of academia. These relationships

have resulted in many opportunities to participate in strategic planning meetings, to educate others about the potential role and benefits of Collective Advocacy for veterans and the wider community, and to engage with veterans.



The project now includes 10 veteran members, and that number is steadily growing. Our work includes one newly established group in Edinburgh that meets weekly and a women's group in collaboration with Veterans 1<sup>st</sup> Point Lothian and the Lothian Veterans Centre that meets monthly.

The Veterans Advocacy Project provides insight and guidance to the Scottish Veterans Wellbeing Alliance and the Veterans Scotland - Health and Wellbeing Group. We are also members of the Pride in Veterans Standard, run by LGBT+ veterans charity Fighting with Pride. We are funded by the Armed Forces Covenant Fund Trust through their Veterans' Places, Pathways and People programme.



# getting involved

This year, to improve inclusion and accessibility, CAPS has retuned to the offer of 'getting involved' with us and moved away from the language of volunteering.

We want to be able to offer people the opportunity to get involved in a way that suits them and offering this in as open a way as possible.

Our projects have been busy, busy, busy with new enquiries and new members. Along with our established projects, our new projects, including veterans advocacy and Edinburgh Collective Advocacy, have been gathering interest!

Since the start of the year we have had 101 enquiries across all our projects!

Members of our groups were involved in several different ways across the year:

- Presenting with the Oor Mad History group at the Shaking the Archives Conference at Queen Margaret University
- Holding a picnic at the meadows in Edinburgh during Pride week
- Being part of recruitment of new staff

And so much more!

We have continued to offer sessions to Adult Support & Protection workers in East Lothian in collaboration with Individual Advocacy and are looking forward to how we can include lived experience presentations in these briefings.





# peer forum

We are excited to have a new worker facilitating the Peer Forum in Edinburgh. Irene will be working with the Peer Forum and also supporting the new Edinburgh Collective Advocacy work.

The Forum is a safe space for peer workers and volunteers to come together and talk about their experiences, how to tackle their challenges, and bring about change to the way they work or volunteer. It is open for everyone who works or volunteers in a peer role. Being a peer means someone uses their own lived experience of mental health issues to support someone who is going through a similar situation.



The first Peer Forum took place on 26<sup>th</sup> October with participants sharing perspectives and talking about a wide variety of topics. These included the recognition and importance of the peer role; opportunities to develop; different ways of thinking of peer practice and commonalities among these.

There will be another Peer Forum in December where we are planning to set some goals for the year to come! Along with the Peer Forum, Irene, the main contact for the peer project, has been contributing to the existing Peer Steering Group – a recurring meeting for organisations, managers and decision-makers that discusses the role of peers and what can be improved for them. This Peer Forum will inform the Peer Steering Group and guide the group on actions that are important to peers. There is great interest for the Peer Forum and many individuals signed up to join the next one. Irene is planning an ongoing project promotion to gather as many peer perspectives as possible and bring together peers, helping them to have their voices heard. You can send any enquiries about the Peer Community Collective Advocacy project to [irene@capsadvocacy.org](mailto:irene@capsadvocacy.org).

# summary financial information 2023

This 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](mailto:glen@capsadvocacy.org)

The law applicable to charities in Scotland requires the Management Committee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period.

## **Statement of Financial Activities for year ended 31<sup>st</sup> March 2023**

	<b>Unrestricted 2023 £</b>	<b>Restricted 2023 £</b>	<b>Total 2023 £</b>	<b>Total 2022 £</b>
<b><u>Income from:</u></b>				
Donations & legacies	-	14,000	14,000	15,150
Charitable activities	-	825,864	825,864	651,956
Investment income	998	-	998	173
Other income	70	-	70	-
<b>Total incoming resources</b>	<b>1,068</b>	<b>839,864</b>	<b>840,932</b>	<b>667,279</b>
<b><u>Expenditure on:</u></b>				
<b>Charitable activities</b>				
Collective Advocacy	466	302,753	303,219	376,138
Individual Advocacy	-	421,315	421,315	268,411
<b>Total expenditure</b>	<b>466</b>	<b>724,068</b>	<b>724,534</b>	<b>644,549</b>
<b>Net income/(expenditure)</b>	<b>602</b>	<b>115,796</b>	<b>116,398</b>	<b>22,730</b>
<b>Other recognised gains / (losses)</b>				
Pension scheme remeasurements	-	-	-	32,000
<b>Net movement in funds</b>	<b>602</b>	<b>115,796</b>	<b>116,398</b>	<b>54,730</b>
Funds at 1 <sup>st</sup> April 2022 / 2021	104,919	321,289	426,208	371,478
<b>Funds at 31<sup>st</sup> March 2023 / 2022</b>	<b>105,521</b>	<b>437,085</b>	<b>542,606</b>	<b>426,208</b>

# summary financial information

## 2023 *continued*

### Balance Sheet at 31<sup>st</sup> March 2023

	2023		2022	
	£	£	£	£
<b>Fixed assets</b>				
Intangible assets (net book value)	928		1,560	
Tangible assets (net book value)	7,761		8,720	
<i>Total fixed assets</i>	<i>8,689</i>		<i>10,280</i>	
<b>Current assets</b>				
Debtors	11,504		-	
Prepayments	8,792		6,154	
Cash at bank & in hand	699,127		580,728	
<i>Total current assets</i>	<i>719,423</i>		<i>586,882</i>	
<b>Liabilities</b>				
Creditors (due within 1 year)		9,599		8,402
Accruals		58,205		13,125
Deferred income		105,432		79,719
Finance lease		1,439		1,439
<i>Net current assets</i>	<i>544,748</i>		<i>484,197</i>	
<i>Total assets less current liabilities</i>	<i>553,437</i>		<i>494,477</i>	
Creditors (due after more than 1 year)		831		49,269
<i>Net assets ex. pension liability</i>	<i>552,606</i>		<i>445,208</i>	
Pension scheme liability provision		10,000		19,000
<b>Total net assets</b>	<b>542,606</b>		<b>426,208</b>	
<b>The funds of the charity</b>				
Unrestricted – general	22,380		21,312	
Unrestricted – designated	83,141		83,607	
Restricted	437,085		321,289	
<b>Total</b>	<b>542,606</b>		<b>426,208</b>	

We received grant income from Thrive Edinburgh, the Edinburgh, East Lothian & Midlothian Health & Social Care Partnerships, the Communities Mental Health & Wellbeing Fund in East Lothian & Midlothian, NHS Lothian, the Scottish Government, MELDAP, the Corra Foundation and the Robertson Trust.

# who's who

## **Management Committee**

Brendan Rooney - Chair  
Eilidh Coltman - Vice Chair  
Tom Jordan - Treasurer  
Laurelle Edmunds  
Fionnuala Shakespeare  
Lauren Stonebanks

## **Staff**

Jane Crawford - Chief Executive Officer, Kyna Reeves - Individual Advocacy Manager, Ele Davidson - Collective Advocacy Manager, Pam van de Brug - Arts as Advocacy Manager, Sarah Fox - Individual Advocacy Team Leader, Steph Davis - Children & Young People's Team Leader

## **Individual Advocacy Workers**

Kirstie Cowley, Clive Baker, Kousar Javaid, George Kappler, Donald Preston, Malin Brash, Lily Walton (Adults with Eating Disorders), John Player (Drug and Alcohol), Victoria MacKenzie (Drug and Alcohol)

## **Children and Young People's Advocacy Workers**

Lauren Miller, Rachael Pearson, Robyn Smith

## **Collective Advocacy Workers**

Ellis Kokko, Angharad Blundell, Azra Khan, Irene Paolini, Jessica Stubbs, Amy Shields, Alex Kellas, Elil Jeyakumar

## **Administrative**

Glen Faulkner - Finance & Administration Manager, Judith Stirling - Personnel & Administration Officer, Catherine Street - Communications Manager

Denise McFadden, Lara Wauchope, Victoria Jackson, Mohasin Ahmed, Molly Newhouse, Niamh Allen and Benjamin Wold Birmanis left during the year.

***The work of CAPS is also supported by our invaluable group members. Please see page 21 on 'getting involved' for more information.***

# contact us

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## Collective Advocacy

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



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