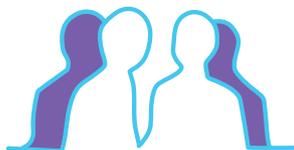


# Edinburgh Carers Council



for those supporting people with mental health difficulties

## About us

Providing independent advocacy  
for carers of someone with:

- Mental health difficulties
- A learning disability
- Dementia
- Acquired brain injury

Carers Information & Services Guide

# Who we are

Edinburgh Carers Council is a charity that has provided advocacy to carers for over 16 years. When you are caring for someone with mental health difficulties it can be stressful, confusing and isolating. Our services help carers access the support and information to be in control of their own caring situation.

Located at The Canon Mill, we also have an office at the Royal Edinburgh Hospital. Appointments can be made to be seen at either office.

To access our advocacy service call The Canon Mill on **0131 270 6087** or the Royal Edinburgh Hospital on **0131 537 6392**.

# Helpful resources

This booklet aims to help signpost mental health carers to the services and support available in Edinburgh. We produce a range of booklets including:

- Independent Advocacy Service
- The Orchard Clinic
- Understanding Mental Health and the Criminal Justice System
- Transitions Carer Advocacy Service
- What can I expect from services in Edinburgh?

You can download our booklets at

**[www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)**

or email us at [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)

# Are you a carer?

A carer may be a family member, partner or friend who supports or cares for a person with mental health difficulties. Carers may or may not live with the person they support, and they may or may not carry out physical tasks. The Mental Health (Care and Treatment) (Scotland) Act 2003 defines a carer as:

- (s329) ***“an individual (other than a paid or voluntary worker) who provides, on a regular basis, a substantial amount of care for, and support to, the person; and includes, in the case where the person is in hospital, an individual who, before the person was admitted to hospital, provided on a regular basis, a substantial amount of care for, and support to, the person”***
- Regardless of diagnosis, living situation, etc.

# Free, confidential and independent services

Our team provide advocacy, information and training to empower carers. To use our services, either the carer **or** person they care for, must be resident **or** using hospital or community health services in the City of Edinburgh.

We believe carers need:

- To be respected, valued and taken seriously.
- Their views to be heard and to be consulted at all levels of planning, development and implementation of services.
- Opportunities for breaks from caring and information to assist them maintain their own health and quality of life.
- Practical and emotional support.

If you require information about any aspect of mental health care or services please telephone us on **0131 270 6087**.

# The work we do

## Providing information and support to carers

- We organise meetings and groups, plus hold a quarterly Carers Forum, which covers issues concerning carers and other topics of interest.
- We produce information booklets and newsletters which are on our website or can be posted.
- Our website **[www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)** has links to support and services available for carers.
- We provide recovery focussed programmes of learning and skills based training for carers.

## Individual Advocacy

Advocacy is about having somebody to help you be heard and represent your needs and views as effectively as possible. For example, you may need:

- help with finding ongoing support for yourself as a carer,
- assistance and support at meetings, mental health tribunals or reviews with medical staff and social care staff,
- help with letters and forms or with raising your issues,
- information about your rights,
- advocacy support in your role as named person, appointee, power of attorney or welfare guardian,
- support if the person you care for is going through a period of transition.

To make an appointment with an advocacy worker please call us on **0131 270 6087**. Carers can access our services directly or by referral.

## Collective Advocacy

We provide opportunities for mental health carers to be involved in collective advocacy. Carers can work together to bring about change and raise awareness of issues which affect them.

Through collective advocacy carers can be involved in all stages of the planning of mental health services. They can also share their experiences, exchange information and take action as a group.

Edinburgh Carers Council promotes carers collective advocacy by:

- Bringing together carers from Edinburgh and the Lothians at our Carers Forum which meets quarterly and is led by carers.
- Developing and delivering carer training.

We also facilitate monthly groups for carers of someone who may:

- Have an Eating Disorder.
- Attract a diagnosis of Borderline Personality Disorder.
- Have a diagnosis of Post-traumatic Stress Disorder and/or OCD.

These are open groups and people can also raise issues on their experiences of services, treatment and care at our Carers Forum.

For details of the Carers Forum and our groups, go to **[www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)** or telephone **0131 270 6087**.

# Resources for mental health carers

## Carers' Groups

Groups are a great way to meet other carers, share similar experiences and learn more about mental health issues. Here are some city-wide groups open to carers:

**Carers and Relatives Alliance (CARA)** open to all mental health carers **0131 629 1844**

**Lothian Bipolar Self Help Group** **0141 560 2050**

**Care for Carers, Family and Friends** monthly group  
**0131 661 2077**

**VOCAL** Family Support Addictions **0131 622 6262**

**PASDA** (Autistic spectrum conditions) **0131 475 2416**

**Alzheimers Scotland** run singing groups and cafes in Edinburgh and the Lothians for people with dementia and their carers **[www.alzscot.org](http://www.alzscot.org)**

**NEDC**, Seagrove Centre, **Time for Carers**, **0131 553 7147**

**North West Carers Centre, Forget Me Nots**, **0131 315 3130**

## Support Services in Edinburgh

### Support in Mind: Edinburgh Carers Support Project

Provides emotional support, information and practical advice to carers, families and friends of people with a serious mental illness.

Stafford Centre, 103 Broughton Street, Edinburgh EH1 3RZ

Lorraine Keith, **0131 629 1844** or

[lkeith@supportinmindscotland.org.uk](mailto:lkeith@supportinmindscotland.org.uk)

**[www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk)**

### Penumbra: Edinburgh Self Harm Project

Penumbra works to promote mental health and wellbeing for all. Flexible and informal appointments can be made for carers who support someone who is self-harming.

Penumbra: Edinburgh Self Harm Project,

5 Leamington Terrace, Edinburgh EH10 4JW

Kirstie Barlow, **0131 229 6262** or

[Kirstie.Barlow@penumbra.org.uk](mailto:Kirstie.Barlow@penumbra.org.uk)

**[www.penumbra.org.uk](http://www.penumbra.org.uk)**

### **Community Mental Health Chaplains**

Offer spiritual care to people experiencing mental health difficulties and their carers.

Augustine United Church, 41 George IV Bridge,  
Edinburgh EH1 1EL

**0131 220 5150**

**0131 537 6516**

### **Minority Ethnic Carers of People Project (MECOPP)**

Provide a range of support and information to black and ethnic carers who reside within Edinburgh or the Lothians.

172 Leith Walk, Edinburgh EH6 5EA

**0131 467 2994**

[info@mecopp.org.uk](mailto:info@mecopp.org.uk)

**[www.mecopp.org.uk](http://www.mecopp.org.uk)**

## Crisis Support For Mental Health Carers

### Edinburgh Crisis Centre

A 24 hour service providing community based emotional and practical support to people. The centre provides a free telephone helpline as well as face to face support.

Helpline freephone **0808 801 0414**

Text: **0797 442 9075**

[crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

### Police Scotland

**999** Emergency **101** Non-emergency/general enquiry

If you are worried about someone who is ill and it is outside GP hours you can call NHS 24 on **111**

### Mental Health Assessment Service (MHAS)

A nurse-led team providing emergency mental health assessments at the Royal Edinburgh, 24 hours a day, seven days a week. A MHAS also operates at the Royal Infirmary from 5pm - 8am Monday to Thursday and from 5pm Friday to 8am Monday.

**0131 537 6000**

## Information for Carers

### Health in Mind

A charity that promotes positive mental health and wellbeing in Scotland. Their information and resource centre has friendly staff who can provide leaflets or help with accessing online information on support and services available in the community.

40 Shandwick Place, Edinburgh EH2 4RT

**0131 243 0106** (Info-line)

[contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

**[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)**

### Online Mental Health Resources

A wealth of local information on mental health, treatment, care and services in Edinburgh, Midlothian, East Lothian and West Lothian. Access everything from support groups to handy fact sheets and resources.

**[www.edspace.org.uk](http://www.edspace.org.uk)**

**[www.midspace.org.uk](http://www.midspace.org.uk)**

**[www.eastspace.org.uk](http://www.eastspace.org.uk)**

**[www.westspace.org.uk](http://www.westspace.org.uk)**

## Respite and Help for Carers

### Care For Carers

Delivers services to carers in Edinburgh and specific short breaks through their 'Stepping Out' service.

Carers can refer themselves.

Lochend House, 33-35 Lochend Road South,  
Edinburgh EH7 6BR

**0131 661 2077**

admin@care4carers.org.uk

**www.care4carers.org.uk**

### NOVA Short Breaks

A national service provided by Penumbra that provides flexible and personalised short breaks and respite opportunities for adults and young people with mental health problems, and their families and carers.

Penumbra Head Office, Norton Park, 57 Albion Park,  
Edinburgh EH7 5Q Y

George.Muir@penumbra.org.uk

**07717 301 614**

## Health in Mind

The Support, Accommodation and Respite Service (SARS) provides community based support and respite breaks. The respite service is designed to give people who care for someone with mental health difficulties a break from caring. Accepts self referrals (respite service only).

40 Shandwick Place, Edinburgh EH2 4RT

**0131 225 8508**

[contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

**[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)**

## Direct Payments

Self Directed Support, through direct payments and other options offered by Councils, can offer a flexible way of arranging respite and support. There are now four options which should be offered by Councils. For assistance with respite or other social care needs, contact **0131 200 2324** or email **[socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)** for information or to apply.

## Specialist Services

### The Mental Welfare Commission for Scotland

Provides information and advice and, can make investigations and enquiries into someone's care and treatment if there is a serious concern about their rights or welfare.

Thistle House, 91 Haymarket Terrace, Edinburgh EH12 5HE

Advice line **0800 389 6809**

[enquiries@mwscot.org.uk](mailto:enquiries@mwscot.org.uk)

[www.mwscot.org.uk](http://www.mwscot.org.uk)

### Office of the Public Guardian

Provides information and advice. Supervises those appointed to manage the property and financial affairs of others, i.e. those with Power of Attorney. Covers the whole of Scotland.

Office of the Public Guardian (Scotland), Hadrian House, Callendar Business Park, Callendar Road, Falkirk FK1 1XR

**01324 678 300**

[opg@scotcourts.gov.uk](mailto:opg@scotcourts.gov.uk)

[www.publicguardian-scotland.gov.uk](http://www.publicguardian-scotland.gov.uk)

## **Legal Services Agency - Mental Health Legal Representation Project (Edinburgh & Lothians)**

Free advice and representation for people with mental illness, dementia or acquired brain injury or their carers who reside in Edinburgh and the Lothians.

3rd Floor, Princes House, 5 Shandwick Place  
Edinburgh EH2 4RG

**0131 228 9993**

lsaedin@lsa.org.uk

**www.lsa.org.uk**

*Other law firms are available to provide legal representation.  
Their details can be found at the Law Society for Scotland*

**www.lawscot.org.uk**

## Health and Social Work

### City of Edinburgh Social Care Direct

For adult social care services contact Social Care Direct on

**0131 200 2324** or

email [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

The service is open Monday to Thursday 8.30am - 5.00pm,  
Friday 8.30am - 3.55pm.

If you have concerns about a child's safety or welfare,

call Children and Families Social Care Direct on

**0131 200 2327** and not your local social work office.

The service is open Monday to Thursday 8.30am - 5.00pm,  
Friday 8.30am - 3.55pm.

For all out of hour social care services contact Emergency  
Social Work Service on **0800 731 6969**.

More information can be found at

**[www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)** (social care and health services)

### NHS Lothian

For information on local services to support carers go to

**[www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)** (click "Community",

"Edinburgh CHP" and "Carer Support Services").

## Advocacy

Under the Mental Health (Care and Treatment) (Scotland) Act 2003, people with mental health difficulties, learning disabilities and personality disorders have the right to access independent advocacy.

### AdvoCard

An independent advocacy organisation that offers individual and collective advocacy services to people with experience of mental ill-health in Edinburgh. More information is available at

**[www.advocard.org.uk](http://www.advocard.org.uk)**

Community-based service users or those facing compulsory treatment, or wanting to use safeguards within the Mental Health (Care & Treatment) (Scotland) Act 2003 can contact:

332 Leith Walk, Edinburgh EH6 5BR

**0131 554 5307**

[advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk)

Those using services within the Royal Edinburgh Hospital can contact AdvoCard:

c/o The Royal Edinburgh Hospital, Morningside Terrace  
Edinburgh EH10 5HF

**0131 537 6004**

[hospital.advocacy@advocard.org.uk](mailto:hospital.advocacy@advocard.org.uk)

### **Partners in Advocacy**

Partners in Advocacy provide independent advocacy for people with learning disabilities, physical disabilities and/or older people in Edinburgh. A range of services are provided further afield.

The McIntosh Suite, 2nd Floor, Beaverhall House,  
27/5 Beaverhall Road, Edinburgh EH7 4JE

**0131 478 7723/7724**

[edinburgh@partnersinadvocacy.org.uk](mailto:edinburgh@partnersinadvocacy.org.uk)

**[www.partnersinadvocacy.org.uk](http://www.partnersinadvocacy.org.uk)**

## Collective advocacy

### REH Patients Council

Facilitates independent collective advocacy for patients and former patients of the Royal Edinburgh Hospital, bringing about change in the way that services and treatment are provided.

The Royal Edinburgh Hospital, Morningside Terrace,  
Edinburgh EH10 5HF

**0131 537 6462**

[info@rehpatientscouncil.org](mailto:info@rehpatientscouncil.org)

**[www.rehpatientscouncil.org.uk](http://www.rehpatientscouncil.org.uk)**

### Community Voices

An independent user-led collective advocacy group supported by AdvoCard. A drop-in discussion group meets on the first and third Wednesdays of the month between 5 - 7pm at Waverley Gate. Contact AdvoCard on

**0131 554 5307** for more details.

## Information and Advice on welfare rights, money and debt

### The Advice Shop

249 High Street, Edinburgh EH1 1YJ

**0131 200 2360**

[advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

### Citizens Advice Scotland (CAB)

Offers a free, impartial and confidential advice service over the phone and via their website and also have member bureaux across Scotland. Information about their range of services can be found on their website **[www.cas.org.uk](http://www.cas.org.uk)**.

**Citizens Advice Edinburgh (CAE)** run five local bureaux and 17 outreach points. To find out more about their services or find an office near you visit **[www.citizensadviceedinburgh.org.uk](http://www.citizensadviceedinburgh.org.uk)**.

Telephone **0808 800 9060** (free call from landlines and some mobile providers), this Scotland-wide advice line service is like a local bureau but over the phone, it operates Monday to Friday 9am - 8pm and Saturday 10am - 2pm.

Every effort has been made to ensure information was accurate at time of print. We welcome any feedback or comment regarding its content.

Edinburgh Carers Council  
The Canon Mill, 1-3 Canon Street  
Edinburgh EH3 5HE  
t: 0131 270 6087 / 6089  
Royal Edinburgh Hospital  
Morningside Terrace  
EH10 5HF  
(Phone for directions & appointments)  
t: 0131 270 6087  
e: [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)  
[www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)

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