

Edinburgh Carers Council



for those supporting people with mental health difficulties

About us...

**and other services for
mental health carers
in Edinburgh**



What about me?

When you are caring for someone with mental health difficulties, it can be stressful and confusing, often leaving you feeling isolated. This leaflet aims to signpost carers to some of the key services in the City of Edinburgh designed specifically to meet the needs of mental health carers.

Who is 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”***
- Irrespective of diagnosis, living situation, etc.

Edinburgh Carers Council: Who are we?

We are an independent organisation that is carer-led in its developments. We provide services to carers who support someone who uses mental health services or who has mental health difficulties in the City of Edinburgh.

We provide carers with information about all aspects of mental health care and services; an individual advocacy service for carers and named persons, and collective advocacy. We also provide training opportunities for carers.

At Edinburgh Carers Council we believe carers need:

- To be respected.
- Their views and opinions to be heard.
- To be taken seriously.
- Recognition of the importance of their contribution.
- To be valued.
- Opportunities for breaks from caring.
- Practical and emotional support at different stages.
- Information on things that will assist them to care effectively while maintaining their own health and quality of life.
- Information about services which reflect cultural, religious and racial differences and values.
- To be consulted at all levels of planning, development and implementation of services.

Edinburgh Carers Council: Providing information for carers

- We organise meetings and provide information sessions about issues that carers have told us they are concerned about or want to know more about.
- We circulate a regular newsletter called Carers Focus.
- We develop information leaflets and packs which can be sent to you or downloaded from our website.
- We can support individual carers to source specific information for their needs.

Edinburgh Carers Council: Individual Advocacy

We provide a free, confidential and independent advocacy service for carers. 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 or reviews with medical staff.
- Help with letters and forms or with raising your issues.
- Information about your rights.
- Advocacy support in your role as named person.

Edinburgh Carers Council: Collective Advocacy

Edinburgh Carers Council is a carer-led organisation: it was created for carers by carers.

- News and Views is a group that meets regularly and provides carers with the opportunity to meet together to discuss and raise issues collectively.
- A forensic mental health carers group meet monthly at the Craiglockhart centre to discuss collective issues.
- Representatives from Edinburgh Carers Council attend various working groups to ensure the views and needs of mental health carers are included at all stages of the planning and implementation of mental health services in Edinburgh.

Edinburgh Carers Council: Learning Opportunities

We provide courses and sessions for carers on a range of subjects. We also work in partnership with other groups and organisations. For example we are involved in providing training on:

- Carers and the Mental Health Act.
- Supporting the Supporters - for those supporting someone at risk of suicide.
- Wellness Recovery Action Plan (WRAP) for Carers.
- Self Harm awareness with NHS Lothian.
- Borderline Personality Disorder.

Other resources for mental health carers in Edinburgh

Carers Support Groups

Support groups can offer you the opportunity to talk with others who are going through similar experiences, and can help you gain confidence and knowledge about mental health issues. Below are some city-wide groups open to carers and the contact numbers for more details.

CARA monthly group open to all mental health carers
0131 662 2280

Borderline Personality Disorder Carer Support Group
0131 270 6087

Edinburgh Self Harm Project Parents and Carers Group **0131 229 6262**

Edinburgh Bipolar Group **0131 557 0718**

Family and Friends monthly group **0131 537 5128**

Support Services in Edinburgh

NSF (Scotland) Edinburgh Carers Support Project

The Carers Support Project provides support and information such as confidential one to one support, the time to be listened to, and information on diagnosis.

Unit 6
Newington Business
Centre
Dalkeith Road Mews
Edinburgh EH16 5GA
0131 662 2280
email: info@nsfscot.org.uk
www.nsfscot.org.uk

Community Mental Health Chaplains

provide spiritual care to people experiencing mental health difficulties and carers.

Augustine United Church
41 George IV Bridge
Edinburgh EH1 1EL
0131 220 5150
0131 537 6516

MECOPP

Minority Ethnic Carers of People Project: provides a range of services for carers.
23 Leith Walk
Edinburgh EH6 8LN
0131 467 2994
email: info@mecopp.org.uk
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**

info@edinburghcrisiscentre.co.uk
www.edinburghcrisiscentre.org.uk

Police emergency **999**

Edinburgh Police 0131 311 3131

Mental Health Assessment Service a team of mental health nurses providing 24 hour service providing mental health assessment in an emergency

0131 537 6000

Information for Carers

Edspace

An information website where you can find out more about mental health, treatment and care and services in Edinburgh. It provides a good list of support groups and other resources.

www.edspace.org.uk

Health in Mind Resource Centre

A centre with friendly staff who can help you access the Edspace website or provide you with information leaflets on a wide range of mental health problems and support and services available in the community.

40 Shandwick Place
Edinburgh EH2 4RT

0131 225 8508

email: information@health-in-mind.org.uk

www.health-in-mind.co.uk

Respite for Carers

Care For Carers

Provide short residential breaks for carers.

Lochend House

33-35 Lochend Road South

Edinburgh EH7 6BR

0131 661 2077

email: admin@care4carers.org.uk

www.care4carers.org.uk

Penumbra Respite Care Cairdeas House

Offers short breaks for service users which can benefit carers. Enquiries are welcome from potential guests and their carers. Referrals should usually be made by a social worker or through a community mental health team.

Cairdeas House

5 Coates Gardens

Edinburgh EH12 5LG

0131 313 5081

www.penumbrarespitecare.org.uk

Health in Mind

Support and respite service. A visiting support service providing support to people living at home who are experiencing, or recovering from, mental health difficulties. It assists service users to develop and maintain practical and social skills required for independent community living. The respite service is designed to give people who care for someone with Mental Health Difficulties a 'Break from caring'.

40 Shandwick Place
Edinburgh EH2 4RT

0131 243 0133

Specialist Services

The Mental Welfare Commission for Scotland

An independent organisation working to safeguard the rights and welfare of everyone with a mental illness, learning disability or other mental disorder. MWC publish a range of information leaflets and produce reports on standards of care.

Thistle House

91 Haymarket Terrace

Edinburgh EH12 5HE

Advice line **0800 389 6809**

email: enquiries@mwscot.org.uk

www.mwscot.org.uk

Office of the Public Guardian

Provides information, advice and guidance and supervise people appointed in terms of the Incapacity (Scotland) Act 2000 to manage the property and financial affairs of others, for example those with Power of Attorney.

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

0845 603 1185

email: opg@scotcourts.gov.uk

www.publicguardian-scotland.gov.uk

Legal Services Agency Ltd

Provide legal advice and representation to people with mental health difficulties, acquired brain injury and dementia, and their families and carers.

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

0131 228 9993

email: Isaedin@lsa.org.uk

Health and Social Work

City of Edinburgh Social Care Services

For all first time contact with adult social care services contact Social Care Direct on **0131 200 2324**.

The service is open Monday to Thursday 8.30am-5.00pm, Friday 8.30am-3.40pm

If you are concerned about a child's safety or welfare, please 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-3.40pm

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

NHS Lothian

For information on local services to support carers go to:

www.nhsllothian.scot.nhs.uk

then click on "community" then "Edinburgh CHP" then "Services for Carers"

Advocacy for people with mental health difficulties

The Mental Health (Care and Treatment) (Scotland) Act 2003 gives people who experience mental health difficulties the right to access independent advocacy services.

Advocard Provides three individual advocacy services **Individual advocacy for people living in the community in Edinburgh**

332 Leith Walk
Edinburgh EH6 5BR

0131 554 5307

email: advocacy@advocard.org.uk

Individual advocacy for those people using services within the Royal Edinburgh Hospital.

The Royal Edinburgh Hospital
Morningside Terrace
Edinburgh EH10 5HF

0131 537 6004

Individual advocacy for people living in the community in Edinburgh and facing compulsory treatment, or wanting to use safeguards within the Mental Health (Care & Treatment) (Scotland) Act 2003.

332 Leith Walk
Edinburgh EH6 5BR

0131 554 5307

email: advocacymha@advocard.org.uk

EARS

Advocacy and Representation for older people including those who have dementia.

Forecourt Business Centre
14 Ashley Place
Edinburgh EH6 5PX

0131 478 6030

email: info@ears-advocacy.org.uk

Collective advocacy for people with mental health difficulties is provided by

The Patients Council

The Royal Edinburgh Hospital
Morningside Terrace
Edinburgh EH10 5HF

0131 537 6462

Edinburgh Users Forum

5 Cadzow Place
Edinburgh EH7 5SN

0131 538 7177

Information and Advice

Citizen Advice Bureau

Offers independent, free advice on a wide range of issues, including Disability Living Allowance, Carers Allowance and becoming an Appointee.

Edinburgh Central Citizens Advice

58 Dundas Street

Edinburgh EH3 6QZ

Advice only: **0131 557 1500**

Appointments: **0131 558 3681**

www.citizensadviceedinburgh.co.uk

Other offices

Gorgie/Dalry **0131 474 8080**

Leith **0131 554 8144**

Pilton **0131 332 9434**

Portobello **0131 669 7138**

The Advice Shop

Offers information and advice on welfare rights and benefits, money and debt.

83-87 South Bridge
Edinburgh EH1 1HN

0131 225 1255

email: Advice.shop@edinburgh.gov.uk

Citizens Advice at The Royal Edinburgh Hospital (REH)

Offers a service every Tuesday at the Craiglockhart Centre, The Royal Edinburgh Hospital. The service is for everyone; patients, carers, visitors and staff. For an appointment call **0131 537 6843** or drop-in between 2pm to 5pm.

Every effort has been made to ensure information was accurate at time of print. We would appreciate any feedback or comment regarding its content. October 2009.

Edinburgh Carers Council
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Edinburgh EH3 5HE
t. 0131 270 6087 / 6089
e: info@edinburghcarerscouncil.co.uk
www.edinburghcarerscouncil.co.uk

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