

Edinburgh Carers Council

for those supporting people
with mental health problems



SUMMER 2008

WELCOME TO OUR NEW ADVOCACY & INFORMATION WORKER

Andrea Ridley is our new Advocacy & Information Worker she says:

“Great to be part of a team”

I am delighted to be joining the team at Edinburgh Carers Council as the new Development Worker for Information and Advocacy. I have previously worked with other advocacy organisations in Scotland, most recently worked with Advocacy Highland. I have received a very warm welcome from the staff, Ruth and Linda and Management Committee members in my first couple of weeks here and look forward to taking up the challenge of the post.

IN THIS ISSUE...

Page 1

- Welcome to Andrea
- Number 6

Page 2

- Looking to the Future with Someone with Mental Health Difficulties
- Recover Sessions for Carers
- Introducing CARA (Carers & Relatives Alliance)

Page 3

- Eating Disorders – Carers Conference Scotland
- Royal Edinburgh Hospital Options Appraisal
- Crisis Centre Update

Page 4

- What's On for Carers

Number 6

Is a one-stop-shop for adults with High Functioning Autism or Asperger Syndrome in the Lothian's

They believe that all people with High Functioning Autism or Asperger Syndrome should have the chance to speak for themselves. They should be able to take charge of their own lives and homes and be able to feel successful and confident. Services they provide are:

- Use of internet room.
- Access information at a resource centre/library.
- Identify and discuss their individual needs with an experienced advisor.
- Developing a personalised action plan to meet individuals' needs.
- Getting support to access social opportunities

They also place importance on the following, saying;

- ❖ We will place an individual at the centre of their services, and will strive to ensure that everyone:
- ❖ Feels valued and respected.
- ❖ Feels safe and secure.
- ❖ Can access meaningful information.
- ❖ Will be understood.
- ❖ Develops their potential through learning.
- ❖ Has informed control and interdependence.

Continued on page 2....

Should you want to know any further information please contact Number 6 on 0131 240 2370 or you can contact Linda at Edinburgh Carers Council on 0131 554 5153

LOOKING TO THE FUTURE WITH SOMEONE WITH MENTAL HEALTH DIFFICULTIES

Starting in October VOCAL (Voice of Carers Across Lothian) in partnership with Edinburgh Carers Council is running a course designed for carers. Each session provides opportunities to listen to experts and other carers

All speakers and tutors have been specially chosen to deal with situations experienced by carers. They are drawn from hospital staff, community services, social work, advice centres and other relevant agencies.

The course will consist of the following.

- **An Introduction to Community Mental Health** Tues 7th October 2008
- **Living in the Community** Tues 14th October 2008
- **The Legislation Maze** Tues 21st October 2008
- **Preparing Financially for the Future** Tues 28th October 2008
- **Moving Towards the Future** Tues 4th November 2008
- **Changing Relationships** Tues 11th November 2008
- **Possibilities for the Future** Tues 18th November 2008

The course will run on Tuesday evening from 6pm - 8.30pm at VOCAL Carers Centre 8 – 13 Johnston Terrace Edinburgh just off the Royal Mile. Please note a light supper will be provided for all participants For further information or to register for the course please contact:

Linda MacLeod: 554 5153 or Jane Greenacre 622 6666

RECOVERY SESSIONS FOR CARERS

In May, in partnership with the Lothian Recovery Network we ran four sessions for carers looking at Recovery. Rona McBrierty who works for the Lothian Recovery Network facilitated these. During the four sessions Rona covered the following topics:

- Recovery
- Wellness Recovery Action Plan
- Reflection of Wellness Recovery Action Plan
- Peer Support

The carers who attended found it really interesting and very helpful particular in relation to the Wellness Action Recovery Plan, (WRAP). As one carer said it 'Helped focus on the importance of our own mental health' they also felt that the WRAP will work well for carers and is a very useful tool. It allows carers to consider and plan how to take care of their own mental health and well being.

The feedback from the sessions was very good and there were a few suggestions made by carers on what could be further developed that would be useful to them in supporting them in their caring role. Rona McBrierty and Linda MacLeod plan to run further sessions for carers in the Autumn so watch this space.

INTRODUCING CARA (Carers and Relatives Alliance)

This is a new support group, which is a merger between

The NSF Edinburgh group and Carers Connect

On the 9th June both groups met and agreed this was

The way forward

For details of CARA and its launch in September please contact

Lorraine Keith, NSF Edinburgh Carers Officer on

0131 557 9162 or lkeith@nsfscot.org.uk

[Eating Disorders – Carers Conference
Scotland](#)

Endorsed by NEEDS Scotland and
Scottish Eating Disorders Interest
Group (SEDIG)

‘THE HOUSE OF CHANGE’

**A date for your diary
Saturday 29th November 08**

Speakers to include *Dr Jane Morris*,
Consultant Psychiatrist, Young Peoples
Unit, Royal Edinburgh Hospital

[Information...](#) [Workshops...](#)
[Resources](#)

**to support family and other carers,
and help enhance caring skills**

In the meantime if you require further
information then please contact Linda at
ECC on 0131 554 5153

**ROYAL EDINBURGH HOSPITAL
OPTION APPRAISALS**

“Putting Together the Business Case for
the future hospital and its services”

In June seven carers and staff from
Edinburgh Carers Council contributed to
workshops, which will help fashion the
business case for future REH service.
We attended what are known as "Option
Appraisals" looking at the benefits of
different criteria in the acute, rehabilitation
and eating disorders services.

The criteria included consideration of, for
example, accessibility to hospital services
by foot or public transport, and wards and
services being based on a site which can
be adequately staffed with trained
clinicians

There were 7 criteria all together and if you
would like details of these or

a report and evaluation paper on the
workshops, please contact Ruth at
Edinburgh Carers Council and she will
send them out to you (554 5153)

There will be follow up workshops at the
end of July and August where again
carers will be represented

We thought a good balance of
stakeholders was achieved with more than
half the participants representing carers,
service users and the voluntary sector

Updates in our next newsletter

CRISIS CENTRE

The Edinburgh Crisis Centre has moved
to new premises. The free phone service
continues to operate on 0808 801 0414
and over the next few weeks people will
be able to receive face to face support.
Soon visitors will be able to rest at the
Crisis Centre overnight and work with
trained staff to develop a short-term crisis
plan.

A regular selection of dates and times will
also be circulated to enable people to visit
the Centre and meet the staff. Further
details will follow soon.

**MENTAL HEALTH FIRST AID TRAINING
FOR CARERS**

NHS Lothian in conjunction with Edinburgh
Carers Council & ca(i)re is running an
afternoon course on the above.

- Dates are: 22nd & 29th September
and 6th & 13th October
- Times: 2pm to 5pm

Places are limited to 12 and participants
need to attend all four sessions.

Places are free and the venue is The
Scottish Storytelling Centre, High
Street, Edinburgh

Continued on page 4.....

To book your place please contact Ruth Rooney in the first instance on 554 5153 and details will be sent out to you

Edinburgh Self harm Project

Parents and Carers Group

“Parents, Carers and Friends supporting and helping each other”

Come along for support and advice.

114 St Stephen Street, 7 till 9pm. 0131 225 7566

Dates

- Monday 4th August
- Monday 1st September (with guest speaker)
- Monday 6th October
- Monday 3rd November

For further information please contact either Sophie Neocleous 0131 225 7566 email:

sophie.neocleous@preumbra.org.uk

Lorraine Keith 0131 557 9162 email lkeith@nfsscot.org.uk

TOPICS OF INTEREST **at HEALTH IN MIND**

The following events are primarily aimed at individuals experiencing mental health difficulties, however carers, friends, students, workers etc. are all welcome to attend if spaces are available.

Places are limited to 20 attendees per event.

To BOOK a place on any of these events, please call the Information Resource Centre on 0131 243 0106

CBT can help you to change how you think (“Cognitive”) and what you do (“Behaviour”). These changes can help you to feel better. It focuses on the “here and now” problems and difficulties. Instead of focussing on the causes of your distress or symptoms in the past, it looks for ways to improve your state of mind now/

The Depression Alliance will be discussing Depression on Wednesday 3rd September 2008 1.30pm – 3.30pm. Depression is a feeling of persistent sadness, involving feelings of helplessness and hopelessness. It involves not only mood but also feelings of being physically ill and of not being able to think clearly. It is one of the most common conditions in the UK, affecting at least one in five people during their lifetime

Eating Disorders NHS Lothian Wednesday 3rd December 2008 1.30pm – 3.30pm. Food and eating play a very important part in our lives. We all vary in the foods we like, how much we need to eat and when we like to eat. Food is essential for our health and development. However some eating patterns can be damaging. Come along to this session to learn a little more about eating disorder and the help available.

Bereavement Cruse Wednesday 22nd October 2008 1.30pm – 3.30pm. Someone close to you may have died. You may have been injured yourself or you may have witnessed the death and injury of others. Your experience was a very personal one through this session you will be able to find out more about the work of Cruse who will be able to help you and enable you to know how others have reacted in similar situation.

Edinburgh Carers is a Charity in Scotland: SC~O28469, funded by the NHS Lothian and City of Edinburgh Council We are at 356 Leith Walk, Edinburgh EH6 5BR, Tel: 0131 554 5153. Email: info@edinburghcarerscouncil.co.uk