

Edinburgh Carers Council

for those supporting people
with mental health problems



Carers Focus
Spring 2009

New Sessions for Spring!! Wellness Recovery Action Plan for Carers

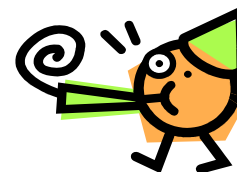
This is an exciting new opportunity to spend time thinking about yourself and your needs. Yes you do have needs as a carer!!!

This involves being part of a small group and developing your own WRAP/Wellness Recovery Plan in a safe learning environment.

WRAP can be an effective self-management tool to look after your own wellness. The sessions will encourage you to think about the role of hope in your life and how to build self-esteem and confidence.

These sessions will be challenging, exciting and fun and are FREE to all carers. Rona McBrierty from the Lothian Recovery Network will be the trainer. They will run over a period of 9 weeks here in The Canon Mill. They will be held in the afternoon as well as early evening so carers can choose what session suits them best. The dates and programme are as follows;

- 23rd April: Recovery Awareness Session
- 30th April: Overview of WRAP – The Role of Hope – Motivation – Identity
- 7th May: Personal Responsibility – Education – Knowing Your Strengths – Self Esteem
- 14th May: Self Advocacy Assertiveness – Confidence Building & Emotional Confidence
- 21st May: Support – Creating Your Own Support Network
- 28th May: Wellness Tools & Triggers
- 4th June: Early Warning Signs & When things are Breaking Down
- 11th June: Crisis Planning & Post Crisis Planning
- 18th June Celebrations



Please contact Linda Macleod on 270 6087 to book a place on either the afternoon session between 2pm-4pm or the evening session 6.30-8.30pm. We look forward to seeing you then.

IN THIS ISSUE...

Page 1 New WRAP for Carers sessions

Page 2 Carers Council News

- Carers Soundbite
- Day Services Review
- Management Committee News

Page 3 What's New?

- Edinburgh Crisis Centre
- News and Views
- Courses for Carers

Page 4 What's New?

- BPD sessions for carers

Carers Council News



Carers Soundbite

26th February '09

Hi, my name is Vittoria Grant. I am a mental health carer and I have just attended a full day conference in Perth hosted by the Scottish Recovery Network, themed "Making Recovery Real".

It's all good news and I would say that Scotland is on the verge of making a big paradigm shift in the understanding and treatment of mental health issues.

I have learnt a lot about recovery today and am taking home a full bag of useful information.

The speakers were very good, a lot of them service users, who are now in full control of their mental health – and are eager to share their tools for wellness that they presented to us during the day.

I am looking forward to learning some of them in the coming WRAP (Wellness Recovery Action Plan) sessions in April/May at Edinburgh Carers Council and I would recommend them to all carers.

Other News

• **Website**

We are still revamping our website so please bear with us while we are working on it. The new site should be easier to use and will have more up-to-date information helpful to carers, including leaflets to download and useful links to other sites.

• **Newsletter**

Would you like your newsletter sent to you via e-mail? If so, send your e-mail address to andrea@edinburghcarerscouncil.co.uk

Day Services Review City Chambers Event

On 28th January the report from the Day Services Review group was presented to providers of services, carers, service-users and funders at an event in Edinburgh City Chambers. Around 80 people attended and Edinburgh Carers Council presented themes from our consultation with carers, alongside Edinburgh Users Forum and Outlook. Recommendations from the review include;

- ✓ The need for development of evening and weekend activities.
- ✓ Access to locally based services should be made available to people across the city.
- ✓ Changing 'first-come; first-served' approach for specialist services.
- ✓ Recovery based approaches having greater emphasis.
- ✓

You can obtain a full copy of the report and a map of day services in Edinburgh which has been drawn together by City of Edinburgh Council from Ruth at our office:
Tel: 0131 270 6087

Management Committee News Our New Office Bearers

Following our 10th Anniversary celebration and AGM, three new office bearers have been elected to the ECC management committee. They are; Gwenne MacIntosh as Chair; Joan Rooney as Vice-chair; and Jane Green as Treasurer.

Thanks to all who came to celebrate the anniversary and look around our new offices at 1 Canon Street.

What's New?

Edinburgh Crisis Centre

(Freephone: 0808 801 0414)

Have you phoned the Crisis Centre in the past year?

The Crisis Centre provides a service for carers as well as service-users and we would like to hear from people who have used the service about their experiences. An evaluation is underway by the independent Infusion Cooperative. You can give your views anonymously by filling in the questionnaire online at www.infusioncooperative.org.uk or; give your views directly to Infusion which will be visiting the Edinburgh Carers Council soon to hear them.

Contact Ruth for more details on 270 6087

Learning Opportunities

•Are you worried about someone's drinking behaviour?

A course is being offered through a partnership between Lothian Alcohol Problems Service and VOCAL Family Support Service and is open to family members or friends who are concerned about the drinking behaviour of someone else.

Three sessions will run Wed June 3rd to Wed June 17th 2009 6.30pm-8pm at the Department of Psychology, Royal Edinburgh Hospital, Morningside Terrace, Edinburgh. For further information contact: Moira Scarcliffe on 0131 622 6262 or e-mail: mscarcliffe@vocal.org.uk

•Do you want to learn how to control your stress more effectively?

Free classes will be running from 23rd April on Thursday Evenings between 6-7.30pm at The Thistle Foundation, Wighton House.

To book a place contact Health in Mind on 0131 243 0106

News & Views



Edinburgh Carers Council is launching a new group called 'News and Views'. The aim of this group is to get mental health carers together to look at current issues which affect us, with a view to using our collective voice to put forward our views and hopefully help make positive changes in areas that we feel are important to us.

We hope it will be informative but informal and will be looking at the latest mental health news and sharing issues over coffee and cake!

The first meeting will be at 1 Canon Street at 10.30 – 12 noon on 29th April.

If you think you might be interested call Andrea on 0131 270 6089

The City of Edinburgh Council New Improved Services

The Council is changing the way it buys services to make sure that all the care and support provided, to help people in their own homes, is high quality and good value.

To do this the Council is putting services out to tender so it can buy more and better services. Service users have been giving the Council views on the sorts of things they want from care providers. Changes are not set to happen until November at the earliest. For those who do not want the new service, a Direct Payment may be available. This lets you buy the service you want. If you would like to know more about this, you can call Social Care Direct on 0131 200 2324.

What's New?

Sessions For Carers at Edinburgh Carers Council

Are you caring for someone who attracts a diagnosis of Personality Disorder (PD) or Borderline Personality Disorder (BPD)?

Recently Edinburgh Carers Council was awarded a SeeMe grant to address the issue of carers caring for someone who attracts a diagnosis of Personality Disorder. Carers in this category as well as the service user experience a lot of stigma, discrimination and isolation. For this reason we have invited Dennis Lines who is the carers representative from Borderline UK to come and talk with carers.

Dennis Lines has been a BPD carer for over 16 years. He is the PD carer lead for the National personality Development Programme. He has worked alongside people with PD for many years and has a deep understanding of their issues and also those of their carers. He has served as a director of Borderline UK and has also provided the overall BPD carer input to the recently published NICE (National Institute of Clinical Excellence) 2009 BPD Clinical Guidance Recommendations.

These recommendations will shape the clinical treatment and management of BPD for the next four years. Dennis has injected a BPD carer perspective into personality disorder conferences throughout the UK, and has also initiated several online BPD carer support groups. He possesses a wealth of information on all aspects of caring for someone with BPD and has a special interest in the plight of BPD carers in Scotland. Dennis strongly believes that Scottish BPD carers often feel totally unsupported and helpless and that this injustice could, and should be, addressed as a matter of urgency.

Borderline UK, recognise and appreciate, the unique qualities of carers, who on a day to day basis, provide love and essential support friends or family members who are struggling with the realities of having a Personality Disorder.

Caring means sharing, and within the confines of this moderate group, a problem aired, is a problem shared. Most, if not all PD carers, will be able to identify with the problems faced by their fellow carers. Some will already have found solutions to some of those problems and will be able to share their positive feedback to other carers.

The sessions will run in conjunction with one another. They will be held here at The Canon Mill, 1-3 Canon Street, on the 1st April between 2pm-4pm and on the 2nd April between 12 noon and 2pm. (A light lunch will be provided). Please contact Linda at Edinburgh Carers Council on 0131 270 6087 to confirm you can come. Look forward to seeing you then.

Edinburgh Carers Council is a Charity in Scotland: SC 028469. Funded by NHS Lothian and City of Edinburgh Council.

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