

Edinburgh Carers Council

for those supporting people
with mental health problems



Edinburgh Carers Council Annual General Meeting & 10th Anniversary

10th December 2008 at 1pm

At The Canon Mill

1-3 Canon Street

Edinburgh EH3 5HE

You are invited to attend our Annual General Meeting to be held at our new offices in Canonmills.

Our Guest speaker will be Be Morris, Project Manager, Penumbra Respite Care, Cairdeas House with a talk on 'Mental Health Respite Services'.

A buffet will be provided after the talk with cake and a glass of fizz to celebrate our 10th birthday. It would be helpful if you could let us know if you will be able to attend.

Are you interested in joining our management committee?

You would be meeting along with other carers and interested members to decide on the way forward for Edinburgh Carers Council and to act collectively in its management and governance. We offer induction, reimbursement of expenses, training opportunities, 'away days' to relax and do some planning and generally the chance to work with a great group of people!

If you are interested; please fill in the nomination sheet enclosed with this newsletter and return to our address or contact Ruth Rooney on 0131 270 6087 to discuss further or ask questions.

Our constitution says that you can stand to join the management committee if you are; "A carer or former carer of people who use mental health services, living, working or having an interest in the area of benefit and who are concerned with the activities of the organisation"

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Winter 2008

Carers Council News

Stepped/ Matched Care Seminar

On the 24th September we attended a launch of the work which has been developed on a 'matched' care model of services for people experiencing common mental health problems such as low mood, anxiety and depression.

New services being funded include;

- * physical activity and exercise
- * healthy reading, through Edinburgh Libraries
- * stress control classes
- * arts and creative therapies

G.P.s and primary care teams will be key to referring patients to these new initiatives and the event was well attended by staff.

The new initiatives which are sometimes alternatives to prescribed medication were recommended in 2006 by the Lothian Psychological Interventions Network (L-Pin) and have been developed through partnership working with the NHS, Health and Social Care, service users and carers and the voluntary sector.

Mental Health Act Review

Staff and carers from the Edinburgh Carers Council attended the consultation event for the Mental Health Act Review in Edinburgh at the end of October. The event brought together people who use services, carers and professionals who provide services to discuss key issues of the current Act and to look at possible solutions or options for change. Representatives from the Carers Council were able to feed back carers views on the issues of Named Persons, Independent Advocacy and Recovery. The results of the Consultation will be published early 2009.

SEDIG Conference

The Scottish Eating Disorder Interest Group held a one day event in Glasgow on the 30th October which was well attended by carers and clinicians.

Our development worker, Linda MacLeod in partnership with Ryan O'Neill from Circles Network gave a presentation at the conference. The presentation was based on the collected views and experience of carers and service users giving a perspective of both in relation to the Mental Health Act. Clinicians and carers attending the conference expressed their appreciation in learning more from the personal experiences brought forward on the day.

Edinburgh Carers Council continues to be closely involved in SEDIG whose task is to bring together those who care for people with eating disorders to address many difficult issues.

Other News

• **Festive Break**

Our office will be closed between 24th December 08 to 5th January 09.

• **Website**

We are currently 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

New Intensive Home Treatment Teams (IHTT)

Two new Intensive Home Treatment Teams (IHTT's) became operational in Edinburgh on 27th October (North and South Edinburgh). Along with the new Mental Health Assessment Service they will provide a 24 hour/ 365 day service which is designed to provide alternatives to hospital admission for service-users and will also offer intensive support during discharge from hospital. They are based at Allander House on Leith Walk (North Edinburgh) and Ballenden House near the Pleasance (South Edinburgh) and will have 18 staff (including a consultant psychiatrist, team leader, staff grade doctor, social worker, occupational therapist, and psychology and nursing staff) in each team.

The development of services that prevent people having to go into psychiatric hospital is welcome and the evidence from these types of team in England and Midlothian shows that they do indeed reduce hospital admissions and the need for hospital beds.

Any increase in community-provided services will impact on carers, particularly when caring for a relative at home. Edinburgh Carers Council is in touch with managers who are implementing the teams to raise the importance of the carer's position and awareness of good practice around confidentiality and information sharing with carers. We are contributing to the training and induction of staff in the new teams, making sure that the situation of carers is understood and kept as fully part of the picture during the process.

New Social Work Service at Deaf Action

There is a new social work service for Deaf, deafened, deafblind, and hard of hearing people. If you have an issue which directly relates to your hearing loss, a social worker at Deaf Action may be able to help you. They can advise on family, housing, financial, welfare issues; provide information on support services; advise on your eligibility for concessionary travel; and provide care and support in coping with your hearing loss.

You can visit or telephone during the following times –

Edinburgh - 49 Albany Street, EH1 3QY

Monday 9.30am -11.30am

Friday 10.00am -12.00pm

Tel: 0131 556 3128

sms:0777 562 0757

videophone:82.71.100.123

West Lothian – Sensory Resource Centre, St John's Hospital, Livingston

Tuesday – 1.30pm -3.30pm

Tel:01506 774497 sms: 07867 651 196

Your Call Launch

Your Call is a pilot national free telephone counselling service for disabled people in Scotland. The new service will be launched on Tuesday 2 December 2008 6-8pm

At The Captains Lounge, Hibs Football Stadium, Easter Road

Places at the launch are free but limited to 100. To apply for place at the launch, contact: Project Administrator at Mental Health and Wellbeing Team on 0131 536 9411 or email:

LH_mentalhealthadmin@nhslothian.scot.nhs.uk

Events and Dates

Stress Control

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

NHS Lothian are running a free six week course from 19th January -23rd February 2009 Open to adults of all ages.

Classes to be held at Currie Community High School. Tuesday evenings: 7.00-8.30pm.

To book your place, contact: Health in Mind 0131 243 0106

Crisis Centre Open Days:

Wednesday 14th January 2009 Users and Carers only. 10am-12 and 2pm – 4.

Thursday 15th January 2009 Open to all. 10am-2 and 2pm-4

Wednesday 18th March 2009 Open to all. 10am-12 and 2pm-4

To arrange a visit to the centre for a on one of the above dates, please call,

Jacqui Walton on 0131 561 0082 or email: jacquiadmin@edinburghcrisiscentre.org.uk

Lothian Recovery Network "Recovery Happens"

A one day event to celebrate the successes of recovery across Lothian. You will have the opportunity to hear about achievements and changes from the Lothian recovery Network. Open to all. Places are free but limited. To apply for place contact Project Administrator, on 0131 536 9411

or e-mail: LH_LRN@nhslothian.scot.nhs.uk

Health in Mind Information Afternoons

Friendly, informal sessions on;

- Eating Disorders Wednesday 3rd December 2008 1.30pm-3.30pm
- Young People and Mental Health by staff at the Young Persons Unit Wednesday 14th January 2009 at 2pm
- Alzheimers and Dementia Wednesday 11th February 2009 at 2pm

At 40 Shandwick Place Edinburgh

0131 2430106

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

Care For Carers Christmas Open Day

Free event offering informal, friendly and fun workshops and buffet lunch.

Friday 19th December 2008. 10am – 3.30pm at Lochend House 33-35 Lochend Road South, Edinburgh. To reserve a place, contact: Ruth MacLennan on 0131 661 2077

Improving Service Provision for People with Personality Disorder

Free seminar to look at how to make a difference in our own lives, our practice and way services are delivered. Friday 28 November 9-4.30pm.

At Scottish Health Service Centre, Western General Hospital. Open to all interested.

To book a place contact: 0131 536 9411

Scottish eating Disorder Carers Conference – House of Change

A carers conference organised by SEDIG. Open to all carers- home and professionals with an interest in eating disorders. £20 fee (inc lunch). Fees available through Carers Council. Saturday 29th November 2008 Discovery Point-Dundee.

Booking: Linda Keenan on: 01224 557858

Edinburgh Self Harm Project Awareness Raising Sessions 2008

Monday 1st December 1-3pm

at 114 St Stephen Street

To book a place please contact Sophie

Neocleous on 0131 225 7566 or email:

spohieneocleous@penumbra.org.uk

The Ca(i)re Project Lunchtime Drop-in

Tuesday lunchtimes from 12.00-2.00pm

At Eric Liddell Centre, 15 Morningside Road

Also speakers on last Tuesday of each month:

25th November: Fire Safety in the Home

27th January: Repairs in the Home Scheme

24 February: British Red Cross Society

31 March: Depression Alliance

Contact Sunhil Bhatnagar on 0131 446 3321

Edinburgh Carers Council is a Charity in Scotland: SC 028469. Funded by NHS Lothian and City of Edinburgh Council. The Canon Mill, 1-3 Canon Street, Edinburgh. EH3 5HE. Tel: 0131 270 6087/ 6089.
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