

# Edinburgh Carers Council



Independent, Individual and Collective Advocacy for Carers

## About us

**Providing independent advocacy for carers of someone with:**

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



# Who we are

Edinburgh Carers Council is a charity that has provided service to carers for 20 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 14 Links Place, 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 us on **0131 322 8480**.

# Are you a carer?

A carer may be a family member, partner or friend who supports or cares for someone who has mental or physical health difficulties, dementia or a learning disability. Carers may or may not live with the person they support, and they may or may not carry out physical tasks. Carers do not have to be in receipt of Carers Allowance and our team provides advocacy to carers where the person they care for may not have a diagnosis nor wish to access services.

Carers may have roles or duties for the person they care for, for example under the Mental Health (Care and Treatment) (Scotland) Act or the Adults with Incapacity (Scotland) Act and advocacy can support these roles. Carers may need information and support in relation to setting up a Guardianship or attending a Mental Health Tribunal.

# Free, confidential and independent services

Our team provides 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 322 8480**.

# 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 have an information booklet 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 develop and deliver training for Mental Health Officers and the citywide Carer Awareness Training programme for health and social care staff.

## Individual Advocacy

Advocacy is about having somebody to help you be heard and represent your needs and views as effectively as possible. An advocacy worker is there to support you in your decisions and can lend weight to your views. They will support and work with you on specific issues and try to get them resolved. An advocacy worker is not there to judge or say if you are wrong or right; their role is to support you and only you. 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 322 8480**. 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.
- Facilitating monthly carer groups for carers of people in older people's services.

# Transitions Carer Advocacy Service

## Who is the service for?

The Transitions service is for families and carers of people in mental health settings within Lothian who are in a period of transition. For example, people they support may be moving from hospital rehabilitation wards to community living or from children's (CAMHS) to adult mental health services. The service is also for carers of people in mental health settings who will be returning to Lothian from 'out of area' placements or for those moving from Lothian to 'out of area' placements.

## Aims of the service

- To provide carers with information and advocacy support to enable them to be as fully involved as they wish in the planning and transition of the person they care for.
- To promote the health and well-being of carers.



## What the service offers

- Advocacy support for carers through a period of transition.
- Information specific to the rights, needs and wishes of carers.
- Assistance to explore options and help to decide what you want.
- Help and assistance to express your views including support at meetings or reviews with medical and social care staff and help with letters and forms.
- Signposting to other services and supports.
- Enabling carers to focus on their own health and well-being.
- A resource for staff within the relevant services to promote the development of the best practice around engaging and working effectively with carers.

## Accessing the service

Carers can access the service directly or by referral from another organisation. If you would like further information about the Transitions Carer Advocacy Service or to make a referral, please call us on **0131 322 8480** or e-mail **[info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)**

# 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** provides a range of carer support services and training  
**0131 622 6666**

**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**

**North Edinburgh Dementia Centre**, Seagrove Centre,  
**0131 553 7147**

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

## Support Services in Edinburgh

### Support in Mind

Provides 1:1 support, 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

Lyndsey Markey, **0131 629 1844** or

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

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

### Care for Carers

Care for Carers provides a range of support services to all carers in Edinburgh, regardless of age, gender, disability or relationship of the person they are caring for.

St. Margaret's House (Room 4.25), 151 London Road,  
Edinburgh EH7 6AE

**0131 661 2077**

[admin@care4carers.org.uk](mailto:admin@care4carers.org.uk)

[www.care4carers.org.uk](http://www.care4carers.org.uk)

## Mindroom

Offers practical and emotional support to parents and carers of children and young people up to the age of 25 years with learning disability.

The Salvesen Mindroom Centre, Norton Park, 57 Albion Road, Edinburgh EH7 5QY

General enquiries: **0131 475 2331**

Direct Help/Support: **0131 475 2330**

## Community Mental Health Chaplains

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

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

**0131 537 6516**

## Minority Ethnic Carers of People Project (MECOPP)

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

Maritime House, 8 The Shore, Edinburgh EH6 6QN

**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. 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

### Mental Health Information Station

A first stop for mental health information and resources. These friendly drop in sessions are free and a helpful place to better manage your mental and physical health, get advice on local services and activities or just pop along for a coffee and informal chat. All welcome, no booking required. The Information Station runs every Thursday from 11am-3pm. Walpole Hall (next to St Mary's Cathedral), Palmerston Place, Edinburgh EH12 5AW

**0131 537 8650**

mentalhealthinformation@nhslothian.scot.nhs.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.

St Margaret's House (Room 4.25), 151 London Road,  
Edinburgh EH7 6AE

**0131 661 2077**

**[admin@care4carers.org.uk](mailto:admin@care4carers.org.uk)**

**[www.care4carers.org.uk](http://www.care4carers.org.uk)**

### VOCAL Short Breaks Funds

Carers living or caring for someone in Edinburgh or Midlothian can apply to VOCAL's Short Breaks Funds. Grants can cover a number of activities for the carer and/or the person receiving care, and may also include accommodation, transport costs, leisure, or a series of short weekly breaks. Please contact VOCAL to discuss the options that may be best for you.

60 Leith Walk, Edinburgh EH6 5HB

**0131 622 6666**

**[www.vocal.org.uk](http://www.vocal.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@mwcscot.org.uk](mailto:enquiries@mwcscot.org.uk)**

**[www.mwcscot.org.uk](http://www.mwcscot.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.

15 Alva Street, Edinburgh EH2 4PH

**0131 228 9993**

**[Isaedin@lsa.org.uk](mailto:Isaedin@lsa.org.uk)**

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

## Health and Social Work

### City of Edinburgh Social Care Direct

For adult or child 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 - 5pm, 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** (social care and health services)

### NHS Lothian

For more information on local services to support carers go to **www.nhslothian.scot.nhs.uk** (click "Community", "Edinburgh CHP" and "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.

Links House, G/1, 15 Links Place, Edinburgh EH6 7EZ

**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 usually meets on the first Wednesday of the month.

For details of the time and venue, please email

**[collectiveadvocacy@advocard.org.uk](mailto:collectiveadvocacy@advocard.org.uk)** or contact

AdvoCard on **0131 554 5307**.

## 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 (CAS)

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 - 6pm.

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**

**14 Links Place, GF5**

**Edinburgh EH6 7EZ**

**t: 0131 322 8480**

**Royal Edinburgh Hospital**

**Morningside Terrace**

**EH10 5HF**

**(Phone for directions & appointments)**

**t: 0131 322 8480**

**E: [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)**

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

Edinburgh Carers Council is a charity in Scotland: SCO28469  
Funded by NHS Lothian and City of Edinburgh Council