



for users of mental health services

keeping you posted...

Winter 2009

**... on some things that might be of interest, in AdvoCard and beyond!**

**Oor Mad History** is a community history project celebrating the history of the mental health service user movement in Lothian. They are based at **CAPS** Independent Advocacy in Edinburgh and supported by NHS Lothian. They are working with service user groups to gather an exciting paper based and oral history archive, which will provide rich material for use in future research and from which they hope a variety of outcomes can be produced.

CONTACT: Kirsten at CAPS on 0131 538 7177 or email:

[kirsten@capsadvocacy.org](mailto:kirsten@capsadvocacy.org) to find out more or sign up on Facebook at <http://www.facebook.com/pages/Oor-Mad-History/345444540105?ref=ts>

**CAPS** Personality Disorder Project was set up to give people with experience of the diagnosis the opportunity to give their views and opinions about what is helpful and unhelpful to promote better understanding and support.

The Personality Disorder Toolkit 'Much More Than A Label' is now available to look at, at <http://www.capsadvocacy.org/>

The toolkit is still in draft form at the moment, and the author, Naomi Salisbury, would welcome any feedback. There are only a couple of weeks left for feedback, so please get back to her before Christmas.

Again, you can join in on Facebook:

<http://www.facebook.com/pages/CAPS-Personality-Disorder-Project/190295752121?ref=ts>

**AdvoCard's** next training course for Volunteer Advocacy Workers will begin in the New Year. For further information call 0131 554 5307, email:

[advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk) or visit [www.timeforadvocacy.org.uk](http://www.timeforadvocacy.org.uk) to find out more about the excellent work of our volunteers!

If you could help our recruitment by putting up posters or giving out leaflets in your local area, please let the office know. Thanks.



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**see me....** have produced factsheets to counter general misunderstanding and stigma about mental ill-health, and the myths and labels that different diagnoses attract.

Call **see me....** on 554 0218 or visit:

<http://www.seemescotland.org.uk/aboutmentalhealthproblemsandstigma>

They also want to make it as easy as they can for people to tell them about their own experiences of stigma and discrimination. You can go to

<http://www.seemescotland.org.uk/getinvolved> to read other people's stories, share your own or find other ways to be involved.

### **AdvoCard's Equalities and Diversity Working Group**

The working group is currently concentrating on the following areas:

- Attracting service users from EH4 and EH11, by targeting resources in those areas
- Offering a monitoring form to everyone directly involved with us and having discussions with volunteers about their role in this process
- getting expert guidance about research methods and using creative ways to target the most under-represented groups.

Please get in touch with Devrim if you want to find out more. You can find a report of our first six-monthly monitoring on our website:

<http://www.advocard.org.uk/publications.htm>

**Breathing Space** - the free and confidential phonenumber service for people who are experiencing low mood or depression – is now free to call from mobiles on Vodaphone, Orange, Virgin and 3 networks.

**0800 83 85 87**

Phonenumber opening hours

Weekday: Mon-Thurs 6pm-2am

Weekend: Fri 6pm - Mon 6am

### **Christmas opening times**

The AdvoCard office will shut at 4pm on Wednesday 23<sup>rd</sup> December and re-open on Tuesday 5<sup>th</sup> January.

### **Contact us:**

If you have anything that you would like to see included in a news sheet, please contact Jane C at the office.