



## **AdvoCard Community Collective Advocacy September Newsletter**

Hello,

Due to staff illness, we are unfortunately unable to provide a full newsletter this month. This is a newsletter with information about AdvoCard activities and things that we're involved with.

In this newsletter:

- Edinburgh Community Voices – September meeting
- Consultation on Advocacy Standards in Social Security
- New AdvoCard Problematic Use Service
- AdvoCard's Kiltwalk 2019 Fundraisers
- Edinburgh Crisis Centre and Crisis Support In Edinburgh - Engagement Event
- Peer Research: Experiences of Side Effects of Mental Health Medication / Experiences of Treatment and Support for Physical Health Issues
- A&E | All & Equal - Emergency Card

Many thanks,

Becky and Patricia

[collectiveadvocacy@advocard.org.uk](mailto:collectiveadvocacy@advocard.org.uk) 0131 554 5307

## **Edinburgh Community Voices**

The next meeting will be on Wednesday 4th September, 2- 4pm at AdvoCard, 332 Leith Walk, EH6 5BR.

Edinburgh Community Voices is an open meeting for anyone who has lived experience to come along and discuss mental health and services in Edinburgh.

Tea, coffee and biscuits are provided. If you've not been before and would like to find out more, you can ring us on 0131 554 5307 or email [collectiveadvocacy@advocard.org.uk](mailto:collectiveadvocacy@advocard.org.uk)

## **Consultation on Advocacy Standards in Social Security**

The Scottish Government have posted a consultation on the proposed standards that advocacy services will have to work to, to provide advocacy in the new Social Security Scotland system. AdvoCard will be holding a focus group on 25th September in our offices in Leith Walk to get your views on this.

Get in touch with Arlene if you would like to take part - 0131 554 5307, [arlene@advocard.org.uk](mailto:arlene@advocard.org.uk)

## **New AdvoCard Problematic Substance Use Service**

AdvoCard are pleased to announce our new problematic substance use advocacy service. This service is for those people living in Edinburgh who have/had problematic substance use (PSU) issues. This new service is for those that are having difficulty having their voice heard, expressing their views and navigating services.

(Please turn over.)

(New AdvoCard Problematic Substance Use Service cont.)

For more details, or to make a referral, you can give us a call on 0131 554 5307 or see here for more details: <http://www.advocard.org.uk/problematic-substance-use-advocacy-service/>

## **AdvoCard's Kiltwalk 2019 Fundraisers**

Volunteer Advocacy Worker and Board Member Blyth Crawford, Volunteer Advocacy Worker Geraldine Mason, Volunteer Coordinator Paul McInnery and Paul's daughter are doing the Kiltwalk on September 15th to raise money for AdvoCard.

To find out more and to donate, follow this link  
- <https://edinburghkiltwalk2019.everydayhero.com/uk/paul-20>

## **Edinburgh Crisis Centre and Crisis Support In Edinburgh - Engagement Event**

AdvoCard Community Collective Advocacy support the Edinburgh Crisis Centre User Representatives. Recently they have been involved in planning an Engagement Event which will be taking place on Thursday 26th September - at this event you can give your views about the Edinburgh Crisis Centre and Crisis Support in Edinburgh. More information about the event and how to sign up is on the next page.

We can support you to attend the event if you would need some support. We can also help you to sign up if you need help to do so. Please contact Becky to discuss support or for help with signing up - 0131 554 5307, [becky@advocard.org.uk](mailto:becky@advocard.org.uk)

## **Edinburgh Crisis Centre and Crisis Support in Edinburgh**

As part of Thrive Edinburgh we would like to invite you to an event which will explore crisis support and services in Edinburgh. This will take place:

**Date:** Thursday 26<sup>th</sup> September 2019

**Time:** 11am – 3pm

**Venue:** Gamechanger, Wellbeing Centre, Easter Road Stadium, Albion Place, Edinburgh EH7 5QG

The programme will present how people currently work with people in Crisis and what that looks like from the perspective of the person receiving that care. We will also receive an update from Dr Linda Irvine Fitzpatrick on the exciting activities happening around Thrive Edinburgh.

World cafe style discussions will explore:

- What do we mean by crisis?
- What Crisis Support means to me
- How Crisis Support could be better
- What changes/additions to crisis support would you want

Please let us know that you would like to attend by emailing: [cat.young@nhslothian.scot.nhs.uk](mailto:cat.young@nhslothian.scot.nhs.uk) or telephoning: 0131 529 3235

A light Lunch will be served.

## **Peer Research: Experiences of Side Effects of Mental Health Medication / Experiences of Treatment and Support for Physical Health Issues**

In June and July we published the results from our Peer Research into Experiences of Side Effects of Mental Health Medication and Experiences of Treatment and Support for Physical Health Issues.

You can read the reports here:

<http://www.advocard.org.uk/2019/06/experiences-of-side-effects-of-mental-health-medication-peer-research-report/>

<http://www.advocard.org.uk/2019/07/experiences-of-treatment-and-support-for-physical-health-issues-peer-research-report/>

We are hoping to hold an event at some point later in the year to look more into the issue of side effects, what needs to be done to address the issue, and what our next steps should be. If you'd like to be kept updated about this, please contact Becky - 0131 553 5307, [becky@advocard.org.uk](mailto:becky@advocard.org.uk)

### **A&E | All & Equal - Emergency Card**

Would you like to have an Emergency Card? - An Emergency Card can help you get across your needs and wishes to the nurses, doctors and other staff if you ever need to go to the Emergency Department (A&E). On the card there is space for you to write three things that you would want staff to know and three things that matter to you about your care. You can fill in the card by yourself or with help from somebody else. It can be folded to credit card size so that it can fit in your wallet and be there if you need to use it. The Emergency Card was created for people with lived experience of mental health issues.

However, it doesn't say anything about mental health on it, you don't have to write anything about your mental health on it and anyone can use it. We have put together some guidance to help you decide if you would like to have an Emergency Card and to give you some ideas for things to include. If you would like an Emergency Card and a copy of the guidance, or have any questions, please contact Becky - 0131 554 537, [becky@advocard.org.uk](mailto:becky@advocard.org.uk)

### Background to the Emergency Card

In 2015 - 2016 we ran a peer research project called A&E | All & Equal where we heard from people with lived experience of mental health issues about experiences they had had at the Emergency Departments at the Royal Infirmary of Edinburgh (RIE) and St John's Hospital, Livingston. One of the issues that came up was that when you're in distress or are feeling anxious, it can be difficult to communicate with the staff in the Emergency Department, for instance if you have any wishes, needs or other information that you want staff to listen to and take into account. We developed the Emergency Card together with people with lived experience of mental health issues, the Emergency Department (A&E) at the Royal Infirmary of Edinburgh and the Navigator Project.

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