

#### RAISING AWARENESS/INFORMATION SHARING

- ◆ Mental Health Day, Strathbrock Partnership Centre
- ◆ Alcohol Awareness, Edinburgh & Lothian Council
- ◆ Circle West Lothian
- ◆ Self Directed Support, Community Outreach Team West Lothian Council (WLC)
- ◆ Alcohol & drugs awareness session & Clinic shadowing, West Lothian Drug & Alcohol Service
- ◆ Social Work Addictions Team, WLC
- ◆ Ingeus, Livingston
- ◆ Corporate Advice Team, WLC
- ◆ Cyrenians, West Lothian
- ◆ Welfare issues, Weslo Housing
- ◆ Ash Scotland
- ◆ HMP Addiewell
- ◆ NHS Addictions Team

#### TRAINING, CONFERENCES & FORUMS ATTENDED

- ◇ Mental Health act update, Ormiston's & Caritas
- ◇ Mentally Disordered Offenders, LSA
- ◇ Risk Assessment Child Protection training, WLC
- ◇ Revenues training, WLC Advice Shop
- ◇ Our Health, our Care, our Future, MHA Lothian
- ◇ Adult Protection training, WLC
- ◇ Universal Credit, LSA
- ◇ Mental Health First Aid, West Lothian Health Improvement Team
- ◇ Children & Addiction, GIRFEC
- ◇ Safetalk, West Lothian Health Improvement Team
- ◇ Impact of Parents in Prison seminar, Families Outside
- ◇ Advocacy Reference Group, Mental Health Tribunal Service
- ◇ Parent Getting it Right for Children & families Affected by Parental Problem Alcohol & Drug use, WLC
- ◇ Leading Integration for Quality, NHS Scotland
- ◇ Independent Advocacy—Supporting the SDS Journey, SIAA
- ◇ Fraud Prevention, Lloyds Banking
- ◇ Help in a Crisis Information Event, WLC Advice Shop
- ◇ Health Day, Indigo Project Solutions
- ◇ Health & Safety training, Peninsula
- ◇ Sense of Belonging, NHS Lothian
- ◇ Alcohol & Drug Partnership, West Lothian Health & Social Care Partnership
- ◇ Realise your Potential event, Ingeus
- ◇ Lothian Independent Advocacy Providers Group
- ◇ Staff review day

We would like to thank the following people for volunteering their time to the project:

Noirin MacMorran	Chair—MC
Jim Watson	Treasurer—MC & volunteer
Anne McCabe	MC Member
Evelyn Whitefield	MC Member
John Nisbet	MC Member
Norma Gray	Secretary—MC
Ian Keith	Vice Chair—MC
Kenny MacLeod	MC Member
Karen Currie	MC Member
Garry Logue	MC Member
Marlyn Brandon	Volunteer
Claire Sharkey	Volunteer
Gayle Collins	Volunteer
Hugh Sutherland	Volunteer
David Duncan	Volunteer
Jane Hornby	Volunteer
Christopher McGregor	Volunteer
Tom Todd	Volunteer
Michael Boyce	Volunteer
Jen Tevendale	Volunteer

#### ANNUAL ACCOUNTS

<b>Income</b>	<b>£</b>
Core Funding	136582
Transfer of funds to SCIO	206219
Donation	1018
Interest	32
<b>TOTAL</b>	<b>342833</b>
<b>Expenditure</b>	<b>£</b>
Staff Costs	168056
Property Costs	12677
Volunteer Costs	4703
Admin Costs	10358
<b>TOTAL</b>	<b>195794</b>

*Funded by West Lothian Council and NHS Lothian*

## Mental Health Advocacy Project (West Lothian) SCIO

### Annual Report 2015/2016



*...Services for you,  
influenced by you...*

#### Mental Health Advocacy Project (West Lothian) SCIO

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Strathbrock Partnership Centre  
189a West Main Street  
BROXBURN  
West Lothian  
EH52 5LH

Tel: 01506 857230  
Email: admin@mhap.org.uk

*Mental Health Advocacy Project (West Lothian) is  
a Scottish Charitable Incorporated Organisation  
Charity No. SC011560*

## MANAGEMENT COMMITTEE REPORT

### Chair's Report

MHAP entered the period in question on a high note, having just achieved the legal status of a Scottish Charitable Incorporated Organisation (SCIO) in May 2015, which, among other advantages, awards enhanced legal protection from financial liability to our Trustees, the majority of whom are mental health service-users.

MHAP successfully recruited additional staff at the beginning of this period. In May we welcomed Fiona Angus to MHAP. We were delighted when Fiona accepted and took up the post of Project Administrator. In June we were very pleased to welcome Andy Logan to MHAP. Andy's main role will be that of advocating on behalf of people with addiction issues, due to our new contractual arrangements with West Lothian Health and Social Care Partnership (From April 2016 West Lothian Integrated Joint Board). This is not only a new area of work for MHAP, but also a new service development in West Lothian: indeed, it would appear that MHAP is not the first advocacy organisation, one of the first in Scotland to be awarded funding by a Local Authority in order to carry out advocacy work on behalf of people with addiction issues.

Consequently, in order to fulfil this new role most effectively, staff members have participated in alcohol and drug awareness training to improve and deepen our knowledge of this new field; have raised awareness of advocacy by meeting with teams of professional substance misuse workers in West Lothian; have become members of the West Lothian Alcohol and Drug Partnership.

Over the next two years MHAP will be measuring the impact of our work and intervention in this area, and we hope to produce evidence that will show extending advocacy to this client group has had a positive impact.

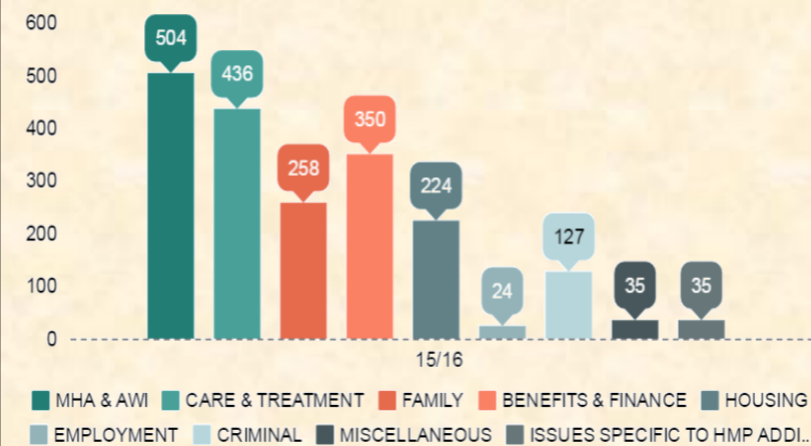
We saw the Distress Tolerance Project, and its evaluation by MHAP, come to an end in March 2016, and our final report was submitted to West Lothian Health and Social Care Partnership, as agreed, in October 2015.

We continued to develop our database this year to enable us to gather useful statistical information efficiently and we have been more proactive in gathering and collating service user feedback about our service. We have two short reports available for the year 15/16 which indicate a high level of satisfaction with MHAP advocacy services. We continue to endeavour to ensure that those who access our service are always given their proper place: at the very heart of our Independent Mental Health Advocacy Project.

I believe the teamwork at MHAP between staff and our volunteers is what makes the organisation most effective in its delivery of advocacy services. With our funding secure for the next two financial years through our contract with West Lothian Health and Social Care Partnership, MHAP can continue to focus on its practices and developments and what is most important for the people we support.

Noirin MacMorran

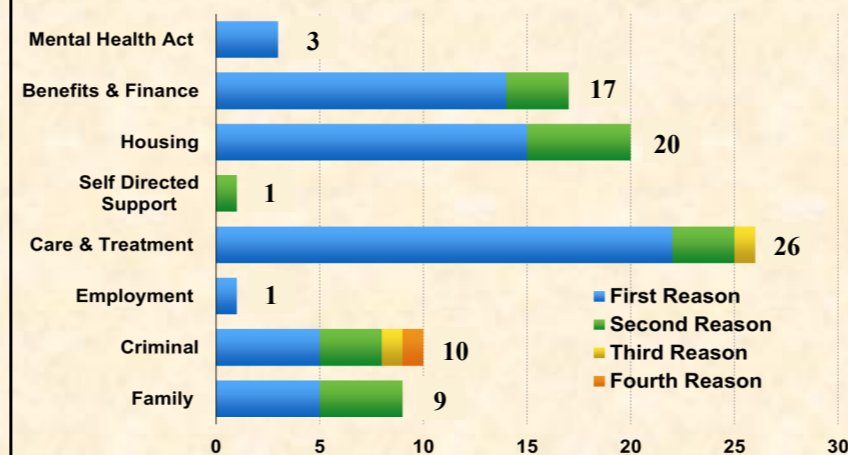
### Individual Advocacy



Individual Advocacy Breakdown	15/16	14/15
Total number of individual appointments	1993	1412
Total number of service users	467	479
Carried forwarded from prev year	86	52
Total number of individuals new to MHAP	331	298
Total individuals already known to MHAP	136	181
Total number of individuals discharged	433	393
Individual carried forward into next year	120	86

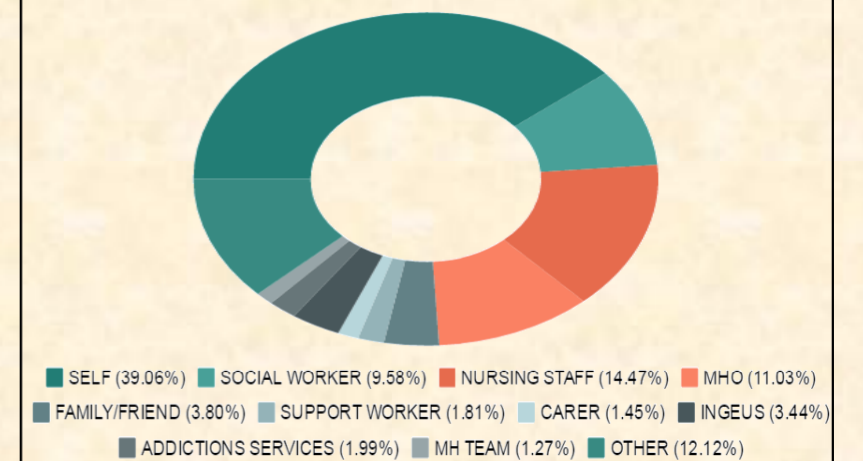
MHAP met all areas of priority provision within our stated time-scales: however, as with previous years, demand for individual advocacy has once again exceeded our capacity. Consequently, MHAP has been obliged to implement a waiting list for much of this year. However, despite this, the more systematic and pro-active method we have adopted - and will continue to use - to elicit and gather feedback from those who use our services, has produced responses which indicate very high levels of service-user satisfaction with MHAP.

### Addictions Referrals



A total 66 referrals were received from service users with addictions in 15/16. The above chart shows the number of individuals associated with each issue. It also shows if this was the first reason they contacted advocacy or if this was an issue that developed through working with advocacy (second, third or fourth reason).

### Referral Sources



### Collective work this year includes:

- Raising issues and awareness of Self Directed Support
- Discussions with service users about the development of a Mental Health Association
- Ash Scotland Focus Groups
- Medics Training Programme
- Day Service property issues
- "What promotes and prevents good culture in delivery of mental health services?"
- West Lothian Equality Forum
- Supporting service users to increase capacity (Distress Tolerance, and Step Out)

### Collective Advocacy Participation



### MHAP Volunteers

We would like to thank service-users for volunteering their time to help MHAP. Our volunteers have helped us to: reinstate our service-users' newsletter, participate in MHAP's medical students' training programme which has been running successfully for around 4 years, and has received very positive feedback through our evaluation process. Furthermore, MHAP's service-user volunteers have provided additional services and support to fellow service-users in West Lothian this year by: visiting people in hospital and supported accommodation; representing and raising the profile of MHAP both locally and Lothian-wide, by participating at conferences and collective advocacy initiatives; facilitating two weekly Step Out groups for people who experience anxiety, depression and phobias; and website development.