

Gardening

The Brock

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AUGUST



Gardening as therapy

The Brock garden centre is a relatively new project and is the only one of its kind in West Lothian. It is based at Strathbrock partnership centre in Broxburn and operates as a social enterprise, selling much of their plants onsite. It is highly successful. The project is for people over 25yrs who have a severe and enduring mental health problem. Clients must be referred by their keyworker. At the moment around 10 people attend each day. The project has been awarded funds recently by the Richardson trust which will pay for a new manager and admin assistant. Two new NHS staff members have been appointed, Bernice Keegan and Russell Smith. People attending this project have the opportunity to learn new skills and work as a team; several are highly experienced gardeners having attended the gardening project at Crofthead Dedridge previously. Clients will each have their own personal goals that they want to achieve. The project aims to expand its growing area so allowing more people to join the group and to further increase opportunities for their clients; a new Bonsai group is running and the chance to create clay pottery is also planned. Staff also want to develop marketing by having a website and Facebook page so the public know what is going on throughout the year.



Self-directed Support

A ten year plan was launched in 2010 to increase choice and control over support provided to individuals and families in Scotland. Their aim is to increase the health and wellbeing of individuals requiring support. Now individuals can choose from a range of options which offer flexibility and control. The first point of contact if you feel you may need support is the social work department. A professional will then visit you at home as part of a necessary needs assessment. A decision is then made as to whether you have enough needs to require support. A risk assessment will also be carried out. If you have a mental illness you are entitled to an independent advocate to speak on your behalf you can search online at www.siaa.org.uk/find-advocate for advice and support visit www.sdsinfo.org.uk

There are many examples of what people use their support budget for, i.e.

- Hobbies and other activities
- Short breaks or respite care
- Equipment or adaptations to your home
- Education
- Employment

Any support you receive is means tested, i.e. your income and savings are taken into account. There are four options to choose from; Option one is direct payment of funds to you. In West Lothian many people have chosen option two, where you do not receive any money but do choose the organisation providing your support. Option three is “arranged services”; you do not decide how your budget is spent. Option four is a mixture of all three other options. Your professional will give you all the information you need to decide what is best for you.

USEFUL NUMBERS & LINKS

SOCIAL WORK SERVICES

ADULT SERVICES: 01506 282252

OLDER PEOPLE SERVICES: 01506 284700

CHILDREN'S SERVICES:

- Bathgate: 01506 284700
- Broxburn: 01506 775666
- Livingston: 01506 282252

WEST LOTHIAN COUNCIL: SDS WEBPAGE

- www.westlothian.gov.uk/selfdirectedsupport

SELF-DIRECTED SUPPORT IN SCOTLAND (SDSS)

www.selfdirectedsupportscotland.org.uk

SCOTTISH GOVERNMENT: SDS WEBPAGE

<http://www.scotland.gov.uk/Topics/Health/Support-Social-Care/Support/Self-Directed-Support>

SDS NATIONAL GUIDELINES

<http://guidance.selfdirectedsupportscotland.org.uk/index.html>



Learning

LEARN course



The Lothian Education and Recovery Network is offering a course on the 15th September about sharing individual experiences of advocacy and how it has improved people's lives. Its title is "Independent advocacy works for us". The course has been produced by LEARN & CAPS independent advocacy & NHS Lothian. For more information or to book your place, tel 0791 002 1537 or Email: learn@capsadvocacy.org

50 plus Network



This network is run by the over 50s and gives people the opportunity to take part in a whole range of exciting activities and events within West Lothian. Their office is based in Bathgate. Learning opportunities include learning French, flower arranging, Genealogy and arts and crafts and IT skills. There is an IT helpline if you need advice concerning any of your devices. Contact Alex at the office who will make an appointment for you. One to one help will be offered. In September tablet training will take place in the office on Tuesdays from 1.00pm – 2.00pm. Tablets are provided. For more information you can visit their website at www.westlothian50plusnetwork.co.uk. If you would like to become a member contact the office co-ordinator: tel 01506 635510.or Email the office at wlothian@btconnect.com.

Advice



Scam awareness month

This July is scam awareness month which is being promoted by Citizens Advice and Trading Standards services. On the Citizens advice website you have the opportunity to increase your knowledge and awareness of scams. Visit www.citizensadvice.org.uk . You will learn how to protect yourself and the vulnerable from this criminal activity in all its forms. You will learn about common types of scams, how to spot them, and the correct procedure to report a suspected scam. You can get involved and share your experiences. You can record your story online helping to raise awareness. There will also be live mapping of reported scam activity in the UK. For further information on scams contact the Citizens advice consumer service on 03454 04 05 06 who will then share your details with trading standards To report a suspected scam contact Action Fraud: Tel 0300 123 2040 or visit the website: www.actionfraud.police.uk
For more useful information visit;
Age UK scams advice at: www.ageuk.org.uk
Action fraud A-Z of scams at www.actionfraud.org.uk
Think Jessica information on scams at: www.thinkjessica.com

Health & Wellbeing

New cycle project

A new cycling project has been developed by West Lothian Council and the Health Improvement Team. It is part of the West Lothian on the move project (which includes the Put your West Foot Forward projects) It is funded by Smarter Choices Smarter places and Cycling Scotland. It aims to make it easier for people to take up cycling within West Lothian. Its plans to; Set up free bike lending libraries/ deliver cycle training (delivered by volunteers)/ host cycle rides/offer training in bike maintenance. It will have bikes to suit a whole range of disabilities. To book a place and to receive more information about courses and led rides near you contact Health Improvement Team (HIT). Tel: 01506 775 626



To borrow a bike contact the HIT or your local library. See the council website for a list of local libraries in West Lothian. (www.westlothian.gov.uk).



New singing group BLF

The British lung foundation has set up a singing group in Armadale. This relaxing and fun group is free and people will learn to control their breathing and to sing to the best of their capacity. No experience is necessary. It is held on Mondays from 2.30pm –

3.30pm. For more information and to register, call Carole Clarke on 07952 095959 or Email British Lung Foundation Singing Group

Together for Health (T4H)

This is a community based project which promotes a healthy diet and lifestyle and works in partnership with local organisations, businesses and community groups. It also aims to reduce childhood obesity. Many events are organised and include *family fun* and get cooking; encouraging increased activity and a healthy diet/ *Run for fun*; 2km & 5km walk/run – for families & all abilities and *Jolly joggers*

– a free exercise and support group to promote increased activity.

T4H produces a great newsletter with information about upcoming activities and events which are on the council website; visit www.westlothian.gov.uk you can also contact the Project Officer Lindsay MacGregor; tel 01506 281 031 at Lindsay.macgregor@westlothian.gov.uk.



Local News

New partnership Centre

A new partnership centre is being built in Linlithgow costing £3.9 million. The existing buildings are being refurbished and a number of services will be relocated here. These will include a library, St. Michael's day centre for the elderly, Customer information service library & Family History

Society. It will be completed by February 2017.



Quality Scotland Awards

West Lothian Council has received three prestigious awards at the Quality Scotland awards ceremony for 2016, on its 25th Anniversary. The awards presented were; Scottish Award for business excellence 2016/Excellence

5star award/Leading with vision, inspiration & integrity Good practice award. These awards are for outstanding achievement in business and providing excellent services. West Lothian council is the only council in Scotland to achieve the 5 star award.

Gardening Scotland Show

West Lothian has had multiple successes at the recent annual Gardening show. Pupils at Broxburn Academy received Gold and silver gilt awards and 3rd place overall. They entered two gardens: themes were “Bridging the gap” and “Celebrating the Queens 90th Birthday.” Pupils attended Oatridge College one morning each week learning gardening and life skills.

A gold award was presented to adults attending the Pathways service. This service is for adults with learning difficulties. They created an ice cream parlour themed Pallet garden. They were also awarded £500 to be used at Pathways own garden and for a cameo on the BBCs Beechgrove Garden.



Pathways allows its gardeners to study at Oatridge each week for a Caley grow and Learn award.



General Interest

PHD Study

Melissa Akaral is a PHD student at Queen Margaret University and has been looking for volunteers to take part in her research. To participate you must have experience of psychosis. Melissa has attended several meetings run by mental health advocacy to gather the volunteers for her study, to give them information and answer any questions. The research is looking at particular factors and how they can predict distress levels in experiences of psychosis. These factors are attachment emotion regulation and metacognition. How do these factors interact and produce feelings of distress? What makes one person more distressed than another? Further details of these factors are on the information sheet supplied by Melissa. It also includes details of the recruitment process itself, details of supervisors and independent advisors which you may wish to contact. The study involves completion of questionnaires. . Melissa will analyse the results and will produce her thesis which may be published in an academic journal. In the future it may be possible to develop methods to reduce distress caused by the experience of psychosis. Melissa points out that all information is confidential. For further information contact MHAP.

If you would like results of the study a summary will be available from the community mental health team. Results will be on Melissa’s profile page at

<http://www.qmu.ac.uk/psych/people/Akaral.htm>



Poverty Alliance

The Poverty Alliance (PA) aims to eliminate poverty by changing the way people think about poverty. They hope to target government, media and the general public. They plan to allow people to share their experiences and get their voices heard. Lynn from PA has been to the WLSUF giving her ideas on improving how people can get involved. Lynn aims to collect hundreds of stories from us to influence change. Hazel has been appointed as MHAP voices champion. A report will be produced for the Scottish Government. PA recognises money issues can increase stress and lead to health problems. PA aims to increase people’s confidence and will provide support

as required as to share their thoughts effectively. Contact the office for more information on 0141 353 0440 Referral forms can be completed with your support worker or indeed advocacy.

Support



Vintage Vibes

This new service was launched late 2015 and is a partnership between Life Care Edinburgh and the Broomhouse Centre. It has been partly funded by the Big Lottery for its first four years. It is for the elderly and aims to tackle loneliness and isolation across the city putting volunteers and VIPs with shared interests together. A variety of services are offered including visits at home or in hospitals or nursing homes; pet visiting and family visiting. Vintage Vibes held a recent competition asking first year 3D animation students to produce an animation about loneliness. You can watch the winning entry on the website: www.vintagevibes.org.uk on the site there is more information about this service and how to refer someone. You can watch videos on volunteer's stories and sign up to the Vintage Vibes newsletter.

Hearing voices group

The hearing voices group runs every Thursday in Strathbrock Mental Health Resource centre in Broxburn from 1.30pm – 2.30pm. It is the only group of its kind in West Lothian. Lindsay Scott, a mental health professional from day services is running the group and has created leaflets which have been distributed at a variety of locations. This group is for people who hear voices or who have unusual experiences. People may experience voices in a variety of different ways; these may include a voice of someone else, friendly or derogatory voices, or several voices. Unusual experiences may be the following: A vision or sense of a presence, everyone is against you, people are laughing at you, statements for TV, radio or social media refer to you. The group provides a safe and confidential environment for people. It gives the opportunity to meet others and share experiences and to offer each other support including how people manage their voices. Those attending feel it helps them to cope. Numbers attending have risen to around 7-8 people; there is the capacity to run additional groups if more people are interested.



Useful links:

Psychiatry in context: Experience, Meaning & Communities (2014)

Website: www.hearingvoices.org Telephone: 0114 271 8210

Entertainment

Linlithgow Exhibition



The gallery at Linlithgow Burgh Halls is hosting an exhibition by Matisse; "Matisse: Drawing with Scissors-Late works 1950-1954". Henri Matisse was a French painter, sculptor and designer (1864-1954) and was famous for creating works full of richness and colour. This exhibition shows lithographic prints created after the artist's death and displays works that he completed in the final few years of his life. It includes the famous Snail and Blue Nudes. The exhibition is running from Friday 22nd July to Sunday 9th October. Additional special events will

be held when the Matisse exhibition is running. This includes a special free tour by Kerry Watson (Scottish gallery of modern art) which is being held on the 8th September from 7-9pm. For more information on these events visit www.linlithgowburghhalls.com Booking is essential call 01506 282 720.

Theatre

Howden Park Centre

An award winning play by Michael Frayn “Democracy” is coming to Howden Park centre from the West end on the 15th September at 7.30pm. Stars from stage and screen are in the cast including Sean Scanlan (River City) and Colin McCredie (Taggart). It is presented by Rapture Theatre in association with Macrobert Art Centre. It is set in West Germany where the party of a newly elected chancellor plots to destroy him. It is both compelling and entertaining. Tickets cost £12.50 or £10.50 concession price. See the website for more information on this and other events at www.howdenparkcentre.co.uk call the Box office on 01506 777 666.



Contacts

British Lung Foundation

Singing for health

Telephone: 07952 095959

Website: www.blf.org.uk

Email: British Lung Foundation Singing group

Citizens Advice Scotland

Telephone: 03454 04 05 06

Website: www.citizensadvice.org.uk

Email: Go through website

Health Improvement Team

Telephone: 01506 775 626

Website: www.westlothian.gov.uk

Email: hit@westlothian.gov.uk

Howden Park Centre

Telephone: 01506 777 666

Website: www.howdenparkcentre.co.uk

Email: box office@westlothian.gov.uk

LEARN Lothian Education &

Recovery Network

Telephone: 0791 002 1537

Website: www.capsadvocacy.org

Email: learn@capsadvocacy.org

Linlithgow Burgh Halls

Telephone 01506 282 720

Website: www.linlithgowburghhalls.com

Email: burgh.halls@westlothian.gov.uk

50 Plus Network

Telephone: 01506 635510

Website: www.westlothian50plusnetwork.co.uk

Email: wlothian@btconnect.com

Poverty Alliance

Telephone: 0141 353 0440

Website: www.povertyalliance.org

Email: lynn.law@povertyalliance.org

Together for Health

Telephone: 01506 281 031

Website: www.westlothian.gov.uk

Email: Lindsay.macgregor@westlothian.gov.uk

Vintage Vibes

Telephone: 0131 343 0955

Website: www.vintagevibes.org.uk

Email: hello@vintagevibes.org.uk

If you have any ideas you think would be of interest for future newsletters or if you just need to ask any questions please phone or e mail advocacy. The help will be very much appreciated! Thanks.

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admin@mhap.org.uk

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This newsletter was produced by Claire. I am a service user with a severe and enduring mental health problem. I currently am a volunteer with the Advocacy project in Broxburn and produce this newsletter for them. I am also a member of the reps group and service users forum that advocacy runs.