

support
in mind
scotland



action for people affected by mental illness

STAFFORD CENTRE EVALUATION 2016



The Stafford Centre is funded by
The City Of Edinburgh Council

The Stafford Centre is a community resource for people with mental health problems, and their carers, living in the Edinburgh area. Part of Support in Mind Scotland, it provides varied group activities and one-to-one support services.

It has been a very busy year for the service. The numbers of people who have attended our services are higher than ever, and funding continues to be a concern in the long term. We continue to develop our services and this year has seen the creation of a new carers service at the Stafford Centre, appropriately called 'The Stafford Centre Carers Service'.

We have been working in partnership with several agencies across Edinburgh, and now run a regular 'Health Check Clinic' at the Centre staffed by NHS nurses. We work closely with the homeless charity 'Crisis' as well as other housing agencies. The Centre continues to develop ties with mental health teams all across the city, and we continue to receive referrals from those teams as well as Street Work, Penumbra, Link Living and Bethany to name but a few. We look forward to the future, supporting and working with service users - fighting stigma and discrimination, and promoting dignity, equality and respect.

Involving people in the services they use is at the heart of everything we do. The outcomes used in this evaluation are therefore those that people identified for themselves.

Radio



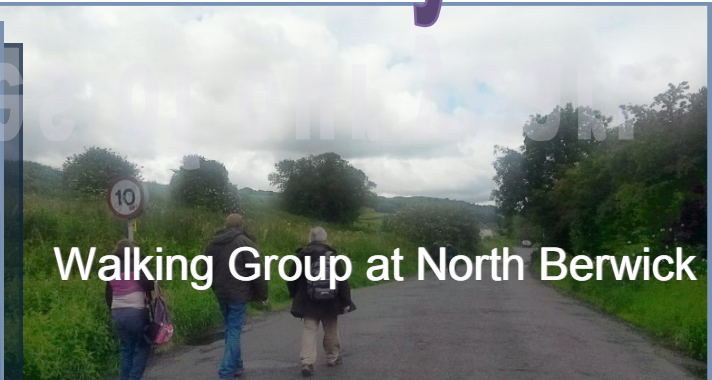
Over 400 listeners

Benefits Advice



82 people seen in the first quarter of 2016

Some pictures of our year:



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Support in Mind Scotland seeks to support and empower all those affected by mental illness, including family members, carers and supporters.

Support in Mind Scotland was initially part of the UK charity National Schizophrenia Fellowship, set up in 1972 following a 1970 article written by John Pringle in *The Times* about the dilemmas faced by the carers and families of people diagnosed with schizophrenia.

In 1984 we became an independent Scottish Charity, National Schizophrenia Fellowship (Scotland), and this is still our registered company name. However, in 2010 we changed our operating name to Support in Mind Scotland following representations from our members who felt that we supported people who experienced many conditions, of which schizophrenia was only one.



Frances Simpson
CEO, Support In
Mind Scotland

“I have been visiting the Stafford Centre regularly over the past year. I have been giving service users advice about their housing options and supporting them to find accommodation or make their current accommodation safer or more sustainable. Stafford Centre users have sometimes gone on to take part in some of Crisis’ classes and activities, and it’s been great for us to have them as members of Crisis (the National Charity for single homeless people). There is plenty of space for one-to-one meetings, and the environment of the building feels great.

The Centre is warm and welcoming, with loads going on in communal areas, lots of groups taking place in various parts of the building, and weekly activities arranged in the local community. The walking group is a highlight for so many of the service users!

People using the Centre often comment to me about how valuable the service is to them. They describe a real lifeline - offering companionship, support, counselling, help to find work, expert help with benefits, activities, compassion and respect.

And of course, the food is great!” (Martin Barnes, Housing Coach, Crisis)

In the first quarter of 2016 we had over 2300 visits to the Centre.

Website visits



Over 1000

Average number of visits per month



780

Social Media visits



Over 1900

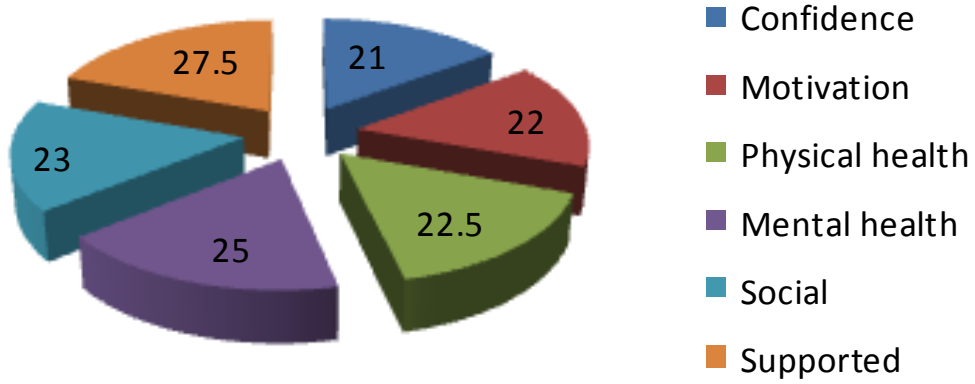
How has the Stafford Centre helped you in your recovery?

The stafford centre has given me a sense of what its like to feel part of a community I have many people to talk to most days I dj on the radio im coming on in leaps and bounds.
My feeling of isolation has gone I wake up in the mornings knowing now I have something to get out of bed for
My depression is lifting as the days go on.

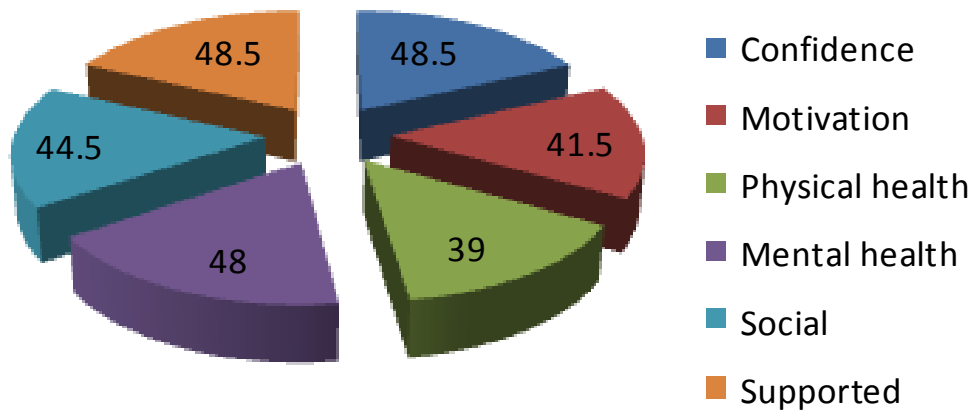
How has the Stafford Centre helped you in your recovery?

IN A LOT OF WAYS. EMOTIONAL, MENTAL, PHYSICALLY, AND WHEN IVE BEEN VERY LOW, + NEGATIVE THOUGHTS AND MELTDOWNS AND ALSO DEALING WITH NEGATIVITY PEOPLE
THE STAFFORD CENTRE IS MY LIFELINE
DONT KNOW WHAT I WOULD DO WITHOUT IT
THE STAFF ARE AMAZING - CANT PUT IT INTO ENOUGH WORDS.

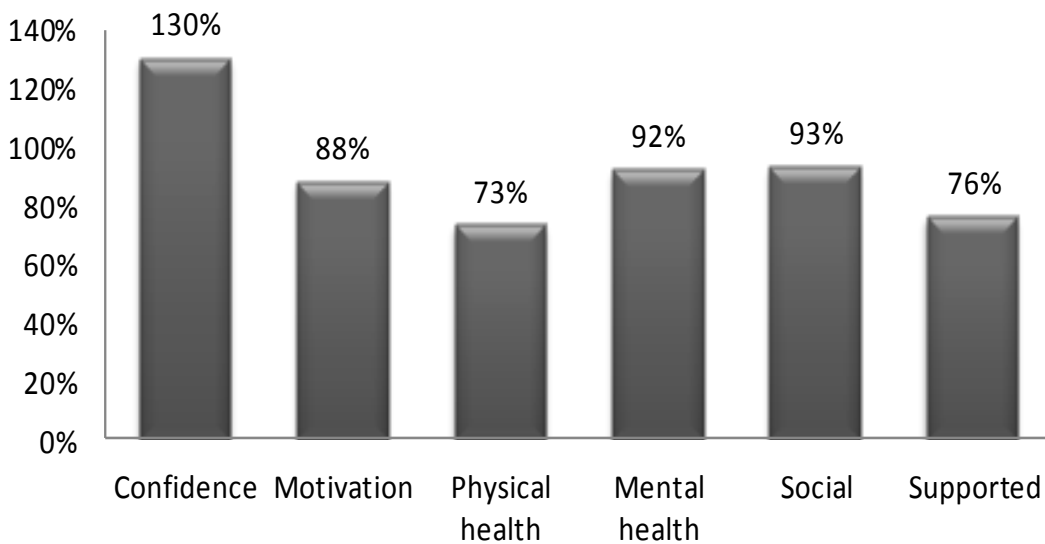
Before Joining Art Group



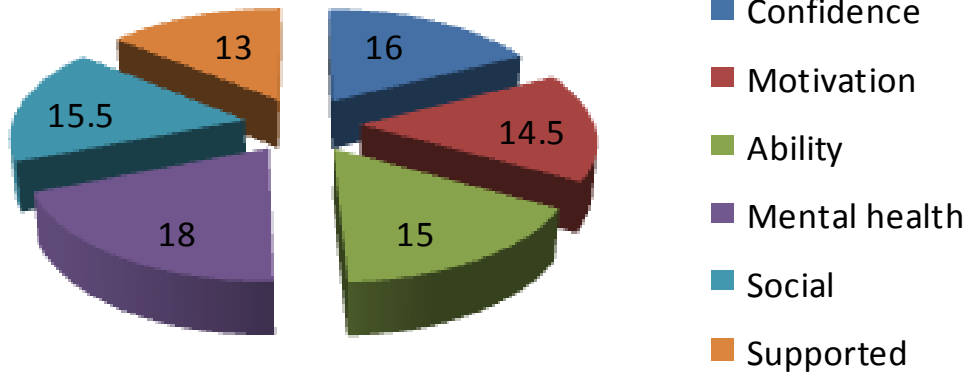
After Attending Art Group



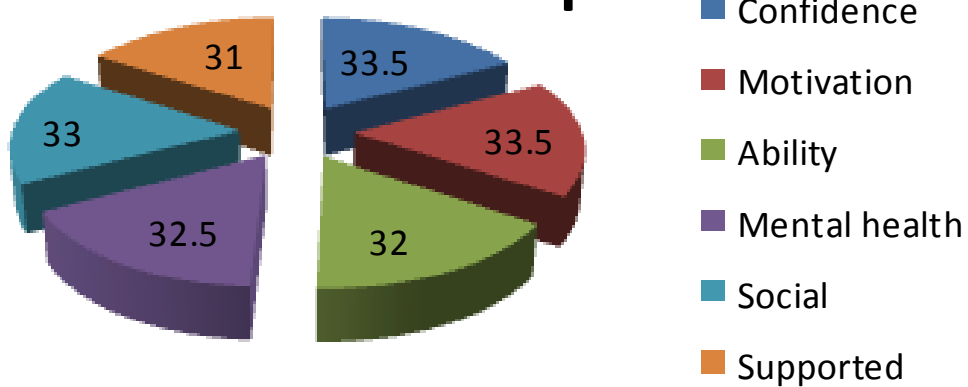
% Increase



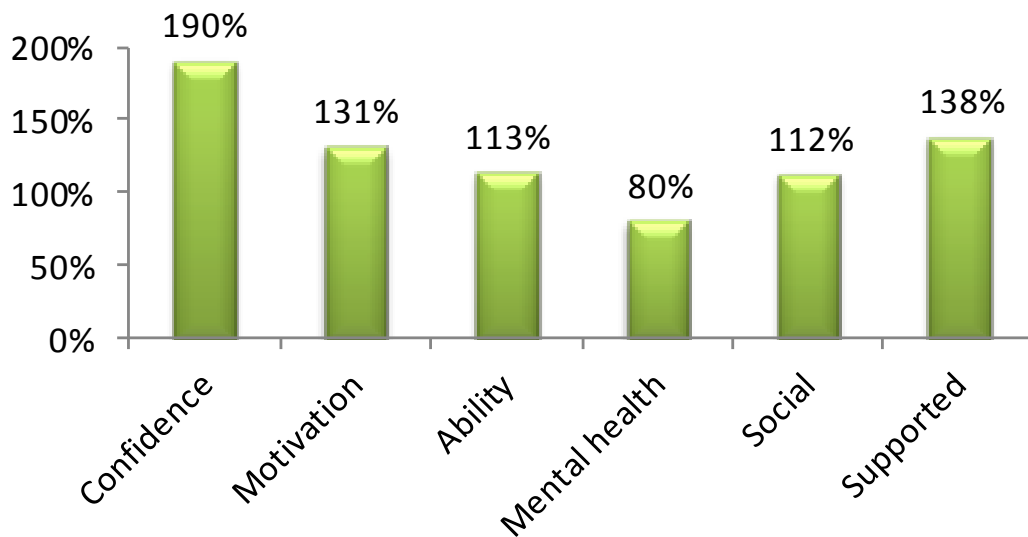
Before Karaoke Group



After Karaoke Group



% Increase





The Wellbeing group meets every Tuesday. The group starts with a guided meditation/breathing

exercise, giving everyone time to arrive and relax into the session. Then whoever feels like talking has a 5-10 minute ‘check-in’ where we hear how they’re doing. This could be celebrating good times, as well as sharing difficulties.

We asked people how they felt about the group and noted any comments that were made.

“...It relieves my stress and tension and I go outdoors feeling a lot better...”

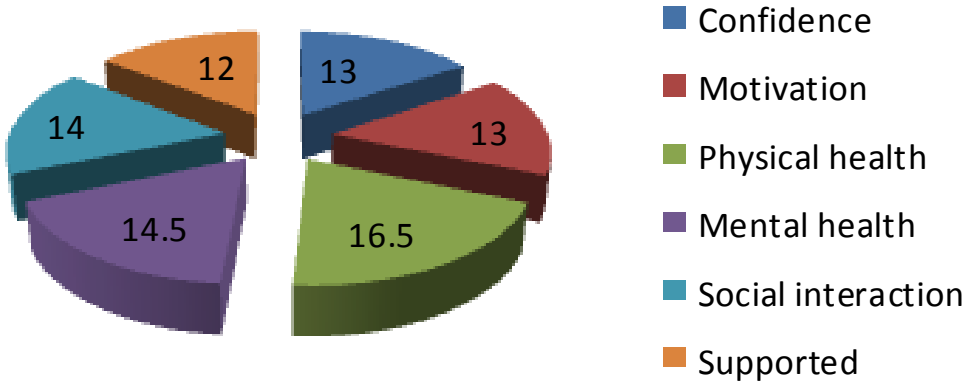
“ I feel the Wellbeing group has helped me when I felt anxious...”

“ Meditation at the start has been very good, and relaxing. The group has given me an opportunity to talk about how things have been going for me...”

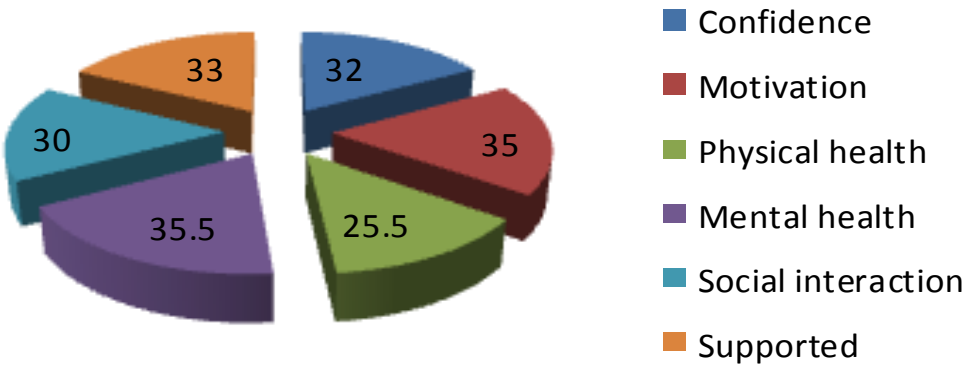
“ I like having space to reflect and review how things are...”

Last year there were over 150 attendances at the Wellbeing group.

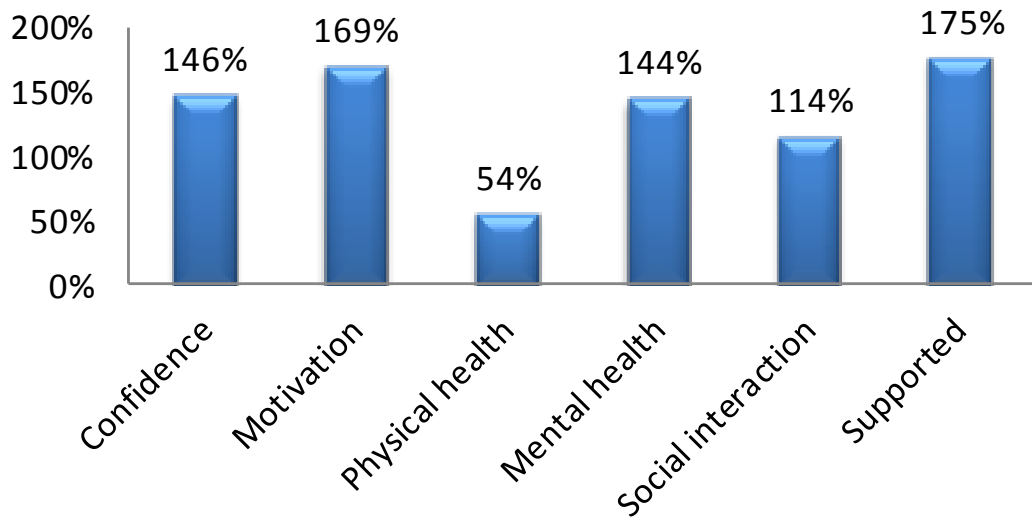
Before Attending Walking Group



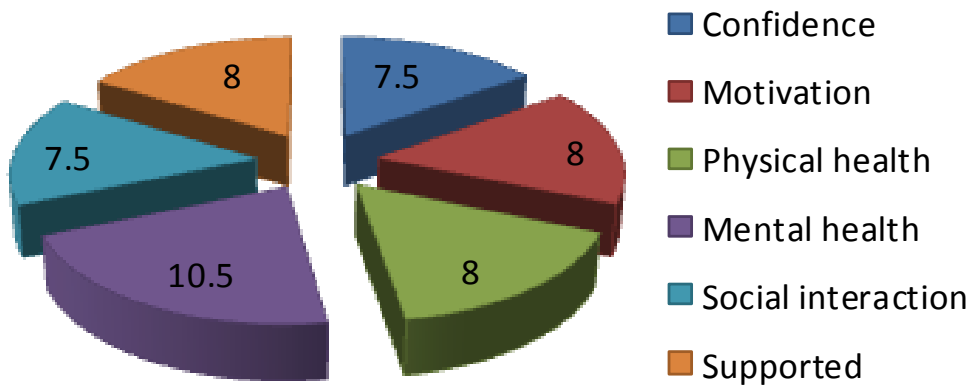
After Attending Walking Group



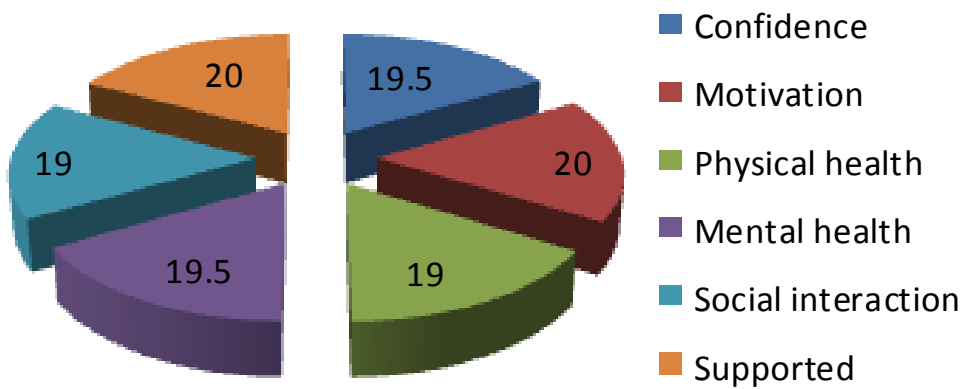
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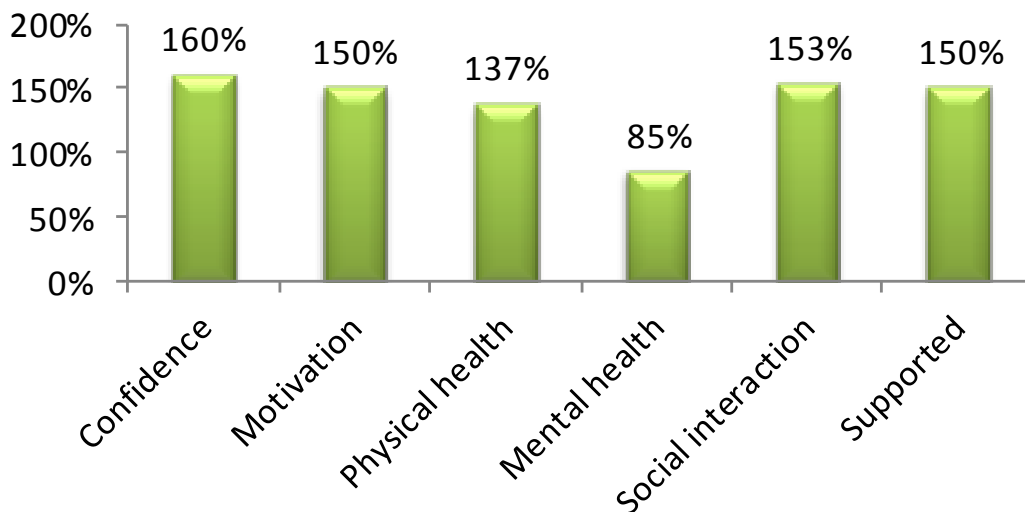
Befor Attending Music group



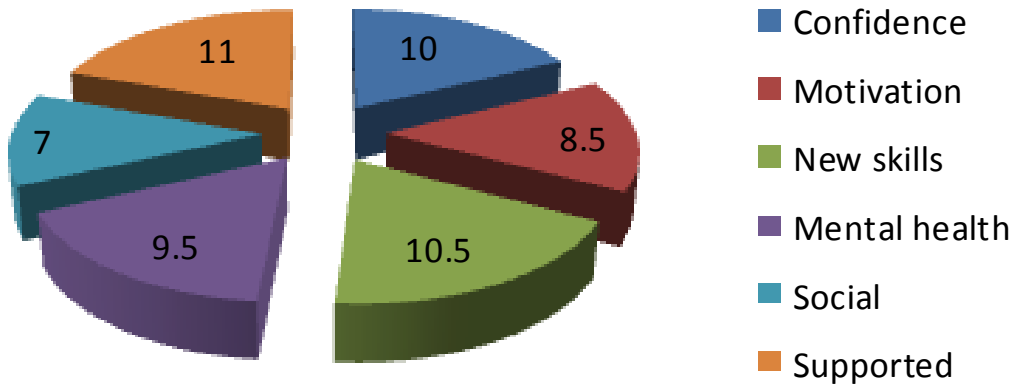
After Attending Music Group



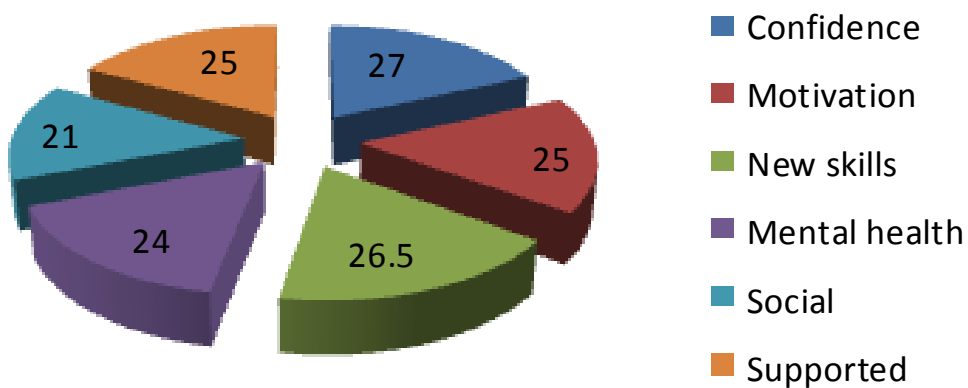
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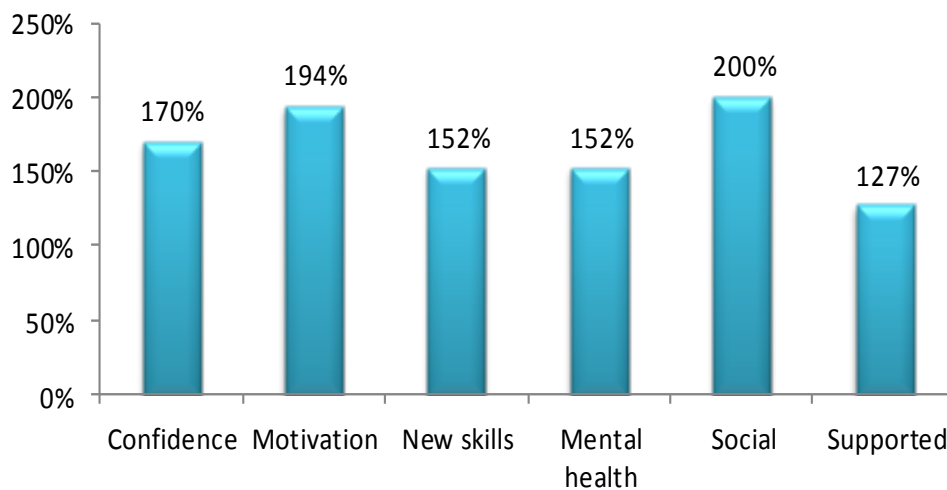
Before Joining the Radio Group



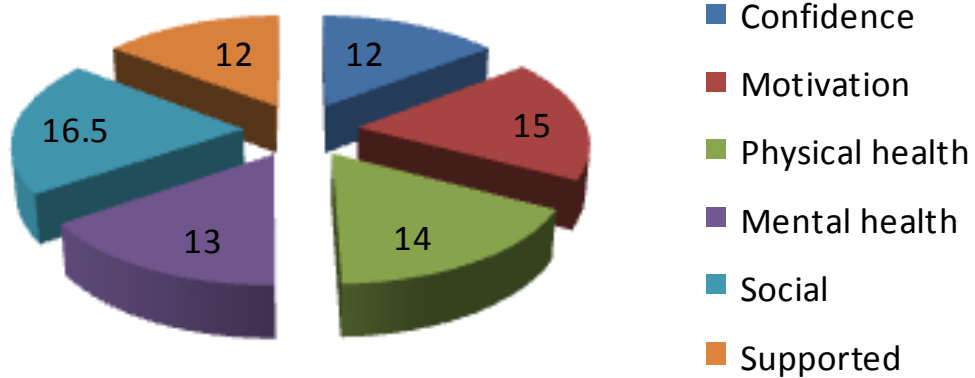
After Joining the Radio Group



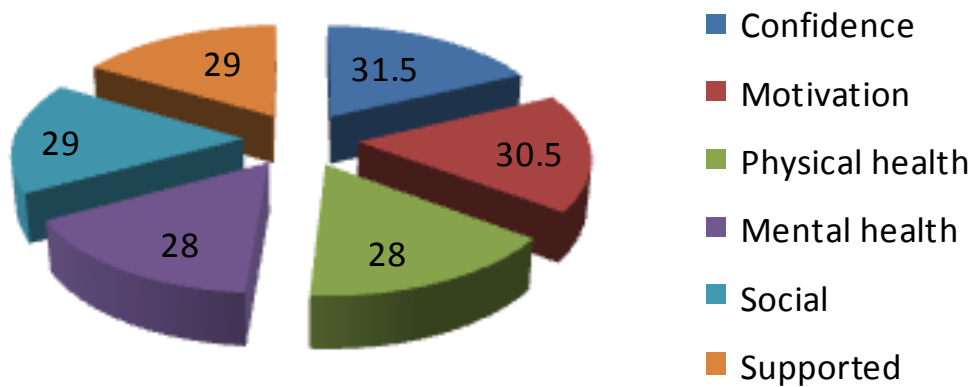
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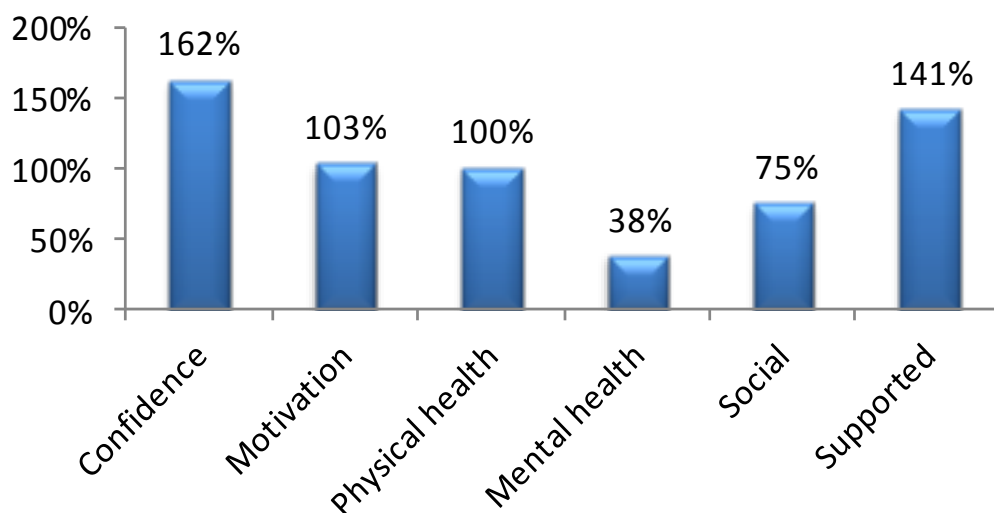
Before Volunteering



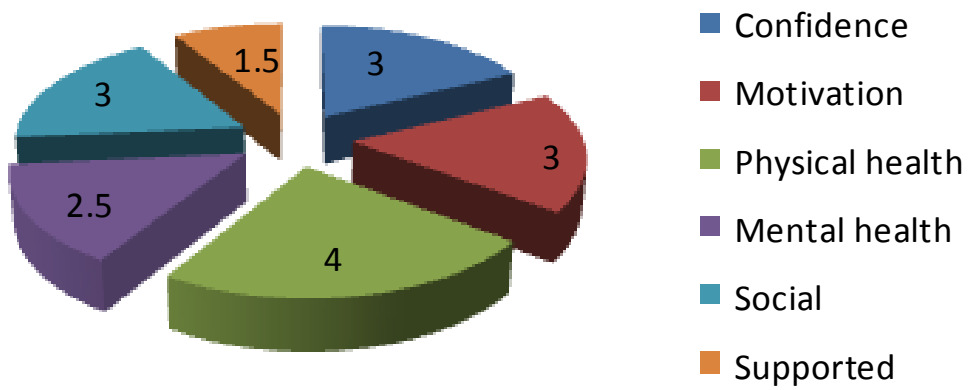
After Volunteering



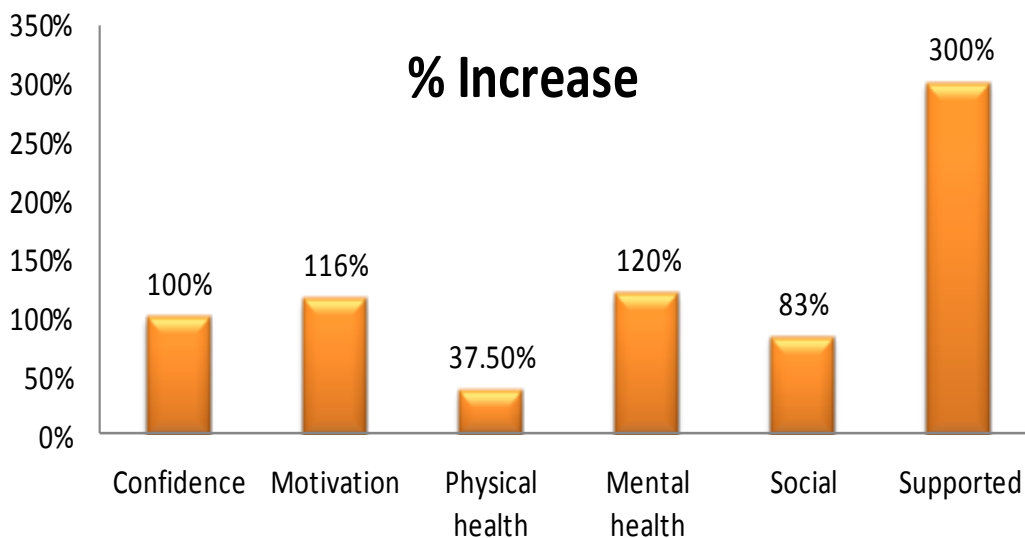
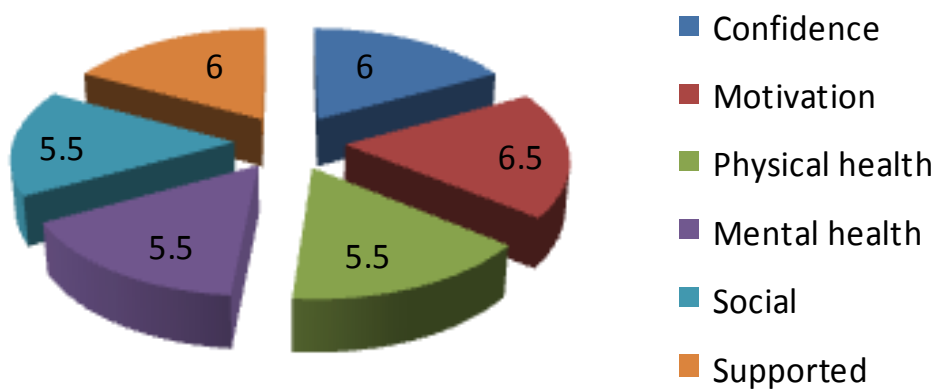
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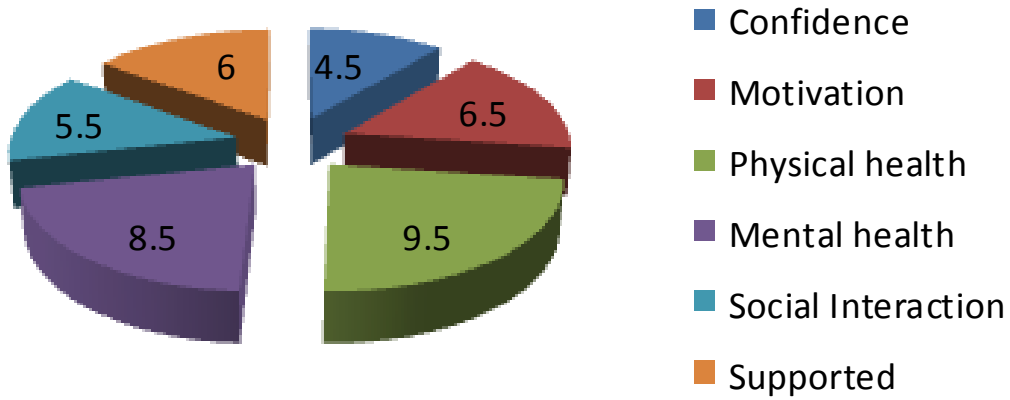
Before Tai Chi Group



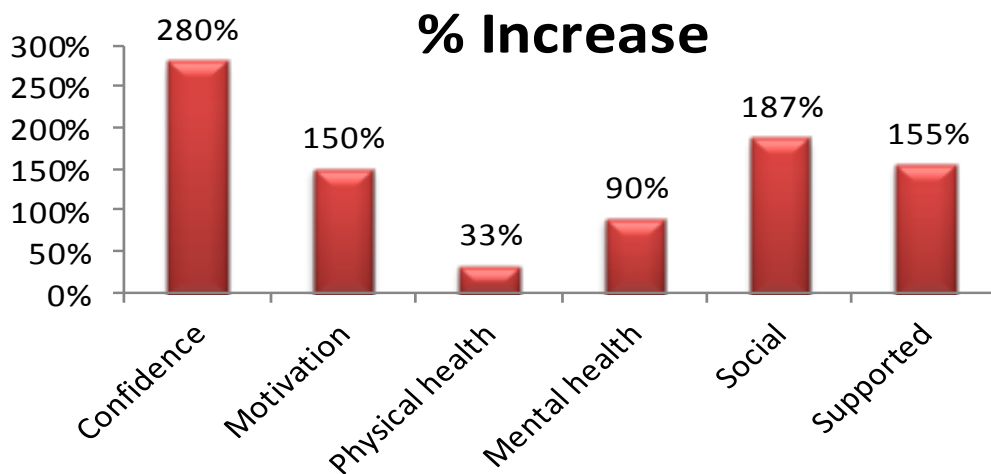
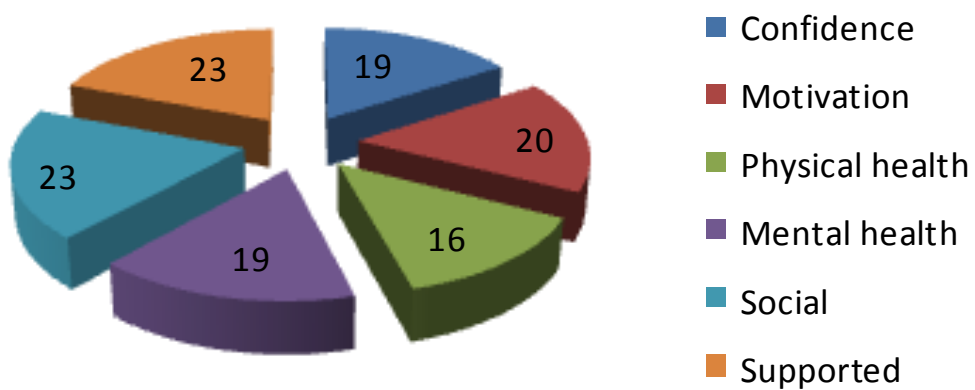
After Tai Chi Group



Before Wii Fit Group



After Wii Fit Group



How has the Stafford Centre helped you in your recovery?

I deal with the voice of a demon who haunts me whenever I do anything self-affirming or positive for myself. It screams noise in my head and makes doing anything hard. The art group at Stafford Centre is a safe and supported place for me to do what I love (being creative) - to practise doing something positive for myself - knowing that I'm safe if the demon kicks off. Stafford Centre is where I take these baby steps.

Thank you!

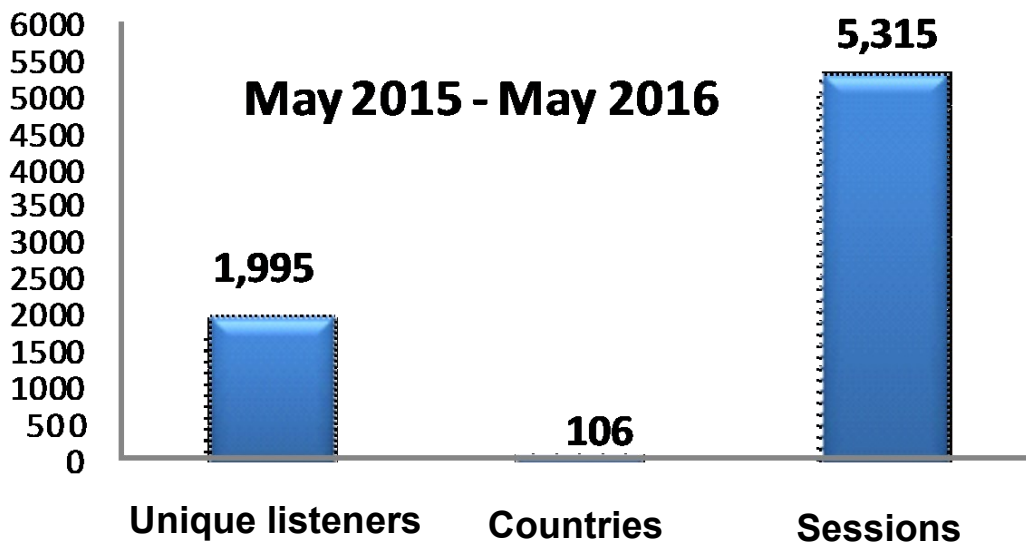
How has the Stafford Centre helped you in your recovery?

It's given me some stability since being off sick from work and with the imminent change of redundancy.

Two staff particularly have struck the right balance of asking how I'm doing, without pushing or pathologising, but also giving me the space I need to sit quietly, at times. I may not feel like interacting, but that doesn't necessarily mean I want to be alone all the time. Fitting in and being understood don't ~~always~~ usually come naturally to me, but I have been given space which recognises and incorporates me, including those attributes.



Radio Stafford 103 continues to go from strength to strength. We now have 14 DJs and have recently started daily breakfast shows from 10 a.m. We have also created a new website for the radio: www.radiostafford103.org



Country	Top Ten Countries	Sessions
	1. United Kingdom	1035
	2. United States	423
	3. Germany	166
	4. Russian Federation	162
	5. Australia	159
	6. Canada	152
	7. Malaysia	90
	8. Mexico	79
	9. Brazil	77
	10. Japan	74

The Stafford Centre works in co-production with several groups and agencies across Edinburgh. Over the past year, we have been hosting a Veterans café within the Centre—it is run by veterans and takes place every second Wednesday with up to 40 ex servicemen and women attending. For enquiries, please contact Keith McKenzie on 07764765291.

We are also host to the Bi-Polar Scotland Lothian Group who hold regular group meetings at the Centre.

We work in collaboration with NHS Scotland's Community Health Inequalities Nursing team, who run a health check clinic at the Centre every fortnight.

We are also working with NHS psychologists who are running two 6-week courses on managing depression—'Managing Mood'. These groups are referral only.

[The Carers' and Relatives' Alliance \(CARA\)](#)

[Group](#) is a friendly support group for anyone affected by mental illness, including friends, family, partners and carers. The group meets to share experiences and make time for themselves. Members support each other, share information and learn skills to help them cope. The group is very informal and welcoming, and meets on the first Tuesday of most months at the Stafford Centre.



2016 has been a very busy year for the Stafford Centre's Next Step Service, and our employability worker has already registered more than 100 appointments and contacts with service users. Although the year has shown a slight increase in the number of people taking up paid employment, voluntary work continues to be the option most favoured by people coming to the service. Volunteering provides individuals with an opportunity to put structure into their daily lives, discover new skills and begin to rebuild confidence. Recognising this, a variety of volunteering opportunities have been created 'in-house', and our service-user volunteers continue to make a very valuable contribution to the smooth running of the Centre.

"With Isobel's support, I have been able to keep going to my job because I thought the Manager would see no reason to keep me. Isobel has been there to give me a balanced way of looking at things. I find her support extremely valuable."

"I received a lot of help and support from the Next Step. I enjoy taking part it has helped with self confidence and motivation."

BENEFITS

The Stafford Centre benefits Advice Service is one of our busiest support services. Last quarter:

Breakdown of PIP & ESA awards notified during the quarter:-

PIP - £33241.97

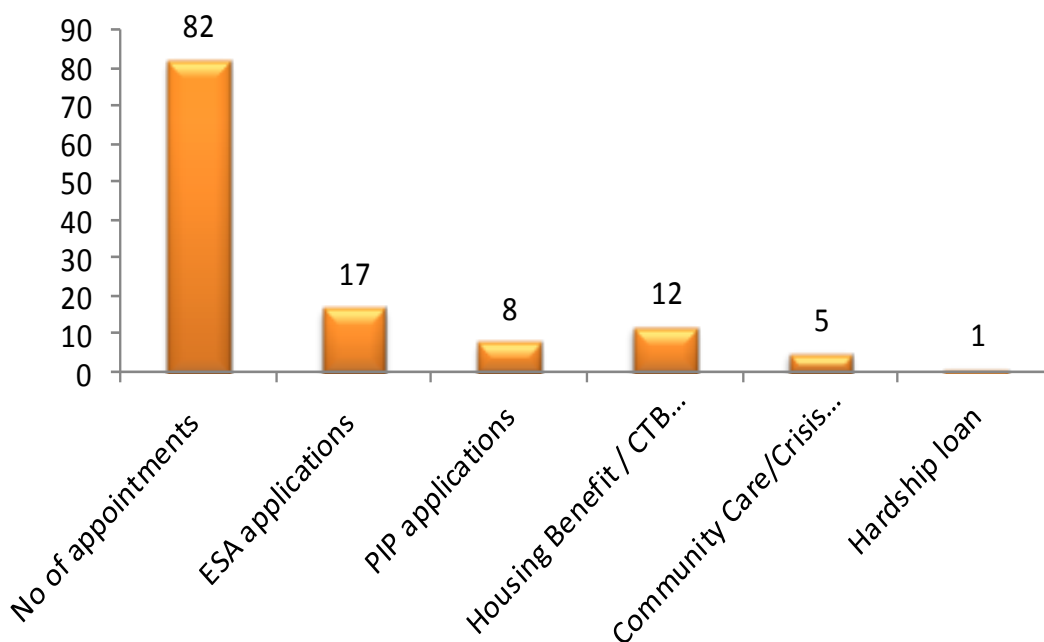
ESA - £84076.80

DLA - £3998

Tax refund £938

Total - **£122,254.77**

Additionally several enquiries were referred to other agencies, e.g. EHAP, CAB, Advice Shop, etc. We have not included phone calls to Utility Companies, DWP payment enquiries, HB / CTB enquiries, etc. where the outcome was primarily the provision of information / advice.





Based at the Stafford Centre, **Caring Connections** is our new national service for carers (family/friends) of people being treated within Forensic Mental Health Services throughout Scotland.

Who are Forensic Mental Health Carers?

Forensic Mental Health Carers are people of any age who provide unpaid support for a relative or friend who is within forensic mental health services, including people in low, medium and high security hospitals throughout Scotland as well as in community settings with the support of Forensic Community Mental Health Teams.

Our National Forensic Carer Co-ordinator, Lorraine Keith is keen to hear from anyone who may be interested in this service, whether a carer or service provider.

Please contact **Lorraine Keith** on **07951066234** or **lorraine@supportinmindscotland.org.uk** for more information, or to let Lorraine have your thoughts on this service.

“Over 40 new members introduced to the Stafford Centre. “

“Over 30 professionals attended information sessions.”



Hello,

My name is Hanna and I am the Outreach Worker for the Stafford Centre. Our members say that the Stafford Centre is a friendly and comfortable place to be, but we are aware that there can be barriers which get in the way of accessing our service. For some people, visiting a new place or meeting new people is just too big a step to consider without the right support.

Sometimes it helps to meet up with me for an informal chat about the Centre, what it is like and the range of activities available. We can arrange this in a place where you are already comfortable or with someone else that you trust. We can then talk about how to manage coming to the Centre for a visit if you decide that you would like to join. Taking these steps may make coming to the Centre more manageable. I can also visit other services that have workers who would like to know more about the Stafford Centre.

If you or someone you know would like to access the Outreach Service, please call us on 0131 557 0718 or email:

outreach@supportinmindscotland.org.uk



Most people, at some point in their lives, experience mental health difficulties or problems, and feel they are on their own or unable to move forward. It is often hard to speak to family and friends about these worries, and there is a need at these times to speak with someone who will listen and understand, and accept us as we are.

The Stafford Centre offers professional 1-1 counselling support to anyone over 18 years of age who has experience of mental health issues.

This was the only talking therapy available to me when my counselling started (NHS waiting times, private costs), and was vital to me.

I still have work to do, but the counselling helped me a great deal. I know it's been a big part of my recovery.

I can't say enough good things about either. I hope you can continue this service, it is so important.

thank you.

**We work in co-production with
the City Of Edinburgh Council
Departments of Housing a Social Work, as well as:**

**Edinburgh Carers Council
Inclusion Scotland
Volunteer Edinburgh
Carr Gomm
NHS Lothian
Into Work
Crane Services
Royal Edinburgh Hospital
Trussell Trust (foodbanks)
Edinburgh Housing Asscns.
NHS Scotland
National Galleries Edinburgh
SAMH
Esmee Fairbairn
LGBT
Advocard
Stand International**

**CPAG
CAPS
Headway
Penumbra
Outlook
Barony
Art Link
Link-Up
SCVO
EVOC
Bethany
Pizza Hut
VOCAL
LCIL
Remploy
Paths for All**

**Care 4 Carers
Robertson Trust
Crisis
Police Scotland
Four Square
NHS Lothian
Forth Sector
Bank of Scotland
Advice Shop
Young Carers
Creative Breaks
Nancy Massie
No. 6
Serenity Café
DWP/Jobcentre
Local traders
Health in Mind
LGBT
See Me
EHAP
Streetwork
Womens Aid
Shelter
SACRO
Santander
Cyrenians
Edinburgh College
SMHAFF
Lifeline
Ponton House
The Works
TSB
University of Edinburgh**