About Advocacy

The Scottish Independent Advocacy Alliance Magazine

Summer 2011

power to the People

We formed alliances, began to advocate for change.

It took forever, takes forever, sometimes we are angry by the obstacles we face.

But never will we let the dream we hold so dear become just that.

For we have fought so long, become so strong, voiced our vision clearly

and they're listening now to what we want.

The ground is shifting slowly and the revolution's here to stay.

Power to the People is our song for in the struggle to be equal we belong.

Jo MacFarlane

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Editorial

Now the elections are over, we are still all talking about the election. ACE Advocacy tell us about their election campaigns and Erin Townhill (Elvin no longer) gives an overview of consultations and introduces us to the new Scottish Parliament.

Adelle introduces our exciting new project: Inspiring our Future. We will be pulling together a history of advocacy in Scotland to support the future development of the movement and hope that our members will share our enthusiasm and help us map our shared history.

After causing a stir as Poet in Residence at the Principles into Practice Awards, star of our video, Jo McFarlane kindly shared some of her poems.

Rhian Editor

Next issue:

If you are interested in submitting an article to About Advocacy, contact Rhian Thompson.

Thank you:

The SIAA would like to thank all the individuals who have contributed to this magazine.

Printed in Scotland using FSC certified paper and vegetable-based inks. Cover photograph by Rhian Thompson

Disclaimer:

The views expressed in this magazine are those of the individual authors and should not be taken to represent those of the Scottish Independent Advocacy Alliance.

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The Scottish Independent Advocacy Alliance Scottish Charity No. SC033576 Company No. 236526

An electronic copy of this magazine can be downloaded from our website: www.siaa.org.uk.



SIAA News

Elections

Recent months have been very busy; the Scottish Elections have meant that the SIAA have been working closely with members to ensure that Independent Advocacy has a high profile and that all prospective candidates understand the benefits and impact.

Many members used the manifesto to lobby candidates and we received a number of acknowledgements from candidates expressing support for independent advocacy. We have now sent out a welcome pack for all elected MSPs with information about independent advocacy and the difference it can make. We look forward to working with them all.

The SIAA team has already started to plan for local elections next May. Once again we will work closely with members to promote independent advocacy amongst the people who make decisions about local services. We will be in touch soon with more details.

SIAA takes to YouTube

I hope you have all had the chance to see the short films about independent advocacy featuring contributions from Anne O'Donnell and Jo McFarlane.

These films are the start of a bigger project which aims to showcase the variety and diversity of the advocacy movement and demonstrate the effect that advocacy has had on the lives of many people.

If you know anybody who would like to talk about independent advocacy and the difference it has made to their lives, please contact Rhian Thompson.

New independent advocacy initiatives

The SIAA has been providing support for a number of new initiatives aiming to broaden access to advocacy. We have provided information and support to a group for people affected by alcohol related brain damage (ABRD) setting up a collective advocacy group. Read more about them on page 4.

The KITES (Kids Inclusion Through Education Support) group want to set up peer advocacy for parents of children with special needs. We will keep you updated on the progress of the group.

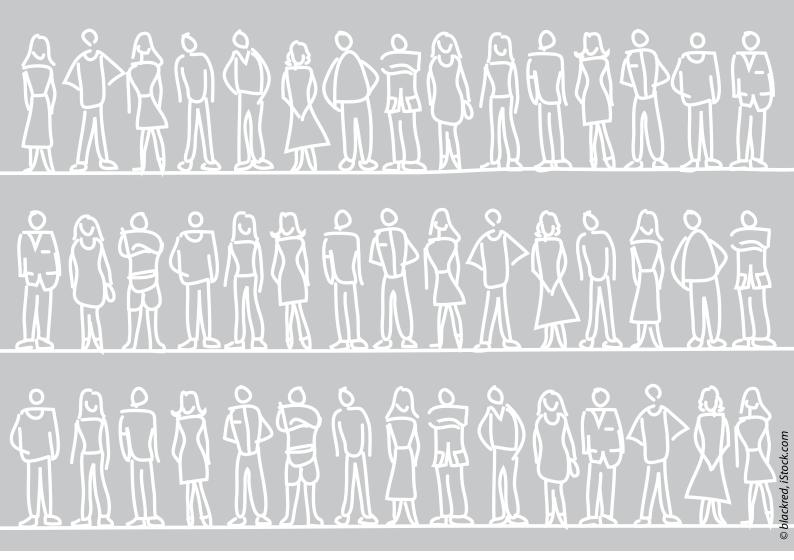
The Neurological Alliance is investigating the need for independent advocacy for people with a neurological condition, See page 10 for more details.

What's next?

The pilot **Social Return on Investment training** is now complete. Over the coming weeks we plan to review the training, assess the impact and decide on the next steps.

During the summer we will be restarting the work on dealing with complaints about advocacy. This vital project is part of the SIAA's wider quality agenda.

Shaben Begum MBE Director, SIAA



A new collective advocacy group for Scotland, Focus ARBD

By Sally Dick, Infusion Co-operative

A group of men and women with alcohol related brain damage (ARBD) have recently come together, as a steering group, to establish a national collective advocacy group of and for people with ARBD. Members of the steering group are clear that a strong national advocacy voice for people with ARBD is much needed.

The term **Alcohol Related Brain Damage** (ARBD) is used to refer to the effects of changes to the structure and function of the brain resulting from heavy long term use of alcohol.

Liver damage is fairly commonly recognised as an effect of alcohol use but alcohol use can and does lead to brain damage as well. Disorders which result from alcohol related brain damage include physical and cognitive problems, for example difficulties with balance and co-ordination, loss of short term memory and loss of the ability to acquire new information.

People with ARBD face many challenges in their daily lives and are often marginalised and isolated. There is an overall lack of understanding and awareness about ARBD and it often goes undiagnosed. There are dedicated specialist services in some areas but not in others and people with ARBD frequently fall between services. Stigma and discrimination play their part as well.

For these reasons and more, members of the steering group are 100% determined to change things.

The steering group is currently meeting every three weeks in Glasgow. Sally Dick and Chris Vickerman of Infusion Co-op provide support to the group and funding has been secured for this first year.

This is just the very beginning of the journey. There is a great deal to do and plan for. One of the group's priorities is to make contact with people with ARBD across Scotland and build up a network of members.

To help with this we will be producing newsletters in DVD format. The first DVD newsletter will introduce the steering group and Focus ARBD's aims and plans and should be ready later this summer.

The future

We very much need advocacy and other organisations' help with making contact with people with ARBD who might be interested in hearing about Focus ARBD and getting the newsletter.

Please do contact us if you know of anyone with ARBD who might be interested in Focus ARBD and the newsletter. And if you know someone who might know someone... who might be interested.

We would welcome any enquiries, information or other contacts.

It may be possible to arrange for steering group members to come to your area – particularly if a few people with ARBD, perhaps with their supporters, would be interested in meeting up and hearing more about this new project.

The aims of Focus ARBD

To raise awareness and understanding of ARBD nationally and locally

To tackle stigma

To warn people about the risks of getting ARBD and provide clear messages about how ARBD can be avoided

To help improve services for people with ARBD

To influence public policy.

Please contact Chris or Sally by phone or email:

Sally Dick 07917 324615 Email sally.palm@blueyonder.co.uk

Chris Vickerman 07917 283760 Email cvickerman@blueyonder.co.uk

www.infusioncoop.org.uk

Power to the People

By Jo McFarlane



Jo McFarlane wrote her first book of poetry, 'The little book of secrets' in 1992 and has since published seven books to date. Jo is regularly invited to read excerpts of her work at groups and events around Scotland and was recently invited as 'poet in residence' to the Scottish Recovery Network's Annual Gathering 2011 and at Principles into Practice Awards.

Always busy, you can see Jo reading a very affecting poem about how advocacy changed her life at www. youtube.com/SIAAvoice.

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Consultation and Involvement

By Jo McFarlane

We asked them to contribute and they cared enough to tell us what they thought.

They sought the simplest things:
a place to be that held their dignity,
support of self and family,
fulfilling things to do,
respect and being listened to.

We took their big ideas on board, took small steps forward to achieve what seemed impossible to us.
Budget cuts, practical logistics, cultural resistance, all the barriers we faced along the way.

And then one day,
a revolution happened in our thinking:
let's take the consultation further,
ask the people how they think we can
achieve the changes that they want to see.

The answer came like manna from the gods.

They said: "Involve us, don't just listen.

Let us be the architects, the builders
and the artists of our vision.

Give us tools, resources,
and the hope to realise our ambition.

Don't just talk to us,
walk with us the road that leads to change"

We found that soon
the labels service users and providers
were redundant.
We were partners now,
working in pursuit of common goals.

Further information

Jo's website and contact details can be found at www.edinburghjo.co.uk

Can we afford to fill the gaps?

By Adelle Gardiner, Research and Quality Officer, SIAA

SIAA members' experiences of funding for new advocacy opportunities

Recent research reveals that both funders and advocacy organisations want to address identified gaps in advocacy provision, but scarce resources are holding them back.

It is no secret; independent advocacy isn't available for all in Scotland. There is a distressingly long list of groups for whom advocacy provision is patchy at best, and entirely absent at worst. However we know this isn't necessarily for lack of trying.

At SIAA, we wanted to learn more about our member organisations' experiences of seeking support to expand advocacy to new groups – that is, extending their advocacy services to groups of people not already included in their Service Level Agreement or contract.

An impressive 83 per cent of SIAA members took part in our short survey. This article provides a brief insight into some of the findings.

Which new groups?

We asked our members to tell us about the times they had sought support to deliver advocacy to new groups over the last five years. More than half of the survey participants had looked for this support on at least one occasion.

Obviously the needs in different areas will vary, and this is reflected in the range of different groups our survey participants had sought to support (see figure 1). However, one group clearly dominated our members' focus. Nearly half of all requests were seeking support to extend

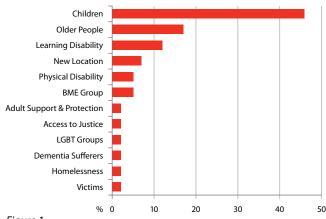


Figure 1

advocacy to children and young people.

Children and young people also seem to be a focus for commissioners of advocacy. Around half of our survey participants had been asked on at least one occasion in the last five years by a funder or other external organisation to deliver advocacy or bid for a tender to deliver advocacy to new groups. Around one in six of these requests were seeking advocacy for children or young people.

Slightly more of these external requests (one in five) related to expanding current advocacy provision to new locations, whether to new geographic areas or to include new places (for example the community, or a hospital).

What is funded?

Our survey participants secured financial support for less than half of all their requests. We looked at the number of requests supported by identified group. Just over half of all requests to work with older people were supported, less than half of requests to work with learning disability were supported, and only one in every three requests to extend advocacy to children and young people was supported.

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Of the times our members had been approached by funders to deliver advocacy to new groups, only two in every three instances included funding. The most common request – to extend advocacy to a new location – came with funding in every instance. However, only two out of every three requests to extend advocacy to children and young people included funding to support this work.

Why are new groups not taken on?

The absence of funding was a reason for both sides to turn down requests to deliver advocacy to new groups.

The vast majority of our members' requests for support to statutory funders were turned down, with the most common reason being that there was no funding or that their request was not a funding priority.

Survey participants turned down around two out of every three requests that did not include funding. Most cited the absence of funding as the reason they could not take on the work requested. Participants also turned down one in every four requests that did include funding.

Reasons here included a belief that the funding offered was not enough to deliver a quality service, or because there was no guarantee of sufficient long term funding.

Taking this research forward

The recent economic downturn has no doubt played a part in limiting the amount of funding available whilst increasing the need for project funding. Now more than ever we need good quality evidence to demonstrate the importance of advocacy and to understand how we can continue to strive towards advocacy for all.

This research suggests it may be useful to conduct research with commissioners to learn more about the barriers they face in prioritising funding for new advocacy provision. And, with over half of all requests for funding turned down, further research could also support advocacy organisations to convincingly demonstrate to funders the need to prioritise advocacy provision.

Keep an eye out later in the year for findings from our most recent members' survey about sustaining advocacy during times of economic restraint.

Further information

A huge thank you to our members for their participation in this research!

The full report of findings can be found on the SIAA website at the following link:

http://www.siaa.org.uk/images//fundingnewopportunities_apr11.pdf

Any comments or questions about this or any other research, please contact Adelle Gardiner, Research and Quality Officer, agardiner@siaa.org.uk

A Study on the Need for Independent Advocacy for those Adults with Neurological Conditions

By Tim Bone, The Towpath Trust

Access to advocacy for those with physical illness is limited by legislation. The Mental Health (Care & Treatment) (Scotland) Act 2003 gives people living with mental health problems a legal right to access. The Adult Support & Protection Act 2007 gives no legal right to those with physical disability.

The SIAA Map of Advocacy across Scotland (2009-10) highlights the need for independent advocacy and equality of access for those groups for whom there is currently limited or no provision specifically mentioning physical disabilities.

The Stroke Association Pilot provides advocacy to a limited number of persons in Scotland and the naming of NHS Advocacy leads within Scottish Health Boards offer an opportunity to canvass for those with physical disability but needs more evidence that advocacy is needed.

Living with a physical disability, a person may experience symptoms which cause distress as well as affect the ability to lead an independent life; not only can there be an impact upon a person's health but also on areas such as education & employment, family, social and sex life, financial issues and access to community facilities and resources.

There may also be issues with bullying, lack of confidence and/or assertiveness, discrimination, judgementalism and prejudice, unsatisfactory care provision, increased dependency on others and poor relationships with health care and social care professionals.

There are many who struggle independently to resolve issues that cause distress because of poor numeracy/literacy skills, difficulty in understanding complicated systems, difficulties in accessing relevant information, poor confidence,

mental health issues, sensory impairment, low intellect, poor education, poor social skills, difficulty in controlling emotions and impaired cognitive function.

Many, who are affected by physical disability, are unhappy with decisions made by authoritative bodies such as social work, housing, DVLA, universities and colleges, occupational health and health boards.

They may feel that they need another independent person to speak up for them, give them representation and help them work towards a favourable outcome.





The Towpath Trust is currently investigating the need for advocacy for those with neurological disability with the aim, if demand can be demonstrated, of addressing existing gaps in services. A positive result would lead the Trust, in partnership with other organisations, to campaign for wider access for this client group.

Why neurological conditions?

These represent the largest group of disability amongst young adults (for example 50,000 Scots have epilepsy) are poorly understood and frequently stigmatised. Of all long term conditions they most commonly result in loss of self-esteem and mental health issues.

Apart from the Stroke Association Pilot Study and the head injured receiving some advocacy input, as the result of behavioural difficulties being perceived as "mental health" issues rather than the direct consequences of traumatic brain injury, there is little advocacy support for this adult client group.

Many neurological conditions are associated with subtle unrecognised cognitive impairments that impact upon the ability to self-represent.

How is our study designed?

The study takes the form of two questionnaires, one to organisations supporting those with neurological conditions and the other to service users of those organisations.

The questionnaires have been mailed electronically to the 32 member organisations

of the Neurological Alliance of Scotland (www.scottishneurological.org.uk)

Service users are asked whether they felt they would have benefited from advocacy being made available to them and if they see it as being something they may find valuable in the future.

The questionnaire soliciting the views of organisation employees probes their understanding of independent advocacy and if/how they envisage a role amongst their particular client group.

What are the results so far?

Early results indicate overwhelming support for access to advocacy from service user responders (we are aware of responder/non responder bias) and positive detailed feedback from organisations.

What's next?

We hope to establish a focus group of service users, visit organisations to present our results and, if positive, canvas for wider access to advocacy for those with neurological (and other physical) disabilities with the hope of identifying resources to fund advocacy for a wider client group.

The Towpath Trust would like to thank Candice Dillen and the Neurological Alliance of Scotland for their support with this study.

Questionnaires and further information on the study are available from Tim Bone: timbone@towpathtrust.org.uk

An introduction to Independent Advocacy and Consultations

By Erin Townhill, Policy and Parliamentary Officer, SIAA

Responding to consultations forms a key part of the SIAA's Policy and Parliamentary work. Over the past 6 months the SIAA has responded to over 35 public consultations on a range of subjects.

Consultations are used by the Scottish Government, the Scottish Parliament, and other organisations to find out what key stakeholders and the general public think about particular issues. While they are not the only way that organisations and individuals can make their views known, they are one of the most frequently used and accessible.

In the case of Independent Advocacy, consultations can:

- Help prevent legislation or policy being introduced that will have a negative impact on advocacy and the people we support
- Lead to additional resources being allocated
- Promote and support the work being done by independent advocates

It is important that when the proposals in a consultation paper affect your organisation and the people you work with, that you are able to comment on them. You can do this is two ways:

- You can send in your own response to a consultation, or
- You can influence what the SIAA says in its response.

The SIAA website has a Consultations FAQs page which provides information about the difference a consultation response may make and how the SIAA can help you respond to a consultation.

As soon as the SIAA is aware that a consultation

has been published it will be featured in the E-bulletin along with the deadline. Consultations will then stay in the E-bulletin until the end date has passed.

The weekly E-bulletin and the SIAA twitter feed (@siaa_voice) will also let you know when the SIAA has published its consultation responses and provide a link so you can view them online and share them with colleagues.

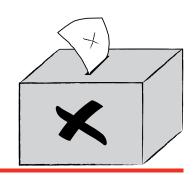


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If you have any questions about consultations, or if you wish to speak to the SIAA about a specific consultation, you can contact Erin Townhill, Policy and Parliamentary Officer at etownhill@siaa.org.uk or phone 0131 260 5380.

Preparing for the elections

Alison Hossack, ACE Advocacy



The SIAA and advocacy organisations took advantage of the Scottish parliamentary election to try to raise the awareness of candidates and politicians to the importance of independent advocacy and related issues. Here is one organisation's story:

In preparation for the election we decided that the best way for our members to learn more about democracy and the value of voting would be to hold our own hustings event. We wanted members to be able to make an informed decision when they were deciding about which political party to vote for. We invited a number of people to take part including our local MP, local candidates for the Scottish Election and a local councillor.

We started the meeting with a presentation from one of our advocacy partners who was able to tell everyone about her situation and therefore raise awareness about some of the issues faced by people with learning disabilities in the local area. Some of the members of **Our Voice**, **Our Choice**, the collective advocacy group, expressed concerns about the effect of benefit changes on their lives; people in particular who had, or were about to move into their own tenancies with a benefits package designed to maximise income.

We took the opportunity to give candidates a copy of the SIAA Manifesto for Independent Advocacy and explained the importance and value of advocacy especially in the lives of people with a learning disability. Overall the event was a success because it gave our members an opportunity to learn more about politics and the impact it has on all our lives.

They also learnt about the importance of exercising their right to vote.

Now that our members have had a chance to meet our local councillor, MP and prospective MSPs they will recognise them and we will all feel more confident about approaching them in the future.

Everyone we invited attended although we felt that the guests did not always consider the different communication needs of our members.

The members felt that the local councillor was the clearest speaker and easiest to follow. He spoke simply and with a bit of humour. All of the guests encouraged our members to contact them when needed, and asked that information be sent to them. We will support individuals to do this.

Another thing we had done in preparation for the election was to hold a meeting about voting, when we mocked up a polling booth, and our Council colleagues procured a black polling box for us. This supported our members to understand what they will see on the election day and helped them to feel more confident about casting their vote on the day.

Alison Hossack, ACE Advocacy West Lothian

With the local elections next year, we need to keep up the momentum and make sure that independent advocacy is on all the candidate's lips in 2012.

Independent Advocacy and the Scottish Parliament Elections

By Erin Townhill, Policy and Parliamentary Officer, SIAA

Over the last few months the SIAA and independent advocacy organisations across Scotland have been working hard to engage with politicians in the run up to the Scottish Elections. We have been promoting our manifesto for independent advocacy, sharing case studies from the advocacy movement, and wherever possible showing election candidates the very real and positive difference that independent advocacy makes to a person's life.

The results of the election are now in, and have resulted in one of the biggest changes to Scottish politics since devolution in 1998. For the first time Scotland has a single party majority government.

What does a majority Government mean for independent advocacy?

The Government is formed by the political party with the most Members of the Scottish Parliament (MSPs) elected. A majority government is when the political party not only has the highest number of elected members of the Scottish Parliament (MSPs) but also has more than half the total number of MSPs elected to parliament. This means that when issues are debated and voted on in the parliament the Government does not need support from any other political party in order to win the vote.

In the new Scottish Parliament the SNP have 69 MSPs and all the other parties have 60 MSPs between them. The SNP have therefore formed a majority government.

A majority Government makes it easier for the SNP to take forward the pledges they made to the people of Scotland in their manifesto.



Image © Scottish Parliamentary Corporate Body - 2011

The SNP made several commitments in their manifesto which may impact on independent advocacy. These include:

- The SNP will keep health services local and improve the availability of these services.
- The SNP will deliver a single integrated system of health and social care across Scotland.
- The SNP will take forward plans to enshrine in law new rights for people who need care and support through Self Directed Support.

The SNP's manifesto commitments will influence where funding is allocated, what legislation is

introduced, and many of the other decisions made by the new administration. It is essential that the issues raised in the SIAA's manifesto for independent advocacy are reflected within these decisions to ensure that the positive work of the advocacy movement can continue.

If you want to comment on any of the decisions or proposals being made by the new Scottish Government you can contact your local MSPs or the appropriate Government Minister.

The SIAA and the independent advocacy movement will work closely with all the political parties in the Scottish Parliament and with the Scottish Government over the next five years to ensure that, whatever decisions are made, the voice of independent advocacy is heard.

The Ministers of the new Scottish Government

- First Minister Rt Hon Alex Salmond MSP
- Deputy First Minister and Cabinet
 Secretary for Health, Wellbeing and Cities
 Strategy Nicola Sturgeon MSP
- Minister for Public Health Michael Matheson
- Cabinet Secretary for Finance,
 Employment and Sustainable Growth
 John Swinney MSP
- Cabinet Secretary for Education and Lifelong Learning Michael Russell MSP
- Minister for Children and Young People Angela Constance MSP

- Cabinet Secretary for Parliamentary Business and Government Strategy Bruce Crawford MSP
- Cabinet Secretary for Justice Kenny MacAskill MSP
- Minister for Community Safety and Legal Affairs Roseanna Cunningham MSP
- Cabinet Secretary for Rural Affairs and the Environment Richard Lochhead MSP
- Cabinet Secretary for Culture and External Affairs Fiona Hyslop MSP
- Cabinet Secretary for Infrastructure and Capital Investment Alex Neil MSP
- Minister for Housing and Transport Keith Brown MSP

For a full list, visit the Scottish Government website at www.scotland.gov.uk

Further information

The Scottish Parliament publishes factsheets on issues relating to the Scottish Parliament. It can also provide you with information about your local MSPs.

Visit the Scottish Parliament website at www.scottish.parliament.uk

If you would like to know more about the Policy and Parliamentary work of the SIAA please contact the SIAA office at **enquiry@siaa.org.uk**, phone **0131 260 5380** or visit **www.siaa.org.uk**.

Back to the future: The Inspire Project

By Adelle Gardiner, Research and Quality Officer, SIAA

This summer SIAA launches its 'Inspiring the Future' project, the first ever endeavour to collate a national history of advocacy in Scotland.

The past is inextricably linked to the now and the future. The changes we've experienced, the changes we've avoided, the decisions we've made, and the rationale and outcomes of these changes and decisions have contributed to who we are today. What has gone before is also an excellent reference point for what is to come; knowing our history can help ensure that positive practice is carried forward while leaving past mistakes behind.

To date, there has been no comprehensive recording of the history of the advocacy movement in Scotland. This leaves rather a gaping hole in our recorded knowledge. Enter 'the Inspire Project'.

Inspiring the future

We hope that collating a history of advocacy will ensure advocacy organisations can more easily refer to the past experiences of their own and other organisations when making decisions about the future. More importantly, recording our history will provide an important reference for informing others about the advocacy movement.

This will be a multi-stage project. Future stages would aim to build a comprehensive history of advocacy drawing on conversations with people who use advocacy, work in advocacy, and influence decisions about advocacy.

But for now we're focusing on the all-important foundation stage. This stage is about us looking on, in, behind and under every virtual and actual shelf, cupboard, drawer and box to collect what we already know (but have maybe forgotten we know) about advocacy in Scotland. We might occasionally need the expertise of advocacy organisations to help us find this information, but we would work hard to make sure this initial stage takes up very little of your time.



By the end of stage one we aim to provide each advocacy organisation with two documents:

- An overall report on the history of advocacy in Scotland, including analysis against the wider social and political context, and how external factors have influenced the development of the advocacy movement.
- A history of the individual organisation, again including some contextual analysis where this is possible.

Keep an eager eye out for our project logo over the next few months – where you see this, you will find more information and updates about 'inspiring our future'.

Want to know more?

To register your interest, or for further information about this project please contact Adelle Gardiner, Research and Quality Officer at agardiner@siaa.org.uk or on 0131 260 5380.