

Oor Mad History



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@CAPSIndependentAdvocacy



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Get involved! Contact Azra
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CAPS Independent Advocacy is a Scottish
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**A community
history project**

‘stronger together’



Who are we?

We are a community history project with an aim to reclaim and promote the history of activism and collective advocacy by people with mental health issues.

We use community history as a way to have a voice about mental health and the mental health system, build community, challenge assumptions about people who use mental health services and tackle discrimination.

What is collective advocacy?

Collective advocacy creates space for people to get together and consider ways to make change. It can help people to speak up about their experiences, values, and expectations. People unite to campaign and have an influence on topics that affect their everyday lives.

What does the group do?

The group has published two books. Both look at the history of collective advocacy and 'mad activism' in Lothian. We also run free community workshops and discovery sessions focusing on topics such as models of care in mental health services and the mad movement. We've also helped develop a course about mad people's histories and identities, which is about and for people who have lived experience of mental health issues. It will run at the University of Edinburgh in partnership with the Lothian Health Services archive.

Archive

We've created an archive by gathering material from various people involved in collective advocacy and activism across Lothian. The archive dates back to the 1980s and includes posters, leaflets, reports, notes and other written materials as well as t-shirts, badges and postcards. It also includes oral history interviews with people involved in collective advocacy and activism, as well as allies of the movement. We are updating and digitising the archive at present. Contact us if you are interested in accessing it or getting involved with the process.



Your involvement?

Our goal is to amplify the voices of people with lived experience of mental health issues. The group decides how it wants to do this. It is experience-led and has a CAPS worker to facilitate the work. There are many ways to contribute e.g. in-person events, virtual collaborations, by email or social media. You determine your level your involvement, and how you want to engage.