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The Big Lunch

Eden Project Communities works to connect people and inspire them to take action in their communities.

Our flagship project The Big Lunch (an idea from the Eden Project, made possible by the National Lottery) is designed to inspire people to take a small step that can make a big difference and invite their neighbours to come together the first weekend in June. It's all about building more meaningful relationships with people we may see on a daily basis but might not know very well, so a Big Lunch can simply be about sharing some time with your neighbours and getting to know them better. Often people strike up close friendships or discover that they have far more in common than they would ever realise, had they not shared a sandwich and a chat.

Continued on page 2



Welcome to edition #5

by Linda Irvine Fitzpartick

Welcome to the fifth edition of Thrive. I hope you are enjoying the warmer weather and all the signs that Spring is on its way! We are still busy working our commissioning plan and there were two major announcements this week concerning mental health services that we will be considering as part of this work. You can read about these on pages 8 and 9.

There is always lots going on across our Thrive community, please do keep sending us updates on developments, happenings and the work and activities that are helping to make our city thrive.



Since it started in 2009, evidence shows us that as a result people feel better about where they live, feel less lonely, are happier and say they have the confidence to do more in their community, so we want to encourage even more people to take part.



The Big Lunch

Continued from page 1

Thousands of people across Scotland already come together to share food, have fun and get to know each other better, throw open their doors, take to their streets, gardens and neighbourhoods in a glorious moment of fun that anyone, everywhere can share. Since it started in 2009, evidence shows us that as a result people feel better about where they live, feel less lonely, are happier and say they have the confidence to do more in their community, so we want to encourage even more people to take part.

Alongside *The Big Lunch*, the team runs a year-round programme of community exchange networks across Scotland, supporting people who want to take positive action where they live. Two fully funded community camps are also run annually in Cornwall, offering a chance for community minded folk from across the UK an opportunity to learn, share and connect.

Last year we welcomed participants from Edinburgh, Orkney, Shotts, Aberdeenshire, Glasgow, Fife, Dundee and Inverness!

If you'd like any more information about The Big Lunch, our networks or community events, please get in touch with:

Katie Swann

*Community Network Developer
(Scotland)*

kswann@edenproject.com

Tel: 07889 321270

To download a Big Lunch pack:

www.edenprojectcommunities.com

[@EdenCommsScot](https://twitter.com/EdenCommsScot)

[www.facebook.com/
EdenCommsScot](https://www.facebook.com/EdenCommsScot)

The Peer Collaborative

by Hayley Chandler

What we do

The Peer Collaborative brings people together to share information on peer work, learn from each other and improve mental health services in Edinburgh. We also keep people up to date with Peer Support services in Edinburgh and developments in Peer Work through our monthly newsletter (email peer@health-in-mind.org.uk to be added) as well as through our Facebook and Twitter pages (@EdinburghPeers).

Our upcoming events are:

Self-Care Workshop

Friday 29 March
10am – 3pm
Redhall Walled Garden

Workshop for Peer workers/ volunteers; Potential peer workers/ volunteers; Organisations interested in utilising the skills of peer worker/ volunteers.

Workshop developed and delivered by SAMH.

As Peer Workers our role is to provide individuals with tools on how to manage their mental health and use our own lived experience for hope and inspiration, however how do we look after our own self-care and wellbeing? This workshop aims to discuss the importance of Peer self-care both in and out of the workplace.

A light lunch will be provided.

You can book a place by emailing peer@Health-in-mind.org.uk.

5 day Peer Work Training

Tuesdays 2nd, 9th, 16th, 23rd, 30th April. 10am-2pm.
Augustine United Church,
George IV Bridge

Peer workers/volunteers who would like to develop their peer work practice.

- Session 1 – Recovery
- Session 2 – Peer support relationships
- Session 3 – Social exclusion, inequalities, stigma and trauma
- Session 4 – Power, strengths and sharing your story
- Session 5 – Confidentiality, communication and endings.

Book on by emailing peer@health-in-mind.org.uk

Hope
Experience
Authenticity
Responsibility
Mutuality
Empowerment

The Peer Work Values were produced by a Peer Learning Network hosted by the Scottish Recovery Network. The Peer Collaborative brings people together to share information on peer work, learn from each other and improve mental health services in Edinburgh.

Contact us

peer@health-in-mind.org.uk

Stay up to date

www.edspace.org.uk/peer-collaborative/

[Twitter](#) [Facebook](#) @EdinburghPeers





Health in Mind

by Jenny Green

People attend the Listening Space for a variety of reasons. We offer a space for people to talk one to one about how they are feeling, with someone who understands.

Other people enjoy the group interaction and wellbeing activities that we offer.

Health in Mind's *Listening Space* has been designed alongside a group of local people, who are inspired by the belief that everyone needs someone to listen to them, and that being around others who understand how you are feeling can be helpful. At this free weekly drop-in, you can speak to a peer listening volunteer on a one-to-one basis, access information or spend time in our group space.

The *Listening Space* held its first session in July 2018, and has been open every Wednesday since, offering a safe space where 'it's okay not to be okay'. At a recent review session with peer volunteers and regular *Listening Space* attendees, people described the space as a place for 'connection' and 'finding common ground' where 'it's okay to talk or not to talk'.

People attend the *Listening Space* for a variety of reasons. We offer a space for people to talk one to one about how they are feeling, with someone who understands. Other people enjoy the group interaction and wellbeing activities that we offer. Based on this feedback, we have now expanded this group space into a dedicated peer support group time, which runs after the drop in.

The *Listening Space* was designed with ease of access in mind: we want to create a space where people can access informal support without waiting lists, referral forms or assessments. However we recognise that for some people, it can be very difficult to come through the door in the first place. If you, or someone who you support, are concerned about coming in to the Listening Space by yourself for the first time, please get in contact with Jenny at Health in Mind.

WHEN?

Every Wednesday

1pm to 2pm - Drop in:

Speak to a peer listening volunteer one-to-one, talk about how you are feeling, access information.

2.15pm to 3.15pm

- Peer Support Group:

Share, listen and receive support as part of a group.

WHERE?

**Gilmerton Community Centre
(Main Hall)**

HOW?

Drop in and see us, or for more information contact Jenny Green:
jenny.green@health-in-mind.org.uk
Tel. 0131 225 8508

It was a privilege to watch both seasoned artists and those that had never considered trying art, collaborate to make the brilliant and often wacky work that has come together in the space at the Portrait Gallery.



Beings Exhibition at the Scottish National Portrait Gallery

by Callum Stark

Thursday the 31st January marked the launch of **Beings**, a unique new exhibition at the National Portrait Gallery in Edinburgh, running until Sunday the 28th April.

The exhibition is the culmination of the Gallery's project, working with young people to produce art related to mental health – with the emphasis on '*giving it a go*'. I was lucky enough to be involved throughout, as the various stages of the project unfolded, working with The National Galleries Outreach Officers, **Robin Baillie** and **Rich Cummings**. In the months before the exhibition, young people from across Scotland came together to produce work for the exhibition in response to material they looked at from the Galleries' collections.

It was a privilege to watch both seasoned artists and those that had never considered trying art, collaborate to make the brilliant and often wacky work that has come together in the space at the Portrait Gallery.

Many involved in the project saw how producing art can be an escape, an expression, a way to "*play*" as one of the participants put it. The entire project was concerned not with technique or tuition, but emotions and release.

The Exhibition also continues the participatory theme into the public engagement with the work: visitors are encouraged to add drawings to the collaged wall or use a torch to project the Perspex etchings inspired by Giacometti onto the wall in a pitch-black tent. The exhibition was concerned, also, with the way that young people view and engage with art galleries and exhibitions, and whether the material produced could be presented in new ways. Diverging from the norms seen in the rest of the gallery.

Hopefully both those that worked on the exhibition and all those that come to see it, will feel a greater emotional response to art in future and recognise the potential that making or looking at art has to positively impact our mental health.



We believe that pressure around body image needs to be addressed and that there is a lot more we can do as a society to tackle the issue, in particular the media and cultural promotion of a youthful physical ideal or norm, and the regulatory environment in which this exists.

An Invitation to Participate

by Lee Knifton

I'm writing to invite you to support Mental Health Awareness Week (MHAW) which takes place this year from Monday 13th to Sunday 19th May.

This is the 19th year of MHAW and based on the success of previous years we're expecting thousands of supporters across the UK to take part and raise awareness of the need for better mental health.

In the mental health sector, it's our opportunity engage the public about a particular mental health issue, fight stigma and promote understanding, guidance and support.

This year, our theme for the week is **'Body Image - how we think and feel about our bodies'**. Body image is increasingly recognised as a factor that can negatively affect people's self-esteem and mental health. Just last year, our national stress survey found that 47% of young people aged 18-24 had felt so stressed by body image and appearance that they felt overwhelmed or unable to cope.

As part of MHAW, we will be publishing a literature review of the evidence in this area, alongside the results of Scottish and UK-wide surveys of how people in 2019 feel about their bodies, and how they feel their body image affects their lives and wellbeing. These will consider body image issues across the life course - how it affects children and young people, adults and people in later life.

The report will make recommendations for how we might tackle this issue, and we will share these with you at a later stage.

We believe that pressure around body image needs to be addressed and that there is a lot more we can do as a society to tackle the issue, in particular the media and cultural promotion of a youthful physical ideal or norm, and the regulatory environment in which this exists.

If it this is something that interests your organisation, we would welcome your views on this issue. We would also be happy to share campaign materials and a supporter pack with your communications team ahead of the launch.

While every year we set a theme for the week, MHAW is an opportunity to raise awareness of all types of mental health issues to wider audience. Whether you contribute to the conversation about body image, or any other aspect of mental health, I hope that we can work together on this important aspect of public health, and I look forward to hearing from you.

Lee Knifton

Head of Mental Health Foundation Scotland

E: ahunter@mentalhealth.org.uk

W: www.mentalhealth.org.uk



The Gathering will provide a great opportunity to hear about the work Game Changer is involved in, meet Gamechanger partners and network with each other and help us plan future Gamechanger activities.

GameChanger

by Linda Irvine Fitzpatrick

The GameChanger Steering Group are delighted to invite you our next Gathering #4 which will take place on Thursday 2 May, 2019.

GameChanger is a well established Public Social Partnership which aims to harness the power of football to tackle inequalities and promote social justice. The Gathering will provide a great opportunity to hear about the work *GameChanger* is involved in, meet *GameChanger* partners and network with each other and help us plan future *GameChanger* activities.

We have arranged this event in two halves. We are hoping that this will allow us more people to participate as you can attend for both halves or just the first or second half.

First half: Begins at 2.00 pm

- Presentations from *GameChanger* leads and partners (commences 2.15pm)
- Planning together – Interactive workshop

4.00pm Interval: Snacks and Refreshments

Second half: Begins at 4.30pm through to 6.00pm

- Market place – meet community partners
- Walkthrough – opportunity to review the plans from the first half workshop and add to these

To register:

Please sign up on Eventbrite using this link:

<https://www.eventbrite.co.uk/e/gamechanger-gathering4-tickets-58380110482>

Please do share this invite with your networks.

We look forward to seeing you on 2 May.

The Earliest Start

Scottish Government Website

A new report on Perinatal Mental Health was published on 6 March.

The report sets recommendations on what services Scotland should develop to meet the needs of mothers with mental ill health, their infants, partners and families. It specifically addresses the commitments made in the *Programme for Government*:

- For those 11,000 women a year who would benefit from help such as counselling we will support the third sector to provide this
- For those 5,500 women in need of more specialist help we will ensure rapid access to psychological assessment and treatment
- For those 2,250 women with the most severe illness, we will develop more specialist services and consider the need for a small number of additional inpatient beds or enhanced community provision

The report makes recommendations across all tiers of service delivery, with the aim of ensuring that Scotland has the best services for women with, or at risk of, mental ill health in pregnancy or the postnatal period, their infants, partners and families. It places particular emphasis on the development of expertise by all professionals involved in maternal and infant mental health care and the importance of close working links between different services that women encounter.

It aims to ensure that women receive the right level of clinical expertise and seamless care, wherever they live in Scotland. It recognises the need not only to care for the woman experiencing ill health, but also to promote best outcomes for her infant and support for fathers, and others who are parents, in their own right.

The report is complementing the work of the *Best Start 5-Year Plan for Maternity and Neonatal Services* and the *Children and Young People's Mental Health Task Force*.

The *Thrive Edinburgh Partnership* will be considering these recommendations and how we will deliver on them.

The report makes recommendations across all tiers of service delivery, with the aim of ensuring that Scotland has the best services for women with, or at risk of, mental ill health in pregnancy or the postnatal period, their infants, partners and families.

A Focus on Forensic Services

Scottish Government Website

The Mental Health Minister Clare Haughey announced on 8 March that the delivery of forensic mental health services across Scotland will be reviewed. Forensic mental health services specialise in the assessment, treatment and risk management of people with a mental disorder who are currently undergoing, or have previously undergone, legal or court proceedings.

This will take account of a number of factors including:

- The demand for forensic mental health services, including bed availability and use in hospitals across the levels of security and in the community across Scotland;
- The delivery of forensic mental health services in prison;
- The delivery of high secure forensic services in hospital, given the decline in the number of patients at the State Hospital;
- The capacity of medium secure services to deliver forensic mental health services for all patients who require such services;
- The impact of excessive security appeals at medium security on low security;
- The availability of specialist open i.e. unlocked forensic rehabilitation services;
- The movement of patients from low or medium security into the community.

The chair and membership of the national review group will be announced in due course

Dates for your diary...



EDINBURGH

The Peer Collaborative

Self-Care Workshop
Friday 29th March 2019
10am – 3pm

Workshop for Peer workers/ volunteers; Potential peer workers/ volunteers; Organisations interested in utilising the skills of peer worker/ volunteers.

You can book a place by emailing peer@health-in-mind.org.uk.

5 Day Peer Works Training

Tuesdays 2nd, 9th, 16th, 23rd, 30th April 2019
10am – 2pm

Augustine United Church, George IV Bridge

Peer workers/volunteers who would like to develop their peer work practice.

Book on by emailing peer@health-in-mind.org.uk

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– Peer Support Group

Share, listen and receive support as part of a group.

Gilmerton Community Centre (Main Hall)

Drop in and see us, or for more information contact Jenny Green:

jenny.green@health-in-mind.org.uk

Tel. 0131 225 8508

The GameChanger Gathering

Thursday 2nd May 2019
2pm – 6pm

The Gathering will provide a great opportunity to hear about the work *GameChanger* is involved in, meet *Gamechanger* partners and network with each other and help us plan future *GameChanger* activities.

For more information, please read page 7 of this newsletter.

To register please sign up on eventbrite using this link:
<https://www.eventbrite.co.uk/e/gamechanger-gathering4-tickets-58380110482>

We welcome your contribution

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