



GROWING NEW BEGININGS: PREPARING STONES FOR OUR GARDEN PATH

# Thrive Edinburgh

improving the  
mental health  
and wellbeing of  
all citizens in  
Edinburgh

August 2018

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# Welcome to Thrive!

by Linda Irvine Fitzpatrick

There is much happening across the city to support people's mental health and wellbeing - from connecting people through the arts, to developing new services for people who have specific care needs. We thought it would be helpful to put together this newsletter which can be shared with your friends, families and colleagues. We hope you find it interesting and it would be great to have any feedback, stories, events and happenings that you would like us to cover in the next issue.

We are planning the next issue for the end of September so please just get in touch by 15 September so that we can include in issue 2.

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You can just drop an email to: [linda.irvinefitzpatrick@nhslothian.scot.nhs.uk](mailto:linda.irvinefitzpatrick@nhslothian.scot.nhs.uk)

**Thrive Edinburgh** will be our new mental health and wellbeing strategy for Edinburgh. We are busy developing this now and will be able to share a draft with you in early September.

This will help us to set out clearly our aspirations and priorities. Some of these will be part of the Edinburgh Health and Social Care Partnership Commissioning Plans. The Commissioning plans are really important as they will set out how people's health and social care needs will be met.

Edinburgh  
Partnership  
New developments in the city

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# Edinburgh Wellbeing Public Social Partnership

Since December 2016 we have been collaborating and coproducing with people with lived experience and other interested partners to design support and services that meet people's needs and priorities. These services represent an important part of the prevention agenda and play a significant part in supporting and maintaining people's wellness and reducing unplanned hospital admissions and length of stay.

The locality and themed supported partnerships have been up and running, since November 2017 working together to design and deliver services which support the needs and aspirations of their communities. Here are some of the key developments that are happening in the localities and across the city:

## North East Partnership

There are four key delivery partners working in partnership and meeting regularly with the statutory services:

The Stafford Centre,  
Link Up Women's Support Centre,  
North Edinburgh Counselling Service  
SEASON



Key developments include:

Creating a single point of referral (from multiple access points).

Developing joint statutory and third sector delivery of **psychological therapy group programmes** such as Survive and Thrive, Managing Anxiety and Coping with Depression  
Hosting quarterly **service user involvement days** - the first is planned for September 2018.

## South East Partnership

The South West partnership is supported by two key delivery partners, Barony Contact Point based up at Tollcross and Health In Mind who work across venues in the South East.

Key developments include:

Two students recruited to support **Trauma Counselling**

Oasis Service delivering **women only groups** in the community. Next one will be September.

The First **Listening Space** was held at Gilmerton Community Centre on Wed 27th June and will continue weekly.

A '**Community Conversation**' event in Moredun in partnership with Bethany Christian Trust to raise awareness of what is available within the community had resulted in a group of 12 local residents working together to make positive changes in their community

## South West Partnership

There are four key delivery partners in the community working in partnership with the statutory services:

The Broomhouse Centre  
SAMH  
The Cyrenians  
Health In Mind.

This partnership is also supported by Health All Around and Wester Hailes Healthy Living Centre.

The Broomhouse Centre through its community café voluntary

work placement programme has created a **space for people** to hold conversations and be signposted to other mental health providers.

Weekly open access **Wellbeing Gateway** at the community wing of Tynecastle High School

Health in Mind are currently delivering a **12 week MAPS course** for trainees at Redhall.

The Orchard Project has delivered **apple tasting session and fruit tree pruning** with Redhall trainees.

SAMH working in partnership with Cyrenians are developing a programme of **cookery classes** in the new kitchen at Redhall

**Interpersonal psychotherapy seminar** for staff delivered at Redhall by the Prospect Team

### North West Partnership

In the North West we have three key delivery partners working in partnership with statutory services. These are:

Health In Mind, Pilton Community Health Project, and Living Well, North Edinburgh.

Four members of staff now trained at Pilton Community Health Project in **Interpersonal Psychotherapeutic Counselling**

HIM Equal Access: rediscover and Equal Access have developed **close links with the GP Link workers** in Pilton-Granton area.

Extensive **community networking** in South Queensferry with a day at week at the foodbank and creating closer links with GP, Link Worker.

### Green and Active Partnership

The Green and Active Partnership have four key delivery partners who work across all the localities as well as have links with the other themed partnerships.

### Edinburgh Lothian Greenspace Trust (ELGT)

have begun with their **nature walks**. 2 nature walks planned for July in the South East at the weekend to cater for groups of 20 participants. More walks planned on Tuesday afternoons to include Water of Leith & Duddingston

**The Cyrenians** have been busy working with localities to identify the most appropriate settings for the delivery of **two Cob oven volunteer projects**.

**Edinburgh Leisure** have opened up the referral process for **Healthy Active Minds** to include GP Link Workers, OTs, other Mental Health Professionals and Mental Health councillors to make it easier for people to get the right support at the right time for them.

### SAMH Redhall Walled Garden

will work with local GP surgery to pilot a six week programme of therapeutic horticulture

Working closely across localities with **Physical Activity Health Alliances**

Increasing capacity within staff to support people with more complex needs

Working with link workers in GP practices to ensure that people accessing the **gardens/cook clubs/veg bag schemes** are people who it will most impact on/who ask for it.

### Peer Network Support Partnership

**Plan to Change** service have the formal agreement to provide peer work across Edinburgh. All staff are paid and are employees of Penumbra.

**Health In Mind** lead on the development of a peer collaborative alongside partners which include; **Carr Gomm, CAPS Independent Advocacy, Cyrenians, and SAMH**.

Delivery of **two development days** with an action plan created

**Calendar of events** which will be delivered by partners through the next year.

**Social media, the e newsletter and edspace page** will encourage conversation and ownership of peer working

Recruiting **Peer Collaborative Ambassadors** from within the network to share good practice

# GameChanger Wellbeing Centre

**GameChanger** is an exciting and innovative PSP led by NHS Lothian, Hibernian Football Club and the Hibernian Community Foundation. The aim is to unlock the power and passion associated with football and to make greater use of all Hibernian's physical, cultural and professional assets, to deliver a better, healthier future for the most vulnerable, disenfranchised or disadvantaged in our communities.

As part of the PSP we have opened up access in the stadium to community groups and partners to use as part of our plan to build connectivity, social cohesion and address inequalities.



North Stand, Hibernian FC, Stadium Easter Road

The whole space can accommodate 250 at a maximum but can also be split into two spaces at a maximum of 125 people each. The Reception and entrance area is located downstairs. There is a lift and accessible toilets. There is an area for tea and coffee but you will need to bring your own milk!

If you would like to find out more the space or book it email:



*A sense of belonging arts programme is coordinated by the mental health and wellbeing team at Edinburgh Health and Social Care Partnership*

## New Beginnings

by Cat Young

[sguthrie@hibernianfc.co.uk](mailto:sguthrie@hibernianfc.co.uk)

It was all new beginnings for this year's Scottish Mental Health Arts Festival. This was the 11<sup>th</sup> year Edinburgh and Lothian's have hosted the festival coordinated through the "Sense of Belonging Arts Programme" planning group and with support from the National Team at the Mental Health Foundation.

### 36 Events in 20 Days

This year's theme for the festival was New Beginnings and there was certainly plenty of them including:

The very first **spring zone** Scottish Mental Health Arts Festival!

Different and new venues used throughout Edinburgh

Greater involvement from Young People in Education and community settings

Wider participation from communities

A launch party in Leith!

In



celebration of 2018 being the year of the young people, The Festival had its first ever Youth Panel, inviting secondary school pupils to curate mental health themed arts events in their schools and influence youth-focused activity taking place in the wider festival programme. In Edinburgh and the Lothians we too had participation from young people in educational and community settings for the first time.

The festival is a success thanks to all the amazing and enthusiastic partners supported by various partners including mental health and wellbeing, advocacy and arts organisations, and Edinburgh citizens. Many people involved in the festival do so on a voluntary basis and we say a huge thank to everyone! We wouldn't be able to achieve what we do without this invaluable contribution.

If you are interested in being part of Arts Programme Planning Group please email:

[cat.young@nhslothian.scot.nhs.uk](mailto:cat.young@nhslothian.scot.nhs.uk)

# Every Life Matters

The Scottish Government just published its new suicide prevention strategy. It sets out a clear vision, envisaging a Scotland where suicide is preventable; where help and support is available to anyone contemplating suicide and to those who have lost a loved one to suicide.

Suicide prevention is everyone's business. The Scottish vision is supported by key strategic aims of a Scotland where:

- people at risk of suicide feel able to ask for help, and have access to skilled staff and well-coordinated support
- people affected by suicide are not alone
- suicide is no longer stigmatised;
- we provide better support to those bereaved by suicide; and
- through learning and improvement, we minimise the risk of suicide by delivering better services and building stronger, more connected communities.

A target to further reduce the rate of suicide by 20% by 2022 (from a 2017 baseline). This goes further than the target set by the World Health Organization in 2013 who adopted a global target for a 10% reduction by 2020.



If the Scottish suicide rate decreased by the same amount in the next 5 years as it has over the last decade, then a 14% reduction would be anticipated. To achieve this, the active momentum of suicide prevention work has to continue.

The **Edinburgh Mental Health Partnership** will be discussing the actions required at our meeting on 23 August.

## Suicide Prevention Week

Every year NHS Health Scotland makes available free resources for raising awareness in preventing suicide and they would love for you to utilise some of these resources.

They will also have digital resources available and would encourage use of these within work places to promote suicide awareness to staff or via social media channels.

To access the digital resources please use the link below:

[SPW2018 Digital Resources](#)

For information on how to get the resources please contact:

[ruairi.obrien@nhs.net](mailto:ruairi.obrien@nhs.net)

## Gamechanger - Chooselife challenge cup

We just wanted to say a huge Thank You to everybody who participated in the Gamechanger – Choose Life Challenge Cup on Saturday 28<sup>th</sup> July. It was great to see so many people having a good time.

We hope you enjoyed the amazing energy bars made by Fiona and her team at **Prep Table**. Fraser and Stephen from **Tesco** arranged for all the lovely lunch food and refreshments, which the volunteers from Prep spent many hours on Friday making up the sandwiches at Easter Road stadium.

Many thanks to Alan from **Choose Life Edinburgh**, Nicola from the **Living Warriors** and to all who hosted a stall too. I think a special thanks to Neil Lennon for his encouragement and support (and numerous selfies) is due!

The winning team and runner up – Team Tesco and the Vennie - will be taking part in the penalty shoot out at Easter Road during the home match on 6 October. Hopefully you can come along and cheer them on.

The annual GameChanger – Choose Life tournament is one activity which GameChanger are leading on. To find out more about GameCAhnger please email

[linda.irvinefitzpatrick@nhslothian.scot.nhs.uk](mailto:linda.irvinefitzpatrick@nhslothian.scot.nhs.uk)

## Fringe Wellness

Well done to Alison Wells and Alana Davies who organised and ran a very successful workshop for Fringe Performers on how to keep mentally well during this exciting and chaotic festival. Their work even made the New

York Times - check it out here.

[/www.nytimes.com/2018/08/08/theater/edinburgh-festival-fringe-mental-health.html](http://www.nytimes.com/2018/08/08/theater/edinburgh-festival-fringe-mental-health.html)

## Some dates for your diary....

### Comedy Gala for Mental Health

as part of the Edinburgh Fringe Monday 20<sup>th</sup> August 2018, for further information: <https://www.mhfestival.com/news/466-a-gala-for-mental-health-returns-to-edinburgh-fringe>

### Hip Hop Psych and Coast to Coast

7 September 2018

<https://www.eventbrite.com/e/thrive-edinburgh-welcomes-hip-hop-psych-tickets-49174458128>

### Suicide Prevention Week

10 -16 September 2018

### World Mental Health Day

10<sup>th</sup> October 2018

## We welcome your contributions.

If you would like to contribute an item please email a member of the editorial team.

Edition 2: September 2018 –  
Submission by 15 September

Edition 3: November 2018 -  
Submission by 15 November

Edition 4 January 2019 -  
Submission by 15 January



Launch and Preview:

Summerhall: 9<sup>th</sup> October 2018

Exhibition:

Summerhall: 11<sup>th</sup> to 31<sup>st</sup> October 2018

An amazing exhibition from a wide and diverse collection of artists, curated by CAPS.

Supported by A Sense of Belonging Arts Programme

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If you would like to join the editorial group please let us know!

