

IMPROVING THE  
MENTAL HEALTH  
& WELLBEING  
OF ALL CITIZENS  
IN EDINBURGH

ISSUE 3  
NOVEMBER  
2018

# thrive

EDINBURGH



Mental Health  
Foundation

RAISE AWARENESS  
RAISE MONEY  
RAISE THE  
ROOF!



## IN THIS ISSUE

Introducing MHF Live: Music for Mental Health	1
CCBT from your own home	2
Truly Out of Sight Out of Mind	3
The Peer Collaborative	4
'Remembering' at the Castle	5
Edinburgh Cheer	7
Dates for your diary	8

## Introducing MHF Live: Music for Mental Health

by Hannah Currie

The Mental Health Foundation has launched a pioneering music fundraising initiative - and is calling for communities across the country to get involved!

MHF Live is a UK first that encourages musicians and music fans to host their own events to 'Raise Awareness, Raise Money & Raise the Roof' for mental health.

Your event can encompass any kind of music and take place on any scale - from a gig at a local venue, to a school talent show, a choir service, or even a mixtape listening party at home with friends... the possibilities are endless. The Foundation has created a free event pack, available on their website, to help you design, plan and promote your event, including crafty ideas and tips from industry pros.

Continued on page 2



## Welcome to edition #3

by Linda Irvine Fitzpartick

We've had really positive feedback on our first couple of issues which is great and thank you for taking the time to feedback. We hope you enjoy this issue too. We are delighted that once again the Edinburgh Cheer Campaign will begin on 1 December aiming to make our city the kindest place to be this festive season. We hope to see you at some of the events happening throughout December.

With all good wishes.



# MHF Live

Continued from page 1

*"Anyone who loves music can get involved", says Hannah Currie, Project Manager of MHF Live. "The Mental Health Foundation already have a strong connection with the arts via our annual Scottish Mental Health Arts Festival, so MHF Live builds on that link between creativity and the mind and hopefully offers an exciting new way to fundraise and break down stigma".*

Musicians from all over the UK have backed the project - from Rita Ora and Enter Shikari to Scotland's own Chvrches and Edinburgh's Stanley Odd.

You can see if there's an event happening in your local area, or find out how to host your own event at [www.mhflive.org.uk](http://www.mhflive.org.uk)

**The Mental Health Foundation has a vision for a world with good mental health for all. Their mission is to help people thrive through understanding, protecting and sustaining their mental health.**

# thrive

EDINBURGH

## cCBT from your own home

by Niall McNeill

**Computerised Cognitive Behavioural Therapy (cCBT) has been helping patients in Scotland with mild to moderate anxiety and depression for over a decade and since April 2017 in NHS Lothian has provided over 5,000 patients with access, starting as soon as the next working day from referral.**

The *'Beating the Blues'* programme ([www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk)) has been recommended by both NICE and SIGN guidance in addition to 10 years of experience, feedback and research into not just the clinical benefits but also the logistical advantages compared to face to face treatments.

As access is provided quickly, users can begin the treatment shortly after discussing this with their clinician. The eight sessions of cCBT last around an hour, but users are encouraged to approach each session flexibly and importantly can be completed from the comfort of the home - without the need to attend an appointment at a fixed time or location.

The cCBT Support Team contact each patient by telephone at the start of their journey to answer any questions and are available throughout to support and motivate. The website was designed to be used easily by all ages and computer abilities.

Techniques taught during treatment match CBT and are assisted by case studies of actors demonstrating how to approach and get the most out of each session and the "homework" tasks they undertake between them.

It also provides a confidential platform for patients to be open and honest with their day-to-day issues and how to self-manage a journey into understanding why their negative thoughts can be an interconnected cycle of feelings, physical sensations and actions - all at their own pace.

GPs can refer in via a short SCI Gateway referral and other clinicians are invited to refer via a simple referral form available on the link below or by emailing the cCBT team.

RefHelp including SCI Gateway route and referral form: [goo.gl/NR4WJ8](http://goo.gl/NR4WJ8)

Beating the Blues website: [www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk)

Alternatively contact the cCBT team on 0131 537 1247 or [ccbtt@nhslothian.scot.nhs.uk](mailto:ccbtt@nhslothian.scot.nhs.uk)

The exhibition has become a collective advocacy platform for people with experience of mental health issues to have their voices heard using the arts.



# Truly Out of Sight Out of Mind

by Pam van den Berg

The sixth *Out of Sight Out of Mind* (OOSOOM) exhibition took place at Summerhall this October. There were 350 artworks on show in many forms – painting, drawing, sculpture, film, animation and installations, all by people with experience of mental health issues. Bringing these diverse artworks together creates a space for us all to think and have discussions on a huge range of ideas.

The exhibition has become a collective advocacy platform for people with experience of mental health issues to have their voices heard using the arts. According to the Scottish Mental Health Arts Festival, OOSOOM is now the biggest exhibition of its kind in Scotland. Over 2,000 people visited the exhibition helping to make it yet another hugely successful and meaningful event.

This is thanks to everyone's commitment, including the participating artists and organisations, many volunteers and the invaluable support from

*A Sense of Belonging Arts Programme, Edinburgh and Lothians Health Foundation, Mental Health Foundation, Scottish Mental Health Arts Festival and Summerhall staff.*

Over forty artists joined the **OOSOOM: Uncovered** event where they spoke to others about the ideas behind their artworks. Artists' stories about their art, what visitors thought about the art at Summerhall will be published in our **"Capturing Meaning Arts as Advocacy"** booklet to be published shortly.

**Out of Sight Out of Mind** is organised by a planning group of individuals with experience of mental health issues and participating organisations. It is part of the *Sense of Belonging Arts Programme* and is facilitated by *CAPS Independent Advocacy*. For further information please contact [pam@capsadvocacy.org](mailto:pam@capsadvocacy.org). You can read more about the Independent Advocacy work of CAPS on our website [www.capsadvocacy.org](http://www.capsadvocacy.org).



**The Peer Collaborative are here to share information, learn together and to increase capacity for peer support in Edinburgh. There are plenty of ways to get involved.**

# The Peer Collaborative

by Hayley Chandler

Peer work is a form of support which comes from people with a similar lived experience. In the case of *The Peer Collaborative*, we are bringing together people who experience mental health challenges in order to aid recovery and understanding. The Peer Collaborative are here to share information, learn together and to increase capacity for peer support in Edinburgh. There are plenty of ways to get involved.

## Stay updated

You can stay up to date on *The Peer Collaborative* by **signing up to the monthly newsletter**, looking up our page on Edpsace or by following us on Twitter or Facebook.

## Keep us up to date

If you have a peer work update to let us know about, such as a peer support group that you hold, let us know. *The Peer Collaborative* is here to spread the word on peer related updates in Edinburgh and we are happy to help. Email [peer@health-in-mind.org.uk](mailto:peer@health-in-mind.org.uk).

## Learn together

**Health in Mind** organise regular Peer Collaborative events that are open to all. The aim of these events is to facilitate conversations that strengthen and develop peer work and its values. The next event is in January and will look at the value of Responsibility. There are also opportunities for all mental health staff to learn how to use their own recovery experience to support others provided by **Cyrenians**; workshops for peer workers from **SAMH**; and a 5 day Peer Work course provided by **Health in Mind** for peer workers. Stay up to date on all these events and courses by signing up to one of our many 'Stay Updated' options listed above.

## Get in touch

Email [peer@health-in-mind.org.uk](mailto:peer@health-in-mind.org.uk) if you have any questions or want to get involved in some way.



...to commemorate the lives lost and recognising and saluting the courage and bravery of those in the theatre of war and those on the home front.



# 'Remembering' at the Castle

by Linda Irvine Fitzpatrick and Dianna Manson

On 15 November people gathered in the Great Hall of Edinburgh Castle at a very special arts event focusing on the First World War, to commemorate the lives lost and recognising and saluting the courage and bravery of those in the theatre of war and those on the home front.

This event was organised by veterans and staff from **Veteran First Point Centres (VIP)** across Scotland and our **Sense of Belonging Arts Programme**. We were delighted that the Major General once again gave permission for the Great Hall of Edinburgh Castle to be the spectacular setting. The young actors from **Strange Town Theatre Company** performed in a specially commissioned play "*Remembering Those*" written by Duncan Kidd, a short, powerful play which said so much.

The wonderful music played on instruments made from the tree that Wilfred Owen and Siegfried Sassoon sat beneath at Criaglockhart Hospital, moved everyone. For the poetry readings we heard from Tracy and Colin, what amazing talent to capture and convey such intense feelings.

We were also delighted that the Minister for Veterans, Graeme Dey was able to join us and update us all on the continuing commitment to supporting our veterans and their families across Scotland. The evening brought us all to shared place of understanding, of empathy, of compassion and humanity for all those who gave so much and for all those who continue to do so,

*Continued on page 6*

## 'Remembering' at the Castle

*Continued from page 5*

**Dianna Manson, writes:**

*My impressions from last night's event at the castle left me juxtaposed between a surge of uplifting hope, when the specially composed and performed poetry and music was so beautifully rendered by a generation of performers too young to remember the family members who went to serve in the 'Great' War... Yet they reflected with the insight of those, who, at similar tender ages, stepped into the breach... and the story they all told which we have, ultimately, instilled within our very psyches.*

*I felt a humility within me that reached the very tips of my numbed and dead feet.*

*I was aware of tragedy, life and death in the play... It's final message was how changed we ALL became (also particularly the women). But how instinctive is the glimmer within our human spirit of ongoing life, itself?! (How philosophical might I become? Totally provoked by what I heard and saw!).*

*Thank you to all involved!  
Dianna Manson with best wishes.*

**My impressions from last night's event at the castle left me juxtaposed between a surge of uplifting hope...**





THE CAPITAL OF GOODWILL

# EDINBURGH CHEER

**Edinburgh Cheer is a unique city-wide partnership with a simple aim at its heart – to help make Scotland's Capital the kindest city during the festive period.** Charities

play a major part, working with local organisations and partners to identify and provide support to those most in need of festive cheer.

**This year, we are working with more partners and aiming to make 2018 festive period even kinder.**

**Edinburgh Cheer will:**

- Encourage all to join in our Christmas Singalong as we travel throughout the city centre on our *Edinburgh Cheer Bus* on 7th December
- Provide a helpful booklet with our partners *Health in Mind* and *Story Contracting* with info
- Kick off *Tesco's Christmas Campaign* at 2.00pm on 3rd December at Tesco, Corstorphine
- Join in the fun at *Tesco's Edinburgh Cheer engagement event* in Tesco stores in and around Edinburgh on Friday the 7th and Saturday the 8th of December
- Join in our *Christmas Singalong* as we travel on our Edinburgh Cheer Bus provided by our partners Lothian Buses on 7th December, leaving from Waverley Bridge at 1.00pm

- Join us for coffee and breakfast cheer prepared by *The Prep Table* in Waverley Station from 9.00 to 11.00am on 11th December with our partners *Network Rail* and *Story Contracting*
- Host a very special football match at 11.00am on 15th December at the Meadows evoking the spirit of the match played on Christmas Day 1914
- Open up *Hibernian* and *Hearts* stadiums inviting people to come and enjoy good food and company on Christmas Day with support from *Central Taxis* and *Tesco*.

To book a place at Hibernian FC email: [Gamechangerpsp@nhslothian.scot.nhs.uk](mailto:Gamechangerpsp@nhslothian.scot.nhs.uk)

To book a place at Hearts FF email: [christmas@bighearts.org.uk](mailto:christmas@bighearts.org.uk)

**As part of Edinburgh Cheer, GameChanger will**

- Provide Christmas hampers for 1000 city families in need, in partnership with *Destiny Church* and *Story Contractors* – [visitdestinyedinburgh.com](http://visitdestinyedinburgh.com) to find out more
- Provide warm clothing for the city's rough sleepers in partnership with *Streetwork* and *Cyrenians*

- Once again create a very warm Christmas glow with a screening of *'White Christmas'* on 18th December at 7.00pm, at *Hibernian Football Club*, with delicious cinema snacks prepared by *Prep Table*.

To book a place email: [Gamechangerpsp@nhslothian.scot.nhs.uk](mailto:Gamechangerpsp@nhslothian.scot.nhs.uk)

**As part of Edinburgh Cheer, the Big Hearts Community Trust will:**

- Organise a Foodbank Collection at *Tynecastle Stadium* on 2nd December in partnership with *Community One Stop Shop* and *Jambos Kickback* to help provide food and vital supplies
- Host a free *'Memories Christmas Lunch'* at Tynecastle Park on 11th December, welcoming isolated older people from across the *Football and Edinburgh Memories* projects and further community groups.
- Work with local schools to support children and families who are particularly vulnerable during the Christmas Holidays, providing food, gifts and festive activities at Tynecastle Park.



# Dates for your diary...

## Redhall Walled Garden - Winter Magic

Saturday 8th December  
12-3pm

Join us for a magical afternoon in a beautiful winter wonderland garden.

97 Lanark Road  
Edinburgh EH14 2LZ  
Tel. 0131 443 0946

*Redhall Walled Garden is a SAMH service dedicated to mental health for all.*

.....



EDINBURGH

The poster features a snowy garden scene with several colorful signs hanging from trees. The signs read: 'Spot the snowman Quiz trail' (blue), 'Cream teas' (green), 'Children's Crafts' (red), 'Holly Wreaths For Sale' (yellow), and 'Entry by Donation' (pink oval). The logos for REDHALL walled garden and SAMH for Scotland's mental health are at the top. The text 'Winter Magic' is prominently displayed in the center, with the date and time 'SATURDAY 8TH DECEMBER 12 - 3PM' at the bottom.

## We welcome your contribution

### Edition 4:

January 2019.

Submission by 15 January.

### Edition 5:

March 2019.

Submission by 15 February.

### Edition 6:

April 2019.

Submission by 15 March.

## Editorial Group

Linda Irvine Fitzpatrick

[Linda.IrvineFitzpatrick@nhslothian.scot.nhs.uk](mailto:Linda.IrvineFitzpatrick@nhslothian.scot.nhs.uk)

Colin Beck

[Colin.Beck@edinburgh.gov.uk](mailto:Colin.Beck@edinburgh.gov.uk)

Cat Young

[Cat.Young@nhslothian.scot.nhs.uk](mailto:Cat.Young@nhslothian.scot.nhs.uk)

Prappy Campbell

[Prappy.Campbell@nhslothian.scot.nhs.uk](mailto:Prappy.Campbell@nhslothian.scot.nhs.uk)

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