

IMPROVING THE  
MENTAL HEALTH  
& WELLBEING  
OF ALL CITIZENS  
IN EDINBURGH

ISSUE 5  
MAY  
2019

# thrive

EDINBURGH

SCOTTISH  
MENTAL HEALTH  
ARTS FESTIVAL

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# All the ways in which we connect

Now in its 13th year, the Scottish Mental Health Arts Festival (SMHAF) is one of Scotland's most diverse cultural events, covering everything from music, film and visual art to theatre, dance, and literature. Key festival themes include community, family, and the impact of suicide...

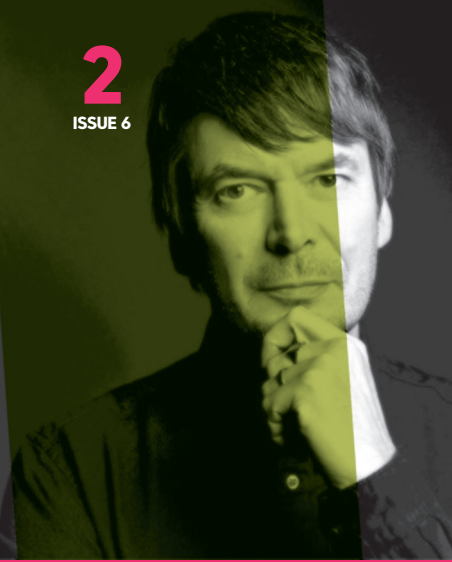
Continued on page 2

## Welcome to edition #6

by Linda Irvine Fitzpartick

Welcome to this edition of *Thrive* and to the beginning of the National Mental Arts festival. I really hope to see you at one of the many events taking place across Edinburgh this month. In this edition we welcome articles from Stephen, Becky and Cat on two of our *Thrive Workstreams* - *Rights in Mind* and *Getting Help When Needed*. Keep sending us your articles and information on events which are all helping us to thrive.





The annual festival takes place in venues across Scotland from 3-26 May 2019, aiming to support the arts and challenge preconceived ideas about mental health.

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# All the ways in which we connect

*Continued from page 1*

- **Ian Rankin** and **Emma Pollock** to appear at *SMHAF Writing Awards*
- **Great range of diverse events happening across Edinburgh**
- Week of Scottish dates for multi award-winning theatre show *Electrolyte*
- Film programme includes powerful documentaries **Evelyn** and **Irene's Ghost** and a Scottish tour of **Final Ascent: The Legend of Hamish MacInnes**
- 70th anniversary of Mental Health Foundation celebrated
- Festival runs 3-26 May, coinciding with *Mental Health Awareness Week*.
- Festival listings and trailer online now at [www.mhfestival.com](http://www.mhfestival.com)

The annual festival takes place in venues across Scotland from 3-26 May 2019, aiming to support the arts and challenge preconceived ideas about mental health.

By engaging with artists, connecting with communities and forming collaborations, we celebrate the artistic achievements of people with experience of mental health issues, exploring the relationship between creativity and the mind, and promoting positive mental health and wellbeing.

Launched in 2007, SMHAFF has grown into one of the largest festivals of its kind in the world, with over 300 events and 25,000 attendees across Scotland each year. Its innovative approach, combining high quality artistic events with community led programming and a social justice agenda, has been replicated internationally. The festival is a key strand of the year long *Sense of Belonging Arts Programme*.

## **The aims of SMHAF are to:**

- Challenge perceptions
- Make connections
- Develop audiences
- Encourage participation
- Create

A key workstrand of Thrive Edinburgh is Rights in Mind. In this issue of Thrive Stephen recounts some of his experiences, good and bad, of spending time in different hospitals. He also talks about the existence and the importance of Advocacy and patient involvement.

# My time in Forensic Wards

by Stephen

Forensic units are where people with mental health issues are assessed and/or treated if their history involves offending or if that is considered a risk in the future.

## Admission

My understanding is that when someone is admitted to hospital they have the right to have their property looked after by the local authority for a given period of time. In my case this right was not respected. There was a mistake, the housing authority thought I'd abandoned it, so my flat was emptied of all contents. This was not the fault of the hospital, the mistake was elsewhere, but I was completely gutted, particularly since my entire collection of over a thousand records was lost at this time.

In my admission to hospital itself, I remember someone told me about my right to appeal my detention, but I don't remember receiving any more information about my rights at that time. I do tend to ask a lot of questions though, and I probably gathered most of my information that way.

I always appreciate it when the manager of a ward I have just arrived in makes a point of

introducing himself or herself to me, and this did happen, more often than not. I think it is good when they do that because then they come across as more approachable and the patient feels that bit more welcome.

But I actually think they should go a bit further: I think they should make it explicit, when introducing themselves, that the patient can come to them with anything they are unhappy about, or anything they think is wrong with their care. I think the onus is on them to make themselves as approachable as possible. Obviously patients should always feel they can speak to the nurses about any issues they have, but with the more senior nurses it's a bit different. They are sometimes able to help with issues that others can't (such as nursing conduct) but I think they are potentially seen by some to be less approachable, due to their seniority and the fact that their job involves spending a lot of time in offices, on computers.

*Continued on page 4*

**One positive thing has been the extent to which senior nurses have generally been very happy to listen and talk to me about the various issues I've had with life on the ward - about my own care, or how the ward is run.**

## My time in Forensic Wards

*Continued from page 3*

### On the ward

**Rights in Mind** talks about restrictions on the ward. There is a level of strictness in forensic units that is not typical in other wards. We are told it is for the safety of all concerned and to a large extent I accept this to be true. But there has always been a tension between this concern and allowing patients the freedom to live as happily and unhindered as possible. I understand the need for keys and locked doors but when I've moved from hemmed in conditions to a more relaxed and open environment, I've noticed an increase in my confidence levels.

Patients have the right to activities for therapy and recreation on the ward. In my experience, forensic units have usually had sufficient numbers of staff to provide therapeutic activities, access to education, and to facilitate escorted time out of the ward. These are essential to alleviate boredom, to give patients a sense of purpose and achievement, and sometimes to rehabilitate or teach us skills. Through my work with the **Patients' Council** I have learned that in other parts of the hospital, such as acute wards, resources are much more limited.

The most expensive resource is staff and they are often the most necessary; for getting out for a walk, but also just to talk to. For people who often aren't feeling their best, this is help that is sorely missed on a busy, under-staffed ward.

### Involvement

One positive thing has been the extent to which senior nurses have generally been very happy to listen and talk to me about the various issues I've had with life on the ward - about my own care, or how the ward is run. Sometimes the ward manager will have a word with a member of staff, or he'll take on board a point and a certain practice will stop, start, or change, and life for patients will improve in some small way. Even if they don't agree with me, he or she will usually explain why, which I appreciate.

There have been great opportunities to be involved more formally in decision making. In one hospital, a group of patients met twice weekly to work with a small team of staff to make patients' voices heard. The meetings were chaired by an elected patient (this was sometimes me) and **individual** patients would attend certain meetings that were otherwise comprised solely of staff. This group was instrumental in advancing patients' rights in the hospital, and demonstrated that staff were actively trying to work with patients to improve their lives as far as possible in that environment.

*Continued on page 5*



**It is one of our rights, in law, to have access to independent advocacy. I believe all hospitals now provide an independent advocacy service, but many, including the one I may be moving to next, do not provide group advocacy.**

## My time in Forensic Wards

*Continued from page 4*

### Group Advocacy

In my current hospital, which is not just for forensic patients, I am part of a group advocacy project, called **The Patients Council**, consisting of volunteers who are, or were, patients, and two paid members of staff who are completely independent of the NHS. It helps present patients' views, and fight for their rights at meetings we attend with professionals in the hospital, or with organisations and authorities in the community.

It is one of our rights, in law, to have access to independent advocacy. I believe all hospitals now provide an independent advocacy service, but many, including the one I may be moving to next, do not provide group advocacy. I think that is bad, because the advocacy work we do here is so beneficial to patients. I find this work very fulfilling - I believe I am quite good at it and I know others value it.

### UNCRPD

A good example of our group advocacy's work on human rights is our campaign to raise awareness of the fact that the **United Nations Committee on the Rights of People with Disabilities (UNCRPD)** recently stated that it is actually against our human rights for compulsion and force, and even detention, to be used against patients, just because we have a disability (mental illness).

It is a very thorny issue, one I struggle with myself. But there's a small, and growing, body of evidence and precedents to show that even people with intractable mental health issues can be successfully treated by alternative methods which don't involve the use of force or, sometimes, even medication.

### Independent Advocacy

As well as the group advocacy work that I've discussed, there are of course also advocacy services that offer help to patients on a one-to-one basis. Lots of patients take advantage of their help to deal with their doctor, clinical team, tribunals or whoever else - they are all about helping individual patients have their voices heard. I found them helpful in a variety of situations, such as advising me of the best way to communicate effectively with those in positions of power outwith the hospital. The advocate worker I dealt with was very experienced, and able to give good guidance. There are advocacy services in the community as well, which I think is a good thing, as it's not just people in hospital who need help.

**Whatever the context, I believe that if people's voices are better heard, then they are better able to fight for their rights and, sometimes, the rights of others.**



There will be a Single Design Team for the whole city, comprising of representatives from each locality. Members of the single design team will engage with people in each locality at each stage of the design process.



# Living Well UK

by Cat Young

Here in Edinburgh as part of the *"Get Help when Needed"* Thrive Edinburgh Workstream and the Big Lottery UK Partnership we are co-producing and designing innovative approaches to improving people's mental health and wellbeing and changing our service configuration inspired by the *Living Well* model developed in Lambeth, South London.

The *'Living Well'* model was first launched in 2010 as a whole system approach to mental health care, changing the way the voluntary and statutory sectors work together so that the right support is available to individuals when it is needed. Since then it has made a significant impact to people's lives, enabling them to get support within the community earlier, whilst involving them in the re-design of support for the future. The opportunity to partner with the *Innovation Unit* came along just as we were building on the learning from the *Edinburgh Wellbeing Public Social Partnership* and designing our vision and priorities for *Thrive Edinburgh*.

We were delighted that our approach was accepted by the *Innovation Unit* and we are really excited to be part of a UK wide programme which is built on everyone working together with shared vision, values, and outcomes to design and deliver support that will offer our citizens better and more meaningful support when needed.

## Who is involved?

In the last week, *Matthew Horne* from *Innovation Unit* and *Linda Irvine Fitzpatrick*, *Strategic Programme Manager* have spend some time thinking of how we move to a simpler structure and have agreed the following.

There will be a **Single Design Team** for the whole city, comprising of representatives from each locality. Members of the single design team will engage with people in each locality at each stage of the design process. This engagement at locality level is key to generating insights, ideas and testing and prototyping proposals.

*Continued on page 7*

**The Design Team covers a range of professions and sectors across the four localities and citizen representation.**



## Living Well UK

*Continued from page 6*

### Members of the Design Team

The Design Team covers a range of professions and sectors across the four localities and citizen representation. It is also pragmatic and recognises the time commitment that people have indicated they can commit to.

#### The members of the Design Team are:

##### The Civic Sector (including carers):

Nicola Chuchan and Fran Kirkwood

##### The Voluntary Sector:

Maria Arnold, Michele Mason, Bridie Ashrowan, and Wendy Bates

##### The Health and Social Care

##### Partnership:

Sharon Fegan, George Watson, Fiona Barry, Mike Reid, Lisa Beswick, Cat Young, Linda Dickens and Tricia Burns.

### Locality based groups - stay involved; get involved

Members of the single design team will engage with people in each locality at each stage of the design process to continue to generate insights, ideas and testing and prototyping proposals. This will include using the well established *Edinburgh Wellbeing PSP* groups.

Locality meetings will not be facilitated by Innovation Unit, because it would be too time intensive. Cat Young as *Thrive Centre / Networks Project Manager* will work with locality groups and support the administration of these groups. Cat will also attend these to ensure cross fertilisation of ideas across localities.

Cat will also attend these to ensure cross fertilisation of ideas across localities.

The single design team's proposals will go to the '**Core Group**' for approval, specifically for changes in structure, redeployment of resources, and allocation of funding. Some of the Design team are also members of this group.

#### The members of the Core Group are:

##### Citizens:

Nichola Chuchan, Fran Kirkwood.

##### Voluntary Sector:

Maria Arnold.

##### Health and Social Care

**Partnership:** Fiona Barry, Mike Reid, Cat Young, Graeme Mollon, Tricia Burns, Katie Bryce, Colin Beck, Paula Deegan, Andrew Watson, Fiona Barry and Linda Irvine Fitzpatrick. Collective Advocacy, GP, and Allied Health Professions representation will shortly be confirmed.

### Update on activities to date Innovation Unit Kick Start Visit: Introduction to Living Well UK - October 2018.

**During the session we shared aims and objectives at a programme level and at local level and achieve alignment:**

- To build shared understanding of programme level methodology

*Continued on page 8*

A lama at Vauxhall City Farm, one of the venues we visited in London.



**Designing together  
- Just some of the  
ideas about who  
and what needs  
to be involved.**

# Living Well UK

*Continued from page 7*

## Update on activities to date

### **Innovation Unit Kick Start Visit: Introduction to Living Well UK - October 2018.**

**During the session we shared aims and objectives at a programme level and at local level and achieve alignment:**

- To build shared understanding of programme level methodology
- Develop shared understanding of the local context, population, system, challenges and opportunities
- Develop an emergent plan based on local priorities, outcomes, milestones, phases and proposals on where to start.

### **Delegation Visit to Lambeth:**

**22 and 23 October.** The chance to meet staff and visit the Lambeth Hub and partner sites.

### **January 2019 - Innovation Unit**

**workshop:** Developing the partnership and Design teams; Thinking about Role and responsibilities; exploring the partnership and design team roles and how could work for Edinburgh Thinking about visions, outcomes, and how to get there.

### **February 2019 - Innovation**

**Unit/Thrive Partnership Open Meeting:** Thrive Edinburgh: From vision to outcomes and Thrive Edinburgh vision for an open access model.

### **7 March 2019 - Innovation Unit**

**workshop:** Overview of the design process which will be undertaken together to create an open access *Thrive Edinburgh* model. Planning what the design team will do in their own localities to speak to citizens, and stakeholders to develop the values and principles that will underpin the new way of working. Exploring tools for structured conversations.

### **18 March 2019 - Innovation Unit workshop with extended design teams:**

- To develop more clarity about what we mean by an 'open access *Thrive offer*' and learn from what has worked in Lambeth. Start with lived experience by generating insights from recent conversations with citizens
- To plan how we will design the citizen journey and experience.

## **What is coming next**

### **1 May - Core Group Meeting:**

Exploring the *Theory of Change*

### **2 May - Design Team**

Planning: the citizen journey / experience

### **22 May - Design Team:**

Site visit to Leeds

**To find out more or get involved please contact:**

**Cat.young@nhslothian.scot.nhs.uk**



All showcase the impact volunteering has made in the lives of ordinary people – many with lived experience who have used volunteering as part of their recovery.



# My Volunteering

by Marion Findlay

**Volunteer Edinburgh's Health and Employability Team is delighted to announce the launch of the MyVolunteering site.**

**This is a project created and delivered by our amazing team of volunteer ambassadors.**

They have interviewed, transcribed and edited a wide range of volunteering stories for you to read, listen to and watch. All showcase the impact volunteering has made in the lives of ordinary people – many with lived experience who have used volunteering as part of their recovery.

Please take a look at the site and explore our *Story Tree*. We also encourage you to share your own experience with us whether that be a story, poem, cartoon, photo, or spoken word.

[www.volunteeredinburgh.org.uk](http://www.volunteeredinburgh.org.uk)



**volunteer  
edinburgh**

**Scotland's Dementia Awards provide an opportunity for professionals and communities to showcase the creativity, innovation and dedication taking place across communities to help make a difference to the lives of people with dementia and their families.**

# Scotland's Dementia Awards

**The eighth annual awards programme to celebrate projects going the extra mile to support people living with dementia and their families across Scottish communities has been launched.**

The Awards are a partnership between *Alzheimer Scotland*, *NHS Education for Scotland* and the *Scottish Social Services Council*, to collectively celebrate the achievements of those outstanding people making a difference to support people living with dementia and their families across health, social service and community settings.

**With six categories, Scotland's Dementia Awards recognise the best innovative and ambitious dementia projects including:**

Best Care Home Practice Improvement, Best Hospital Care Initiative, Best Community Support Initiative, Best Dementia Friendly Community.

**Scotland's Dementia Awards** provide an opportunity for professionals and communities to showcase the creativity, innovation and dedication taking place across communities to help make a difference to the lives of people with dementia and their families. Through the celebration of good ideas, shared practice and meaningful partnership working, the Awards programme demonstrates dementia policy at work in a sustainable way.

**Enter before deadline of Sunday 9 June 2019.**

**Winners will be announced at an awards ceremony held at the Radisson Blu Hotel, Glasgow on 18 September.**

**For more information visit:**  
[www.sda.alzscot.org](http://www.sda.alzscot.org)

**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?**

# The Peer Collaborative



## 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](mailto:peer@health-in-mind.org.uk) to be added) as well as through our Facebook and Twitter pages (@EdinburghPeers).

## Our next event is:

### Self-Care Workshop

Friday 21 June 2019  
10am – 3pm  
Redhall Walled Garden

### Who can attend?

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

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.

This is free to attend.

**You can book a place at the event by emailing:**

**[peer@health-in-mind.org.uk](mailto:peer@health-in-mind.org.uk)**

Scotland's Dementia Awards provide an opportunity for professionals and communities to showcase the creativity, innovation and dedication taking place across communities to help make a difference to the lives of people with dementia and their families.

# Emergency Card

by Becky

**AdvoCard** are excited to tell you about the **Emergency Card** which we launched in April. An **Emergency Card** can help you get across your needs and wishes to the nurses, doctors and other staff if you ever need to go to the Emergency Department (A&E).

In 2015 – 2016 **AdvoCard Community Collective Advocacy** ran a peer research project called **A&E | All & Equal** where we heard from people with lived experience of mental health issues about experiences they had had at the Emergency Departments at the *Royal Infirmary of Edinburgh (RIE)* and *St John's Hospital, Livingston*.

One of the issues that came up was that when you're in distress or are feeling anxious, it can be difficult to communicate with the staff in the Emergency Department, for instance if you have any wishes, needs or other information that you want staff to listen to and take into account.

We developed the **Emergency Card** together with people with lived experience of mental health issues, the *Emergency Department (A&E)* at the *Royal Infirmary of Edinburgh* and the *Navigator Project*.

On the card there is space for you to write three things that you would want staff to know and three things that matter to you about your care.

You can fill in the card by yourself or with help from somebody else. It can be folded to credit card size so that it can fit in your wallet and be there if you need to use it.

The **Emergency Card** was created for people with lived experience of mental health issues. However, it doesn't say anything about mental health on it, you don't have to write anything about your mental health on it and anyone can use it.

We have put together some guidance to help you decide if you would like to have an **Emergency Card** and to give you some ideas for things to include.

**If you would like an Emergency Card and a copy of the guidance, or have any questions, please contact Becky:**

**becky@advocard.org.uk**  
**0131 554 5307**

**AdvoCard, 332 Leith Walk,  
Edinburgh, EH6 5BR.**





**This free to attend seminar will be of relevance to all who are interested in looking at their own policies and practices with regard to minority groups and especially those who work with carers in Scotland.**

# MECOPP Gypsy / Traveller Awareness Raising Session

by Callum Ogden

I would like to inform you of an event that MECOPP Gypsy/Traveller Carers' Project is hosting in May in collaboration with *The Scottish Mental Health Arts Festival*.

**Date & Time:**  
Thursday 16th May  
1pm - 3pm

**Location:**  
The White House  
70 Niddrie Mains Road  
Edinburgh EH16 4BG

**Cost:**  
**Free to Attend**

Gypsy/Traveller community members and MECOPP, with support from the *Scottish Mental Health Arts Festival*, will lead an interactive seminar; a chance to dispel myths and promote dialogue. In this engaging workshop, trainers from Gypsy / Traveller communities in Scotland will introduce you to their culture, their experiences, the challenges they face and the impact discrimination has on their wellbeing.

This *free to attend* seminar will be of relevance to all who are interested in looking at their own policies and practices with regard to minority groups and especially those who work with carers in Scotland.

**The aims of MECOPP Gypsy / Traveller Awareness Raising Seminars are:**

- To increase understanding of the situation of Gypsy Travellers carers in Scotland
- To highlight the discrimination often faced by Gypsy/Travellers
- To increase knowledge of the legislative and policy framework in Scotland.

**The Seminar will be led by Gypsy/Travellers, some of whom are carers themselves and will include:**

- Opportunities to share good practice and/or difficulties encountered
- Opportunities to hear from Gypsy/Traveller carers
- An examination of case studies which focus on the issues faced by informal carers within the Gypsy/Traveller community.

**To book your place on this free seminar please visit the MECOPP website and complete the registration form.**  
**[www.mecopp.org.uk](http://www.mecopp.org.uk)**

Please also feel free to share this training opportunity with any colleagues or contacts you feel may be interested in registering to attend!

# Dates for your diary...

## Scottish Mental Health Arts Festival

Friday 3rd to Sunday  
26th May 2019

### Venues across Scotland

The annual festival takes place in venues across Scotland, aiming to support the arts and challenge preconceived ideas about mental health.

## Understanding Eating Disorders

Wednesday 15th May 2019  
5.30pm arrivals; Programme  
starts 6.00pm – 7.15pm

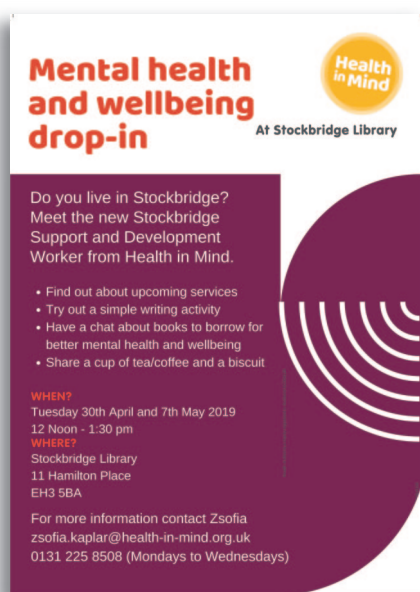
Grassmarket Community  
Project, 86 Candlemaker  
Row, Edinburgh EH1 2QA

We hope you can join us for the launch of the new edition of "Overcoming Anorexia Nervosa": A self-help guide using cognitive behavioral techniques – by Patricia Graham and Christopher Freeman. Dr Graham will be joined by colleagues from CAPS for the evening.

To book your place, follow this online link: <https://www.eventbrite.co.uk/e/understanding-eating-disorders-tickets-60124773817>

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

T. 0131 529 3235



## Health in Mind Mental health and wellbeing drop-in at Stockbridge library.

Tuesday 7th May 2019  
12 noon – 1.30pm. Drop-in.

If you live in Stockbridge, meet the new Stockbridge Support & Development Worker from Health in Mind.

**For more information contact:**  
[zsafia.kaplar@health-in-mind.org.uk](mailto:zsafia.kaplar@health-in-mind.org.uk)  
0131 225 8508 (Mon-Wed)



## Madjam Open Mic This month we're part of the Scottish Mental Health Arts Festival

Saturday 11th May 2019  
7pm – 10pm (doors open 6.30pm)

A friendly, inclusive, night of music, poetry, comedy, dance... whatever goes really! We aim to combat stigma and loneliness surrounding mental health issues and to give people an opportunity to perform in a safe space.

**For more information contact Martin:**  
07484 198833  
[mfm11266@gmail.com](mailto:mfm11266@gmail.com)

**Next Dates:**  
8 June, 13 July, 7 September,  
12 October 2019.

More dates for your diary on page 15...

# Dates for your diary...

## The Peer Collaborative Self-Care Workshop

Friday 21st June 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](mailto:peer@health-in-mind.org.uk)

## Scotland's Dementia Awards

Friday 18th  
September 2019  
Radisson Blu Hotel,  
Glasgow

The eighth annual awards programme to celebrate projects going the extra mile to support people living with dementia and their families across Scottish communities has been launched.

Enter before the deadline of Sunday 9 June 2019.

For more information visit: [www.sda.alzscot.org](http://www.sda.alzscot.org)

## SC Scottish Centre for CR Conflict Resolution | cyrenians

MEET YOUR EMOTIONAL HOMUNCULUS  
AND THE BRAIN'S AMAZING DRUGS CABINET



Ever get the feeling your body has a mind of its own? Discover the importance of your body/mind connection, mental health and wellbeing, relationships and family conflict: exploring the science behind conflict and the brain to get us thinking about what really makes us uniquely human. In collaboration with the Scottish Mental Health Arts Festival 2019 join us for a FREE fun and interactive event to meet your Emotional Homunculus and explore the brain's amazing drugs cabinet.

Participants will have the opportunity to engage in an outdoor space with activities directly linked to the Cyrenians Scottish Centre for Conflict Resolution (SCCR) psychoeducational and digital resources including sculpting your own emotional homunculus, creating non-alcoholic mocktails #CranialCocktail and having the opportunity to connect with other Cyrenians services including the Mediation and Support Services and Community Gardens. Light refreshments are included too.

Date: Wednesday 15th May

Time: 1-3pm

Venue: Royal Edinburgh Community Gardens, Morningside  
Terrace, Edinburgh EH10 5HF

If you are interested in booking to come along please contact the SCCR directly.

Email: [scsr@cyrenians.scot](mailto:scsr@cyrenians.scot)

Telephone: 0131 475 2493

Website: [www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

Email: [scsr@cyrenians.scot](mailto:scsr@cyrenians.scot)

Phone: 0131 475 2493

Facebook: [www.facebook.com/scsrcentre](https://www.facebook.com/scsrcentre)

Twitter/Instagram: @scsrcentre

We acknowledge the support of the Scottish Government through a CUREP and ALIC Fund Grant.

Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052



## Scottish Centre for Conflict Resolution / Cyrenians

Meet your emotional  
homunculus and the brain's  
amazing drugs cabinet.

Wednesday 15th May 2019  
1pm – 3pm

Royal Edinburgh Community  
Gardens, Morningside Terrace,  
Edinburgh EH10 5HF

Discover the importance of your body/mind connection. Exploring the science behind conflict and the brain to get us thinking about what really makes us human.

For more information contact:

[scsr@cyrenians.scot](mailto:scsr@cyrenians.scot)

0131 475 2493

## Health in Mind

Anxiety Management Course.  
Stockbridge or surrounding areas.

Tuesday 28th May

Tuesdays 4, 11, 18, 26 June 2019

Follow-up date: 10.30am - 12.30pm,  
30th July 2019

Botanic Cottage, Royal Botanical  
Gadrens, Inverleith Row /  
Arboretun Place, Edinburgh EH3 5LR

Are you affected by moderate anxiety? Do you live in Stockbridge or surrounding areas? Are you able to commit to 5 weekly group sessions? Learn self-management skills for better health and wellbeing in a supportive group setting.

For more information contact:

[zsafia.kaplar@health-in-mind.org.uk](mailto:zsafia.kaplar@health-in-mind.org.uk)

0131 225 8508 (Mon-Wed)

## We welcome your contribution

Edition 7:

June 2019.

Submission by 22 May.

Edition 8:

July 2019.

Submission by 22 June.

Edition 9:

August 2019.

Submission by 22 July.

## Editorial Group

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