

IMPROVING THE
MENTAL HEALTH
& WELLBEING
OF ALL CITIZENS
IN EDINBURGH

ISSUE 7
JUNE
2019

thrive

EDINBURGH

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Get Help When Needed:

Thrive Centre and Networks Update

by Cat Young

Since the last edition of the Thrive Newsletter the design team have been busy working together to coproduce our vision for open access Thrive Centres and networks in Edinburgh to support the mental health and wellbeing of our citizens and to keep people well within their communities.

Continued on page 2

Welcome to edition #7

by Linda Irvine Fitzpartick

There is a lot going as we rapidly approach the summer months. We do hope you will get involved in some of the events featured in our diary pages. Please do keep sending updates and articles, our next deadline date is 22 June.





The design group are planning some social media of their own so watch this space. Any questions about **Thrive Centre and Networks** please email: cat.young@nhslothian.scot.nhs.uk

The logo for 'thrive' is located in the bottom right corner. It features the word 'thrive' in a bold, lowercase, sans-serif font. The letters are dark blue, except for the dot on the 'i', which is pink. The background of the logo area is yellow with a pattern of small, dark blue dots.

For more information or to be added to the monthly newsletter, please email peer@health-in-mind.org.uk, or find us on Facebook and Twitter - @EdinburghPeers.

The Peer Collaborative

by Hayley Chandler



Peer Workers are people with lived experience of mental health challenges and recovery who then intentionally use this experience to accompany others through their recovery. The Peer Collaborative is for anybody with an interest in peer work. Whether you are a peer worker, would like to become one, want to use a peer service or just want to understand this approach better - everyone is welcome.

Upcoming Events:

The Future is Peer: Creative Strategies for Peer Leadership

A collaborative East of Scotland network event with *Scottish Recovery Network*, *LEARN* and *The Peer Collaborative*.

Tuesday 18th June
10am - 4pm
The Melting Pot,
5 Rose Street, EH2 2PR

We are excited to host an event with our guest for the day *Sasha Altman DuBrul* during his first visit to Scotland. Using tools such as story-telling, interactive discussions, and explicit training on both internal and external engagement strategies, attendees will benefit from the Sasha's 20 years as a mental health advocate and professional with lived experience.

Peer Work and Self Care

Friday 2nd June
10am - 2pm
SAMH Redhall Walled Garden,
97 Lanark Road, EH14 2LZ

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.

Empowering Conversations

Tuesday 2nd July
9.30am - 12.30pm
Edinburgh Methodist Church,
25 Nicolson Square,
Edinburgh, EH8 9BX

Rayya Ghul is an experienced solution focused practitioner with a background in mental health, having worked in community mental health, in-patient and forensic services in the UK. These days she is more interested in sharing her skills with people with lived experience for use in peer support and has been working with *Take Off*, a service-user led charity in Kent providing a wide range of peer support services. At the workshop Rayya will introduce the solution focused approach to conversations that create change and talk about the work of *Take Off*.

All events are free to attend and provide light lunch and refreshments.

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

Mhairi Snowden, from Human Rights Consortium Scotland opened the event with a very engaging presentation on human rights, touching on the UN Convention on the Rights of People with Disabilities and the growing recognition of the need to uphold people's rights, wills and preferences.

Mind Our Rights!

by Patricia Rodger

One of the key *Thrive Partnership* strands of work is rights-based care and treatment, an area of work of major significance in mental health advocacy.

As part of *Mental Health Awareness Week (MHAW)*, Edinburgh's mental health collective advocacy providers *Edinburgh Community Voices (Advocard)*, *Lothian Education and Recovery Network (CAPS)* and the *REH Patients Council* worked in partnership to host the first *Mind Our Rights!* event on **15th May** at The Hive in the grounds of the Royal Edinburgh Hospital.

Based around the MHAW topic of "*body image*" we created a space for in-patients, service users, survivors and people with lived experience and mental health professionals to come together to discuss personal experiences and to raise awareness of the rights of people with mental health issues and the need to ensure that these are recognised, respected and realised throughout the processes of care, treatment and recovery.

Mhairi Snowden, from *Human Rights Consortium Scotland* opened the event with a very engaging presentation on human rights, touching on the *UN Convention on the Rights of People with Disabilities* and the growing recognition of the need to uphold people's rights, wills and preferences.

We then heard from Michelle Howieson from the *Lothian Bipolar Group* about her very personal experience and her work on a *Charter of Rights for the Equally Fit* project.

Everyone then engaged in some very stimulating and lively group discussions that included themes of medication and side effects, mental health, gender and sexuality, eating disorders, mental health and self-harm, self-medication and self-modification and diagnostic overshadowing.

The advocacy providers will be producing a report based on the discussions later in the summer and will share this through the *Thrive Partnership* and *Thrive distribution*.

We intend to hold more *Mind Our Rights!* events in the future. If you would like to be among the first to hear about these and other similar opportunities, please let us know and we will add you to our email list; just write to us at collectiveadvocacy@advocard.org.uk giving us permission to contact you.

Everybody is welcome and we are especially keen to attract professionals and students involved in art, health or the environment, as well as representatives from health, interest and community groups.



The Connect With Nature Festival

by Judy Paul

The Connect with Nature Festival at the Royal Botanic Garden Edinburgh 7 – 16 June, features a partners and practitioners conference in collaboration with Art and Healthcare, on the inter-relationship between creativity, nature and health.

This conference is on Friday 7 June and will bring together professionals and community partners who are interested in exploring the value of combining both creativity and connecting with nature in promoting health and well-being. We have been able to attract an amazing line-up of speakers and workshop leaders and are keen to make this unique opportunity accessible to all, so have kept the registration costs to a minimum (£25; £12 concession).

Everybody is welcome and we are especially keen to attract professionals and students involved in art, health or the environment, as well as representatives from health, interest and community groups.

The conference will be followed by a ***Nature and Health*** writing weekend on Saturday 8 and Sunday 9 June and will close with a '***Communities Growing Health***' day on Sunday 16 June where community groups who use space at the botanic garden and cottage will be showcasing their creative work and projects.

Throughout the 10 day festival, ***Art in Healthcare*** will be hosting an exhibition in Inverleith House featuring the work of Barbara Rae and Victoria Crowe and will run art workshops through the week.

For further details and booking see <https://www.rbge.org.uk/whats-on>



**Royal
Botanic Garden
Edinburgh**

#NOTAFAVOUR Campaign

by Fast Forward

Adults think they are doing young people a favour. However; it isn't a favour helping them into an addiction, money worries and ill-health.

Buying tobacco for young people?

You're helping them into addiction, ill health and money worries.

Think you're doing them a favour?



Fast Forward, a national voluntary organisation based in Edinburgh enables young people to make informed choices about their health and well-being.

In partnership with NHS Lothian we are supporting the **#notafavour Campaign** which aims to raise awareness about the issue of adults supplying young people with tobacco.

Adults think they are doing young people a favour. However; it isn't a favour helping them into an addiction, money worries and ill-health.

For further information visit the #notafavour website:
<https://notafavour.scot>.

The following short video made by young people from the **Ripple Project** in Edinburgh captures clearly why we are supporting the campaign within Edinburgh and the Lothians:

https://m.youtube.com/watch?v=PRD2_ZKgkc

Please can we encourage you and your organisation to LIKE the #notafavour facebook page to keep up-to-date with the social media campaign:
<https://www.facebook.com/ashscotland2034/>

Healthy Active Minds Case Study

by Claire Craig



Edinburgh Leisure

“There were no intrusive mental health questions which made me feel relieved”

“Being supported by someone who knew about my mental health but didn’t make a big deal about it really helped”

“Exercise gave me something to focus on and I have become happy and confident as result”

Exercise gave Jane something to focus on...

In 2013, Jane was backpacking around Peru with friends when the bus she was travelling on was hijacked by armed men. As you can imagine this encounter left Jane extremely traumatised and as a result, she has battled with PTSD for the past 6 years.

For a long period, Jane struggled to cope with everyday life. But when a friend told her about *Edinburgh Leisure’s Healthy Active Minds* programme, she decided it was time to seek help.

Healthy Active Minds supports and motivates inactive adults living with mild to moderate stress, anxiety, depression or low mood to take part in regular physical activity.

Before being referred to *Healthy Active Minds* Jane did very little physical activity and so was slightly nervous when she first met with her instructor. But they quickly put her at ease.

“there were no intrusive mental health questions which made me feel relieved”

As the weeks passed Jane’s instructor observed a much calmer, happier Jane arriving at the venue. She was no longer anxious; she had a smile on her face and a spring in her step.

“being supported by someone who knew about my mental health but didn’t make a big deal about it really helped”

Over the last few months Jane has realised how regular physical activity can have a powerful impact on your body and mind and cannot believe how much she is now enjoying being active.

“exercise gave me something to focus on and I have become happy and confident as result”

Last year *Healthy Active Minds* supported 625 adults across Edinburgh to improve their mental health through physical activity.

Healthy Active Minds was a finalist in the *Community Impact through Physical Activity* category of the *Community Leisure UK Awards 2019*. These awards recognise the extraordinary impact of public leisure and cultural services throughout Scotland, England and Wales to drive positive change to the health and wellbeing of the communities they serve, offering a diverse and innovative range of programmes to support local people.

For more information on *Healthy Active Minds* please contact Edinburgh Leisure’s Active Communities team:
active@edinburghleisure.co.uk
 or 0131 458 2188

Dates for your diary...

Open Information Afternoon

Please drop in between 1pm and 2.30pm to find out more about Outlook and pick up a copy of the new Spring programme.

Meet the Outlook team who will help you register for courses and discuss your interests. Tea and coffee provided.

Tuesday 28th May
1pm - 2.30pm

The Hall
South Bridge Resource Centre, Infirmary Street, Edinburgh

If you would like any further information: Please contact Outlook on 0131 652 3715 or email CLD.OP@edinburgh.gov.uk



FREE EVENT
ALL WELCOME!

The Carnival
COMES TO
GORGIE DALRY
CELEBRATING THE
HEALTH & WELLBEING OF GORGIE DALRY

FRIDAY 14TH JUNE 2019
12.00 TILL 2PM

VENUE
ST BRIDE'S CENTRE
10 ORWELL TERRACE, EDINBURGH EH11 2DZ

Edinburgh Festival Carnival Performers
have specially created a performance piece for this carnival journey around the world: Brazilian Percussionists; Street Dancers from Trinidad & Tobago; Musicians from South Africa; Street Theatre from Zambia; Ballroom dancers from India and much much more.
Also information & activities by local agencies aiming to improve your health, happiness and wellbeing.

NO BOOKING REQUIRED
Lunch will be provided courtesy of South West Edinburgh Health & Social Care Partnership.

St. Bride's Community Centre
gdf
Working together for a caring, healthier, safer Edinburgh
NHS
EDINBURGH

The Carnival

Friday 14th June 2019
12pm - 2pm

St Bride's Centre, 10 Orwell Terrace, Edinburgh EH1 2DZ

Celebrating the Health and Wellbeing of Gorgie and Dalry.

VOLUNTEERS' WEEK
Please join us for a
Celebration of Volunteering

An event to recognise the amazing work of volunteers who support the health and wellbeing of older people in Balerno, Currie and Juniper Green

Thursday 6th June 2019
Gibson Craig Halls
Currie
1-4pm

Entertainment, tea, cake and much more!
Everyone is welcome

For further information please contact:
Caroline Clark carolc@ericliddell.org 0131 357 1277 or Kay Latimer
dementiafriendlypentlands@gmail.com 0131 449 6186

The event is delivered by Dementia Friendly Pentlands (registered charity SC048360) and South West Villages Project (delivered by the Eric Liddell Centre, registered charity SC003347), with support from the Edinburgh Health and Social Care Partnership

Dementia Friendly Pentlands
NHS
EDINBURGH
Working together for a caring, healthier, safer Edinburgh
Eric Liddell Centre

Celebrating Volunteering

Thursday 6th June 2019
1pm - 4pm

Gibson Craig Halls, Currie

An event to recognise the amazing work of volunteers who support the health & wellbeing of older people in Balerno, Currie and Juniper Green.

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The Peer Collaborative Empowering Conversations

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9.30am – 12.30pm

Edinburgh Methodist Church,
25 Nicolson Square,
Edinburgh, EH8 9BX

At the workshop Rayya Ghul will introduce the solution focused approach to conversations that create change and talk about the work of *Take Off*.

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

Communities Growing Health

Saturday 16th June 2019

The Royal Botanic Garden,
Edinburgh

Community groups who use space at the Royal Botanic Garden and cottage will be showcasing their creative work and projects.

For further details and booking:
<https://www.rbge.org.uk/whats-on>

The Connect with Nature Festival

7th – 16th June 2019

The Royal Botanic Garden,
Edinburgh

A partners and practitioners conference in collaboration with Art and Healthcare, on the inter-relationship between creativity, nature and health.

£25. £12 concession.

For further details and booking:
<https://www.rbge.org.uk/whats-on>

Nature and Health Writing Weekend

**Saturday 8th and
Sunday 9th June 2019**

The Royal Botanic Garden,
Edinburgh

For further details and booking:
<https://www.rbge.org.uk/whats-on>

Bipolar Hour on Twitter

Bipolar Scotland invite you to join them on Twitter for *Bipolar Hour* every second Sunday between 8pm and 9pm.

Hope to see you there for a
#bipolarblether!

More dates for your diary on page 8



Dates for your diary...

Depression and Anxiety Support Group

The group is open to any adults affected by depression, low mood, stress or anxiety. It offers the opportunity for confidential local support, contact with others in a similar situation and the opportunity to explore positive ways of coping with depression.

**There are 2 groups
meeting fortnightly:**

**Alternate Mondays
from 7pm – 8.45pm,**
Augustine United Church,
41 George IV Bridge,
Edinburgh EH1 1EL

Alternate Tuesdays in
the Methodist Church,
25 Nicholson Square,
Edinburgh EH8 9BX
(Tuesday 28th May).

"Who's Who – Bridging the Gap" event

Please note that due to high demand the venue has changed from our 'save-the-date' email. Please see below.

**Tuesday 25th June
9.00am – 1pm**

Prestonfield House, THE STABLES
Priestfield Road, Edinburgh
EH16 5UT

If you wish to attend, we would be grateful if you could register your details on the **Eventbrite page** and add a little reminder to your calendar. Please find full information and details at the following link:
<https://www.eventbrite.co.uk/e/whos-who-bridging-the-gap-registration-61778640577>

Living Warriors Peer Support Group

Dates for 2019:

**5th and 19th June. 3rd, 17th and 31st July.
14th and 28th August.**

Living Warriors is a support group offering a safe space for anyone who has been affected by thoughts of, or has attempted, suicide.

The meetings are held every fortnight on Wednesdays between 6-8pm at Pilton Community Health Project, 73 Boswall Parkway, EH5 2PW (Ring buzzer)

The peer-led sessions are individual and develop organically. Typical sessions involve open conversations / discussions and a creative activity. The space is created for survivors to feel accepted, safe, welcomed and free from judgement and stigma.

**For more information please email
nicola@livingwarriors.com**

We welcome your contribution

**Edition 8:
July 2019.**

Submission by 22 June.

**Edition 9:
August 2019.**

Submission by 22 July.

**Edition 10:
September 2019.**

Submission by 22 August.

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