



## IN THIS ISSUE

Jupiter Artland – a wonderland for young people	1
Transforming Urgent Care Out of Hours	3
PAVES	4
Healthy Active Minds	5
NEECS Welcomes a New Manager and Chairperson	6
#Make a Difference	7
Dates for your diary	8

## Jupiter Artland – a wonderland for young people

There is lots of evidence that spending time in green spaces and making art have positive impact on our wellbeing. The recent partnership project between NHS Lothian and Jupiter Artland for young people age 16+ is great example of this.

The beautiful wooded environment of Jupiter Artland, the inspiring artwork, wildlife and stunning surroundings helped to create a safe space where people could make their own arts, try new things, relax and enjoy the fresh air, connecting with each other and nature.

*Continued on page 2*



## Welcome to edition #4

by Linda Irvine Fitzpartick

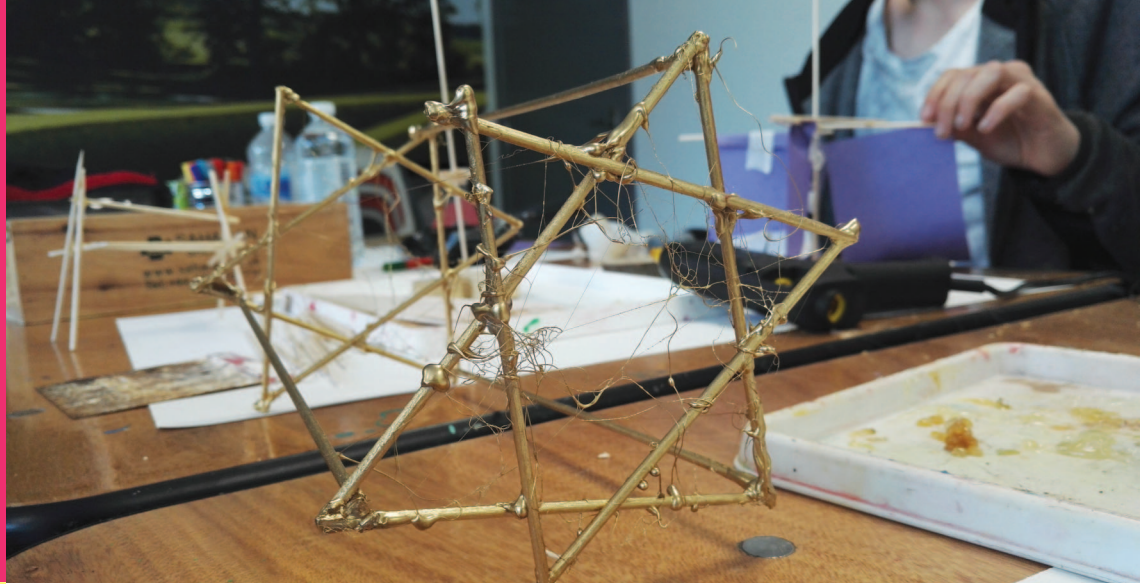
Welcome to our first edition of 2019, hope you are all enjoying this new year so far.

Thanks so much for all the feedback and contributions we have received on our newsletter to date, much appreciated.

We are busy working on the draft Thrive Strategy and Commissioning plans and we plan to focus on these in the next edition. In the meantime do please keep sending us your articles and updates.

With very best wishes.





**“Jupiter Artland is a safe space.”**

**“I did something today that scared me a little but I tried it anyway.”**

# Jupiter Artland

**Continued from page 1**

*“Jupiter Artland is a safe space.”*

The project also gave an opportunity for young people to think about and develop potential personal and career interests through the range of activities at Jupiter which includes landscape design, photography, sculpting and numerous other creative avenues that can be explored.

**The project was a collaboration between NHS Lothian and Jupiter** and a great example of how by working together we can make great use of different spaces and places which promote creativity and expression.

*“I did something today that scared me a little but I tried it anyway.”*



# Listening to the Views of Citizens: Transforming Urgent Care Out of Hours

by Laura Plumb

EVOC and NHS Lothian have teamed up to consult with people about *Urgent Care Out of Hours*. We want to hear views, experiences and ideas from everyone – in particular from those who don't often voice their views. One of the target groups is adults accessing mental health services or support groups.

We would love to meet with groups during February. We would be happy to 'slot in' to any regular sessions you might be hosting. Our primary focus is the North West Locality in Edinburgh but we do have capacity to visit some City-wide and Lothian-wide services.

**The plan would be to chat about Urgent Care Out of Hours:**

- Existing provision/access to services
- People's experiences/stories
- What people would and wouldn't like to see
- Ideas of how it might work better.

These discussions will be an opportunity for people to feed in their personal experiences of out of hours care. If organisations would like to host a session, please get in touch with:

**Laura Plumb at EVOC**  
laura.plumb@evoc.org.uk

or

**Kyle Stuart at NHS Lothian**  
Kyle.Stuart@nhslothian.scot.nhs.uk

We have also prepared a short survey which you can complete online – it would be really helpful if you could circulate the link so that we also hear from those people who may not be able to attend group discussions.

<https://www.surveymonkey.co.uk/r/P35RNYC>

**We look forward to hearing from you – thanks!**



# PAVES (Psychology Adding Value: Epilepsy Screening)

by Catriona George

Even when seizures are well controlled, children and young people with epilepsy are 3–6 times more likely than their peers to develop problems with emotions, behaviour, peer relationships and learning.

These difficulties may go unnoticed or untreated, impacting on the quality of life and long term outcomes for those young people, as they move into adulthood.

The PAVES pathway identifies children and young people with epilepsy who might be at risk of developing these problems.

The aim is then to provide appropriate and timely help to prevent problems from developing. The PAVES pathway, a partnership between *NHS Lothian* and *Epilepsy Scotland*, has been running over two years.

## PAVES provides:

- Routine mental health screening for children and young people with epilepsy while attending medical review appointments
- The *PIE group (Psychosocial Interventions in Epilepsy)* to help young people become more confident talking about and managing their epilepsy
- Groups to support parents in understanding and managing some of the challenges around parenting a child with epilepsy
- A wide range of problem-specific self help materials and information on relevant third sector services, and community supports.

So far, 155 children and young people have completed the screening questionnaires at least once, with around 75 receiving some form of mental health intervention from the PAVES pathway.

8 young people attended the first PIE group and a second group is due to start in February.

*"Meeting other people with epilepsy was really helpful."*

*"I learned more about epilepsy."*

*"I made new friends."*

22 parents have attended the parent workshops.

*"I have a better understanding of what my child is going through, which helps to deal with issues better."*

*"It helped me realise that other parents go through the same issues."*

A vital part of the PAVES pathway involves linking with third sector organisations to maximise the use of already existing services e.g. *Epilepsy Scotland* youth group; *Children's Health Scotland* – self management group.

The development of PAVES has been possible due to the generous funding of the *Edinburgh Children's Hospital Charity*. The Scottish Government have now provided additional funding to develop the approach further, including introducing electronic screening to enable the approach to become more widely accessible both within Lothian and further afield.

For more information please contact [Catriona.George@nhslothian.scot.nhs.uk](mailto:Catriona.George@nhslothian.scot.nhs.uk)





**“Healthy Active Minds has allowed me the ability to regain control of my life. I am so much more confident as a result of the programme, I cannot thank the staff enough for this opportunity and am looking forward to taking out my membership so that I can continue to be active.”**

**Rosalind (74)**



# Healthy Active Minds

by **Claire Craig**

***Healthy Active Minds delivered by Edinburgh Leisure uses physical activity to help improve and maintain good mental health. Here's how Healthy Active Minds changed Rosalind's life.***

Rosalind (74) was referred to *Healthy Active Minds* in March 2018 and recently completed her 6 month evaluation consultation. Rosalind was initially referred because she was experiencing moderate depression and stress following the loss of her husband early 2017. Rosalind had spent the years before her husband's death caring for him and when he passed away she slowly started to retract from her community. As a result of this Rosalind spent a lot of time alone; her mental health started to deteriorate, and she started to become stressed at, what she described as, the simplest of things.

After only a few weeks on the programme Rosalind's instructor was able to see a considerable improvement in her mood – she appeared happier and much more confident to be in the centre.

Rosalind also explains how she noticed similar improvements after taking part in *Healthy Active Minds* and becoming more active.

***“I felt so much better after only a few weeks on the programme, the Aqua fit class at Warrender Swim Centre was a great way to meet people and going to the gym also helped improve my fitness levels.”***

**If you would like more information on Healthy Active Minds, please contact the team on: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk) or call 0131 458 2260.**

You can be referred into *Healthy Active Minds* by your GP or Mental Health professional. Once referred onto our programme you will receive discounted access to all Edinburgh Leisure gyms, swimming pools, fitness classes and golf for 6 months. Our friendly instructors will support and motivate you, helping you to set goals and realise your full potential.

# NEECS Welcomes a New Manager and Chairperson

**North East Edinburgh Counselling Service offers counselling sessions to those in the north east of the City who experience disadvantage and exclusion due to issues affecting mental wellbeing.**

The services are free to access; we ask clients to give a donation towards the cost if they are in a position to do so.

We are a small team who are very proud of the high quality counselling we provide to our community. We offer three types of support; our *Short Term Service* offers six sessions of counselling, our *Core Service* lasts up to 3 blocks of 12 weeks, and finally our *Young Persons Service* for 16-25 year olds.

2018 was a challenging year for us, as it was for many other voluntary organisations in the City, but positively, 2018 brought with it a new Manager and Chairperson.

**Stewart Wilson joined us in July coming from his role as Chief Executive of Cruse Bereavement Care Scotland.**

*"I was delighted to be offered the post of Manager for this amazing service which is a truly community based organisation. We live in a time where poor mental health sometime seems to be reaching almost epidemic proportions - affecting so many people, impacting on their relationships, their work, their leisure time and other important aspects of their lives. Working here, even for a short time, I have learnt very quickly why NEECS has established such a strong reputation for the quality of the support offered by our trained and very experienced counsellors!"*

**Georgia Dennison became Chairperson in November.**

*"I was a service user of NEECS in 2017, I am incredibly grateful for the counselling I received then. Becoming a trustee was a way of me giving back to the organisation I hold such high regard for, I am thrilled to have become Chairperson, and I am optimistic and excited about the future of NEECS."*

We are always pleased to hear from potential volunteers, we are currently looking for volunteer receptionists and trustees, if you think you might be interested in joining our team please do drop us a line.

**For more information please contact [neecscounselling@btconnect.com](mailto:neecscounselling@btconnect.com) Tel. 0131 557 4478**

**31 Haddington Place,  
Leith Walk,  
Edinburgh EH7 4AG**

**Young People with Disabilities**

How can we better support young people with disabilities at school, at home, and in their daily life? How can we make sure they reach their fullest potential?

**What Kind of Edinburgh?**

We want to promote the rights of young people in the daily life of this city. We're asking the question, 'What Kind of Edinburgh' do you want to see?

**Care Experienced Young People**

What needs to change to better support young people in care? How can we ensure the best of care, the best of education and jobs, and their fullest potential in life? What more can we do to prevent them going into care in the first place?

**Email US**

Ian.Perry@edinburgh.gov.uk  
Alison.Dickie@edinburgh.gov.uk

**Child Poverty**

What do we need to do to help young people experiencing poverty? How can we support them better in school, at home, and in daily life, so they can reach their fullest potential in life?

**Bullying or Hate Crime**

What are your top tips to prevent any bullying in our schools? What more can we do to stop hate crime, and to help young people better understand and celebrate each other's backgrounds and cultures?

**What will #Make a Difference?**

What other issues matter to young people, and what else do we need to do to help make a difference to lives? Fill in the boxes on the blank sheet.

**Mental Health Support in Schools**

How can we make sure that young people can talk about their mental health in school when they need to do so? How can young people work together with their own school to shape a self-referral system that is just right for them? See your inboxes for details on this one.

**Inclusive Schools**

How do we help ALL young people to feel included at school and in this city? What spaces, resources, education, training, understanding, culture and more are required? What change needs to happen to support young people from all different backgrounds and with different needs?



# #MakeADifference

by Ian Perry and Alison Dickie

## As the Year of Young People comes to an end...

We would say every year should be about involving young people in decisions that impact on their lives.

Though we need to get better at empowering our young people, to use their voice to make a difference.

So this is one small way... the first of our **#MakeADifference** notes to kickstart an organic conversation with young people and those working with them (we need their voice too).

Above are some of the issues on the agenda of the *Education, Children and Families Committee*. We'd love you to get involved in any decisions through your normal learning activities and to email us with your thoughts.

This could be a simple email, or a video, a poster, a song, a play... whatever fits with your learning.

## To inform the March reports, we'd need your views by the February break.

There's lots of exciting work taking place at the moment, from building new schools and roiling out early years, to some of the issues you can see above.

## So get involved and help us make a difference!

**Ian.Perry@edinburgh.gov.uk**  
**Alison.Dickie@edinburgh.gov.uk**

Cllr Perry, Convener  
Cllr Dickie, Vice Convener



# Dates for your diary...

## The Wellbeing Space

Every Thursday  
2pm - 3.30pm

Do you want to talk about mental health? Come along to our peer support group. A safe space to share, listen and receive support. Just come along!

For more information, contact Jenny at *Health in Mind*  
Tel. 0131 225 8508

Broomhouse  
Change Kitchen  
St. David's Church  
Broomhouse

## Bird Walk (Free)

Thursday 24th January  
10.30am - 12pm

Meet beside the public  
toilets by Cramond  
Causeway

Please dress for the  
weather! Under 16's  
must bring an adult.

For more information  
contact Esperanza:  
[esperanza@elgt.org.uk](mailto:esperanza@elgt.org.uk)  
Tel. 0131 445 4025



**The Wellbeing Space.**

DO YOU WANT TO TALK ABOUT MENTAL HEALTH?  
Come along to our peer support group. A safe space to share, listen and receive support.

JUST COME ALONG! OR CONTACT JENNY AT HEALTH IN MIND FOR MORE INFO ON 0131 225 8508.

**EVERY THURSDAY  
2PM - 3.30PM**

**BROOMHOUSE  
CHANGE KITCHEN,  
ST. DAVID'S  
CHURCH,  
BROOMHOUSE.**

Health in Mind is a company limited by guarantee, registered in Scotland, SC001165, with registered office at 10 Princes Street, Edinburgh EH2 1YT. Broomhouse Centre & Enterprises is a charity registered in Scotland, SC003706, and a company limited by guarantee, registered in Scotland SC00277.



JOIN US FOR A  
**BIRD WALK**

THURSDAY 24TH  
JANUARY 2019

10.30AM - 12.00PM

MEET BESIDE THE PUBLIC  
TOILETS BY CRAMOND  
ISLAND CAUSEWAY

Free

Please dress for the weather!  
Under 16s must bring an adult

For more info contact Esperanza  
[esperanza@elgt.org.uk](mailto:esperanza@elgt.org.uk) 0131 445 4025

Edinburgh & Lothians Greenspace Trust, a registered Scottish charity no. SC038396, Ltd company number no. 332 480

## We welcome your contribution

### Edition 5:

**March 2019.**

Submission by 15 February.

### Edition 6:

**April 2019.**

Submission by 15 March.

### Edition 7:

**May 2019.**

Submission by 15 April.

## 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!**