

IMPROVING THE
MENTAL HEALTH
& WELLBEING
OF ALL CITIZENS
IN EDINBURGH

ISSUE 9
SEPTEMBER
2019

thrive

EDINBURGH



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Prep Table is here

by Fiona Donaldson,
Chief Executive, Prep Table

On the 9th of August, we finally opened our café to supporters, partners, funders and friends who have been integral to the success of Prep Table. Identifying the ways in which together, we will change the hours, days and lives of people throughout Edinburgh.

Up until we opened to customers on the 5th of August, we have been focused on collaborating with local charities, to provide good food for those who they support, alongside those who they support. Improving relationships, environments and opportunities for many, gaining respite from chaotic situations.

Welcome to edition #9

by Linda Irvine Fitzpartick

Welcome to this edition. Last month, alongside colleagues from New York Thrive, Finland and the World Health Organisation, I had the privilege to present on Thrive Edinburgh. I was able to share some of the incredible work that is happening across the city and consolidate and build new partnerships with amazing people doing amazing things to improve mental health and well being on a global stage. Planning has now begun for the first Thrive Edinburgh conference, more on that in next month's edition.

As always, thank you for all the contributions. Keep connecting...

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Our aim is to open the café to our partners, friends and the local community to host events, training and groupwork after operational hours. To display evocative artwork that conveys the issues that the people of Edinburgh are facing.

Prep Table

Continued from page 1

Without a base, it's been difficult to utilise local and ethical produce and to offer regular and structured posts for anyone wishing to gain further experience. Now with our café within *NHS Lothian's Comely Bank Centre*, we can work towards a fully sustainable business model, providing further development and potential employment for the people we work with, both with **Prep Table** and the NHS. Along with regular business from serving snacks, lunches and hot drinks, the kitchen gives us further scope to gain regular income to support the work that we do, through additional avenues.

Funded by *Edinburgh Lothian Health Foundation, Thrive Edinburgh Programme for Mental Health and Wellbeing, First Port* and *Big Issue Invest*, the café also provides a space whereby NHS staff can buy healthy options, host casual meetings and have a vibrant workspace away from their desks.

Our aim is to open the café to our partners, friends and the local community to host events, training and groupwork after operational hours. To display evocative artwork that conveys the issues that the people of Edinburgh are facing. The **Prep Table** café acts as an advert, for the incredible work being done by the NHS, charities and social enterprises throughout Scotland, for a fair catering industry and how partnership and community is the most effective means of instigating the changes we need to resolve the challenges faced by people today.

Although at times it feels impossible, to make a dent on the suffering and injustices that occur all over the world. We hope that when you come to us for a coffee, you find comfort in experiencing the great work being done by so many, to better our little part of it.

Fiona Donaldson,
Chief Executive of Prep Table.

Transforming Psychological Trauma:

A National Trauma Training Framework

by Gillian, Radford, Suzie Black and Sharon Doherty

To improve understanding and responses to people affected by trauma in Scotland, the Scottish Government commissioned NHS Education for Scotland to develop a trauma knowledge and skills framework for the whole of the Scottish Workforce. *"Transforming Psychological Trauma"* was published in 2017 and sets out what all workers need to know and be able to do to make a positive difference to people affected by trauma.

The framework aims to support workers working with children and adults to understand the impact of trauma and to know how to adapt the way they work and respond in a way to make a positive difference to the lives of individuals affected by trauma.

What is Psychological Trauma?

The term 'trauma' represents the broad range of traumatic, abusive or neglectful experiences that people can experience during their lives. It is now a well-researched finding that survivors of trauma are at higher risk of a range of physical health, mental health and social difficulties.

Why is this framework important?

Given the impact of trauma on individuals, it has been argued that trauma and provision of trauma-informed and responsive care should be **'everyone's business'**. The framework aims to support workers working with children and adults to understand the impact of trauma and to know how to adapt the way they work and respond in a way to make a positive difference to the lives of individuals affected by trauma.

What does the framework look like?

The framework is divided into 4 practice levels. Different workers are expected to be trained at different practice levels based on the remit of their service and their role within the service.

- 1. Trauma Informed:**
All workers.
- 2. Trauma Skilled:**
Workers who are likely to be coming into contact with people affected by trauma whether or not this is known about.
- 3. Trauma Enhanced:**
Workers who have a remit to respond to people known to be affected by trauma.
- 4. Trauma Specialist:**
Workers who have a remit to respond to people with complex needs known to be affected by trauma.

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TRAUMA-INFORMED ORGANISATIONS

The national trauma training plan has recently been launched online. This provides practical guidance to organisations with regards to training a trauma-informed workforce.

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Implementation of the framework

NHS Scotland health boards have appointed *Transforming Psychological Trauma Implementation Co-ordinators (TPTIC)*. Their role is to support implementation of the Trauma Framework across the multi-agency workforce by providing information, guidance, resources and training. In Edinburgh and the Lothians, the TPTICs have developed their mandate by meeting with a range of groups across health, social care, education and third sector settings to assess training needs.

Some awareness-raising training has also been provided and a 'train the trauma trainers' event is planned for September 2019. An initial rollout of the 'Scottish Trauma Informed Leaders Training' (STILT) training for it is also planned for managers in November.

The national trauma training plan has recently been launched online. This provides practical guidance to organisations with regards to training a trauma-informed workforce. You can find more details about this and the framework online on the NES website or searching for 'NES trauma framework'.

Contacts

If you would like any more information or to enquire about training for your service, please get in touch with the Lothian Implementation Co-ordinators:

Gillian.Radford@nhslothian.scot.nhs.uk

Sharon.Doherty@nhslothian.scot.nhs.uk

Suzie.Black@nhslothian.scot.nhs.uk



A Sense of Belonging Arts Programme

Edinburgh and Lothian

...Exploring the relationship between creativity and the mind, promoting positive mental health and wellbeing with an overarching aim to build resilience in our communities.

SCOTTISH
MENTAL HEALTH
ARTS FESTIVAL

2019

Introduction & Background

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. This year's festival took place in venues across Scotland from 3rd to 26th May 2019.

A little about A Sense of Belonging Art Programme....

A Sense of Belonging Art Programme, hosted through *Edinburgh Health and Social Care Partnership* provides support to artists and organisations who wish to participate in arts activities and events for SMHAF and indeed across the calendar year.

By engaging with artists, connecting with communities, and encouraging collaborations we celebrate the artistic achievements of people with experience of mental health issues, exploring the relationship between creativity and the mind, promoting positive mental health and wellbeing with an overarching aim to build resilience in our communities. We endeavour to promote the use of new spaces year on year and encourage people to think about using their spaces differently.

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A big theme that emerged from this year's festival was around people feeling connected to nature and how they can use the space differently.

A Sense of Belonging Arts Programme

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Our rationale....

The rationale for our involvement is simple. We want to give people with lived experience the opportunity to explore, create, and find hope and recovery through the arts by:

- Empowering people with lived experience of mental health problems to create art and share their responses
- Use art as the medium to challenge stigma about mental health issues
- Create spaces for people to come and connect to their communities and share and open up conversations about mental health
- To promote recovery through the arts
- Reduce social isolation and act as an enabler to wellbeing in our community.

Partners

Through *A Sense of Belonging Arts Programme* we have built many new relationships with organisations and individuals across the city and in turn the have helped us plan and deliver SMHAF every year. Thank You! In 2018, we were really pleased to be able to support children and young people's arts activities in schools and the community.

This year, through the theme of connectedness, we have found new ventures in nature and forged a very exciting link with Edinburgh botanic gardens. Going forward we are also seeking to explore more opportunities in intergenerational arts and opportunities with established arts festivals and venues in Edinburgh.

Events and Performances 2019

From feedback to date the numbers who either visited or participated in events is tremendous with over 2100 from just half of the events. From the word cloud you can see what this year's festival meant to people.



A big theme that emerged from this year's festival was around people feeling connected to nature. The ***Nature Play Connection*** explored this through Play. Play is essential to healthy development from birth to adulthood, contributing to capacity for learning, resilience and the development of physical, cognitive, social and emotional skills. There is a natural simplicity to nature; it is far more tactile and tangible than the classroom and an ideal sensory environment for play for everyone young and older.

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Thank you again to everyone involved in SMHAF 2019. We hope you enjoyed. We will be in touch later on in the year regarding plans for 2020.

A Sense of Belonging Arts Programme

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Learning from the Events

Year on year it is important to us to learn from the events, both the good and the things we can learn from. So here goes:

- Some really positive feedback on outdoor events if you are willing to take the chance with the weather.
- Really good examples of connecting to existing groups, communities, or individuals creating networks of support in communities.
- Consider the space and the sound and what it is being used for example is a big echo space conducive to storytelling.
- Many older people and care homes have very limited funds to spend, but really value the opportunity to reminisce, have their experiences acknowledged and valued and participate in social conversation, it also gives carers an opportunity to be with people in a relaxed context.
- Think more about how to get local people from communities involved and also professionals.
- Are there opportunities for people who get involved to either stay involved or move onto something else.

- Flexibility in timing of events is there scope to have more evening workshops etc. Something to be explored. Linking with professionals within the creative arts industry to support and provide some leadership and experience in events.
- Promotion and publicity help – including targeting specific communities
- Reaching out to ‘marginalised’ communities and creating events and opportunities to engage and learn about new culture

A big miss this year was a launch event for the festival where we celebrate its success and host tasters of events that will be appearing. Due to time constraints this was not possible but we hope to reinstate this in 2020. So if you would be interested in taking part please let us know.

Next Steps

Thank you again to everyone involved in SMHAF 2019. We hope you enjoyed the festival.

We will be in touch later on in the year regarding plans for 2020 however in the mean time if there is anything you would like to get in touch with us about please do.



Year on year it is important to us to learn from the events, both the good and the things we can learn from.

Almost 400 artworks exploring mental health

by Pam van de Brug

Out of Sight Out of Mind is the biggest show of its kind in Scotland
Exhibition launches on *World Mental Health Day*, Thursday 10th
October 6.30-8.30pm.

Out of Sight Out of Mind, a diverse and ambitious multimedia exhibition created by hundreds of artists with experience of mental health issues, returns to Summerhall in Edinburgh in October.

Now in its seventh year, *Out of Sight Out of Mind* has quadrupled in size since its 2013 launch as part of the *Scottish Mental Health Arts Festival (SMHAF)*. A feast of film, sculpture, installation, photography, painting and drawing, it continues to be supported by *SMHAF* and the *Mental Health Foundation* as part of their year-round arts programme. This year the exhibition will consist of almost 400 artworks and will fill more than an entire floor of the extensive gallery spaces at Summerhall in Edinburgh.

A body of artworks is created that is 'amazing' in its diversity of voices and ability to communicate the many different experiences of living with mental health. *Out of Sight Out of Mind* has different meanings for people who exhibit in, organise and visit the exhibition. It is an opportunity for people to express themselves, to be heard, join a community, discuss issues related to mental health.

"I'm very excited about being part of the Out of Sight Out of Mind community this year. A more varied and vibrant collection of imagery is probably very rare. Art is humanity seeking understanding and order by manipulating imagery or performance, and mental health issues at the same time demand such analysis and defy it. Humanity and it's great questions distilled."

Exhibitor 2018

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Almost 400 artworks exploring mental health

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Out of Sight Out of Mind is hosted by *CAPS Independent Advocacy*; it is an inclusive and accessible platform for people who want to use the arts to have their often-unheard voices heard. It is organised by a group of artists and several participating organisations. It is supported through funding from NHS Lothian *Sense of Belonging Arts Programme* and *Edinburgh and Lothians Health Foundation*.

The motivations of individuals and groups involved are varied - personal expression; development of an artistic practice; experiencing the therapeutic benefits of making; formal art therapy; political activism; having a voice, and many others.

Out of Sight Out of Mind will be launched with an evening event on *World Mental Health Day*, Thursday 10 October 2019.

The exhibition runs from Friday 11 October until Sunday 3 November, open Wednesdays to Sundays, from 10am to 6pm. There will be a number of exhibition related events throughout October which will be announced nearer the time.

The exhibition and all events are free to attend, and everyone is welcome. Summerhall is wheelchair accessible and dog friendly.

A number of participating artists are available to talk about their work and the exhibition. To arrange interviews, request exhibition images or quotes from previous artists, please contact Pam Van de Brug on **07989 402634** or pam@capsadvocacy.org.

www.mhfestival.com
#OOSOOM2019

Further information:

Launch event:

Thursday 10 October 2019,
6.30 – 8.30 pm

Exhibition:

Friday 11 October until Sunday
3 November 2019, Wednesdays
to Sundays 10am to 6pm

Out of Sight Out of Mind is hosted by *CAPS Independent Advocacy*, a Scottish Charitable Incorporated Organisation. Scottish Charity Number: SC021772. It is supported through funding from NHS Lothian *Sense of Belonging Arts Programme* and *Edinburgh and Lothians Health Foundation*.

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Almost 400 artworks exploring mental health

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Further reading:

The National Scot:

<http://www.thenational.scot/news/16965935.pictures-of-health-new-exhibitionon-mental-health>

Design Week:

<https://www.designweek.co.uk/issues/8-14-october-2018/new-exhibition-aimsto-give-a-voice-to-people-with-lived-experience-of-mental-health-conditions>

Artist's Blog:

<https://denisemcnulty.co.uk/2018/10/09/lady-of-the-woods>

Summerhall TV:

<https://vimeo.com/294535152>

OOSOOM Facebook Page:

<https://www.facebook.com/outofsightoutofmindexhibition>

Supporting organisations:



Pictured right:
Seonaid Cooke and
Joshua Hepple,
Founders of TalkTime



TalkTime Scotland was set up in 2014 by Seonaid Cooke and her son Joshua Hepple, who has cerebral palsy, to celebrate Joshua's graduation in Law from Stirling University.

TalkTime Scotland

by Seonaid Cooke

TalkTime Scotland is a unique charity offering free professional counselling (either face-to-face from its base in Leith or over Skype) to any young person aged 12-25 living in Scotland who is physically disabled or has a long-term physical illness. It was set up in 2014 by Seonaid Cooke and her son Joshua Hepple, who has cerebral palsy, to celebrate Joshua's graduation in Law from Stirling University.

As a wheelchair user, Josh felt socially isolated when he was at secondary school. However, Joshua did well in his Highers and managed to get a place at Stirling University to study Law where he lived on campus in disabled student accommodation.

Once he arrived at Stirling, he was able to access the university counselling service which he used regularly throughout his studies. He learnt to understand his moods and work out strategies to deal with negative emotions. The counselling also helped to build up his confidence so that he felt able to engage in student social life in

a way that he had never done while at school, building relationships and getting involved in student politics.

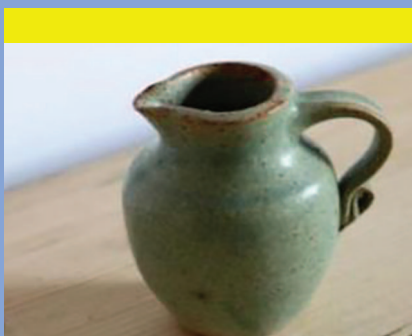
A few days after graduation Joshua and his mother sat down and talked about setting up some kind of charity that would help to make a difference to other young disabled people.

Joshua felt that if he had been able to speak to someone in confidence about how he was feeling as a vulnerable teenager, it would have been of immense help. As a result of this conversation, the idea for **TalkTime** came about. The charity has now helped dozens of young people with a wide range of conditions from cerebral palsy to muscular dystrophy, spina bifida and hidden disabilities such as diabetes, epilepsy and severe asthma.

In 2017 the work of the charity was commended in a motion in the Scottish Parliament signed by 33 MSPs.

**www.talktimescotland.co.uk
E: talktimescotland@gmail.com
Mobile: 07774 210104**

Dates for your diary...



Leith Community Pottery

A new Social Enterprise, Leith Community Pottery, which aims to offer free access to workshops and classes for those living with poor mental health.

For more information:

Andy Lang
T: 07505 113 836
E: potterofleith@yahoo.com

www.facebook.com/potterofleith

www.crowdfunder.co.uk/leith-community-pottery

FB, Instagram:

The Potter of Leith

Twitter:

@OfLeith



CAPS
independent
advocacy

'Seen but not heard' Eating Disorder Conference

The CAPS collective advocacy eating disorder project is hosting a conference about eating disorders from a lived experience perspective. Anyone interested in the topic is welcome to attend.

Members of the group will be joined by Linda Irvine-Fitzpatrick, Strategic Programme Manager Mental Health and Wellbeing, Julie Cameron, Head of Programmes Mental Health Foundation and guest speaker, Petya Eckler, Senior Lecturer Strathclyde University. Topics will include:

- The impact of social media
- Eating disorders and men
- Transitions between child and adult services
- Eating disorders and other mental health conditions

Date: Wednesday 18th September 2019.

Registration from 3.30pm. Start at 3.45pm – 7.30pm

Venue: Carrubbers Christian Centre, 65 High Street, Edinburgh EH1 1SR

Refreshments such as sandwiches, fruit, tea and coffee will be provided.

Booking is essential.

To book or for more information please email Niamh at niamh@capsadvocacy.org or phone **07910021539**

CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation. Scottish Charity number: SC021772. www.capsadvocacy.org. T. 0131 273 5116

We welcome your contribution

Edition 10:
October 2019.
Submission by 22 September

Edition 11:
November 2019.
Submission by 22 October.

Edition 12:
December 2019.
Submission by 30 November.

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