

IMPROVING THE
MENTAL HEALTH
& WELLBEING
OF ALL CITIZENS
IN EDINBURGH

ISSUE 12
DECEMBER
2019

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Thrive Edinburgh Conference #1

"I enjoyed that love was placed at the heart of the Thrive Conference. I've been sharing stories on the theme of water recently with a class of primary 4 children and had just started telling a Lithuanian water myth when one of the little boys rolled his eyes and said *"Not another story about love...!"*."

I was surprised, but there do seem to be a lot of water and love stories, it was important to acknowledge this and reflecting for a moment I replied *"it's true there are lots of stories about love, I believe that's because, like water, love is very important to us... Imagine how sad and lonely we'd feel if nobody loved us?"* I looked round the classroom at the silent, thoughtful faces, some of the children nodding to themselves, no one disagreed. Once we'd considered this, I promised the wee boy that next week I'd share some water stories that didn't mention love."

Jane Mather



Continued on page 2

Welcome to edition #12

by Linda Irvine Fitzpartick

Welcome to our last edition of 2019. Thank you to all our contributors for all 12 editions.

We were delighted that our first Thrive Edinburgh conference, chaired by the Lord Provost, was so well attended, generated lots of conversation and ideas for our first 100 Days of Action; more on that in the new year.

Kindness, love and respect are the core values of Thrive. During this festive season let's live these values and all play our part in making Edinburgh a kinder place this Christmas, carrying us into the new decade.

All good wishes for the festive season.



Catherine McKay, visual facilitator from Listen Think Draw captured all our presentations and discussion with amazing visuals.

Connecting and collaborating: Global Vision: Urban Action

Thrive Edinburgh Conference #1

Continued from page 1

On Friday 29 November we were delighted to welcome over 130 people who joined us for open and honest conversation about the future of citizens' mental health.

Inspired by similar initiatives across the globe and building on the early findings of the *Capital's 2050 City Vision*, **Thrive Edinburgh** (launched with a citywide conference) at the National Museum of Scotland.

We were delighted to welcome a wide range of people including speakers from **Thrive New York** and **Thrive London** to share new ideas and discuss mental health initiatives with an ambition of nurturing people's mental health and wellbeing over the next decade.

Spearheaded by the city's Lord Provost and the *Edinburgh Health and Social Care Partnership*, **Thrive Edinburgh** aims to draw on - and plug into - the ongoing work of the *City Vision*, *Edinburgh's Poverty Commission*, *Edinburgh's Community Plan* and *City Region Deal*. It will bring the City of Edinburgh Council, NHS, third sector and academia together to build upon lots of good work underway and create new alliances which maximize the assets of our city and citizens.

The Lord Provost Frank Ross who is the Chair of the new *Thrive Edinburgh Assembly* chaired the event. He spoke of how Edinburgh offers a fantastic place to live and work with a quality of life that is second to none.

Continued on page 3



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Continued on page 4



Delegates were asked invited to participate in identifying what they would like the Assembly to focus on for the first 100 days of Action. A full report from the conference is being written up and will be available shortly.

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Changing the conversation, changing the culture⁶

Mental health is everybody's business. It should be infused into a society's core functions including housing, education, culture, health and justice, and when people need help or support there should be recognition of the importance of relationships between people receiving health and social care services and the staff delivering them.

Anne O'Donnell and **Sam McIntyre** presented on "Our Mad History" which exemplified what we mean by changing the culture.

Using and creating evidence and data to drive change

This involves listening and working with all stakeholders in a society, including academic institutions, to identify and address gaps, improve programmes and create a truly equitable and responsive mental health system, by drawing on a wide range of evidence and creating an inquiring culture which builds evidence from practice.

Dr Patrica Graham focused on the how - how the *Prospect Model* has used evidence to challenge and transform to who, where and by whom we deliver psychological therapies.

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Partnering with communities

Listening and learning from each other, making the invisible visible, focusing on social networks, connectivity and relationships with kindness and respect through active co-production. **Bridie Ashrowan**, through an array of images, told the story of how *Broomhouse Hub and Space* are bringing people together through all sorts of activities and how working with partners has been key to this.

Acting early

Creating a city where every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community. Our ability to thrive as human beings and as a city is closely tied to our mental health.

Wendy Bates and **Michelle Mason** told of their "*Thrive Journey*".

Working as part of a Design Group supported by the *Innovation Lab*, new open access Thrive Welcome Teams and Collectives will be established across the city in 2020.

Delegates were invited to participate in identifying what they would like the *Thrive Assembly* to focus on for the first *100 days of Action*.

A full report from the conference is being written up and will be available shortly.

Thanks to all who presented, participated and shared their thoughts and ideas.

The Contribution of Volunteering to Scotland's Health and Wellbeing

by Marion Findlay, Volunteer Edinburgh

The evidence shows that volunteering has an important role to play in helping to make Scotland a healthier and more inclusive society.



'The Contribution of Volunteering to Scotland's Health and Wellbeing' is an in-depth study that looks as far ahead as 2040. It reveals how volunteering can help Scottish society face some of its biggest challenges: an ageing population, labour market skills shortages, mental and physical ill-health, social isolation and loneliness, and poor community engagement. Author of the report, **Matthew Linning of Volunteer Scotland** said:

"These are long-term problems with no quick fixes, but the evidence shows that volunteering has an important role to play in helping to make Scotland a healthier and more inclusive society. We know that volunteering is a powerful remedy with the potential to boost the health and wellbeing of volunteers."

Regular volunteering, more than once a month, is often just 'what the doctor ordered', making the volunteer and those they support feel better. However, to help address the complex social and economic trends facing Scotland over the next 20 years, we must challenge the status quo for volunteering and its contribution to society. Volunteering in 2040 will need to have a very different focus to 2020."

The scale and demographic structure of volunteering in Scotland is also predicted to undergo a radical transformation. According to the study the number of volunteers aged 65+ is projected to increase by 102,000 over the next 20 years, but the number aged 16 – 64 is projected to decline by 41,000.

Continued on page 6

Volunteers help to listen, inform, educate, manage and support the population on a wide range of health and wellbeing conditions.

Continued from page 5

The study recommends that volunteering policy makers and practitioners focus on four key areas over the next two decades:

The report emphasises the vital importance of volunteering to **Scotland's health and wellbeing** – a benefit that the researchers say we must capitalise on over the next 20 years.

Sport also has a major role to play in the future of Scottish volunteering. There are currently 280,000 volunteers across 13,000 clubs helping to improve the health and wellbeing of the 2.3 million adults involved in **sport and physical activity** in Scotland. Sport will be key to helping achieve the Scottish Government's National Outcome '*We are healthy and active*'.

NHS and health charities are also an important growth area for volunteering, with over 200,000 people currently volunteering in the **health and social care sector in Scotland**. Volunteers help to listen, inform, educate, manage and support the population on a wide range of health and wellbeing conditions.

How society fosters associational life, neighbourliness and stronger communities is also central to the future role of volunteering.

Research shows that **social connectedness through volunteering aids personal health and wellbeing, as well as community wellbeing**.

To share the main report's findings, *Volunteer Scotland* and the *Scottish Volunteering Forum* have created two supporting documents designed to guide volunteering policy and practice.

The first is targeted at policy makers and stakeholders, where the over-riding message is that volunteering needs to be integrated into a wide range of policy areas.

The second is focused on good practice, to help volunteer managers and other practitioners optimise the health and wellbeing benefits from volunteering and help achieve a more inclusive society.

Marion Findlay, Director of Services at Volunteer Edinburgh, said:

"We know that people who have the most to gain through volunteering, can be the most difficult to engage or the easiest to ignore. This guidance gives simple hints and tips on how to create, develop and sustain opportunities which will appeal to people who have never volunteered before or do not see themselves as volunteers."



The Get Togethers programme aims to help bring people of different ages together in their communities to grow, cook and share food.

LGBT Health and Wellbeing

by Rosie Tyler-Greig, LGBT Health and Wellbeing

LGBT Health and Wellbeing has been proud to provide direct services for LGBT people for over 16 years. The organisation recently published its 2018-19 annual report, which takes stock of its service expansion and its impact on the diverse lives of LGBT people and communities. Notably it has launched two new projects as part of its work with older LGBT people:

- Empowering the 65+ age group to identify and address community issues that are important to them
- Taking on new and ground-breaking work to increase understanding around the issues faced by LGBT people affected by dementia.

Another boon was the **LGBT Helpline** Scotland's launch of an online *LiveChat* service as well as becoming fully accessible to BSL users. And a new project challenging mental health stigma within and about the LGBT community got underway with the launch of **See Me Proud**.

There continues to be high levels of engagement with *LGBT Health and Wellbeing's* group activities and events as well as counselling and 1-to-1 support. It is worth noting that demand for trans-specific services is higher than ever. One community member says of the organisation,

"[it] has enabled me to be myself as a trans woman... If I carried on down the old road, that would have led to suicide because I wasn't coping. It's made me stronger, it's made me proud."

The organisation continues to run regular trans support groups and has expanded its service offer in Edinburgh while continuing to co-deliver a series of Trans Awareness sessions to managers and frontline NHS Lothian staff. It also fed into the government's consultation on the reform of the *Gender Recognition Act*.

And with new funding for policy work now secured, the organisation's ability to contribute to national policy development, firmly steered by the views and experiences of LGBT people accessing it's services, is also on the up.

The Centre has been proud to provide direct services for LGBT people for over 16 years.

Outlook Guidance Points

by Fiona Dowie, City of Edinburgh Council's Adult Learning Service

We offer a one to one guidance session to all new students to discuss areas of interest and any barriers to learning. We can provide information on a range of learning opportunities throughout the City as well as Outlook courses.



Outlook offers individual guidance, information and educational support to people who use mental health services and live in Edinburgh. Anyone interested in Outlook services can self-refer or have someone call on their behalf and support them to meet with us. Outlook is part of the City of Edinburgh Council's Adult Learning Service.

Guidance

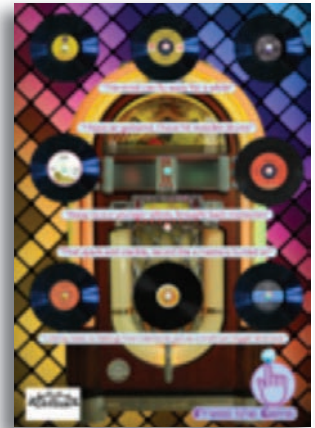
We offer a one to one guidance session to all new students to discuss areas of interest and any barriers to learning. We can provide information on a range of learning opportunities throughout the City as well as Outlook courses. Our guidance service supports students throughout their time with **Outlook**.

Courses

Outlook provides short, free, adult education courses in a range of subjects at beginners' level. We run three terms per year and students can access up to three courses in each term. Each course is run by an experienced adult education tutor who will support the group to build skills, knowledge and confidence in the subject. Students can bring a support worker with them if required.

Courses take place in a variety of venues around central Edinburgh which are open to students from across the City. Subjects include arts and crafts, history, gentle exercise and creative writing amongst others.

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We hold regular open information events and student consultations which help develop new courses and shape Outlook provision.

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Student Achievements

Outlook has a long history of promoting student achievements and recently held an interactive music workshop in the *Royal Museum of Scotland* and exhibited artwork in *Bridgend Farmhouse* as part of the *Scottish Mental Health Arts Festival 2019*.

Information and Consultation

We hold regular open information events and student consultations which help develop new courses and shape **Outlook** provision. We are also involved in running the adult and lifelong learning table at the *Information Station* weekly drop in at the Walpole Hall.

For more information please find us at:

South Bridge Resource Centre
Infirmary Street
Edinburgh

Or contact us on:

Tel: 0131 652 3715

Email:

Fiona.Dowie@edinburgh.gov.uk

Alexander.Callaghan@edinburgh.gov.uk

CLD.OP@edinburgh.gov.uk



iThrive Edinburgh

by Julie Huggan, Health In Mind

iThrive Edinburgh
- an up-to-date,
user-friendly, single
point of access self-
management and
wellbeing website.

Health in Mind has been funded by the *Health and Social Care Alliance Scotland* to create *iThrive Edinburgh* - an up-to-date, user-friendly, single point of access self-management and wellbeing website.

It will directly support the new *Edinburgh Thrive Welcome Teams Collectives and Network* and the delivery of *Thrive Edinburgh*.

The *iThrive Edinburgh* website will provide information about local mental health and wellbeing services, Thrive information and self-help materials.

Julie Huggan, *Health in Mind's* Online Information Development Worker, will be setting up a co-production working group to ensure that community members and experts by experience will have a lead role in shaping all aspects of *iThrive Edinburgh* design and content.

To learn more, please get in touch by emailing Julie:

julie.huggan@health-in-mind.org.uk

As part of the *iThrive Edinburgh's* development, we would love to hear your ideas and suggestions. Please fill out our online survey by clicking the link below.

<https://www.surveymonkey.co.uk/r/ithrive-edinburgh>



Generations Working Together, the intergenerational charity is looking for people to get involved in their Christmas initiative. It is free to get involved and the idea is to bring generations together through a song.

Sing a Song for Santa Intergenerational Christmas Campaign

by Kate Samuels, Generations Working Together

We all love a Christmas tune or two and we love to see intergenerational connections coming together, so let's celebrate the season together! What we are looking for is videos or photos of younger and older people singing Christmas songs together, be that traditional ones or modern ones and we will share them on our social media and website to make everyone's Christmas just a little bit brighter.

You can make a video yourself on your phone and share it with us through the hashtag **#songforsanta** on facebook **@GenerationsWorkingTogether**, on **twitter @generationsWT** or by responding sending it to the email below. It will only take a few minutes and you don't need to edit or be a good singer.

You may be a teacher, care home staff, housing officer, librarian or a community organiser who see these intergenerational connections happening in your community.

It would be great if you could ask for permission to film these so we can capture the magic between these connections and share them.

Sing a song for Santa was a campaign started by **Linking Generations Northern Ireland** to bring communities together during Christmas time. It celebrates the magic of intergenerational friendships and encourages others to look out for younger and older people during Christmas time, which can be one of the loneliest times of the year.

By showing generations together we are promoting intergenerational practice, encouraging people to fund and participate in similar projects and tackling ageism in the media. By taking part in the campaign you will be making a difference to the way older and younger people are seen and will make a difference to their lives through new intergenerational friendships. As this campaign is not a competition, please submit as many photos or videos as you would like.

Please send any submissions by Monday the 16th of December to:
Kate@generationsworkingtogether.org

Don't forget to 'Stop. Talk. Listen.' this Christmas

by Lauren Burr, Cyrenians



Cyrenians' Mediation and Support Services and Scottish Centre for Conflict Resolution (SCCR) work to help young people, parents and families better understand and resolve conflict.

Arguments, disagreement and family conflict don't go away at Christmas. In fact they can often be heightened, spiralling out of control and impacting on people's mental health and wellbeing.

Cyrenians' Mediation and Support Services and Scottish Centre for Conflict Resolution (SCCR) work to help young people, parents and families better understand and resolve conflict.

With that in mind, we've brought you our top tips to tackle family arguments this Christmas!

STOP

- **PAUSE. What's important to you AND your family?**
This will help with decisions about how to spend your time and avoid arguments over *The Queen's Speech* vs *The Doctor Who Christmas Special*.
- **REFLECT. Life isn't perfect, so why should Christmas be?**
Family life, whatever that means for you, goes on and you can only do your best. Appreciate the effort from each other.
- **Take a break!**
It's ok to feel overwhelmed, sad or even lonely. Give yourself space, go for a walk, get some fresh air, read a book, nap, or watch a movie.

TALK

- **Remember families change.**
New partners, children leave, parents re marry, there are new babies, and sometimes elders no longer with us. If family dynamics are an issue, talk to each other before you reach boiling point to stop things blowing up over Christmas dinner.
- **Laugh together.**
Humour can melt any frozen heart and a good old cracker joke is sometimes the answer. Seeing the funny side can sometimes help remind you the world keeps on turning.

LISTEN

- **Hear each other!**
Communication can get in a tangle. Taking time to actually listen and understand the other person's point of view will help. There's always time for a cup of tea and a chocolate biscuit to hear someone's worries.

It's a team effort to tackle Christmas! Merry Christmas from us all.

For more advice on tackling conflict, visit:

<https://scottishconflictresolution.org.uk>

To find out more about Cyrenians' free Mediation and Support service for young people and families visit:

<https://cyrenians.scot/family-people/conflict-resolution/mediation-and-support>
or call 0131 475 2045.

Maximise!

Family Support

You can also book an appointment with our Family Support Worker, available at a time to suit you to offer you a range of practical help, advice and guidance for the challenges of family life.

Employability

Interested in volunteering or training to update your skills? Perhaps you are looking to get back into work or considering new career options. We can offer flexible, tailored support to help you achieve your goal.



Working together for a caring, healthier, safer Edinburgh
NHS · EDINBURGH ·
 Lothian



JOINED UP FOR JOBS
 Edinburgh



Community Help & Advice Initiative

About CHAI:

Community Help & Advice Initiative is a charity specialising in advice, information and support.

Contact us:

CHAI, 5th Floor, Riverside House,
 502 Gorgie Road, Edinburgh EH11 3AF

Tel: 0131 442 2100

Email: chai@chaiedinburgh.org.uk
www.chaiedinburgh.org.uk

Registered in Scotland No. 179305
 Scottish Charity No. SC 027594



About Children 1st:

We help Scotland's families to put children first, with practical advice and support in difficult times.

Contact us:

Children 1st, B3 Whitehouse Loan
 Edinburgh EH9 1AT

Tel: 0131 446 2300

www.children1st.org.uk

Registered Scottish charity number: SC 016080

Maximise!

Income - Wellbeing - Attainment - Potential

We can help with:

Welfare rights
 Income maximisation
 Money advice
 Housing advice
 Family support
 Employability support

The Maximise Team can help YOU!



Working Together

Maximise is a partnership between CHAI, Children 1st, the City of Edinburgh Council and NHS Lothian.

Our main objectives are:

Support families of school pupils
 Maximise educational attainment
 Ensure positive participation in school life

If you're worried about:



Your housing situation?



Money and finances?



Receiving the correct benefits?

We can help you!



Booking an Appointment

To access any of these services you can contact your child's school

or directly phone:

CHAI (0131 442 2100) or
Children 1st (0131 446 2300)



What to Bring With You

When you have your appointment with an adviser, please bring any documents or letters you have about:

Income details
 (benefit letters or wage slips)

Tenancy
 (lease/tenancy agreement)

Agency letters

Any bills

Don't worry if you don't have any of these, we can still help!



Dates for your diary...

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Winter Magic

**SATURDAY 7TH DECEMBER
12 - 3PM**

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

Disabled parking on site,
limited parking on Lanark Road

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

Holly Wreaths for Sale

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

www.samh.org.uk SAMH is the Scottish Association for Mental Health.
Scottish Charity No: SC-006697. Registered office: Brunswick House, 51 Wilson Street, Glasgow G1 1UZ.

Christmas Cheer

**Christmas Cheer at Easter Road Stadium!
25 December from 12 noon until 3.00 pm**

We are delighted that once again GameChanger is hosting a Christmas Day dinner at Hibernian Football Club's Easter Road Stadium. People of all ages are invited to join us for a lovely festive meal, good company and a visit from Santa!

If you would like to come please email gamechangerpsp@nhslothian.scot.nhs.uk or call Cat on 0131 529 3235 or Linda on 07561704365.

If you can let us know your name, a contact number or email address and if you are bringing children how old they are. We need to let the chefs know how many to cook for so if you can let us know by 18 December that would be just great.

The food will be provided by Tesco, cooked by the wonderful Hibs chef with soft drinks provided by Barrs and served by our wonderful GameChanger volunteers.

If you will have difficulty making your way to Easter Road Stadium then please let us know, we will do our best to help.

Please note no alcohol is allowed to be brought in and there will be no alcohol for sale.

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Dates for your diary...

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The life changing programme, Football Fans in Training returns for 2020 at Hibernian Community Foundation and runs for 13-weeks offering an alternative to normal "weight loss" programmes. Community Foundation staff will demonstrate ways to alter your lifestyle and diet with all sessions based at the home of Hibernian FC - Easter Road Stadium.

The main aims of the FFIT programme are to:

- Feel better about yourself
- Become more active & improve fitness levels
- Develop a healthier lifestyle & lose weight
- Meet like-minded people and become part of the HCF team.



Men's FFIT 2020

13 weeks (Monday evenings)
6pm - 7:30pm
Starting January 6th running through to
23rd March 2020 at Easter Road Stadium

Women's FFIT 2020

13 weeks (Thursday evenings)
6pm - 7:30pm
Starting January 9th running through to March
26th at Easter Road Stadium

Sign up via Hibernian Community Foundation
website under the events tab.

Follow us on twitter- @hibsincommunity



Hibernian
Community
Foundation

Adding some Cheer on winter solstice..

On

**Friday 20
December**

**From 12.00
noon to
2.00 pm**



With

**information
stalls
providing
advice and
support for
the festive
season**

**At Waverley Station, beside platform 2, join us for refreshments
and mince pies and Christmas treats
all welcome**

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Dates for your diary...

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The Wellbeing Space

Health
in Mind

In South Queensferry

Do you sometimes feel low or anxious or isolated?

Are you keen to learn wellbeing tools that can help?

Would you like to be supported by peers?

Where and when?

Every Thursday 12.30pm - 2.30pm
Starts 14th November 2019

No need to book in, just come along at 12.30pm

The Little Gem Cafe
School Lane
South Queensferry

Contact information
Health in Mind: 0131 225 8508 - ask for Zoë Reid
Email: zoe.reid@health-in-mind.org.uk
Website: www.health-in-mind.org.uk

Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.



REDHALL 2020
walled garden

SAMH
for Scotland's mental health



JANUARY

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OCTOBER

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DECEMBER

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Open Days Razzmatazz Open Day

97 Lanark Road, Edinburgh, EH14 2LZ

Tel: 0131 443 0946, Email: redhall@samh.org.uk

SAMH is the Scottish Association for Mental Health, Scottish Charity No: SC008897.

SAMH is Scotland's national mental health charity. We're here for anyone affected by mental health problems.

We welcome your contribution

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February 2020.

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April 2020.

Submission by 24 March.

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