

## IN THIS ISSUE

Thrive Welcome Teams and Collective Update	1
Prototyping 2020!	4
Brew Monday	5
Older LGBT People Health & Wellbeing	6
Funding for Food for Life Get Togethers	7
Edinburgh Mad Jam Open Mic	8
Carers' Theatre Club	9
Carer's Rights Event	10
Dates for Your Diary	11

## Update from Thrive Welcome Teams and Collective

Over the past year, with support from the Innovation Unit, the design team have been busy codesigning the Thrive Welcome Team and Collectives and we are delighted to be able to bring you the model which will be prototyped in 2020 in Edinburgh!

Thrive Welcome Teams will be the point of access for mental health support in each locality. The multi-disciplinary team and multi-agency team will work with individuals to find the right help when needed.

by Cat Young

## Welcome to edition #13

by Linda Irvine Fitzpartick

We are just into the second month of the new decade and there is a lot going on!

We are so grateful to the many people who contribute to our Thrive Newsletter. Looking forward to working and collaborating with you all in 2020.



Continued on page 2



The Welcome Team will work closely with the Collective ensure that people get the right support through facilitating access to a range of support.

# Update from Thrive Welcome Teams and Collective

Continued from page 1

**This will include social, therapeutic and medical help. They will:**

- Be the first point of contact for specialist mental health services (and be accessible quickly)
- Hold initial conversations with people
- Help people develop their own Thrive Plan
- Assess risk, and help people keep themselves and others safe
- Reconnect people to their support network in the community
- Connect people to positive activities and learning opportunities
- Ensure that the right people access targeted and specialist services without long waiting times

- Meet people in different community settings, rather than just clinical buildings, and ensure they build genuine relationships with people and truly understand their experiences and aspirations.

**The Thrive Collective** services and support will be directly commissioned through *Edinburgh Health and Social Care Partnership* and will include our statutory mental health services. There will be a range of services, programmes and activities which provide interconnected social, practical, emotional, medical and clinical support which people need to improve their lives. The **Welcome Team** will work closely with the **Collective** to ensure that people get the right support through facilitating access to a range of support.

Continued on page 3



Living  
Well<sup>UK</sup>

thrive

EDINBURGH

**The Welcome Team will work closely with the Collective to ensure that people get the right support through facilitating access to a range of support.**

**Continued from page 2**

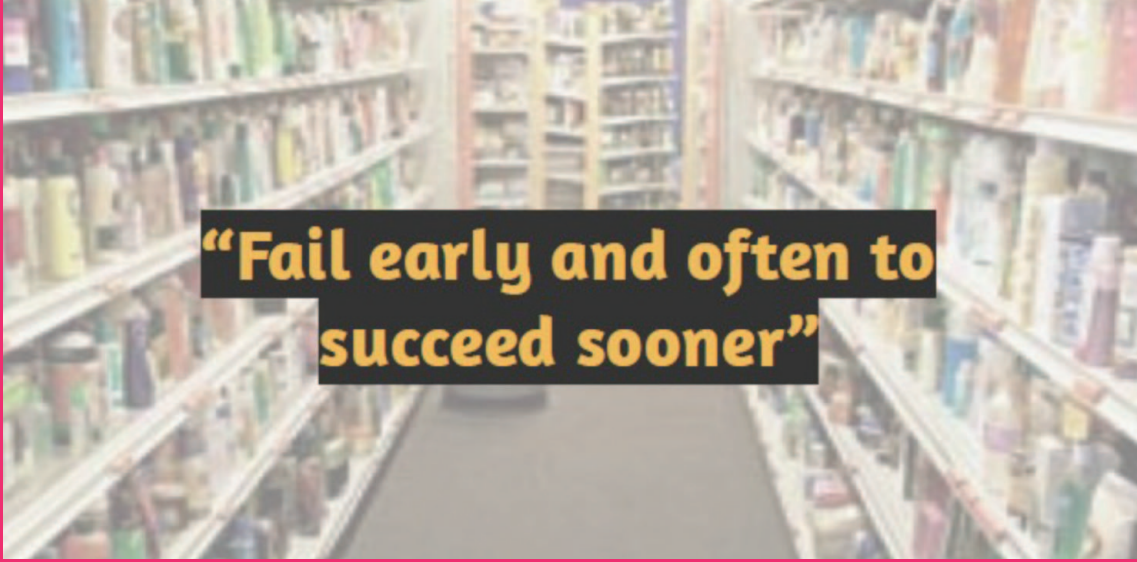
**Included in the *Thrive Collective* will be:**

- Emotional support
- Practical support
- Psychological interventions and therapies
- Meaningful activities
- Physical activity support and leisure
- Spaces and Places for people to connect
- Creativity and the Arts
- Service user led research
- Service user led support groups
- Peer community of practice
- Carers support and engagement

thrive

EDINBURGH





**“Fail early and often to  
succeed sooner”**

The teams will have up to five learning questions to focus on during this phase. These will be used by the team for reflective learning.

# Prototyping 2020!

by Cat Young

Prototyping is used across services and industry as a disciplined design approach to learning through doing. It uses continuous improvement cycle methodology through a process of reflective practice. Prototyping has four core principles:

- **Emergent:** At the beginning you don't know how it will end up
- **Iterative:** Planning, Doing and delivering, Collecting, Feedback, Reviewing, Reflecting, and Learning
- **Smart failure:** Test assumptions, hypotheses and hunches in a safe way to accelerate learning and allow that many of them will fail in one way or another
- **With people:** Gain real feedback by testing your prototypes with the people they are supposed to be for

North West locality began their prototyping at the end of January. It's started with start with a small number of people being invited to be seen by the *Thrive Welcome Team*. The *Welcome Team* will be using the Thrive plan and the Thrive conversation materials which were produced during the design phase.

The teams will have up to five learning questions to focus on during this phase. These will be used by the team for reflective learning. We will also be holding monthly learning labs with a wider audience to analyse the feedback, develop, and propose changes to the model.

We will keep you informed through *Thrive Newsletter* of what is happening with the prototyping and the learning we are getting.

**Want to know more or have a particular question email:**

Linda.IrvineFitzpatrick  
@nhslothian.scot.nhs.uk

Cat.young@nhslothian.scot.nhs.uk

Prototyping requires a different approach from piloting:

Prototyping vs. Piloting	
Stepped development	Start with final idea
Continue to co-design	Co-design stops
Agile & developmental	Fixed
Managed risks	De-risks
Enable innovation	Restrict innovation
Co-producers	Guinea pigs

# Brew Monday

by Emma Gall

Keep the conversation going, invite your friends round to the house or get the team together in work and pop the kettle on!



Once the festivities have worn off and normal routines resume, many view the third Monday in January as '*Blue Monday*', a day which the Samaritans rebranded as '*Brew Monday*' by getting people together to better our mental health.

The Thrive team didn't hesitate at the chance to start a conversation around mental health; handing out the 'Brew Monday' packs with teabags to those on the daily commute from Waverley Station.

The morning was spent promoting the benefits of reaching out to people that could be feeling alone or isolated, something which can have a big impact on their mental health. Just taking that time out to have a cup of tea and a chat can better someone's day.

So keep the conversation going, invite your friends round to the house or get the team together in work and pop the kettle on!

# Older LGBT People Health & Wellbeing



**Older LGBT people often have diminished support networks resulting in an increased sense of vulnerability and anxiety about ageing.**



**Older LGBT people have lived through much less tolerant times making their journey towards self-acceptance, a long and arduous one that impacted their confidence, self-esteem and wellbeing.**

LGBT Age works with lesbian, gay, bisexual and transgender (LGBT) people aged 50 and over in Greater Glasgow and the Lothians to shape support services and resources for older LGBT people including social events, community activism, resources and volunteering opportunities.

## **Contact us**

For individual support, social events and groups, contact Jean:

**[jean@lgbthealth.org.uk](mailto:jean@lgbthealth.org.uk)  
0141 271 2330**

For information and how to get involved with the Community Action Project, contact Lynda:

**[lynda@lgbthealth.org.uk](mailto:lynda@lgbthealth.org.uk)  
0141 271 2330**

# New Funding Available for Running a Food for Life Get Together

by Joe Hind, Food for Life Get Togethers



The Food for Life Get Togethers team in Scotland are offering up to £150 to help people get a "Get Together" off the ground in Edinburgh, Glasgow and Inverclyde.

A *Get Together* can be any activity, big or small, that brings people of different ages and backgrounds together around good food. It could involve growing, cooking, eating or even just talking about food!

Through this work, which is funded by the *National Lottery Community Fund*, we are aiming to:

1. Help build and strengthen communities and provide lasting positive memories for those involved.
2. Help people of different ages understand and experience good food so it can become available for everyone, no matter their background or income.

The funding is open for not-for-profit settings including, but not limited to; nurseries, schools, care homes, community health and social care settings, community groups, housing associations, charities and local groups.

**To find out more please visit this link, where you can also download the short application form:**

**<https://www.foodforlife.org.uk/get-togethers/get-involved/small-grants>**

You can apply at any time as the applications are welcomed on a rolling basis but there are key assessment dates across the year when funding is allocated.

**If you have questions, please contact:**

**Joe Hind**  
**Scotland Programme Manager**  
**Food for Life Get Togethers**  
**Soil Association Scotland**  
**M: 0773 987 0951**  
**Direct Dial: 0131 370 8155**



# Edinburgh Mad Jam Open Mic

by Julie Ross



Mad Jammers  
Open Mic  
Edinburgh



@MadJamEdinburgh

# MAD JAM



**Mad Jams have been happening in Edinburgh on a monthly basis since April 2016.** We're a user-led, community group who provide a friendly, inclusive, supportive and safe space where people can meet, watch a show or perform (mainly music but we've also had poetry, dance, comedy and spoken-word). We aim to combat stigma and loneliness associated with mental illness. It's also a great environment for volunteering.

**If you'd like to perform, it's best to guarantee a slot through Martin** on [mfmcc11266@gmail.com](mailto:mfmcc11266@gmail.com)  
Tel. 07484 198 833.

**We meet on the 2nd Saturday of each month (except August) at:**

Augustines Utd Church  
George IV Bridge  
Edinburgh EH1 1EL

7 - 10 pm  
(doors open 6.30 pm).

£2 suggested entry.

50p Raffle, Refreshments.  
BYOB (within reason),  
Accessible venue.

**Hope to see you soon.**  
**The Mad Jammers**



# Carers' Theatre Club

## Why?

**Our new Carers' Theatre Club is our way of thanking all the wonderful unpaid carers who engage with our dementia friendly programme and wider learning and participation work.**

We really value and appreciate everything you do to bring loved ones, family and friends along, creating opportunities to share joy in the moment and be part of a warm and creative community of support and friendship.

We understand that any time away from caring responsibility is precious and so important to our own health and wellbeing too. We are aware that when you come to watch a performance that this is often when you are also taking care of someone close to you, never really getting a break, and we would like to change that.

## What is it?

Each brochure there will be a selection of screenings and shows where we will offer a limited amount of **FREE TICKETS** which will be available to unpaid carers to enjoy some time to themselves or with our carers at Capital Theatres. **A FREE cup of tea/coffee** will also be available from our Festival Theatre Café with your ticket.

**Two tickets maximum are available on a first come, first served basis. Please call our box office on 0131 529 6000 quoting 'Carers' Theatre Club'.**

To be added to our *Carers' Theatre Club* mailing list please email: [dawn.irvine@capitaltheatre.com](mailto:dawn.irvine@capitaltheatre.com)

Very limited FREE Parking is available by calling our stage door on 0131 662 1112.

## Carers' Theatre Club Future Performances

**Cyrano De Bergerac screening,**  
Mon 9 March at 7pm,  
Festival Theatre



**We understand that any time away from caring responsibility is precious and so important to our own health and wellbeing too.**

# Edinburgh Carers Council Carers' Rights Event

★ Save the Date! ★

**Thursday 27th  
February 2020  
12 – 4 pm**

**Hanover  
Conference Centre,  
95 McDonald Road,  
Edinburgh EH7 4NS**

**Thursday 27th February 2020.  
12 – 4 pm**

**Venue:  
Hanover Conference Centre  
95 McDonald Road  
Edinburgh EH7 4NS**

This free event is open to all unpaid carers and our health, social work and third sector partners.

## **Keynote speaker:**

**Cathy Asante, Scottish Human Rights Commission**

*'Carers within a human rights framework'*

There will be three afternoon workshops based on the P.A.N.E.L. principles (Participation, Accountability, Non-Discrimination and Equality, Empowerment, and Legality)

### **1. Participation & Accountability –**

How far do services involve carers views and what redress can there be when things go wrong?

### **2. Non-discrimination & Equality –**

What legislation supports carers rights?

### **3. The Right to Family Life**

## **Workshop facilitators will include:**

- **Kathleen Taylor**  
(Engagement & Participation Officer (Carer), Mental Welfare Commission Scotland)
- **Karen Martin**  
(Mental Health Development Coordinator, Carers Trust Scotland)
- **Ruth Rooney**  
(Coordinator, Edinburgh Carers Council)

Buffet lunch will be provided.

## **To book a place, please email**

**Rachael Cramer:**  
[rachael@edinburghcarerscouncil.co.uk](mailto:rachael@edinburghcarerscouncil.co.uk) or telephone  
**0131 322 8480.**

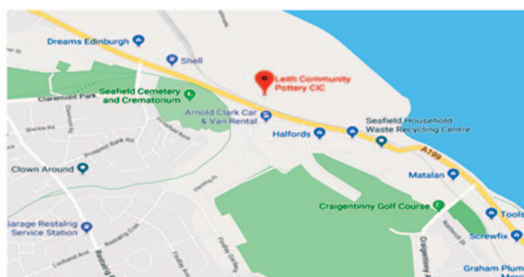
(Maximum 50 places)

# Dates for your diary...

# thrive

**Leith Community Pottery**  
Leith Business Centre,  
4a Marine Esplanade,  
Seafield, Edinburgh EH6 7LU

**A Social Enterprise**



*"Working with clay is therapeutic – it allows you to focus solely on the task in hand and so de-stress from other things.*

*Definitely a positive impact on mental well-being."*

*"There are a lot of benefits for positive mental health from pottery. It is very therapeutic to create something with your hands."*

[www.thepotterofleith.co.uk](http://www.thepotterofleith.co.uk)  
FB: @potterofleith Instagram: thepotterofleith

**Funded by City of Edinburgh Council**



**Leith Community Pottery**  
is offering free  
**Workshops on Sunday**  
afternoons each month  
between February and July  
2020

Workshops are particularly aimed at residents of the Duddingston and Craigmillar areas who are living with mental health conditions, dementia or social exclusion / isolation.

Qualifying postcodes: **EH6, EH7, EH8, EH15**

**Sundays 2–5pm**

**Feb 2nd**  
**March 8th**  
**April 5th**  
**May 3rd**  
**June 7th**  
**July 5th**

Each Workshop has 10 places and you will construct a clay vessel which will be fired and returned to you on the last Sunday of the month you attend.

You'll need to come back and collect it from the workshop.

Choose which month you'd like to take part and then contact:

Andy **07505 113 836**  
or email [potterofleith@yahoo.com](mailto:potterofleith@yahoo.com)

**Funded by City of Edinburgh Council**

# thrive

EDINBURGH

# Dates for your diary...

# thrive

## The Wellbeing Space

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

No need to book in, just come along

Open to anyone 18+

The Rosebery Hall  
17 West Terrace

### Contact information

Health in Mind: 0131 225 8508 - ask for Zoë Reid  
Email: [zoe.reid@health-in-mind.org.uk](mailto:zoe.reid@health-in-mind.org.uk)  
Website: [www.health-in-mind.org.uk](http://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.

Health  
in Mind



Health  
in Mind

## Volunteering Opportunities in South Queensferry

**Are you looking for a local volunteering role?**

**Do you enjoy working with people?**

- Use your life experience to support others
- Help run a weekly 2 hour peer support group
- Support your own wellbeing
- Develop new skills
- Receive on-going training and support from Health in Mind

### Contact information

Health in Mind: 0131 225 8508 - ask for Zoë Reid  
Email: [zoe.reid@health-in-mind.org.uk](mailto:zoe.reid@health-in-mind.org.uk)  
Website: [www.health-in-mind.org.uk](http://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.

# thrive

EDINBURGH



# Dates for your diary...



# thrive

## Depression & Anxiety Support Group

In Stockbridge



Do you experience depression, anxiety and/or low mood?

Would you like to connect with others in a similar situation?



If you are interested, feel free to drop in.

**When:** Alternate Mondays 5:30 pm - 7:30 pm  
2, 16, 30 March; 13, 27 April; 11, 25 May and more to follow

**Where:** The Stockbridge Library

### Contact details:

Health in Mind: 0131 225 8508 - ask for Anna Chmiel

Email: [anna.chmiel@health-in-mind.org.uk](mailto:anna.chmiel@health-in-mind.org.uk)

Website: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



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



## We welcome your contribution

### Edition 14:

**April 2020.**

Submission by 24 March.

### Edition 15:

**June 2020.**

Submission by 24 April.

### Edition 16:

**August 2020.**

Submission by 24 July.

## Editorial Group

### Linda Irvine Fitzpatrick

[Linda.IrvineFitzpatrick@nhslothian.scot.nhs.uk](mailto:Linda.IrvineFitzpatrick@nhslothian.scot.nhs.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)

### Emma Gall

[Emma.Gall@nhslothian.scot.nhs.uk](mailto:Emma.Gall@nhslothian.scot.nhs.uk)



# thrive

EDINBURGH