

Still here in a different way

Briefing #3: 28 April 2020

We will be providing weekly briefings on different subjects and themes during the C19 Crisis.

Welcome to our 3rd issue. This week we are focusing on some of the creative and amazing work organisations across Edinburgh are doing to continue to support and connect with people. There are some great examples of partnership working and imaginative approaches which hopefully people are connecting with. Many thanks to all of who have sent us links and ideas for sharing, these are very much appreciated.

Please continue to get in touch with your stories, materials and ideas – email linda.irvinefitzpatrick@nhslothian.scot.nhs.uk.

“It’s never the changes we want that change everything.” Junot Diaz

Bipolar Scotland

Bipolar Scotland are hosting socials including quiz nights and afternoon tea and chat as well as a monthly meeting on Zoom. These are open to everyone affected by bipolar including partners, family and friends.

You can find out more and contact Bipolar Scotland on:

Website: <https://lothianbipolargroup.org.uk/>

Facebook pages: [/Bipolar Edinburgh and Lothians](#) and [/18to30](#)

Call on: 0141-560-2050

Carers Council

Edinburgh Carers Council have set up an online peer support group for carers through Facebook. It's a private group to protect carers' confidentiality, but any unpaid carer of an adult with mental health difficulties, learning disability, dementia, autism or acquired brain injury can join. They just need to answer a couple of questions before being accepted. The group is called '**Edinburgh Carers Council: Carers Peer Support Group**' and can be found by entering in this name in the Facebook searchbox, or from the main ECC page, <https://www.facebook.com/edinburghcarerscouncil>

Carers United

A carer who would regularly attend the Edinburgh Carers Forum has recently written a piece for the website and newsletter, which reflects how the pandemic has affected her. It also includes some tips for carers on how to care for their own mental health. You can access on:

<https://edinburghcarerscouncil.co.uk/newsletter/carers-united-1st-edition-april-2020>

Dr Bell's – Healthier Future Families in Leith - Keeping Connected Programme

Dr Bell's **Keeping Connected** programme have been changing their programme to suit the needs of our families. If you are working with families in Leith please encourage them to get in touch. Contact details and programme are set out below for April and May. Groups delivered via Zoom have limited space so please call or email to book.

The programme is likely to change so please keep checking at:

Facebook [@drbellsfamily](#)

YouTube [Dr Bell's Family](#)

Telephone [0131 553 0100](#)

Twitter [@drbellsfamily](#)

Email administrator@dbfc.org.uk

Keeping Connected – April to May Programme

Mondays

10.30 am **Bookbug** with Sally via Facebook Live

1.00 pm - **@mums2mums** – conversation café via Zoom – call 0131 553 0100 to join

Afternoon Weaning Café – with Edinburgh Community Food for parents with babies aged 3- 8 months

<https://www.edinburghcommunityfood.org.uk/>

Tuesdays

10.30 am **Connect with Crèche** - for babies and kids who use the creche to interact together via Zoom

2.00 pm **Family Bingo** - Fun for the whole family via Facebook Live. Contact Dr Bell's for bingo cards

Wednesdays

10.30 am - **Bookbug** with Sally via Facebook Live

12.30 pm – **Virtual Community Lunch** – make your lunch at home, connect with us in our virtual café via Zoom

2.00 pm - **Dance Fitness** for the whole family via Facebook Live

Thursdays

2.00 pm – **Tara's Baby Massage** via Zoom

1,00 pm - **Fussy Eaters' Café** with Edinburgh Community Food for 1 -6 year olds via Zoom

Fridays

10.30 am – **Connect with Coffee** make a cup of coffee at home then connect with us via Zoom

10.30 am – **LLL Edinburgh** - Facebook – additional session at 8.00pm

2.30 pm – **Hatha Yoga** via Zoom

Naptime Natter – one to one wellness chats for our parents with a staff members (flexible times)

Edinburgh Lothian Greenspace Trust – Virtual Coffee Groups

Facebook: <https://en-gb.facebook.com/greenspacetrust>

The **virtual coffee meet ups** through Zoom have been really popular, with the people that we have been working with who are feeling much more comfortable and at ease on video, in their homes. Everyone is enjoy engaging through social media, people love the opportunity to be in touch with you, whatever the reason and wELGT have had good feedback too.

ELGT are also calling some people who can't be reached online who have enjoyed keeping in touch this way.

SEASONS and the Secret Garden

SEASONS sent a lovely card and letter to the people they support letting them know how their support would be changing during Covid 19. People really appreciated this very personal contact.

The Lochend community growing space (aka **The Secret Garden**) now has a booking system so individuals, families and community groups like SEASONS, who are members can have sole use of the space for an hour a week. One of SEASON's members who lives nearby has already tidied up the SEASONS group bed and will likely be planting a few vegetables, hopefully that all can enjoy eating later in the year.

Please go to <http://www.seasonsedinburgh.co.uk> or call **07831091412** to find out more.

Edinburgh Peer Collaborative - Physically Distanced Peer Space Updates

The groups detailed below are open to both current and new group members.

All of the groups below use the platform Zoom. If you are unable to make video calls it is possible to phone into Zoom groups. Please enquire about this with the individual group.

If you look after a peer space in Edinburgh and would like your group to be added below, please contact peer@health-in-mind.org.uk.

Please visit: <https://edspace.org.uk/peer-collaborative/> for further information

Anxiety and Depression Peer Support Group led by Health in Mind

A friendly peer led support group 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. (*The face to face versions of these groups are in the City Centre and Stockbridge*).

Every Monday

7 to 8 /8-9pm (City Centre groups) 4-5/5-6pm (Stockbridge group)

Alternate Tuesdays

7 to 8 pm and 8 to 9 for City Centre Groups and 4 to 5 pm and 5 to 6 pm for Stockbridge Groups

For more information email edinburghselfhelp@health-in-mind.org.uk before 3pm on the day you would like to attend. If you need to phone in to the group please call us on **0131 225 8508** and leave a message including your name and contact number please state that you would like to attend the Edinburgh Anxiety and Depression group.

Equal Access led by (Health in Mind)

Online support sessions for people from ethnic minority backgrounds who may face additional cultural and language barriers to accessing mental health support. Focus is on stress management and coping skills. (*The Monday session usually takes place in Pilton*).

Every Monday from 12 to 1pm

Every Tuesday from 11 to 1pm

To register for the group sessions or for further information, please contact, Rahila Khalid on rahila.khalid@health-in-mind.org.uk or call **07730220109**.

People Know How and Venture Scotland – Technology for those who need it

People Know How are working online now and supporting vulnerable children and families offering telephone befriending and helping children with home schooling and activities. They are also refurbishing old computers and delivering them to homes without a computer. So far they refurbished 91 computers adding cameras and WiFi dongles.

If you have any old IT equipment including computers, keyboards, mice, then they would love to have them. They can remove / destroy hard drives as new solid state memory is installed to all devices and all devices are PAT tested.

Venture Scotland are all the transport for the project and they can collect the items from you.

You can find out more at : <https://peopleknowhow.org/staying-connected-coronavirus/>

My Experience of Isolation: A SMHAF Commission

What does isolation mean to you, what impact does it have on your mental health, and how do you cope with it?

Many people were already experiencing isolation for reasons unconnected to coronavirus (COVID-19) – long-term health problems, disabilities, family breakdown, poverty etc – all of which can affect mental health. Many of these problems will have been exacerbated by the current crisis.

The Scottish Mental Health Arts Festival wishes to commission **five artistic responses to the theme ‘my experience of isolation’** that can be showcased via SMHAF’s website. In the midst of the coronavirus crisis, we want to amplify the creative voices of people who already understand isolation, in the interests of solidarity, empathy and the sharing of wisdom and experience.

We are happy to hear proposals spanning all art-forms – music, film, animation, writing, visual art etc - as long as the work can be created in isolation and shared online through SMHAF’s website. The successful proposals will be compellingly presented and have something insightful to say about the causes and effects of isolation and mental health.

Each selected artist will receive a fee of £500 inclusive of all costs and materials.

To enter, please send a short proposal – one paragraph maximum if in writing; we can also accept proposals by audio or video – plus examples of previous work and an estimate of how long it would take you to make and submit your piece. We will not prioritise applicants who are able to make work more quickly. We can also be flexible around access needs.

Please send proposals and any questions to Gail Aldam at galdam@mentalhealth.org.uk .

The deadline for submissions is **Friday 1 May at 5pm**. However it may be possible to extend this if there are reasons why you need extra time.