

Reaching Out

We will be providing weekly briefings on different subjects and themes during the C19 Crisis. Welcome to our 10th issue.

Thrive Edinburgh has zero tolerance for racism and does not tolerate racism of any kind. We're committed to creating a city where all people feel valued, included and able to be, We recognise and value the benefits that a diverse population with different values, beliefs and backgrounds have for our city.

Stay safe and connected and do keep sending us your materials and ideas – email: linda.irvinefitzpatrick@nhslothian.scot.nhs.uk

“If you believe in a cause be willing, be willing to stand up for that cause with a million people or by yourself.”

Otis S. Johnson, From "N Word" to Mr. Mayor: Experiencing the American Dream

Making Carers Visible

This year's theme is “**Making Caring Visible**” and across Edinburgh carers groups have been raising awareness and celebrating the enormous contribution of carers. Scottish fiddle player, singer and composer **Isla Ratcliff** has produced this special celebratory video for us, thanking carers and all those who support them as equal partners in care: <https://www.vocal.org.uk/news/carers-week-2020/>

Edinburgh Carers Council asked carers to look back to a time when they went on a holiday, trip or attended an event that they really enjoyed and to share with us a photograph or a short written story about it. Janet shared her special memory:

“We went to Linlithgow to see the palace and discovered a fascinating place. The palace, being in the village and only a short walk from the railway station, allowed us to walk everywhere we needed to go. We visited quaint little curiosity shops on the Main Street. The café (converted from the old fire station) had been there for years. In fact, you can find a photo of a famous visitor from the '70s - Billy Connolly - and the food was good too! The palace itself is a magnificently preserved piece of history where the legendary queen of Scots was born. I was intrigued by the fountain in the central courtyard which depicts medieval characters from all walks of life: millers, ploughmen, milkmaids, (ever seen Shrek?) as well as mermaids for good measure. The palace looks out on a tree lined lake and having heroically climbed to the turrets we could see for miles over the rolling countryside. The weather was perfect for an autumn day and for weeks afterwards I entertained visions of life as lived in a palace in the 16th century and how well it would suit me. A truly memorable day.”

You can read more memories at <https://edinburghcarerscouncil.co.uk/>

The Festival that just keeps giving...week 6

The Scottish Mental health Arts Festival is now in its 6th week – still time to enjoy and be inspired! Highlights this week include:

World premiere of **Living With The Lights On – the film**, adapted from Mark Lockyer's highly acclaimed solo theatre show about his experiences of mental illness. Directed by Geraldine Williams and performed by Lockyer, the film has been assembled from iPhone footage shot during the lockdown. **Watch the film now** exclusively on SMHAF website, available until Monday 15 June. Mark Lockyer will also be joining us for a Zoom Q&A at 8.30pm on Monday 15 June. Register for tickets **here**.

We are also proud to feature an extract of **TRACE by Abi Pirani**, which uses puppetry, poetry and music to explore Pirani's story of Adverse Childhood Experiences (ACEs). Her living room with a specially recorded soundtrack.

There is also plenty of opportunity to catch up on events you might have missed from recent weeks. The **International Film Awards** and **Writing Awards** are available to engage with online, with clips, readings, messages and more. You can also read all the winning entries from the Writing Competition, which have been collected in our **Perspectives ebook**, illustrated by Josie Vallely, and more **award-winning films** will be shared online in the coming weeks.

Family Shorts programme from 2019 also remains available to view online, with charming animations, quirky tales and a short film developed especially for SMHAF by children from Glengowan Primary School and BBC Scotland's LAB. Also aimed at children, instructions to take part in GoMA's mental health themed **Saturday Art Club** activities are also still online.

You can also get involved with **Well Happy Words**, a project brought to you by Renfrewshire-based organisation Well Happy, which provide inclusive classes and workshops to promote resilient health and wellbeing. CAPS Advocacy also continue to present new work in their **Unlocked Art Gallery** and you can also check out our **SMHAF At Home** gallery .

<http://www.mhfestival.com/news/637-smhaf-2020-week-six>.

The Book Festival is happening!

Edinburgh's 2020 Book Festival will be presented online from Saturday 15 to Monday 31 August. The programme, made up of over 100 events for adults, families and children, will offer both live and pre-recorded conversations featuring leading writers, poets and participants from around the world. Events will be free to view, and available through the Book Festival's own website.

Full details of the programme and participating authors for the 2020 Edinburgh International Book Festival online, and information on how audiences can access the free events, will be announced at the end of July.

<https://www.edbookfest.co.uk/>

Aditi means secure, limitless and whole.



Aditi is dedicated to the safety and wellbeing of Black, Asian and Minority Ethnic (BAME) women, inclusive of trans women and non-binary people. The service is free and confidential and aims to provide support to women and enable positive changes in their lives. The women-only team is from a variety of cultural and ethnic backgrounds, with extensive experience in providing support and well-being services.

Aditi is a trauma-informed service run by **Sacro in Edinburgh**. They offer a safe space for women to access support, advice and a range of services.

The service is for you if:

You are a women living in Edinburgh from a Black, Asian and Minority Ethnic background, over the age of 16 and...

- » You feel isolated
- » You feel controlled or coerced
- » You are or have been hurt physically by your husband, partner or family;
- » You are or have been emotionally abused by your husband, partner or family;
- » You are or have been in an abusive relationship
- You have been or are being forced to marry someone you don't want to marry;
- » You are accused of 'dishonouring' your family

How can Aditi help you?

Aditi can...

- » Provide counselling sessions—a safe space where you can talk with one of our counsellors who will listen and respect you without judging you or your situation;
- » Provide complementary therapies to support you and reduce stress.
- » Provide learning opportunities
- » Offer opportunities to join social groups and make friends with other women;
- » Give advice over the telephone or in person on issues including health, safety, housing and rights;
- » Offer a safe, confidential, non-judgemental, women-led space where you can talk about anything that is worrying you;
- » Help you to access additional support services

Aditi staff will respond to you with respect, in confidence and kindness in a safe space.

If you or someone you know would like more information on Aditi services or would like to speak to someone confidentially, you can contact Aditi on:

Telephone: **0131 603 4865**

Email: aditi@sacro.org.uk

Secure email:

aditi.service@sacroscotland.cjsm.net

[please note this email can only accept emails from another secure address]

Although the premises are currently unavailable, the team of counsellors, complementary therapists and support workers are prepared to receive referrals for women to provide support online and over the phone. address and questions you might have.

GYPSY ROMA TRAVELLER

HISTORY MONTH

GRTHM.SCOT

Gypsy, Roma, Traveller History Month recognises the history and celebrates the cultures, traditions and contributions of Gypsy, Roma and Traveller communities in Scotland and elsewhere in the UK. Rich in music, storytelling and crafts they have long been integral to both rural and urban economies and to cultural life.

Over the next four weeks there will be events, exhibitions, podcasts, films and much more all accessible at <https://grthm.scot/home/>

Here are some highlights of this week's programme

No Less A Traveller: My Gypsy/Traveller Identity with Lucinda and Samantha

No Less A Traveller is a series of podcasts in which people from the Gypsy/Traveller community in Scotland talk about their lives and experiences. In this episode Lucinda and Samantha discuss reclaiming their identity. <https://grthm.scot/my-gt-identity/>

Alec Williamson storyteller

The late Alec Williamson was one of the last of the old-style Highland Travellers, with a vast repertoire of stories, songs riddles, jokes and anecdotes. In 2009, during the *Year of Homecoming* celebrations, Alec took a road-trip from Strathpeffer to Ullapool, along part of the seasonal routes his family once travelled. Along the way he shared stories, songs, jokes and riddles with his travelling companions. The trip was

recorded by Bob Pegg, here are some extracts from the *Traveller's Tale* video he made and an introduction by Bob. <https://grthm.scot/alec-williamson/>

Wee Bessie

Join Wee Bessie Townsley on her travels as she lives her unconventional life with her family and faithful dog Ricky, while longing for the herald of spring. Wee Bessie is inspired by the childhood of Scottish Traveller Betsy Whyte, one of the travelling communities most celebrated storytellers, who recalled extraordinary real-life tales in her autobiography 'The Yellow on the Broom'. **Jess Smith, Author** says: "*It will be 100 years since Betsy Whyte (Wee Bessie) was born, what better way to celebrate our lovely Traveller historian than with a children's picture book. She opened doors into a very special place and invited the curious world to journey with her and see the beauty of the Scottish countryside despite the persecution. As Charles Dickens and his ilk are remembered for their books, this is how Betsy is remembered.*" <https://grthm.scot/wee-bessie/>

Get on the Thrive Line

The Edinburgh Thrive Line will connect places and spaces which can promote and improve mental health and wellbeing. We had invited participants at our *Thrive Conference* back in November 2019 to plot places and spaces on the Thrive Line which were important to their mental health and wellbeing. Participants plotted and nominated an eclectic mix of places which are detailed in our *Thrive Conference Report*. Our next intention was to provide one hour **Thriving Places and Spaces** training session to these places nominated to join to the Thrive Line.

Due to Covid 19 we have not been able to progress this, however during this time of social and physical distancing we are mindful that people may be discovering or rediscovering places and spaces which are important in terms of how they make you feel, how they connect or reconnect you to what is important to you.

We would love for you to share these places and spaces with us and we will add to Edinburgh Thrive Line.

We will then invite people that may work, volunteer or spend time in these places and spaces to a one hour **"Thriving Spaces and Places" Seminar** so that we can make sure that places and spaces on the Thrive Line are aware of how kindness, compassion and relationships are essential components of protecting and promoting our individual and city's mental health and wellbeing.

What you need to do:

Tell us where the place is and give us three words of how the place or space makes you feel. If you can or want to please send us a photo of the place or space. We will upload words and photos to our website.

Simply visit our [Thrive Line page](#) and fill in the form to upload the photo of your place or space.



thrive LINE

All Aboard

Navigating life together

Stories Along the Union Canal

[People Know How](#) and [Polwarth Parish Church](#) have been working together since the last year, bringing their project [All Aboard](#) to life. Together, the Scottish charity and parish church will run a boat from the Polwarth Pontoon aboard the Union Canal, promoting learning and positive engagement with the community within this unique environment.

After a successful pilot last summer, the project has been awarded various grants allowing the partner organisations to near their goal of purchasing their own canal boat. In planning the purchase, they have been engaging widely with the canal community to find the most suitable boat with which they can provide the best support.

Now in the midst of the coronavirus outbreak they are finding new ways to continue this community engagement through their *Stories Along the Union Canal* campaign. As they prepare to take this big step forward on the canal, they have been looking backwards, to the history and memories of this community. These stories and memories have been compiled into an interactive map on their website and People Know How will be sharing these stories regularly over the next month, starting Monday 8 June, with an open call for new entries.

Keep an eye out on People Know How's social media channels and get involved with the campaign!

[See the map and submit your memories](#)

Our social media channels:

Facebook: [@peopleknowhow](#)

Twitter: [@PKHinnovation](#)

Instagram: [@peopleknowhow](#)

LinkedIn: [/people-know-how](#)

 /peopleknowhow  @PKHinnovation  @peopleknowhow  /people-know-how

525 Ferry Road, Edinburgh EH5 2FF | www.peopleknowhow.org | 01315690525 | contactus@peopleknowhow.org

People Know How is a registered Scottish Charity Number SC043871

Covid-19 Contemporary Collecting

Everyday life in Edinburgh as we know it has changed. The Covid-19 pandemic is affecting all of us - how we live, work, rest and play. Museums & Galleries Edinburgh want to record this strange time in the city's history. We are looking to collect objects for our museum collections which represent experiences of people in Edinburgh during the pandemic and lockdown. This is where you come in: we want you to donate everyday objects that have helped you get through the pandemic.

What these objects might include

Perhaps you're using certain equipment to keep you safe, or have written schedules to help with home/work/school balance. Have you been wearing pyjamas all day when you can't leave the house? Maybe you've received a note from a neighbour looking to help you, or you've made a rainbow for your window. Are there certain objects in your home which have helped you cope through the uncertainty and stress of the time? These are just suggestions - tell us what objects have meant a lot to you, and represent your experience of the coronavirus.

Get in touch

Email us with information about your potential donation: anna.macquarrie@edinburgh.gov.uk. Tell us what it is, what it means to you, and include a photo if you can. Please note that we won't be able to physically collect any material until it is safe to do so and our venues reopen, so keep a hold of it just now and keep using it if you need to.

Further information

Other council departments are also collecting certain types of material, separate to the work of Museums & Galleries Edinburgh:

If you have photographs or images, **Edinburgh Libraries** invite you to contribute them to Edinburgh Collected (www.edinburghcollected.org), their online community archive. They will add submissions to the Edinburgh 2020 - coronavirus pandemic scrapbook. If you're not sure how to get started with Edinburgh Collected or need further information, please contact informationdigital@edinburgh.gov.uk

If you are keeping a diary or journal during this time, **Edinburgh City Archives** are collecting them. You can find more information here: www.edinburgh.gov.uk/archives/edinburgh-city-archives-1/2