

People Together

We will be providing weekly briefings on different subjects and themes during the C19 Crisis. Welcome to our 9th issue.

This week we are focusing on some new initiatives happening in Edinburgh to support people during this time. June is Gypsy Roma Traveller month and the website is packed with inspiring and creative features and resources. Look out for an invite next week to get on the "Thrive Line". Stay safe and connected and do keep sending us your materials and ideas – email: linda.irvinefitzpatrick@nhslothian.scot.nhs.uk

"Hard times arouse an instinctive desire for authenticity."

Coco Chanel



Street Fit Scotland

Health, fitness and wellbeing for socially disadvantaged groups

Join us on Zoom

Monday's @ 3pm – Stretch Class

Thursdays @ 3pm – Strength & Cardio

Fridays @ 6pm Yoga



Michelle Reilly writes:

The health and well-being sessions at Street Fit Scotland were adapted on week two of Covid19 lockdown. We provided participant with fire tablets so they would have digital access to our health and fitness . Our Whatts App group and Facebook page. arewell-used sources of social support and and community connection. We are delivering three health, fitness and well-being sessions a week, and all of our coaches/instructors qualified and are trauma trained/ trauma informed.

New one to one support at StreetFit

A new addition to our service **is access to 1 to 1 counselling telephone/zoom sessions** and emotional support calls 7 days a week whilst working with a variety of partners to ensure that the people who engage in our community have access to homecooked daily meals and any source of support they feel will help them throughout this time of isolation one of our main focuses at present is suicide prevention and reducing self-harming behaviours.

Our sessions are aimed at people who are affected by homelessness or who are in recovery from and re-settling into the community. If you would like to refer someone to our digital sessions please call or txt Street Fit Scotland on 0749 669 1911 or check out our send us a message our website. <https://www.streetfitscotland.org/>

Our logo means kindness and is the thread that holds us together -
Inspiring others to inspire each other

A new service for north west residents

Health in Mind are starting a new service for the North West Edinburgh - **Coping with the New Normal**. It is a series of 6 workshops run weekly on **Tuesdays at 1 - 2:30 pm on Zoom**. The workshops are drafted around skills and tools that might help people feel less stressed, anxious and overwhelmed by the current situation. It can be applicable as well to those who experience anxiety regardless of Covid-19.

Here are the dates along with topics:

16 June: Breathing
23 June: Self-care and Habits
30 June: Resilience
7 July: Control and Boundaries
14 July: Thinking styles
21 July Take notice

Participants can sign up for chosen sessions or the whole series.

In case you work with people who do not have Internet access, feel free to contact Anna and she can arrange for them to join by phoning in.

anna.chmiel@health-in-mind.org.uk

t: 0131 225 8508

w: [health-in-mind.org.uk](https://www.health-in-mind.org.uk)

Support for people experiencing distress

On 14 April 2020, the First Minister announced the expansion and development of the **Distress Brief Intervention** (DBI) programme into a nationwide response for people in distress during the COVID-19 pandemic period. This builds on the strong foundations created through the DBI programme over the last three years.

We are delighted that **from Monday 8 June** this service will be available for people living in Edinburgh via the **NHS 24 Hub**. The expansion offers NHS24 Mental Health Hub staff the additional DBI pathway to person centred support, for those who contact them in distress, and who don't require a clinical response.

Since inception the DBI programme has built the vision of connected compassionate support, through a large and far reaching national and regional distress collaboration between NHS24, health and social care, emergency services, and third sector, providing early intervention, and improving outcomes and experience for people experiencing distress and those providing support. The focus on compassion defined as "a sensitivity to distress together with the commitment, courage and wisdom to do something about it", underpins a shared commitment to collective action.

DBI has two levels:

- Level 1 is provided by colleagues working in the NHS24 Mental Health Hub, who will receive the DBI level 1 training, produced by University of Glasgow, and involves a compassionate response and offer of referral for DBI level 2, with confidence, clarity and guarantee of support within 24 hours.

- **Level 2** is provided by trained staff who contact the person **within 24 hours of referral** and provide compassionate, problem solving support, wellness and distress management planning, supported connections and signposting for a period of up to 14 days – reducing both immediate distress and empowering ability to manage future distress. The person's GP will be notified by NHS24 of the referral to DBI and notified of outcome of referral by the DBI service.

In Edinburgh level 2 will be provided by **Penumbra** which has recruited a team of people to deliver this. Since the Scottish Government announced the COVID-19 physical distancing measures, all DBI level 2 providers have established a very effective system of remote working and support provision via telephone and video, whilst continuing to deliver DBI in line with the specification. This will continue with DBI providing a gateway from NHS24 through DBI to the national and local supports, most appropriate to each individual.

The lead for Edinburgh is Nick Bell from Penumbra and Linda Irvine Fitzpatrick has been working closely with Penumbra to establish this welcome development.

If you would like any more information please contact Nick at

Nick.Bell@penumbra.org.uk or Linda at Linda.irvinefitzpatrick@nhslothian.scot.nhs.uk

To find out more about the national DBI programme please check out www.dbi.scot





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.

Started in the London Borough of Brent in June 2001, the concept was established in Scotland in 2016 via an awareness raising event in Aberdeen City. 2017 saw the concept grow to awareness raising and celebratory events in Aberdeen City and Aberdeenshire. **Gypsy, Roma, Traveller History Month** is now a national event and has endorsement from the **Scottish Government**

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

In Week 1 our colleagues at MECOPP have created some amazing work including the **Sharing Stories** project which collected stories and poems from the community of Gypsy/Traveller carers and their families that they engage with. The collection will be published later this year. You can view a preview at <https://grthm.scot/sharing-stories/>

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 from Argyll, Sandy talks about his early life, tinsmithing and basket making. <https://grthm.scot/traditional-crafts/>

The origins of the Scottish Gypsy/Traveller population remain disputed, but there is a degree of common opinion that suggests they have their roots in a Celtic – and possibly pre-Celtic – nomad population in Scotland. There has been, historically, some inter-marriage and social/trading networks with the Roma, a nomadic population that, it is argued, migrated from India, through Egypt and through Eastern Europe [hence ‘Gypsies’ & ‘Romanies’] to Western Europe [Whyte: 2001].

Written evidence of their presence in Britain can be dated as 1505 in Edinburgh and is taken from an account written up by the then Lord High Treasurer of Scotland [Fraser 1995:111-112]. [...]

Objectively, we can say that contemporary Scottish Gypsy/Travellers in Scotland are part of a nomadic community that has endured for centuries throughout the whole of Scotland (Clark, C. [2006:39-67] Scottish Affairs, No. 54, Winter).