

Keep on Keeping on

We will be providing weekly briefings on different subjects and themes during the C19 Crisis. Welcome to issue 11.

This week we are highlighting 5 ways to wellbeing - Connect; Be Active, Keep Learning, Give and Take Notice. If you would like any copies of our "5 Ways" Poster (on the back page) please let us know. We can also provide postcards too.

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

"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."

— Martin Luther

Prappy Campbell and Emma Gall from the Partnership's Mental Health and Wellbeing team were delighted to be delivering **"Bags of Thrive"** to individuals and families struggling during these difficult times. Through the great support of our **Network Rail** colleagues at Sighthill Delivery Unit, over 1,700 tote bags with activities, little treats for self-care and crafting materials were packed up along with our **"5 ways to supporting mental health and wellbeing"** postcard. More deliveries to follow next week!



This is going to be heavy: Prappy and Emma planning the uplift



Only another 1,500 to go: Our Network Rail colleagues are on it!

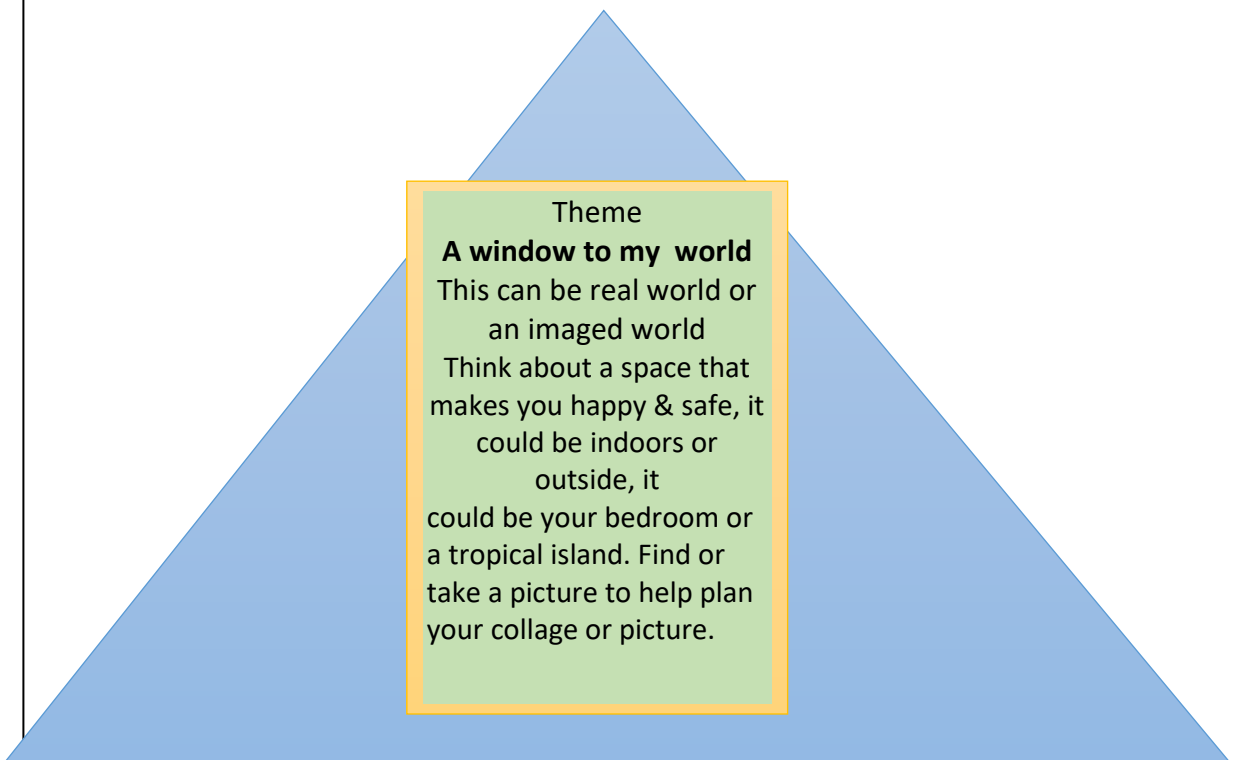
South West Edinburgh: Summer Art Club

What you need to join in...

- A camera or mobile phone which can take pictures
- Any materials you have like magazines, newspapers, scissors & glue, paint/ pencils etc
- Some free time and a little bit of inspiration

Everyone can make art. There is no right way or wrong way to do it. It is about taking time out and enjoying the freedom to express yourself. You are unique, one of a kind and your creative ideas are also unique. Have a look at this small demonstration on making a collage.

<https://vimeo.com/427795539>




The Summer Art club is a space for you to be creative and to have fun.

Think about the theme we have suggested and then create what that theme means for you. You can use photography, digital media, collaging, painting, drawing or words/poems.

What happens next...

if you have created a picture take a photo of it and send the photo to Margaret. If it's a photo, just send the one you like the best to Margaret.m.drysdale@outlook.com

We will then display your picture on the Summer Art Club Instagram page, . You can share the link with friends / family so that they can see what you have created, and you will be able to see the work created by the other participants.

<https://www.instagram.com/artspace55artclub/>



Good Things Foundation are a social change charity, helping people to improve their lives through digital. They tackle the most pressing social issues of our time, working with partners in thousands of communities across the UK and further afield. **Learn My Way** is a website of free online courses, built by Good Things Foundation to help people develop their digital skills.

[Visit Learn My Way](#)

The website contains over 30 free courses designed to help beginners get started with the online basics - using a mouse, keyboard, setting up email accounts and using internet search engines - while also offering plenty to help people develop their digital skills

Keep Moving

If you're working from home, you might find certain muscles and areas of your body getting tight. It's important to stay on top of these things and stretch off whenever possible. Check out

<https://www.edinburghleisure.co.uk/fitness-at-home>

Student Life

Check out this short film that the University of Edinburgh Residence Life team made with students students for kindness week

<https://www.facebook.com/100203004976745/posts/132385968425115/>

Creative Spaces Gallery

Margaret Drysdale of Outlook writes:

I am finally sending the link to the very new, very exciting Creative Spaces Gallery, which I finalised this morning by setting up a You Tube account.

<https://youtu.be/FmWJloGONek>

This amazing exhibition wouldn't exist without all of the amazing photographs and collages created by those taking part in the **Clickers' Club and the Art Zine Group**.

What I love about visiting galleries is the way they make you feel, you slow down and become immersed in the atmosphere. You reflect on the art as you wander round the gallery and sometimes you feel a connection to a particular image. In some way it expresses your own life and experiences but it does it in a new and exciting way. I think the **Creative Spaces Gallery** offers this unique experience, although through technology and a virtual world.

So, take a bit of time out and enjoy a wander through the **Creative Spaces Gallery**.

Let me know what you think and how you feel about the exhibition and your' gallery experience'.... and do **share with everyone you know**.

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 - Sustainable Living with John & Edith”

John and Edith look back to earlier times when they travelled the roads and lanes of Scotland. Finely tuned to their environment, they and their parents and grandparents, used the natural resources around them to make products to sell and made part of their living from recycling at a time before it became a political policy.

<https://grthm.scot/sustainable-living/>



Shamus McPhee, a Scottish Traveller, artist and activist from Pitlochry takes us on a virtual tour of Historic Gypsy/Traveller Sites in Highland Perthshire on behalf of the *Rajpot* Project. *Rajpot* is a Gypsy/Traveller-led intercultural peace centre which gives voice to seldom-heard cultural communities through multi-art formats, visual arts, craft-making and performance art. .

<https://grthm.scot/historic-gypsy-traveller-sites-of-highland-perthshire/>

5 ways to wellbeing whilst staying at home during the Coronavirus



1 Connect

It can be stressful being at home continuously, so keep your spirits high by reaching out to your connections; send a text or even video call.

<https://www.ionos.co.uk/digitalguide/online-marketing/social-media/skype-alternatives>

2 Be Active

Whether it's by stretching out or becoming your own personal trainer, staying active will keep your mind and body healthy.

<https://www.bbc.co.uk/news/av/uk-51959557/coronavirus-the-green-goddess-returns-with-self-isolation-fitness-tips>

3 Keep Learning

Our brains love to learn, so keep them engaged and challenge yourself to read a book, work on some puzzles or even try out a new recipe.

<https://www.classcentral.com/collection/ivy-league-moocs>

4 Give

Give some time to listen and help those around you, even the smallest act of kindness can improve your mental wellbeing.

<https://www.volunteeredinburgh.org.uk/volunteer/covid-19-faqs>

5 Take Notice

Take notice of your surroundings and practice some mindfulness, making sure that you keep a comfortable space to relax.

<https://www.headspace.com>

Many people could be feeling more isolated and lonely over the coming weeks, so if you are feeling distressed, in a state of despair, suicidal or need emotional support, the following organisations can offer support:

Breathing Space
0800 83 85 87
Mon-Fri (6pm-2am)
Sat-Sun (24 hrs)

Samaritans
116 123
Mon-Sun (24 hrs)

The Silver Line
0800 4 70 80 90
For over 55
Mon-Sun (24 hrs)

Edinburgh Health and
Social Care Partnership

