

## All Kinds of Everything

**We will be providing weekly briefings on different subjects and themes during the C19 Crisis. Welcome to issue 12.**

This week we are highlighting the great resources on nature that the Mental Health Foundation and WWF-UK have produced. We are also focusing on the Covid 19 Jobs website and the final week of Gypsy Roma Traveller History month. Stay safe and connected and do keep sending us your materials and ideas – email:

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**"I like it when a flower or a little tuft of grass grows through a crack in the concrete. It's so heroic." — George Carlin**

**Together we can strive for a world where everyone thrives in nature! Get involved on social media:**

**Use the hashtag #ThrivingWithNature  
Tag @MentalHealthFoundation and @WWF\_UK**



# Thriving with Nature

Our colleagues at the **Mental Health Foundation** have partnered with the Environmental organisation **WWF – UK** <https://www.wwf.org.uk/> to produce a free guidebook, **Thriving with Nature** <https://www.mentalhealth.org.uk/campaigns/thriving-with-nature/guide> which aims to raise awareness and open conversations about mental health issues, while recognising the increasingly important role that nature plays in supporting positive mental wellbeing.

The **guidebook** explores the relationship between nature, wellbeing and mental health. It features ways nature can help us, how we in turn can help nature, plus activities to maximise the benefits we get from the nature on our doorstep, such as stargazing and tips to grow your own food.

Multiple research studies have found a link between access to green space and a reduced risk of mental health problems, improved mood, and increased life satisfaction. Other benefits of nature include reduced stress, improved physical health, and increased social connections. **Book Festival to Present Online Festival in August 2020**  
health. Interactions with nature can start at home – from planting window boxes to introducing houseplants.

The coronavirus pandemic has changed the lives of people across the globe. Recent months have shown a growing appreciation for nature among the public, and it's now more important than ever for everyone to enjoy the remarkable mental health benefits of connecting with nature.

New research, commissioned by the Mental Health Foundation has found that six in ten UK adults (62 per cent) who had felt stress because of COVID-19 said going for a walk had helped them cope – making it the most popular activity of all those listed in the survey. Meanwhile, almost half of UK adults surveyed (47 per cent) who had felt stress because of COVID-19 said that being able to visit green spaces had helped them cope.

While the reasons spending time in nature is beneficial to us are still being understood, it is often related to how our senses connect us to the environment around us, from the shapes we see in nature to the scents that trees give off and the fact that nature can stimulate us, which helps our minds rest.

In the foreword, presenter **Julia Bradbury**, a long-time nature enthusiast, shares her own ways of balancing her mental health. “For those of you thinking ‘I don’t have time to get to the mountains or big rugged landscapes’, a stroll in a city park, by a canal or around your local woodland can be just as reviving. And if you work in a dense urban jungle it’s still worth while heading outside into the light; a single tree can inspire as much joy as a ‘**Big View**’. You can certainly use this guide to help you discover, season by season, what is happening outdoors.”

A limited number of print copies of the guide will be available later this summer. Those interested can register on the Mental Health Foundation website. Please check out <https://www.mentalhealth.org.uk/campaigns/thriving-with-nature> You can download the guide, read people's stories and blogs and access further resources.

And remember you can share the places and spaces that support your mental health and wellbeing with us on the **Edinburgh Thrive Line** - <https://www.edinburghthrive.com/what-we-do/thrive-line>

## Covid 19 Jobs and Support

supported by the Capital City Partnership and City Region Deal

Unemployment has consistently been associated with an increased risk of common mental health problems. This is of particular concern for young people with few qualifications who find it difficult to enter the labour market and those with mental health problems who are often excluded from the workforce. It is important to support people to move into sustainable paid employment which lifts them out of poverty and protects their mental wellbeing. Equally, poor-quality employment which doesn't protect against poverty and offers limited control is associated with an increased risk to mental wellbeing. Jobs need to be sustainable and offer a minimum level of quality. We know that Covid 19 is having and will continue to have a significant impact on the economy and employment.

The [C19 Job site](#) supported by the Capital City Partnership was set up to help people at risk of losing their job, facing reduced hours or needing support to secure work. It also supports businesses and employers who are looking to recruit urgently to respond to high demands as a result of COVID-19.

**You can register your details on the site to get quick access to advertise jobs and search for live vacancies, recruiting employers, links to employability support and up to date information on your rights.**

Once you have completed your registration you can:

- Search for job opportunities
- Add your skills and qualifications
- Upload your CV & cover letter
- Tailor your job preferences

<https://c19jobs.org/>

To date there have been:

**171** employers registered on COVID-19 Jobs Support

**5** employers approach the COVID-19 team directly to promote their vacancies

**421** vacancies uploaded to COVID-19 Jobs Support

# 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 podcast.**

Stacey Hilton is a young artist from the Gypsy/Traveller community. She has contributed to a number of exhibitions and in last year's GRTHM had her work *The Storyteller's Jacket* on show at the AK Bell Library in Perth and at the Scottish Parliament at Holyrood. In this podcast she talks about how she went about creating *The Devouring*, her artistic response to the horrors of the Porajmos; the imprisonment, deportation to concentration camps and murder of hundreds of thousands of Romani people in Europe during the Holocaust of World War Two.

<https://grthm.scot/podcast-no-less-a-traveller-creating-art-from-the-horrors-of-the-past/>

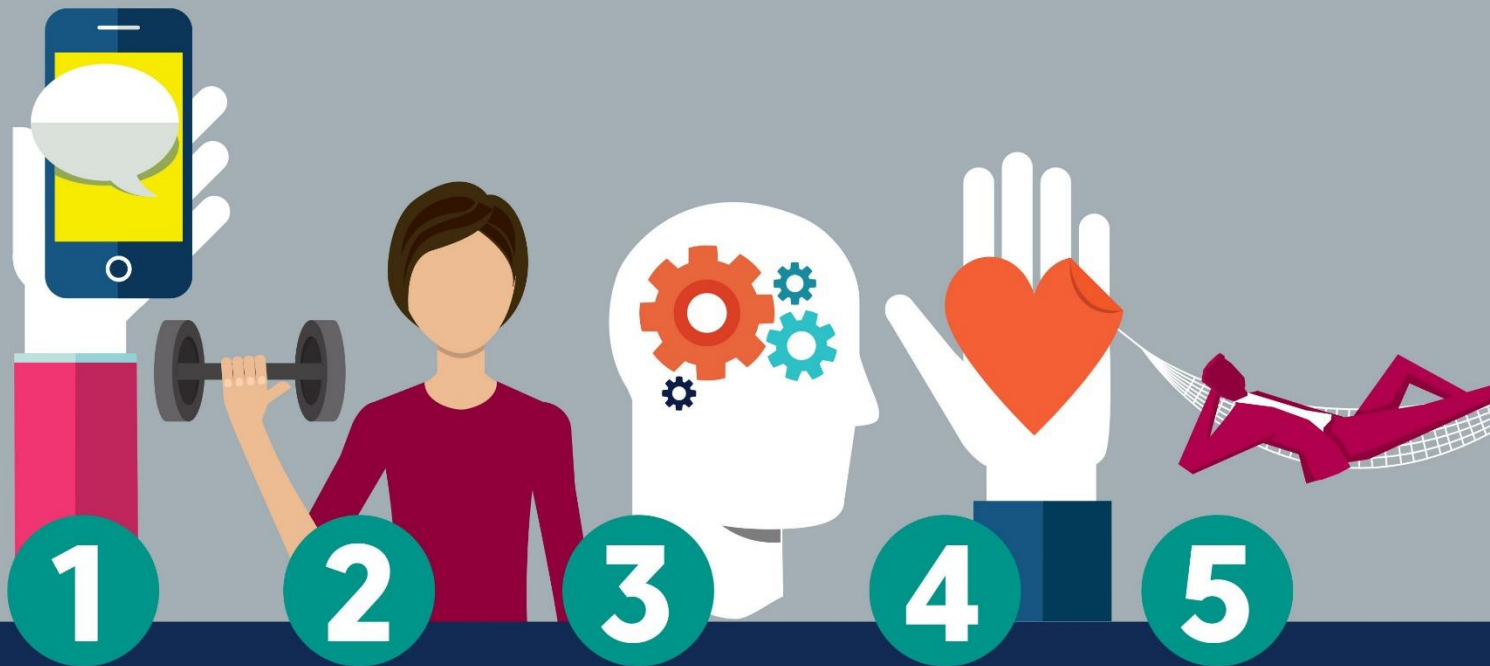
**Paige is a young Traveller based in Argyll.** She loves drawing and spends a lot of her free time creating her artwork. Below are a few examples of her portrait work



<https://grthm.scot/paiges-pictures/>



# 5 ways to wellbeing whilst staying at home during the Coronavirus



## 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>

## 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>

## 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>

## 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>

## 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

