

August in the City

The briefings will now be issued fortnightly. Welcome to issue #16.

In this issue we are delighted to share the work of the Scottish Recovery Network, bring news of our new Thrive Collective Services and highlight that Edinburgh in August is still a festival city.

Thanks as always for all your contributors and to your continuing feedback. Please keep sending us ideas and contributions: linda.irvinefitzpatrick@nhslothian.scot.nhs.uk

“Edinburgh isn’t so much a city, more a way of life... I doubt I’ll ever tire of exploring Edinburgh, on foot or in print.” Ian Rankin



Scottish Recovery Network
Together we can make mental health recovery real

Scottish Recovery Network recently ran a programme of online conversation cafes where people from across Scotland; particularly those living with mental health challenges came together to talk about staying well during and after the COVID-19 lockdown. The experiences, insights and learning shared during the cafes is captured in a report, podcast and animation which you can access in our July/August newsletter <https://bit.ly/33cSx90>

This is an opportunity to hear from people living with mental health challenges about their experiences of lockdown but also to understand what helped people to stay well during a very challenging time and how this is helping them to live a good life as we move through the COVID-19 transition and recovery.

The SRN will continue to share lived experience and learning as lockdown eases and we face new challenges as individuals, families, communities and a society. If you are interested in getting these straight to your email inbox you can sign up to the mailing list here <https://www.scottishrecovery.net/eupdate/>

If you would like more information about our conversation cafes or other Scottish Recovery Network activities please do not hesitate to get in touch.
www.scottishrecovery.net | [Twitter](#) | [Facebook](#)

The Thrive Collective: Investing in Edinburgh’s mental health and wellbeing

As part of the Edinburgh Integration Joint Board’s [strategic plan](#) and the Edinburgh Thrive initiative to promote the mental health and wellbeing of Edinburgh’s people, £2.6m has been awarded to fund nine new mental health services. The nine services will be delivered by third sector providers and focus on ensuring that people experiencing distress and mental health problems can access help when they need it. The services also recognise that responses need to be person centred, easy to access and meet a wide range of needs. The new developments form a central component of ‘Thrive Edinburgh’ – Edinburgh’s all ages mental health strategy – and have the potential to improve outcomes for people by promoting the strategic principle of prevention and early intervention.

Edinburgh Lord Provost Frank Ross, Chair of the Thrive Edinburgh Assembly, said:

“It’s well known that quality of life in Edinburgh is fantastic. It is a place to live and work that is second to none. However, when you look closer there are still too many citizens who aren’t receiving the help they need. I am delighted that the Edinburgh Health and Social Care Partnership is committing so much to providing open access mental health services over the next five years. This is a fantastic example of Edinburgh Thrive coming to life and will make a significant difference.”

By awarding such significant and sustainable funding to third sector mental health services, the Edinburgh Integration Joint Board recognise the key role of the third sector in Edinburgh’s long-term strategic aims to promote good mental health and provide accessible support to those who need it. The nine funded initiatives will plug into the ongoing work of the City Vision, Edinburgh Health and Social Care Partnership, Edinburgh’s Poverty Commission, the Community plan and City Region Deal. At the heart of this work is a strong commitment to encourage self-esteem, family strength and joy, and reduce the toll of mental illness on individuals, our communities and our city.

Service	Short Description
Thrive Welcome Teams (one in each locality)	Employment of Thrive Welcome Workers and Peer Workers working as part of an integrated team with health and social care staff
Thrive Locality Team (one in each locality)	Includes emotional and psychological support; reflecting characteristics of local population
Places and Spaces	Providing safe places for people to connect that are inclusive but not exclusive; maximising use of the city’s assets; include a focus on evening and weekend opening
Physical Activity and Green Spaces	Maximising the city’s assets for physical activity
Arts and Creativity	Delivering to a year-long “A Sense of Belonging Arts Programme”, administering a grants programme and maximising the city’s cultural assets
Peer Development	Community of practice to support development of peer workers and peer work across the city
Service User Led Research	To ensure there are increased opportunities for service user-led research which reflect the priorities identified by the Thrive Partnership.
Carers Support	Supporting carers as new services are developed
Service User led Support Groups	To support peer led self-help / support groups for people with mental health conditions

The new services will begin on 1 December 2020. We will keep you updated on progress,

Public Health Scotland has compiled a rapid evidence review on the impacts of COVID-19 on mental health. The review addresses the following questions:

- What impact is the COVID-19 pandemic having on mental health outcomes (using validated measures) at the population level?
- What risk and protective factors are associated with mental health outcomes during the COVID-19 pandemic?
- What are the key learnings and implications for Scotland?

The review has set out the methodological limitations of the emerging evidence and the need for caution in interpreting the findings:

- It is likely that there will be an increase in poorer mental health in Scotland and the distribution of impact is likely to reflect existing disparities and inequalities.
- A number of key groups are at higher risk of adverse mental health outcomes; these could include frontline staff who are working with COVID-19 patients, women, children and young people, those with a low educational level and individuals with underlying mental health conditions.
- Social and family support, hygiene measures and physical activity however appeared to safeguard mental health; some of these are consistent with protective factors recommended for good mental health in general.

The full report is available on the Public Health Scotland website.

The findings reports such as this will help inform our “Thrive on Thursday” Dialogue Series.

Thrive on Thursdays – dialogue series

Perspectives, propositions and provocations

Our first dialogue session will take place at midday on Thursday 27 August and will focus on **young people aged between 16 and 25**.

It will be held on Microsoft Teams and will last an hour. If you would like to attend, please email

thrive.edinburgh@nhslothian.scot.nhs.uk

Further details including login will then be sent to you.

It's August, Edinburgh - The Festivals Carry on

My Light Shines On: Celebrating Edinburgh's enduring festival spirit

In 1991, Scottish rock band Primal Scream released *Movin' On Up*, a euphoric hymn to the power of hope in difficult times. Its central lyric 'My light shines on' is one of popular music's most optimistic anthems – a gesture that seems more important now than ever before.

This August, for the first time in 73 years, Edinburgh's theatres, concert halls, churches, halls and parklands will be without the light and life brought by Edinburgh's Festivals. Artists, stage managers, box-office and front of house workers will stay home, as will the thousands of workers who support the Festival City. Yet Covid-19 has not dimmed the creativity of artists, nor the enduring spirit that keeps Edinburgh's festivals thriving. In an act of optimism and solidarity, *My Light Shines On* celebrates a spark that still burns bright.

While artists have continued to create work over the past few months, they have been physically isolated them from each other and from the venues they call home. For the first time since lockdown orchestras, ballet companies, traditional musicians, theatre ensembles and designers have come together to perform in and light up the venues they love. This has been achieved with great care to ensure the safety of all involved.

On 8 August, the opening weekend of the 2020 festival season, a **specialty commissioned one-hour film** presented by journalist Kirsty Wark and cellist Su-a Lee features new work from leading artists across genres, including Scotland's major national companies. The film features famous faces from festivals across the years, including Alan Cumming, Fiona Shaw and Akram Khan, as well as collaborations with Edinburgh Festival Fringe, Edinburgh International Book Festival and the Royal Edinburgh Military Tattoo. **This unique broadcast launches a series of new *My Light Shines On* recorded activity, which will take place throughout August.**

Beacons of light visible across the city will mark out famous festival venues and settings after dark from 8–10 August. Scottish lighting designers Kate Bonney and Simon Hayes were inspired by the tradition of **ghost lights**, a single light that is always left illuminated in theatres. It is a symbol that, though the stage is empty for now, the building will be filled with laughter, tears and applause once again.

You can watch the film here : <https://www.youtube.com/watch?v=4L4S3FNM1kY>

And find out more at <https://www.eif.co.uk/>



As the **Edinburgh Book festival** can't use the usual in setting of Charlotte Square Gardens they have curated a special online edition. **From 15-31 August**, enjoy events for adults and children for free. Through the magic of technology, the Festival will cross continents and time zones to beam events from more than 30 countries straight to your home. You'll be able chat with fellow Festival goers via digital chatrooms and take part in Q&A sessions, and you'll even be able to meet the author and get your books signed (selected events).

All events are free and available to watch on the website.

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

You can 'Save your place' on the event page and an email reminder will be sent to just before the event starts.

The Big Scottish Story Ripple

The Scottish International Storytelling Festival's [Community and Family Programme](#) (**Mon 12 Oct – Mon 30 Nov**) are inviting people to register for a **free** storytelling sessions delivered by a professional teller.

Perfectly positioned within Scotland's 'Year of Coasts and Waters 2020', the SISF Community and Family Programme encourages you to take part in The Big Scottish Story Ripple and to make use of financial support in order to do so.

The Big Scottish Story Ripple

Register to hold a storytelling event led by a professional storyteller from Scotland's [Storytelling Directory](#) and we will cover the cost of the storyteller's fees for a 1 hr session.

In return, successful applicants must offer a good deed back to their local community on or before St Andrew's Day – continuing the ripple of kindness.

- Events can be in digitally or in small live local gathering that adheres to Covid-19 guidelines suggested at the time of the event.
- An applicant can make a maximum of two registrations per organisation
- Registrations close **5 October 2020**

To apply, visit here: <https://bit.ly/TBSSRC> and please feel free to share with your networks.

Already holding a storytelling event between 12 Oct – 30 November?

If you are holding a storytelling event during this time frame or holding one as part of Book Week Scotland, we would like to add these to our events calendar in joint celebration as all our storytellers are members of Scottish Book Trusts Live Literature database.

Please email storytelling@tracscotland.org with information about your event.

Keep in Touch

Please feel free to get in touch if you would like more info and/or follow on social media and receive the newsletter to be kept in the loop

Website: <https://www.sisf.org.uk/community-programme/>

Twitter: <https://twitter.com/scotstoryforum>

Facebook: <https://www.facebook.com/groups/scotstoryforum/>

[Join the Newsletter](#)

The Edinburgh Pact

The Edinburgh Health and Social Care Partnership, responsible for delivering community and bed-based health and social care services for adults in Edinburgh, want to build thriving communities in Edinburgh and embrace the opportunity to create a different type of relationship with residents, communities and organisations across the city.

It's why they are starting a conversation to build the Edinburgh Pact. The Edinburgh Pact will be an agreement between the Partnership and everyone who lives and works in Edinburgh. And the first step is to listen and learn what health and social care means to you.

Edinburgh **Health and
Social Care** Partnership



How can I get involved?

The Partnership want to hear from everyone in their short survey - from dedicated groups of volunteers and people using health and social care services, to people providing key services across the City and our committed Third Sector colleagues.

Please take a few minutes and let us know [what health and social care means to you](#) so that we can make sure it's a service created by the community, for the community in Edinburgh. **The survey closes on 12 August** and is designed to be an open and accessible to everyone.

You can also find more information on the [EHSCP website](#)

Help spread the word

Please encourage those who you provide care for to participate and help them complete our survey too. And help spread the word to colleagues, Partners and community groups using your networks or social media accounts.

If you're already logged into Twitter, [click here](#) to retweet our post.

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

