

Keep Connecting

Welcome to issue #17. In this edition we are delighted to invite you to join the iThrive online space which is hosted by health in mind and is sister website to <https://www.edinburghthrive.com>. We have contributions from Deaf Action, the Cyrenians and the Potter of Leith along with details of our first two Thrive on Thursday dialogue sessions.

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

“Sharing will enrich everyone with more knowledge “

Ana Monnar



What is iThrive Edinburgh?

iThrive Edinburgh is an online space that contains information about mental health and wellbeing services, events, news and self-help materials for Edinburgh citizens. This new website will support the integration of health and social care and Thrive Edinburgh's Get Help When Needed work-stream and aims.

The iThrive Edinburgh's service form is now live!

Please follow the link below and submit the service information you want to be listed on the new iThrive Edinburgh website. **The deadline for this information is Monday 14 September.**

Once you have completed this, your information will be uploaded in time for the launch on 9 October 2020.

By listing your service, you are now part of the new iThrive Edinburgh community. We look forward to working with you to improve the mental health and wellbeing of the citizens of Edinburgh.

Click here - [iThrive Edinburgh service form](#)

What service/projects can be listed on iThrive Edinburgh?

To be included on iThrive Edinburgh, services must be:

- Non-discriminatory and accessible to people with mental health difficulties

- For people aged 18 and older. The website is not aimed at children and young people but we will provide information about organisations that support young people rather than list individual services
- Available to those living in Edinburgh, whether that be within one or more localities
- Not-for-profit (registered charities, social enterprises and grassroots projects)
- We will not list individual counsellors but will signpost to the British Association for Counselling and Psychotherapy (BACP), Counselling and Psychotherapy in Scotland (COSCA) and United Kingdom Council for Psychotherapy (UKCP) ethical framework

We reserve the right to decide whether to include a service on the website. The safety of people is at the centre of any decision making.

Please see the next page for more important information on completing service forms.

Completing iThrive forms – please read

We ask that **you don't include all your services on one form** but instead fill out one for each service you provide. This will allow us to categorise and filter services more effectively so people can find what they are looking for easily. Additionally, please remember to write your service information in the third person.

One of our biggest priorities is to keep the information on iThrive Edinburgh up-to-date. To do this, we need your support. Our team will prompt you **every 6 months** for an update but if any changes occur in the meantime, please get in touch. Updates can be provided by email or by filling out a new service form.

If you have any difficulties with this form or have any questions please contact Julie Huggan julie.huggan@health-in-mind.org.uk. We look forward to seeing all the amazing services available in Edinburgh!

Thrive on Thursdays - dialogue series

Perspectives, propositions and provocations

From Thursday 27 August the Edinburgh Thrive team will be hosting a series of conversations online to discuss the impact of Covid 19 and what it means for our citizens' mental health and wellbeing in Edinburgh. Do we need to revisit some of our priorities that are set out in the Framework and Commissioning Plans? Are there different priorities we now need to consider and plan for as a consequence of Covid 19?

(Both documents can be accessed on our website <https://www.edinburghthrive.com>)

Date	Topic	Led by
27 August	Young People's Mental Health and Wellbeing (16-25)	PHEW, Broomhouse Space
3 September	Mental Health & Suicides Among Polish Men in Scotland – Implementing the recommendations in Edinburgh	Magda Czarnecka, Fenicks

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

You can also email us ideas and topics for Thrive on Thursdays.



LEITH COMMUNITY POTTERY

FREE SATURDAY HANDBUILDING WORKSHOPS

Leith Community Pottery CIC is offering hand-building workshops on Saturday afternoons, from 2-4pm, throughout August and September 2020.

These have been funded through Port of Leith Housing Association and are free to residents of North Edinburgh whose mental health has suffered during lockdown, either through illness, pressure of work, anxiety or isolation. Front line workers welcome!

Each group will have 4 places. Physical distancing and hygiene measures will be in place and outdoor working will be possible, weather permitting.

You'll make a simple piece of pottery which will be glazed, fired and returned to you to keep within a few weeks of attending.

To book a place, contact Andy on 07505 113 836 or email potterofleith@yahoo.com



FREE SATURDAY HANDBUILDING WORKSHOPS

DATES & TIMES:

1st August, 2-4pm
8th August, 2-4pm
15th August, 2-4pm
22nd August, 2-4pm
29th August, 2-4pm

5th September, 2-4pm
12th September, 2-4pm
19th September, 2-4pm
26th September, 2-4pm

FIND US AT:

Leith Business Centre
4a Marine Esplanade
Seafield
Edinburgh
EH6 7LU



TO BOOK A PLACE:

contact Andy
on 07505 113 836 or email
potterofleith@yahoo.com

Leith Community Pottery CIC is a Social Enterprise which aims to offer free and subsidised access to courses and workshops to those living with poor mental health, dementia, social exclusion and isolation.



The Potter of Leith

www.thepotterofleith.co.uk
FB: @potterofleith
Instagram: thepotterofleith

Without my mum

Michelle Lloyd from the Cyrenius shared this with us

“Last week a friend sent me this short animation <https://www.youtube.com/watch?v=9Ug1DmJ-VVg#action=share> by award-winning filmmaker Catherine Prowse and the Refugee Council.

Every day refugee children in the UK are being kept apart from their parents, sisters and brothers as a direct result of restrictive UK rules around refugee family reunion. This short animation (under 2 mins) manages to get across a powerful message in an emotional and thought-provoking way. Perhaps not surprising that it's just won a Third Sector Digital Award in England.

It tells the story of a mother and her young son whose relationship is suddenly changed forever when the threat of violence forces the child to escape on his own. The central theme of hair-cutting is especially poignant as many of us rush to have our 'lockdown locks' chopped off. Watch it to the end and get your tissues ready!”

Deaf Action: Keeping deaf people connected

The deaf-led charity Deaf Action received funding through Scottish Government Wellbeing Fund to support deaf people with positive mental wellbeing, reduce isolation and feelings of loneliness, and to lend additional support in understanding and following government advice.

Over 100 people were supported through our work, which included our BSL Counselling and Online Befriending services. We also held weekly youth gatherings to help young people to communicate and socialise together, and delivered 10 sessions of family British Sign Language classes, benefitting 12 young people and their parents to improve communication at home.

Alongside reducing isolation and improving wellbeing for service users, we also saw improved digital inclusion for older deaf people through the provision of iPads. We found they removed a language barrier seen in other modes of communication, like the telephone or letters, and led to people reuniting with long lost contacts.

Susan Taylor, granddaughter to one of our service users, told the Inverness Courier: "We got in touch with Deaf Action, who are based in Edinburgh, and they have now introduced my nana to a new friend," Mrs Taylor said.

"She is a lady in her 60s who is also deaf, so they are getting to know each other. The other day they were showing each other pictures of their family, and it was so good to see my nana so happy."

We are also starting to see an increase in the number of referrals to our BSL Wellbeing service, meaning we have been able to support more deaf people in the community.

More information about our services can be found on [Deaf Action website](#).

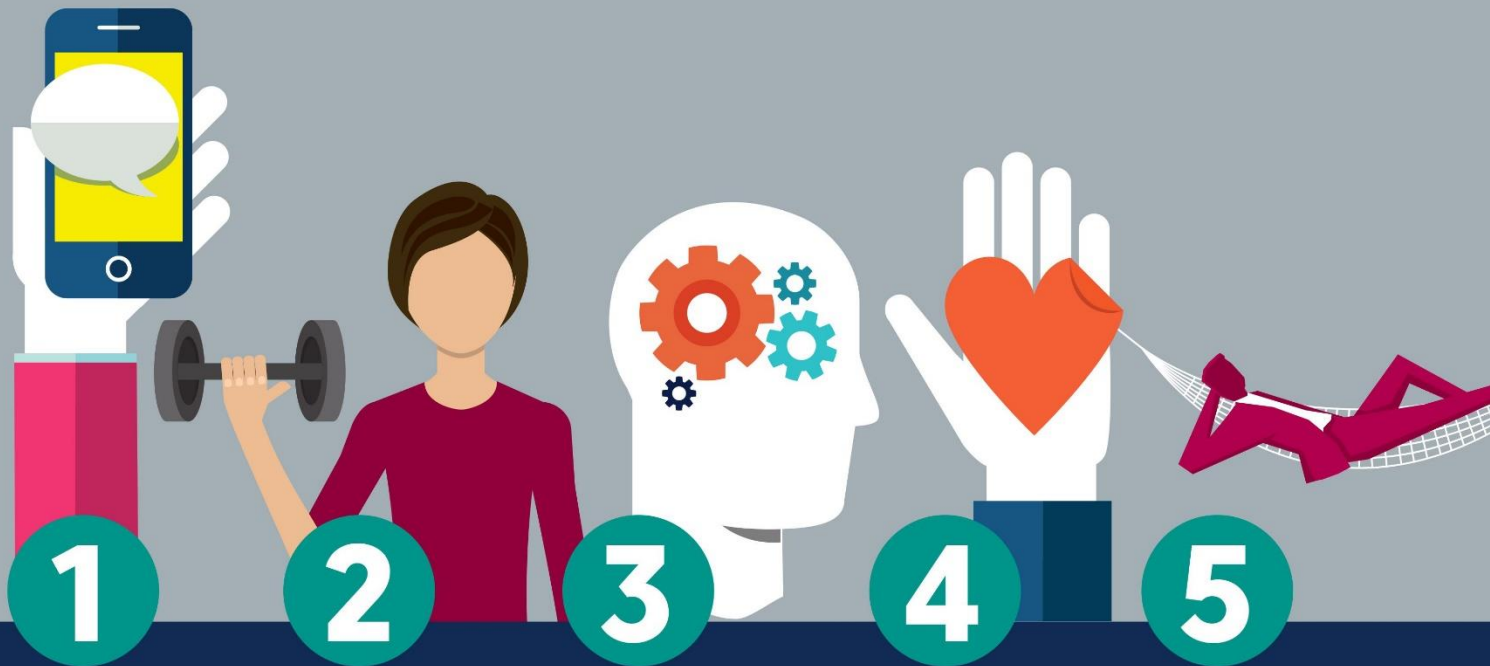
Information for staff about sensory impairment during COVID-19 can be found [here](#)

Information for people with sensory impairments during COVID-19 can be found [here](#)

BSL users can contact these helplines and any other UK phone number via

contactSCOTLAND-BSL the on-line British Sign Language video relay interpreting service" with a clickable link.

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

