

Seasons Change

Welcome to issue #19.

As we move into Autumn, we are delighted to share news of **two online festivals** in October which we hope will energise, inspire and provoke. In a previous edition we highlighted our weekly **Thrive on Thursday** online dialogue sessions – we will be continuing to do these on Thursdays but we will be hosting two conversations per month rather than weekly. We will be publishing a programme shortly with dates and topics.

As ever, thanks for all your contributors and for your continuing feedback. Please keep sending us ideas and contributions: linda.irvinefitzpatrick@nhslothian.scot.nhs.uk

“Autumn is a second spring when every leaf is a flower.”
Albert Camus

We are delighted to let you know that on **World Mental Health Day on 10 October 2020**, Thrive Edinburgh, the Scottish Mental Health Arts Festival and Health in Mind will be hosting an online festival focusing on how creativity can support our mental health and wellbeing. In these times of uncertainty, confusion and chaos people have reached to the arts for support, solace, fun and understanding. We are going to celebrate and provoke the resilience and imagination of the human spirit with a series of online events, discussions and workshops.

At 6.00 pm GMT **our Thrive city sisters – New York City and London will join together in the International Chatroom. Frank Ross, Lord Provost of Edinburgh, Sidaq Khan, the Mayor of London, and Chirlane McCray, New York City’s First Lady** will share their thoughts and experiences on how they have looked after their own and their city’s mental health during these troubled times.

In light of current guidelines and social distancing measures we will be hosting this festival online, which will include both pre-recorded and live content. We aim to have the full schedule of events published by the end of September.

How can I attend the events? - You can simply register your interest via eventbrite and we will update you with the programme of events nearer the time. You will be able to choose what events you would like to attend on the day and hopefully you can join us for an international plenary at the end of the day!

<https://www.eventbrite.co.uk/e/thrive-edinburgh-world-mental-health-day-virtual-festival-tickets-120529197073>

Our programme will be completed by 25 September - look out for this coming!

Connections & bridging the divide – month long all digital free conference

Here at Cyrenians Scottish Centre for Conflict Resolution (SCCR), we have embraced the chance to turn a challenge into a positive opportunity by holding a month-long, all-digital festival of free events in place of our annual conference.

Throughout October, we will bring together speakers, film makers, writers and artists from around the world who will talk from their heart and experience, combined with the opportunity to engage in interactive workshops and the arts. Our unique, international and inclusive conference is in response to the growing need for connection, understanding, kindness and compassion this year more than ever.

SCCR's International Conference; '**Connections & bridging the divide**' programme is built from the foundations of key themes such as: attachment, trauma, regulation and relationships, the power of hope, mediation and developing practices, kindness, love and compassion, the teenage years and neuroscience, the power of storytelling, film drama and the arts.

This exciting programme, that features events hosted by **world-renowned special guests live from Canada, America and Australia**, includes:

- A film-screening of '**Nae Pasaran**' with the BAFTA award-winning documentary's creator Felipe Bustos Sierra followed by a Q&A to launch the conference on the 1st October at 7:00pm.
- '**10 Secrets of Stronger Relationships**' webinar by family therapist and relationships expert Karen Holford on the 6th October at 3pm.
- A helpful event for parents and carers '**Strengthening the Relationship Between You and Your Teen**' on the 15th at 10am by Karen Young, founder of the internationally popular online resource Hey Sigmund and contributor to the Huffington Post who will be speaking live from Australia.
- Head of Schools for Renfrewshire Council Gordon McKinlay will be hosting an interesting webinar entitled '**Nurturing Wellbeing**' at 11:30am on the 20th which will no doubt be helpful to parents, carers and professionals alike.
- On the 27th at 2pm Cyrenians CEO Ewan Aitken will interview of **Professor Alison Phipps** for an interesting discussion exploring a variety of our key themes.
- An exciting '**Channelling Anger Through Martial Arts**' workshop on the 28th at 6pm with Raz Chan; a jiu-jitsu black belt, bestselling author and speaker on mastering your mental performance who will be presenting from Canada.
- On the 29th at 5pm, there will be an exclusive Q&A between **QC Stephen O'Rourke**, an Advocate at the Scottish Bar, and **Gary Friedman**, successful author of mediation and conflict resolution and trainer for the Center for Mediation in Law who will be joining us from California. Their joint-event is entitled '**The Understanding Model of Mediation: meeting the challenge of mediation's promise**'.
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...but wait, there will be more! All events can be readily browsed and registered for easily on SCCR's dedicated events pages on our website: <https://scottishconflictresolution.org.uk/events> We hope that everyone signs up for our free events as we know that those who join us in October will learn something, feel inspired and 'log off' feeling positive and hopeful.

Diane Marr, Senior Network Manager for Cyrenians Scottish Centre for Conflict Resolution share her aspirations for the festival:

At the Cyrenians Scottish Centre for Conflict Resolution, we understand the importance of connection. Due to the challenges everyone has experienced this year, we felt it was more important than ever to bring people together – which is why we are going digital for our annual conference!

We are delighted that we will be joined by so many inspirational speakers, artists and writers from around the world for a truly international and inclusive experience. Our International Conference is set to be an exciting month full of digital, free and uplifting events – we hope to see you there!"

A little book of Caring Ways from Breathing Space



Breathing Space is a free, web and telephone-based service in Scotland for anyone over the age of 16 feeling low, stressed or anxious .

Tel: 0800 83 85 87

As part of Breathing Space's 'You Matter, We Care' mental wellbeing campaign, a new booklet has been produced.

The 'Little Book of Caring Ways' explores ways to promote kindness and maintain positive relationships. It highlights how important it is to support those close to you, show compassion and appreciate the small things, particularly during these challenging times.

You can view the e-version of the booklet at <https://breathingspace.scot/>

For compassion, listening and advice you can contact Breathing Space on **0800 83 85 87**.

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

