

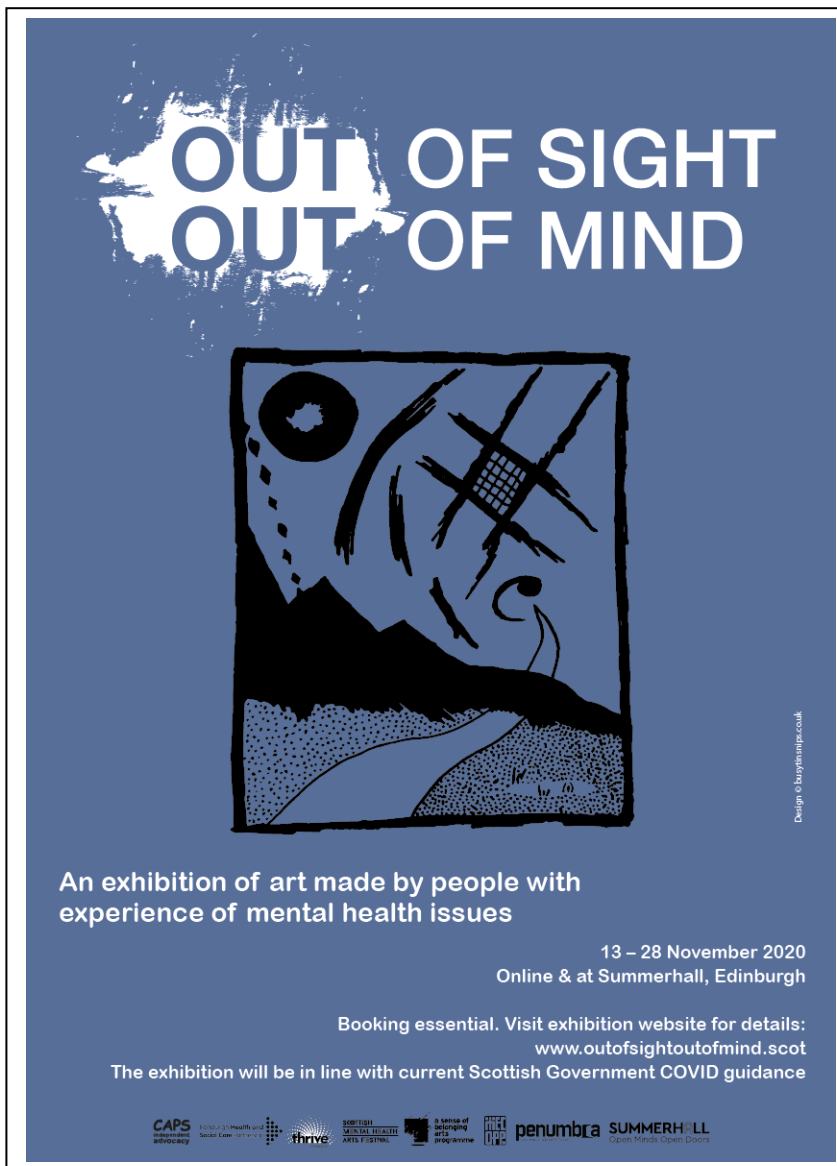
Widening horizons

Welcome to issue #22. In this edition we are delighted to feature this year's Out of Sight of Out of Mind exhibition. It's testament to the energy, passion and commitment of all involved in this annual event that despite everything there will be an exhibition both online and at Summerhall. Thanks as always for all your contributors and for your continuing feedback. Please keep sending us ideas and contributions:

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“Constant dripping hollows out a stone.”

Lucretius



**OUT OF SIGHT
OUT OF MIND**

An exhibition of art made by people with
experience of mental health issues

13 - 28 November 2020
Online & at Summerhall, Edinburgh

Booking essential. Visit exhibition website for details:
www.outofsightoutofmind.scot

The exhibition will be in line with current Scottish Government COVID guidance

Design © bayramipic.co.uk

CAPS Scottish Mental Health Arts Festival Penumbra SUMMERHALL

We would be delighted if you would join the online launch of **Out of Sight Out of Mind** on **Thursday 12 November, 6.30-7.30pm** a multimedia exhibition featuring artworks by 100 individuals who have experience of mental health issues.

The exhibition returns for its eighth year to Summerhall and will also be available online for the first time, on a brand new website. Be among the first to see and celebrate the artworks at the launch with the OOSOOM team. Everyone is welcome. So please share this invite with your own networks and with anyone you think might be interested.

Please book your place and receive the link to join using this link:
<https://app.artsvp.co/3ac191>

Please see over for more
about OOSOM

Out of sight out of mind - 2020

Visit the exhibition at Summerhall: 13 – 28 November, Wednesday to Saturday, 12-6pm

It will be essential to book your visit to Summerhall in advance and it will be organised in line with current Scottish Government COVID guidance for galleries. Visiting time and numbers will be restricted. Details on how to book will be available soon on the website or by getting in touch and we will reply when booking is available.

Get in touch

For enquiries about visiting the exhibition or launch contact: steph@capsadvocacy.org or leave a message on 07469 660 996

All other enquiries contact: pam@capsadvocacy.org or leave message on 07989 402 634

Website: www.outofsightoutofmind.scot

Facebook: <https://www.facebook.com/outofsightoutofmindexhibition/>

About

Out of Sight Out of Mind is organised by a Planning Group of people who have lived experience of mental health issues and staff in organisations that work alongside people with experience of mental health issues. It is hosted by CAPS Independent Advocacy, funded by Edinburgh Health and Social Care Partnership. It is part of the year-round Thrive Edinburgh Arts Programme and the Scottish Mental Health Arts Festival's year-round programme. Other organisations involved in planning the 2020 exhibition are Penumbra and MECOPP Gypsy/Travellers Carers Project.

Thrive on Thursday Dialogue #4 – The Garden Cure

Our online dialogue on Thursday 12 November at 12.00 to 1.15 pm will feature Jan Cameron talking about how we can cultivate our wellbeing and growth. A very timely topic as we all increasingly appreciate the beautiful green spaces our city has to offer.

To join the dialogue please email thrive.edinburgh@nhslothian.scot.nhs.uk and we will send you a link to join.

"Breakthrough for Resilience: People, Places and Communities" is an

Erasmus+ project co-funded by the European Commission where The Surefoot Effect has partnered with organisations in Italy, Greece and Sweden.

'People' and 'Place' combine to form 'Community'. People have connections with Places for many reasons. Communities are shaped by the Places in which they exist. Places are shaped by People, not always taking into account the protection of the Place. Communities are created by and of people and shape the people in them. This project looks at how the connections between people, place and community can create resilience and how that can help people and organisations in times of crisis. We've now researched and collected tools for individual, community and place-based resilience. In this workshop, participants will learn about some of these resilience tools, such as the Wheel of Life, the Compass of Resilience and some art-based methods, and how to make use of these to overcome certain challenges. This is a subject that is particularly relevant during the Covid19 health situation. You can sign up here : [join our free workshop the 16th of November, 10 am - 4 pm](#)

Your health. Your care. Your future. An invite from Edinburgh Integration Joint Board

The Edinburgh Integration Joint Board is responsible for the decision making and strategic planning of health and social care services for adults in Edinburgh. It delivers services through the Edinburgh Health and Social Care Partnership (the workers). The EIJB want to support and nurture the thriving communities in our city and take the opportunity to create a new relationship with people and organisations.

The first step is to listen and learn what health and social care means to you. And it's why we're inviting you to join the conversation on the future of health and social care in the capital and help us shape **Your health. Your care. Your future.** at our digital events this month.

Find out more about the events, and register for your ticket now at www.bitly.com/yourhealthcarefuture

When will the events take place?

We're hosting two identical events, on different days and at different times, to help make it as easy as possible to join our conversation as follows –

Tuesday 17 November

10:00 – 12:00

Thursday 19 November

19:00 – 21:00

What to expect from the events?

At our inaugural **Your health. Your care. Your future.** events in November, you'll hear from a range of Edinburgh citizens and colleagues on what health and social care means to them. The Edinburgh Integration Joint Board – responsible for the strategic planning of Edinburgh's health and social care – will host a panel discussion and give you the chance to share your views.

And we'll present more about the ongoing work we're doing to co-create a health and social care service that's right for the people of Edinburgh.

The events are the first in a series of **Your health. Your care. Your future.** events to connect the people of Edinburgh with the Edinburgh Health and Social Care Partnership and the Edinburgh Integration Joint Board.

How do I attend the events?

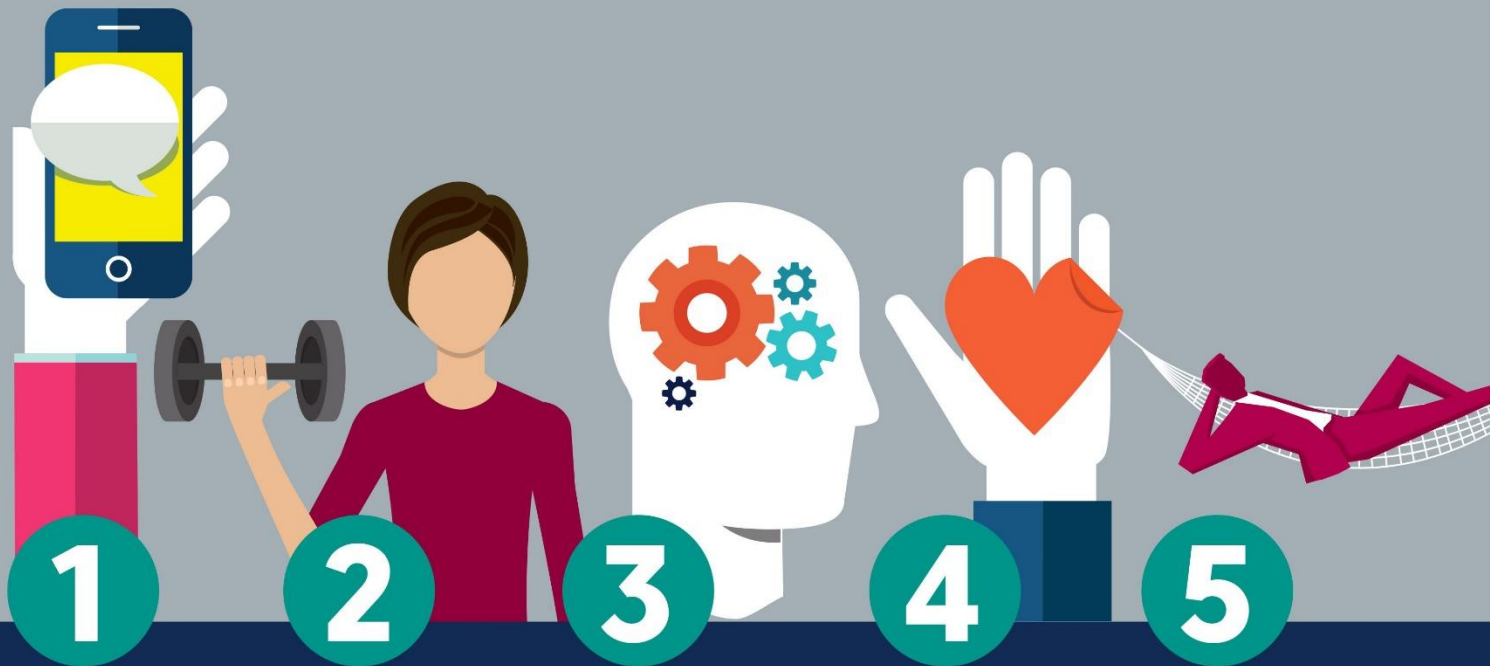
Visit www.bitly.com/yourhealthcarefuture to register for your ticket. Details on how to join the event will be updated on the website 24 hours before the event and you will also receive an email reminding you.

When it's time for the event to take place, follow the simple joining instructions on the online event page. If you click before the start time, you'll be entered into a waiting room and be admitted to the event just before it begins, so we'd recommend you join 5 minutes before the start time.

For BSL users, an interpreter will be present for the duration of the event.

I hope this may be of interest and feel free to share with neighbours, friends and family.

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

