

Growing our movement

Welcome to issue #18. Next week is Suicide Awareness Week. You can find out more about awareness sessions that Police Scotland have organised in different parts of the city. Resources and links will be posted on our Edinburgh thrive website on Monday.

In this briefing we are including our first two Stop Press summaries from our Thrive on Thursday dialogue. Sessions. Great connections and potential partnerships are being made. 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

“By thinking globally I can analyze all phenomena, but when it comes to acting, it can only be local and on a grassroots level if it is to be honest, realistic, and authentic.”

Jacques Ellul

We are in a different world now and those affected by Covid 19 directly and indirectly stretch far. For many families and individuals, a change in circumstances has placed them in poverty and financial hardship. There is a greater need for our services to reach families and individuals to let them know that there is help and support available. Advice services provide that empowering support which can make a massive difference

Services offered are:

- Benefit issues
- Income maximisation
- Debt and arrears
- Budgeting
- Housing problems
- Help with food and bills

http://www.chaiedinburgh.org.uk/wp-content/uploads/2020/09/Edinburgh-wide-Advice-Leaflet_v4.pdf

Please see over for more information on how to access this support.

DO YOU NEED ADVICE?



Free money advice is available for anyone!

- BENEFIT ISSUES
- BUDGETING
- INCOME MAXIMISATION
- HOUSING PROBLEMS
- DEBTS & ARREARS
- HELP WITH FOOD & BILLS



contact@caed.org.uk
www.citizensadviceedinburgh.org.uk

advice.shop@edinburgh.gov.uk
www.edinburgh.gov.uk

info@gic.org.uk
www.gic.org.uk

chai@chaiedinburgh.org.uk
www.chaiedinburgh.org.uk

0131 510 5510

0131 200 2360

0131 551 2459

0131 442 2100

Suicide Prevention Week – 7 to 12 September 2020

Next week is suicide prevention week. The Thrive team will be working with our **Police Scotland colleagues** who have organised a number of awareness raising events across Edinburgh. From Monday the Edinburgh Thrive website will contain links and resources to support people and communities.



POLICE
SCOTLAND
Keeping people safe
POILEAS ALBA

Date	Time	Location	Event Type
05/09/20	1100-1400	Walkway close to Boroughmuir High School	Community Interactive Stall
07/09/20	100-1300	Cameron Toll Shopping Centre – south entrance	Veterans Information
07/09/20	1000-1300	Cameron Toll Shopping Centre – south entrance	Information day
08/09/20	0930-1230	Tram stop – Edinburgh Airport	Community Interactive Stall
09/09/20	1300-1500	Lothian buses – Annandale Street	Interactive Stall
10/09/2020	1000-1300	Gyle Shopping Centre	Information day
10/09/2020	1000-1300	Waverley Train Station	Community Interactive Stall
10/09/2020	1000-1300	Market Street / Waverley Bridge	Suicide Prevention flyers to taxi drivers
11/09/2020	All Day	Visits to Hostels	Engagement with homeless patrons
11/09/2020	1000-1300	Bristo Square	Community Interactive Stall

Joe – There is better days

Donna and Pete from MECOPP shared this pod cast they made with Joe who is a young man who faces challenges with his mental wellbeing, acceptance by his community and the covid-19 emergency. In this podcast he talks about these challenges and the things that help him deal with them. The link to the podcast is here: <https://www.mecopp.org.uk/new-page-3>

Family Programme Bookends

The Scottish International Storytelling Festival Community and Family Programme bookends is taking place between Monday 12 October – Monday 30 November.

This year, pair local storytellers will be paired with schools and community groups in digital and small-scale live settings – keeping things safe and slow with a varied and enjoyable programme for all.

The Big Scottish Story Ripple

Linking with the Scottish Government Year of Coast and Waters 2020, communities are invited to take part in The Big Scottish Story Ripple and to make use of financial support. Successful applicants will receive a free 1hr storytelling session led by a professional storyteller from the Scottish Storytelling Directory. In return, applicants must continue a ripple of kindness by offering a good deed back to their local community on or before St Andrew's Day.

Please note: we aim to offer financial support to all those that apply. However, if there is an over subscription, we will operate on a first come, first served basis. We will offer alternatives where appropriate to those that were unable to receive the subsidy, but please get your application in as soon as possible.

The official deadline is 5 October 2020.

Community Groups can apply here: <https://bit.ly/TBSSRC>

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

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

Email: Miriam@tracscotland.org

Contact storytelling@tracscotland.org for more information.

2020: Stories, Portraits, Visions – You are Here

Submissions invited for display in **You Are Here**, a new exhibition for the reopened Scottish National Portrait Gallery.

In order to understand and reflect on the negatives, positives, strange, tragic and occasionally wonderful events that have taken place so far in 2020, the National Portrait Gallery are inviting the public to send us their stories, portraits and visions of the future. They want this project, [2020: Stories, Portraits, Visions](#), to reach across Scotland to as many people and as broad a demographic as possible.

From lockdown hair and extra time with immediate family, social distancing to social isolation, PPE-clad shopping trips to food bank home deliveries, everyone has a story to tell.

There are three ways to contribute:

Stories: How has your year been? Can you tell us a life-affirming story in 100 words or less? Positive or negative, prose or poem, typed, handwritten or audio recording.

Portraits: Send us a portrait of yourself, someone else (with their permission) or a place that encapsulates something about this year. You can send us a photo or a photo of a drawing, painting or collage.

Visions: What are the good things to come out of this year? What have we learned that you would like to be taken forward into the future? Tell us your vision for the future in 50 words or less.

The project has been designed to be collaborative and flexible and could be used as a group, school, one to one, intergenerational or family activity. In fact, it forms the basis of the Gallery's award [nominated family activities](#) for the next few weeks.

They will be shown alongside portraits of international musician Emeli Sandé, mercury prize winning band Young Fathers, Scotland's Makar (our national poet) Jackie Kay, pioneering suffragist Dr Elsie Inglis and photographic work from Ian Stewart's residency in two Edinburgh GP surgeries.

#youarehere2020

[Instagram](#)

[Twitter](#)

[Facebook](#)

Find out more at

<https://www.nationalgalleries.org/art-and-artists/features/2020-stories-portraits-visions>

#1 27.08.20		Stop Press! Thrive on Thursday – Perspectives, Propositions and Provocation Young People’s Mental Health and Wellbeing – PHEW, Broomhouse Space
Perspectives		Amanda, James and Julie and Bridie described how the People’s Health and Wellbeing service (PHEW) was co-designed and coproduced with young people and Space Staff. Building on the findings of an initial survey which led to focus groups young people highlighted the gaps in traditional service provision, the barriers in place, how it wasn’t easy for a young person just to phone the GP, frustration at being put on waiting lists for CAMHS and then getting too old to receive a service, how adult services are designed of older adults. They talked about how environment, atmosphere and ambience was so important, the importance of groups but equally the importance of having someone to talk to on an individual level. The group designed a programme together with activities and information sessions including sessions on emotional resilience, financial advice, and housing. Young people liked being able to drop in with no expectation they would come every week and they valued getting to know the workers.
Dialogue		Bridie shared her hope that someday YP with lived experience of mental health could be part of the Thrive workforce, which Linda was in agreement with. Shirley had added that many YP are supported by family members and carers, who have actually identified some services or sought out help from Vocal. Paul also added that the Princes Trust have an extensive programme for 16 – 25 year olds. Lucy noted that their youth 1-to-1 support service are finding it difficult to meet young people in the local area at present as many places are closed or slowly re-opening. Linda highlighted that the iThrive website is due to launch which we will share, as well as linking with Lisa-Jane and national resources. Paul also added that it may be beneficial to feed into the Three Conversations work up. Chris highlighted the need to focus on young fathers and the newly Lothian Perinatal Network is now up and running. Emily noted some of the work she has done which indicate potential advertising for services. Kirsten also encouraged attendees to contact her in regards to volunteering opportunities for YP. Lucy acknowledged that there is a wealth of opportunities for young people, she wants to explore a way this network can share opportunities. Bridie also advised she is keen to link with CAMHS. Jean added that EVOG are compiling a list of voluntary organisations serving young people per locality.
Connections Made		National Galleries and Museums – partnering opportunities for cultural prescribing Care Experienced Young people’s Services – PHEW at the Hub; Linking young people to PHEW; Employing young people who have experienced recovery as part of Thrive Services; PHEW survey shared
Actions for the Thrive Team		Lack of buildings that young people and service can access due to C19 restrictions Circulate information of the Creativity and Covid festival on World Mental Health Day – 10 October; Link with Perinatal work
Attended		28 people joined the conversation –

#2 03.09.20	<p>Stop Press! Thrive on Thursday – Perspectives, Propositions and Provocation Polish Men and Mental Health – What can you do to help?</p>
<p>Perspectives</p> <p>Propositions</p>	<p>Magda Czarnecka, Chief Executive at Feniks detailed the findings of research conducted by Feniks and See Me. The peer led research included a questionnaire which received 73 responses with 98.3% being from Polish men living in Scotland. A focus group comprising of 11 Polish men aged between 32 – 62 with varied occupations and education took part which allowed for further exploration.</p> <p>The key themes were: Attitudes to help seeking: Stigma plays a big role in Polish men not wanting to talk about their feelings; Social Isolation and Loneliness; Knowledge of Scottish healthcare system and access to information: This is across the system and not just for support for Mental Health concerns; Positive Polish “hardworking” stereotype.</p> <p>Magda detailed the recommendations for national and local implementation: Encouraging Polish men to speak to someone, whether a friend, partner, or healthcare professional, and to show them it is not a sign of weakness to make yourself mentally stronger; Creating an information brochure in Polish explaining how the health system in Scotland works; Create local socialising opportunities for Polish men both within their community, which involve activities not directly related to mental health but given the opportunity to talk, like men’ sheds, language classes or board games; Raising awareness of the available sources of support both in the NHS and through organisations like Samaritans</p> <p>To view the full research paper, go to: https://www.feniks.org.uk/document/suicides-amongst-polish-men-2020/ Magda then invited participants to consider how are you already or might you contribute to some of the recommendations and actions?</p>
<p>Dialogue</p>	<p>Linda welcomed the recommendation of community capacity building including Men in Sheds; Frank spoke about the successful projects in Edinburgh and how it was an opportunity to bring different communities together. Diane asked if Magda had any LGBT health men involved in their study Magda confirmed that they hadn’t asked about sexuality.. Sharon wanted to understand if there is an equal spread of Polish men across the city or are there hotspots. Magda confirmed that there are areas of high population including Leith, Sighthill, Muirhouse and Craigroyston. David asked if it would be worthwhile have a mental health Polish helpline that could be first line of contact. Michael added that their Police negotiators deal with people in crisis. They are looking to share their experiences and gain knowledge from different communities to assist each other as partners and is this something that Magda would like to follow-up. David wanted to know if Polish people had been asked how they would access mental health. ie family , GP, helpline. Magda responded that due to stigma and self stigma there was often a lack of trust in speaking to others and they were not most likely to speak to a family member. Maria highlighted that the broader system of Thrive could be set out in Polish including the Collective. Cat wondered if there were examples of international good practice. Magda noted that Scotland was doing some progressive work and she could not think of any examples.</p>
<p>Connections Made</p>	<p>Sylvia Gorska leads research on Resilient Communities and will link with Magda on further research opportunities. She is also keen to support the recommendations in any way that is helpful. Diane will share information on the LGBT helpline and services. Katrina will explore information leaflets with Health Promotion. Michael and David will share Police experience and learning in assisting different communities. Sharon will link with Project 24 and explore potential for joint working with Thrive NE. Wojciech will link on wider community support</p>

Actions for the Thrive Team	Implement the recommendations into our new Thrive model and in particular Thrive Welcome Team and Thrive Collective; Ensure Edinburgh Health Social Care Partnership are providing citizens with the information they require about where to get the help they need, with particular attention to access, format, and language. Provide and promote opportunities for Polish men to come together to share conversations, skills, or take part in wellbeing activities with Cyrenians (food) and gamechanger (football); Consider if we have adequate Crisis provision for Polish men in Edinburgh and clear access to support which is known to the community; Ensure iThrive includes resources for Polish language speakers
Who attended	17 people joined the conversation

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

