

Connect, Connect, Connect

Welcome to issue #20. Sorry we are a bit later with this edition than planned. In this edition we have updates from 2 national social movements - United Against Suicide and the Scottish Recovery Network. The work of the Edinburgh Poverty Commission also details the social movement it will leave as its legacy. Thrive Edinburgh is involved with all these key movements and we encourage all our partners to get involved or continue their involvement.

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

“Whatever affects one directly affects all indirectly.”

Martin Luther King

Thrivefest online for world mental health day...

On 10 October from 12 noon, Thrive Edinburgh, the Mental Health Foundation and Health in Mind are hosting our first online ThriveFest festival focusing on how creativity can contribute to 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.

Then at 6.00 pm GMT our Thrive city sisters – New York City, London and Amsterdam will join together in the International Chatroom. Frank Ross, Lord Provost of Edinburgh and Chair of our Thrive Edinburgh Assembly will share thoughts and experiences with other city leaders on how they have looked after their own and their city’s mental health during these troubled times.

We are delighted to be working with Cryenians, Edinburgh Festivals, Strange Town Theatre Company, Media Education, Hip Hop Psych and many more partners. The programme is currently being finalised – look out for it arriving with you on Wednesday!

You can find out more at <https://www.edinburghthrive.com/>



Scotland's people powered movement to take action to prevent suicide United to Prevent Suicide was launched on 10 September. There are a number of campaign assets including the 'Art of Conversation' guide accessible on their website. <https://unitedtopreventsuicide.org.uk/>

More campaign activities are happening from this week:

A brand new 30" film has been co-produced with people of lived experience and will premiere from 1 October across TV, video on demand and digital channels. The first airing of the TV ad will be at 825am tomorrow on Channel 4, and then across STV later that morning. Further slots across different channels will continue until 14 October. The short film is framed around the difficulty of saying the word, suicide, the powerful and authentic words in the film are from real experiences and voiced by the very people who told us their story.

There is also a campaign on a selection of billboards, at football matches and on social media channels. The first live football match on 4th October on Sky will promote these messages. All of this supports the growing movement. All are encouraged to share campaign message, encourage your networks to sign up, and to remember to tag @TalkToSaveLives

<https://unitedtopreventsuicide.org.uk/> has been updated with a new page showing stories from those who have joined the movement and presenting the new film on the homepage. These pages will be kept updated, pulling posts and news on a brand new 'social movement' wall on the site. Content can be shared please send it to:

enquiry@unitedtopreventsuicide.org.uk

We should all take a moment to watch the NHS Scotland [Ask, Tell - Save A Life](#) animation. It's a short, informative overview of what you can do to support someone in distress.

This suicide safety plan formulated by Public Health England tool is a useful tool, particularly as many people are unable to access face to face support at the moment. e.g. could be used by support staff remotely to help guide a client to complete an online safety plan to enhance the support they are giving, or face to face.

<https://www.stayingsafe.net/>

- Call **116 123** to talk to [Samaritans](#), or email jo@samaritans.org
- Call **111** to talk to NHS 24's mental health hub
- Call **0800 83 85 87** to talk to [Breathing Space](#). The service is open 24 hours at weekends (6pm Friday - 6am Monday) and 6pm to 2am on weekdays (Monday - Thursday).
- Text "**SHOUT**" to **85258** to contact the [Shout Crisis Text Line](#), text "YM" if you are under 19.

Together we can make a difference

Scottish Recovery Network

Lesley Smith the Network Manager for the SRN has detailed work that the SRN are currently taking forwards including:

What's next for recovery and peer support?

Creating opportunities for people to join in conversation about the future of mental health recovery and peer support in Scotland. More info here:

<https://www.scottishrecovery.net/whats-next-for-mental-health-recovery-in-scotland/>

Virtual Peer2Peer course: pilot

Piloting an online delivery of the Peer2Peer course.. Places are limited and there is a two stage application process – people need to attend an information session to apply for a place on the course. Find out more here

<https://www.scottishrecovery.net/participate-in-a-virtual-pilot-of-the-peer2peer-course/>

Peer Support animation

different ways for people to share their experiences. - short animations to stimulate discussions and a good length for online sessions. Check out here <https://www.scottishrecovery.net/hollie-peer-support-and-me/>

Build back better!

Build Back Better report and animation based on the Network's recent Recovery Conversations. Check out what people in Scotland have said: <https://www.scottishrecovery.net/build-back-better-for-mental-health/>

Getting your voice heard

Graham Morgan, who some of you may know, from the Mental Welfare Commission for Scotland and/or Highland Users Group is also now a member of the Executive tasked with the Scott review of Scottish Mental Health Legislation.

One workstream is 'Social Economic and Cultural rights' in the context of legislation. That includes everything from peoples experiences around Welfare Rights, Employment, the right to the best possible physical and mental health, to housing and education – many of the things people have been speaking out about for years such as the loneliness and isolation so many people experience. They are keen to speak to a number of collective advocacy groups and peer projects across the country about their knowledge and ideas on these issues; especially where people with mental health problems have been particularly disadvantaged.

If you are interested in joining a zoom call or organising one please get in touch with Graham directly and a formal invitation and briefing paper will be sent to you from the Chairman, John Scott. They are really keen to hear from people with personal experience. You can email Graham using Graham.c.morgan1963@gmail.com



Scottish Recovery Network
Together we can make mental health recovery real

'A Just Capital'

“Much lower rates of poverty can be achieved, but more of the same won't do. We need to understand the lived experiences of people facing a tough time across the city, and then be willing to try new ways of equipping them with better tools and opportunities.”

Dr Jim McCormick, Chair of Edinburgh Poverty Commission

On 30 September the final report of the Edinburgh Poverty Commission - **,A Just Capital: Actions to End Poverty in Edinburgh** was launched.

The Call to Action in Edinburgh comes after almost two years of conversations across the city: with people experiencing poverty, the community anchors that support them, keyworkers, employers, councillors, public service officials, housing providers and taxi drivers. This rich process has uncovered new insights on how poverty is experienced in Scotland's capital city – some arising directly from the COVID-19 pandemic – but more stemming from long-established struggles. Much of what we had learned about the immediate impact of Covid was set out in the interim report published in May.

Since then, the Commission has maintained a clear focus on addressing the root causes of poverty as well as mitigating the consequences. They have discovered common ground among people with different experiences and in different sectors: that poverty in Edinburgh is real, damaging and costly – but also that, despite the powerful currents that threaten to drive us further off course, there is enough determination in the city to embrace the twin challenges of solving poverty and reducing carbon emissions over the next decade.

The Commission has identified six broad areas for action and one cultural challenge that should serve as a lens through which each action should be approached. The first proposition is that Edinburgh will only succeed in creating a prosperous city without poverty if it creates the conditions for good jobs, genuinely affordable housing, income security and meaningful opportunities that drive justice and boost prospects – above all, in the city's schools. In addition, a much sharper focus on connections across the city is needed – via digital participation, cheaper transport and creating neighbourhoods that work. These actions combined will flow through to reduced harm to people's physical and mental health. Emergency food support should not become locked in as a fourth emergency service but serve as a gateway to other support that will ease isolation and build human connection and kindness where it has been lacking.

Read the final report [here](#) and the supplementary data and evidence paper [here](#).

The Commission has called on the City Council and the wider Edinburgh Partnership to set out its initial response by Christmas, as part of a first year of planning and early implementation. And the Commission are leaving a legacy through a new independent network, **End Poverty Edinburgh**. Led by Commission member Zoe Ferguson and partners at Poverty Alliance, this brings together a core group of residents with first-hand experience of living on a low income and allies who want to be part of shaping the solutions. Inspired by a similar approach in Edmonton (Alberta), they will stress test this report, challenge and add their own ideas, work with city partners to achieve progress but also hold the city to account on its response.

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



