



Spring In Step

Welcome to issue #26. It's really feeling like Spring now!

Hope you find lots to interest you in this briefing. We are delighted that our 2nd Thrive Edinburgh Conference will be taking place on 7 May. We really hope you can join us!

Please keep in touch linda.irvinefitzpatrick@nhslothian.scot.nhs.uk

“The point is that the pleasures of spring are available to everybody, and cost nothing.” – George Orwell

get your thrive on ...

Thrive Edinburgh is a city where every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community.¹ Our ability to thrive as human beings and as a city is closely tied to our mental health.

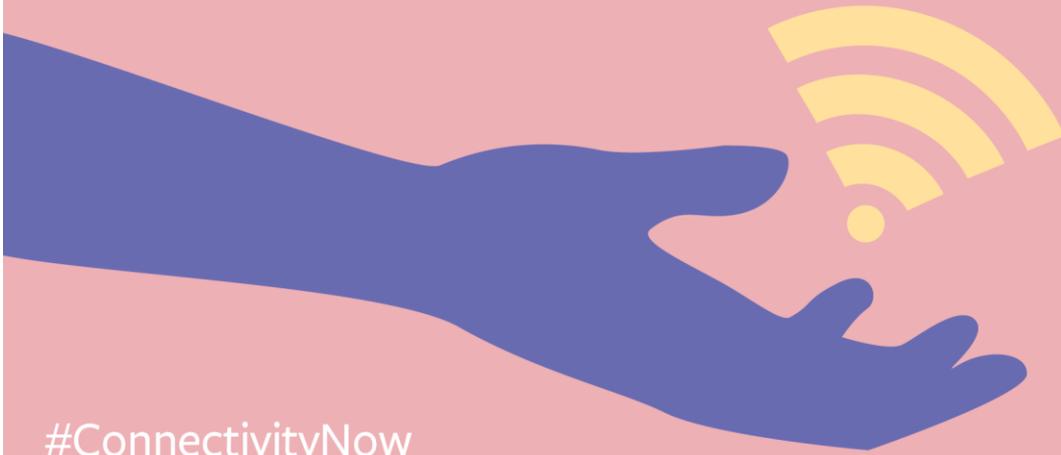
Since our inaugural conference in November 2019, Thrive has been working to implement our aspirations for Edinburgh alongside people who have committed to improving the mental health and wellbeing of the citizens of Edinburgh. Over the last year we have continued to work with our partners in the development of Thrive's long-term strategic aims. The response to pandemic has been amazing with individuals and organisations continuing to deliver innovative and creative support for mental health and wellbeing. We hope you can join us at our second Thrive Edinburgh Conference.

Get Your Thrive On! will be held on Friday 7 May 2021. Chaired by the Lord Provost, Frank Ross, this interactive online conference offers a fantastic opportunity to come together to hear about, discuss and connect on work aligned with our 4 guiding principles – Change the Conversation, Change the Culture; Act Early; Partnering with Communities and using Data and Evidence to drive and create change - and discuss and share future aspirations.

When: Friday 7th May 2021
Where: Microsoft Teams Online Event

Welcome from: 9.45 am
Conference begins: 10.00 am
Conference ends: 3.30 pm
To reserve a place: <https://www.eventbrite.co.uk/e/get-your-thrive-on-tickets-144675766111>
Closing date: 27 April 2021
Calendar Invite sent: 5th May 2021

Join our campaign for Connectivity Now



#ConnectivityNow



People Know How have launched a nationwide campaign, **Connectivity Now**, calling for accessible and affordable connectivity in homes across Scotland to facilitate an end to data poverty.

Coronavirus highlighted digital exclusion across demographics, postcodes and sectors throughout Scotland. Organisations across sectors have now joined the battle against digital exclusion to continue offering their services, products or support. The Connectivity Now manifesto is a call-to-action for organisations across sectors. It consists of 3 actions:

1. Regulate connectivity
2. Link connectivity to shared spaces
3. Zero-rate essential service websites

Read the full manifesto and pledge your support to **#ConnectivityNow** on People Know How's website. To make your pledge even more impactful, the charity is encouraging pledgers to record a short video clip, completing the following sentence: *I support Connectivity Now because...* Pledges including a video will be shared on People Know How's social media channels, tagging and promoting your organisation as a supporter.

To spread the word and help get more pledges, People Know How have posts pinned for you to share on their [Twitter](#), [Facebook](#), [Instagram](#) and [LinkedIn](#) channels and don't forget to use the #ConnectivityNow hashtag!

Let's unite our experiences from this pandemic and do something about data poverty!

Ready to pledge? Visit the website to read the manifesto, pledge your support and move one step closer to #ConnectivityNow:

www.peopleknowhow.org/connectivity-now

CAPS Interactive WEBINAR
8th April 4pm–6pm

CAPS independent advocacy

our Lockdown experience
'virtually'
The People's conference...
1 year on

Lothian Voices invite you to come and hear the findings from our 2020 People's Conference

Find out what collective advocacy looks like online!

Learn about people's experiences in lockdown

Take part in collaborative dialogue to explore issues and consider options

For more information and/or to attend please contact Ele on 07948 740 158 or ele@capsadvocacy.org

CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation. Scottish Charity Number SC021772

Thrive on Thursday Dialogue – 29 April 12 noon to 1.15 pm

Following the publication of the Independent Review and at a critical point in the history of adult social care support, Alex Thornburn (People-led Policy Panel, PLPP) and Kirsten Maclean (People-led Policy Officer, Inclusion Scotland) will talk about the co-production work of the PLPP and the vital role of disabled people and our organisations in implementing the recommendations of the Feeley Review, including the creation of a National Care Service for Scotland.

To join the conversation book in at thrive.edinburgh@nhslothian.scot.nhs.uk

All Aboard !

People Know How and Polwarth Parish Church are delighted to share the exciting announcement that we have purchased our own canal boat as part of our partnership project All Aboard!

On this boat we will aim to nurture community cohesion and wellbeing, particularly as the community recovers from the pandemic. We have now launched a campaign that will share the journey of our boat from build to launch and fundraise for its upkeep. Find out more at www.peopleknowhow.org/news/purchasing-our-all-aboard-canal-boat



New Young Minds Campaign Supporting a friend with their mental health

A campaign co-created by young people and in collaboration with Young Minds, launched on Monday 1st March. The campaign aims to help young people who are supporting friends and family with their mental health.

“We know it can be difficult to know how to respond when someone opens up to you about their mental health. Here’s our advice on what you can say and how you can support your friend, while looking after your own mental health too.

<https://youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health/#how-to-respond-when-a-friend-opens-up-to-you>

When a friend opens up to you about how they are feeling, or tells you about something they are struggling with, you might find the conversation tough and it can feel difficult to know what to say. This reaction is normal. It shows you care for that person and want to help them - it’s part of our nature to want to support others and this is something you should be proud of.

However sometimes, when we are supporting our friends we can take on a lot of stress. You might feel like it’s your responsibility alone to help them. But there are ways you can help your friend, and find people who can support you too so that you don’t feel overwhelmed and under pressure.”

Remember, it’s not all on you.

The Barrie News

Dedicated to printing good news stories about Gypsy/Travellers in Scotland.

MECOPP has published ‘The Barrie News’ – a newspaper dedicated to printing positive news stories about Gypsy/Travellers in Scotland (‘barrie’ is the Cant word for great!).

Originally a special one-off publication, the Barrie News newspaper is dedicated to sharing good news stories about Gypsy/Travellers in Scotland.

Sadly, we are all used to seeing negative stories about Gypsy/Travellers in the press so in collaboration with some of the amazing people we work with, we decided to do something about that!

Issue 4 is available now!

<https://www.mecopp.org.uk/barrie-news>

Focus on Wellbeing A Webinar Programme For Health and Social Care Staff

The aim of third Focus on Wellbeing Programme is to empower and encourage health and social care staff and unpaid carers to enhance personal resilience and self-care. The programme content is linked to the range of resources available on the National Wellbeing Hub www.nationalwellbeinghub.scot

The Focus on Wellbeing Programme will be updated and circulated periodically with information on new topic sessions for your benefit, so please refer to the 'Key Dates' page on the [National Wellbeing Hub](http://www.nationalwellbeinghub.scot)

For enquiries please contact Scot Hall scot.hall@gov.scot

March Webinars

Managing Working Parenthood in Current Times

24 March, 15.00 – 16.00 hrs.

Covid-19 is a crisis for working parents. If you are working while caring for children, or manage staff who are, then this session is for you! These webinars will be led by Daisy Dowling, Founder and CEO of Workparent, a specialty consulting firm in the U.S that provides solutions to corporations and U.S. Air Force. She is a working parent coaching expert, and author of '*Workparent: Thrive in Your Career While Raising Happy Children*', a guidebook to working parenthood (published in May 2021); she has been published extensively in *Harvard Business Review* and is a series Editor for *HBR's Working Parents* series. Daisy will share specific techniques and tools for successfully handling the challenges of your dual role in these unique circumstances, including ways to "dual hat" effectively when working and caregiving, managing your routine, schedule and self, how to communicate effectively as a professional and parent and feel more in control, and maintaining personal energy and resilience in the face of current pressures. In advance of the session, participants will have the chance to put specific working-parent questions or concerns for Daisy to respond to.

<https://www.eventbrite.co.uk/e/managing-parenting-in-current-times-tickets-138651956735>

The science of stress and anxiety: Evidence-based techniques to feel better

25 March, 17.00 – 18.00 hrs.

Do you struggle with worry, stress, and anxiety? If so, you're not alone. Understanding the science behind what drives stress and anxiety is the first step to learning how to overcome it. Dr Michelle Davis, a clinical psychologist specialising in the research and treatment of anxiety and related disorders, will describe some of the causes of anxiety and provide practical, evidence-based tools and techniques to help you manage it.

Michelle is the Clinical Innovation Lead for Anxiety at Big Health in San Francisco. She has published extensively and presented her research to international conferences. Michelle has a strong background in cognitive behavioural interventions, with particular expertise in exposure therapy for anxiety disorders and obsessive-compulsive disorder.

<https://www.eventbrite.co.uk/e/the-science-of-stress-and-anxiety-evidence-based-techniques-to-feel-better-tickets-146541869677>

Sleep, glorious sleep! Everything you need to know...but never dared to ask.

31 March, 16.00 – 17.00 hrs.

A live 'sleep session' and Q&A with Prof Colin Espie and Dr Dimitri Gavriloff from Big Health and *Sleepio*, facilitated by Prof Andrew Gumley.

In challenging times, difficulty sleeping is often the first symptom of poor mental health. Since April 2020, over 22,000 health and social care staff across the UK have used the Sleepio programme to help get their sleep back on track. Many staff have reported struggling with poor sleep for years and have been looking for the right solution. Here's your chance to learn more about improving your sleep from world class experts, using evidence based techniques. NHS Scotland has partnered with Big Health, who developed Sleepio, to deliver this live Q&A session with sleep experts Prof Colin Espie and Dr Dimitri Gavriloff, as part of a World Sleep Day initiative.

Colin and Dimitri are sleep medicine specialists at the University of Oxford and world experts in their field. **Colin** is the author of the bestselling book "Overcoming Insomnia and Sleep Problems: A self-help guide using cognitive behavioural techniques" and **Dimitri** is a clinical course tutor in sleep medicine at Oxford. Participants will have the opportunity to post questions in advance of the session. All questions asked will be anonymised. **Andrew** is Professor of Psychological Therapy, University of Glasgow Institute of Health and Wellbeing, Consultant Clinical Psychologist (NHS Greater Glasgow & Clyde) and Director of the NHS Scotland Mental Health Research Network.

<https://www.eventbrite.co.uk/e/sleep-glorious-sleep-everything-you-need-to-knowbut-never-dared-to-ask-tickets-146540862665>

Scottish Mental Health Arts Festival - Artist Commission: My Normality

My Normality is a series of six new £500 commissions, open to artists of any discipline and based anywhere in Scotland. The theme for the Scottish Mental Health Arts Festival 2021 is 'Normality?' and with these commissions we want to explore one of the big questions raised by the Covid-19 lockdown: what is 'normality'?

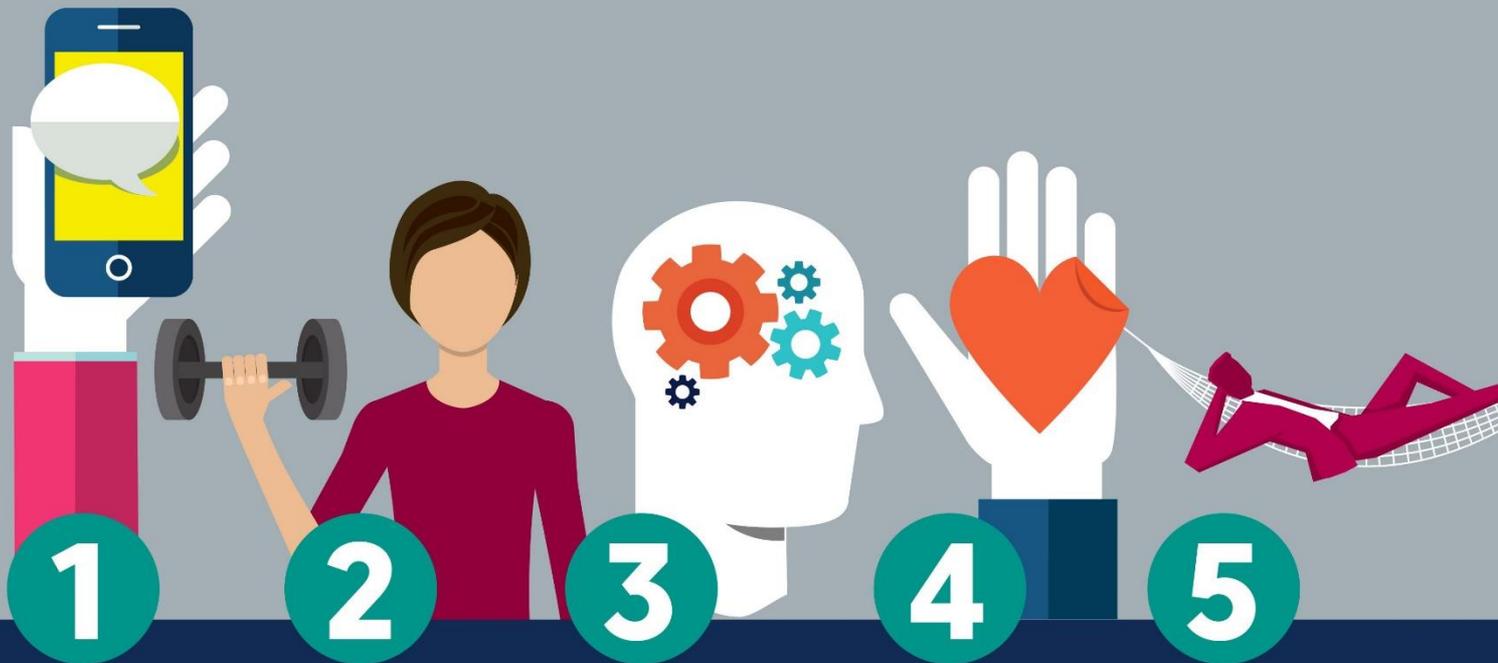
There has been much discussion over the past year of adjusting to a 'new normal', or of things 'returning to normal' at some point. But what if you feel that society's perception of 'normality' doesn't include you? What if your experience of 'normality' results in, or exacerbates, illness and stress? What if being ignored, marginalised, or discriminated against is so 'normal' to you, and to those responsible for it, that it is barely acknowledged? And what is the mental health impact of all this?

SMHAF wishes to commission six artists to respond to the theme of 'My Normality' in any way they wish, as long as the work addresses mental health in some way and can, ideally, be shared online. Each selected artist will receive a fee of £500 inclusive of costs and materials. To enter, please send us a short proposal – one or two paragraphs if in writing; we can also accept proposals by audio or video – plus examples of previous work and an estimate of how long it would take you to make and submit your piece.

We will not prioritise applicants who are able to make work more quickly and will be flexible around access needs. We hope to showcase some of these commissions during this year's festival dates of 3-23 May 2021 but we are also open to presenting work throughout the summer.

The successful proposals will be compellingly presented and have something insightful to say about 'normality' and mental health. Please email applications to smhaf@mentalhealth.org.uk with the subject line 'My Normality Proposal - Your Name'. **The deadline for applications is midnight on Friday 2 April.** My Normality is supported by Creative Scotland.

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

