

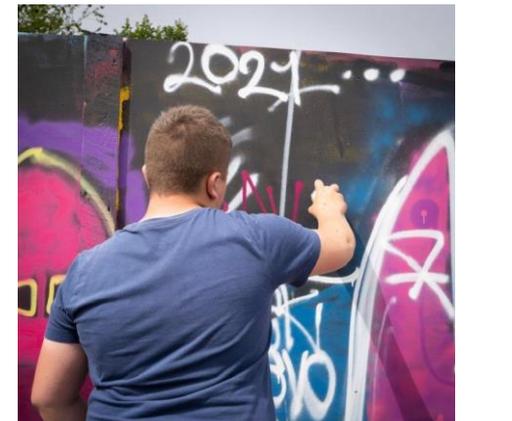
Long Hot Summer

Welcome to issue #30. Hope this finds you all well and enjoying the beautiful summer days and nights. As always we are delighted to highlight work and initiatives from our many partners across the city. We hope you enjoy this briefing and please keep sending us news and updates. The next edition is due 27 August so do please send us any articles by Friday 25 August, Many thanks! linda.irvinefitzpatrick@nhslothian.scot.nhs.uk

“I have only to break into the tightness of a strawberry, and I see summer – its dust and lowering skies.” Toni Morrison

Get Into Summer with Vue Arts

Vue Arts, as part of our Mental Health Fondation and Thrive Edinburgh “Get Into Summer” programme supported by the Scottish Government have been doing some amazing workshops and stree art with young people. These amazing images by photographer Deb Mullan capture the the young people “having an absolute ball at the workshops” as Lotte from Vue Arts described it. Lotte also highlighted that the feedback from the participants, parents and local community has been fantastic’ If you are out and about in Leith please do check the art work out at Coatfield Lane, Leith. If you would like more information, please email: vueheart@gmail.com





'Side Step' Action for Children



The service aims to support children and young people aged 11-18 years who may be at risk of or coerced into, involvement with serious offending and criminal activity. We seek to identify children and young people at the earliest opportunity to divert them away from exploitation or criminal pathways that could lead to career criminality.

Aims

- Identify and divert children and young people at risk of involvement in serious offending and criminal activity at the earliest opportunity.
- Offer suitable support and diversion opportunities to those identified as potentially being exploited or coerced to engage in criminal activity as an alternative pathway.
- Build the capacity and resilience of children and young people as a means of prevention to future involvement in career criminality.
- Support children and young people to address issues of vulnerability that may lead to exploitation by criminal networks.
- Offer support to families as part of an approach to supporting children and young people to reduce their involvement in criminal activity and strengthen family relationships.
- Use peer mentors with lived experience to act as positive role models for children and young people.



Our Approach

The project recognises the vulnerability of children and young people at risk of criminal exploitation. We understand that they may have experienced multiple disadvantage and adversity that contribute to their involvement in criminal activity. If children and young people have found it challenging to engage with traditional mainstream interventions, we understand that they are unlikely to have been successfully diverted from engaging in criminal activity, and could be at increased risk of criminal exploitation. Our staff are committed to making every effort to engage children and young people who may have typically disengaged from previous supports, understanding that the level of exploitation and control that may be imposed on them can contribute to their behaviours and be a barrier to their engagement. We see relationship building as key in supporting the move away from criminality and onto more positive pathways.

Interventions offered will include a combination of 1:1 and family support, peer mentoring, group work and positive diversionary activities. Support is tailored to the unique needs of children and young people through a specialist staff team who offer a blend of abilities, backgrounds and skills which is necessary in ensuring we fully meet the needs and vulnerabilities of this group.

Parents / carers /appropriate family members can also be offered support, as a means of promoting a 'whole family engagement in reducing risk. This service will work alongside key partners as part of a multi-agency approach and be co-located in the Young People's Service.



'Side Step' Action for Children



Identification Criteria

- Prolific offending
- Family connection to serious criminal activity
- Online connection to illegal networks
- Changes to networks/peer groups
- Increased/unexplained material wealth
- Criminal /specialist skills/abilities
- Transitional periods—exclusions, moves, changes to peer group
- Signs of exploitation—both sexual and criminal
- Characteristic vulnerabilities—seeking sense of status, belonging, power, acceptance
- Experiencing financial difficulties—individually or as a family



Referral Criteria

- Children or Young People involved in prolific offending - where traditional means of engagement have not been effective in reducing risk.
- Identified groups of children and young people in communities involved in offending behaviours that could be related to, or linked to child criminal exploitation. (Prevention/Early Intervention).
- Children or Young People disengaged /excluded from education, with concern around vulnerabilities to exploitation into criminal activity.
- Evidence that a child/young person/group of young people are being exploited to carry out criminal activity.
- Children and Young people whose placement at home/residential is at risk of breaking down – where there is evidence that a Lead Professional and multi-agency plan in place which has not been effective –with more intensive intervention required.
- Children or Young People who are placing themselves and/or others at risk and who require a Care and Risk Management Plan (CARM) - where there is concern around criminal exploitation.
- Children or Young People transitioning out of secure care/HMYOI, or subject to a Movement Restriction Condition—where there is concern around criminal exploitation.

Referral Process

All requests for service should be within an Assessment of Need and Risk form or specific Action for Children referral form which will detail the areas of need and what the focus of work should be. A regular screening panel will consider allocation of appropriate referrals.

Consent of the child/ young person should be obtained prior to the referral being made to the service where there is not an alternative legal basis for sharing information.

Referrals and enquiries can be made directly to **Fiona Bradford** Team Manager and **Sharon Maciver** National Manager;

SideStep.referralsE@actionforchildren.org.uk

If you have concern or would like advice around a child or young person you would benefit from the service and wish to discuss in more detail, please contact the Side Step management team; Fiona.Bradford@actionforchildren.org.uk Sharon.Maciver@actionforchildren.org.uk or call **0131 529 6700**.

Threads by A A Paton

Opening Friday 27th August 5.00 pm – 6.00 pm

Gallery 2

A. A. Paton



27th August – 11th September 2021

11.00 am – 5.00 pm

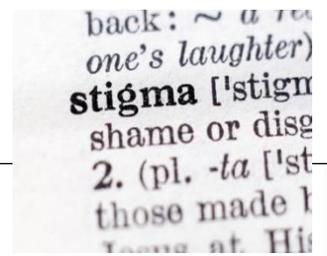
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Stigma Stories

Advocard has a new project called **Stigma Stories**.

The aim of the project is to collect stories from people about the stigma they may have experienced due to their alcohol and /or drug use and the impact this has had on them.

We want to hear from people with lived/living experience, loved ones and the professionals that support these people.

- Have you experienced Stigma and discrimination due to your alcohol or drug use?
- Have you experienced stigma and discrimination because you support a loved one who has alcohol and/or drug issues or because you work in the services that support people with alcohol and/or drug issues?
- Do you want to use your experience to educate people to understand the impact being stigmatised can have?
- Has Stigma prevented you from accessing services/support?
- Do you have a story to tell about this experience?

We want to use the stories to make a book which we hope will educate others and change their attitudes towards people that have alcohol and/or drug issues.

We want to hear from people with lived/living experience, loved ones and the professionals that support these people. If you have experienced Stigma and want to share your stories with us we can support you to do this. All stories can be anonymised.

For an informal chat and to find out more contact: Rachel rachel@advocard.org.uk or telephone 07423 671365 or check out the website for further details:

<https://www.advocard.org.uk/problematic-substance-use-advocacy-service/>

ThriveFest #2

On 10 October World Mental Health Day

Watch this space for further information.
If you would like to get involved please email us at:
thrive.edinburgh@nhslothian.scot.nhs.uk

Suicide Awareness Day

10th September 2021



More than ever we need to be talking about our wellbeing, mental health, and suicide. 10th September is **Suicide Awareness Day** and brings with it an opportunity for us to talk, meet, and work together to raise awareness of suicide.

Last year **Thrive Edinburgh** in partnership with Police Scotland, Penumbra, and Health in Mind hosted stalls in different place across Edinburgh. These provided an opportunity for people to talk with staff and partners from different agencies. Some of the help and support offered is summarised below:

- An elderly lady attended at Cameron Toll, having seen a social media post, specifically asking for support in relation to the death by suicide of her son and severe depression being suffered by her surviving son. All three are armed forces veterans and the lady was provided with advice by our Armed Forces Champion and a Thrive Edinburgh team member
- An elderly lady from an ethnic minority background stated she had depression and had a lack of support. Literature and contact details for support agencies was provided.
- A young male advised officers that his father died by suicide when he was only 8 years old. Advice and support was offered by Barrie from Crisis Centre.
- A psychiatric nurse, visiting Edinburgh, was provided with literature to be taken back to their place of work in the north of England.
- A parent who was concerned about the mental health of her daughter who was studying at university was provided with relevant literature and with contact details for appropriate support groups.
- Members of a church were provided with literature to support their setting up of a bereavement support group.

We are planning to do this again this year with more partners in more places. We are just finalising the dates and venues and will be able to share these with you in the next edition. **Vicky Soutar**, Edinburgh Health Social and Care Partnership's new Suicide Prevention Coordinator has been busy planning a **film night** at the Filmhouse on 10th September. In our next newsletter we will provide fuller details on all the events in Edinburgh and work happening across Scotland as part of the United Against Suicide movement.

Our Police Scotland colleague, **Sgt Mark Innes** who led on establishing the community stalls from Police Scotland is doing the **Etape Loch Ness bike ride** to help survivors of bereavement by suicide. It's a 66 miles round Loch Ness taking in various summits on route so looks like a hard one! If you are able and would like to sponsor Mark please visit: <https://www.justgiving.com/fundraising/marko150>

In the meantime if you have any events or information you would like shared for Suicide Awareness please do send information on.

Save the dates

Volunteer Edinburgh Recruitment Fair

volunteer recruitment fair



At our Volunteer Recruitment Fair you can meet organisations looking for volunteers, or talk to experienced volunteer advisors on hand to help you to search hundreds of volunteering opportunities throughout the city.

Who is event for? Organisations and anyone interested in volunteering

When? Wednesday 22 September 2021 from 11.00am until 7.00pm

Where? St Paul's and St George's Church on York Place.

What does it cost? The event is free to visitors. Booking for stallholders are charged and we have a number of payment options available.

If you're considering volunteering, this is a fantastic opportunity to meet face to face with dozens of organisations from across the city that you can speak to directly and who are currently looking for volunteers. The fair will also feature access to volunteering and employment specialists, a friendly café to relax and refresh in, and of course access to hundreds of other volunteering opportunities, all under one roof. Last year our volunteer recruitment fair helped over 1,100 people in their search for volunteering opportunities, connecting them with the organisations that needed their help. Make sure you're one of them this year. [For further information visit:](#)

<https://www.volunteeredinburgh.org.uk/training-and-events/volunteer-recruitment-fair/>

Gathering Peer Voices – Change the Conversation: Change the Culture

We'd like to invite you to our second **Gathering Peer Voices**. This event is open to Edinburgh's Peer Workers, Peer Volunteers and all people interested in mental health, recovery & lived experience, who would like to learn about and contribute their views on how we can strengthen peer practice in Edinburgh.

It takes place on **Thursday 30 September 10am-1pm**. It will primarily be over Zoom.

There will be also be options to join using Teams as we realise that some of our NHS and Council colleagues are unable to access Zoom at work.

Change the Conversation, Change the Culture

We will be using the Thrive theme **change the conversation, change the culture** as our focus for the day. We will have opportunities to learn about and reflect upon changes to peer spaces and services that have happened as a result of the pandemic; developments through Thrive Collective in peer spaces and services; how peer spaces and services are responding to reopening of public spaces; what we want to keep and what we want to leave behind as we move forward.

Book a space at:

<https://www.eventbrite.com/e/gathering-peer-voices-change-the-conversation-change-the-culture-tickets-166158022117> .

GATHERING PEER VOICES

Change the Conversation
Change the Culture

Open to
Edinburgh's
Peer Workers,
Peer Volunteers &
all people interested in
mental health, recovery
& lived experience

30 September 2021 10am - 1pm

[Book Here](#)
peer@health-in-mind.org.uk



MAD PEOPLE'S

HISTORY & IDENTITY



A FREE course by, about and for people who have lived experience of mental health issues.

For more information please contact

Elaine Ballantyne

Telephone: 0131 474 0000

E Mail: EBallantyne@qmu.ac.uk



**4th November -
9th December 2021**



CAPS
independent
advocacy

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

What is "Mad People's History & Identity"?

Mad People's History & Identity is a six week Mad Studies course delivered at Queen Margaret University and open to anyone who has lived experience of mental health issues.



We'll cover topics including:

- Induction and Introduction to the course
- What is Mad Studies?
- What is Madness?
- Madness and Intersectionality
- Madness, Treatment and Confinement
- Activism

This course will give you the chance to:

- Learn more about Mad People's History & Identity in a relaxed and supportive setting
- See yourself and others as "experts by experience"
- Connect with advocacy and activist organisations, locally, nationally and internationally
- Develop confidence and skills to prepare you for further or higher education
- Complete an optional piece of writing to achieve 20 nationally recognised university credits (20 credits at SCQF level 7)
- Discuss entry into college and university
- Encourage students to see their own experience in a wider context and think critically about mental health and the mental health system

WHERE?

Queen Margaret University

WHEN?

Thursdays, from 10.15am to 3:15pm

HOW MUCH?

FREE

HOW DO I FIND OUT MORE AND APPLY?

Contact Elaine Ballantyne

This project is a partnership between Queen Margaret University, CAPS Independent Advocacy and NHS Lothian Mental Health and Wellbeing Programme.

Mad People's History and Identity

A Pioneering Mad Studies Course for graduates, activists and professionals within the mad movement and the public and third sector organisations.



Queen Margaret University, Edinburgh launched the world's first master's degree in Mad Studies in 2021. We are now recruiting for January 2022. The MSc Mad Studies course is primarily a course for graduates with lived experience of mental health issues. Mad Studies is a recognised academic discipline that explores the knowledge and actions that have grown from the global mad movement. The MSc Mad Studies course draws on the knowledge and actions generated by Mad Studies scholars and activists throughout the world.

The MSc Mad Studies has been designed for people who are engaged in the mad movement. Some scholarships are also available to make this a real option for people with lived experience, but the course will also be available for people working within the Public and third sector organisations as part of their ongoing development.

Dr Elaine Ballantyne, Senior Lecturer in Occupational Therapy at QMU, has driven this work for several years explained: "We have developed this work in partnership with CAPS Independent Advocacy and Thrive Edinburgh. It's an important development that recognises Mad Studies as an academic discipline, and the important contribution that the mad community can make to the generation of knowledge about madness. At the core of Mad Studies, we should have mad people, mad issues and mad culture"

This course brings together a teaching team with wide ranging expertise including activists and scholars from the mad movement and academics from QMU.

Information for Applicants

Course application deadline for the January 2022 intake is the 30th of September 2021.

If you'd like to find out more about how a Mad Studies MSc can develop your knowledge and connections within the mad movement, enhance you're academic and professional skills and career please contact: EBallantyne@qmu.ac.uk

Four scholarships are available specifically for students with lived experience of mental health issues who are unemployed or from low income households. The Kathryn Church Scholarship, David Reville Scholarship and the two Thrive Scholarship's cover course fees and are only available for Home and UK students.

Full course details at: <https://www.qmu.ac.uk/study-here/postgraduate-study/2020-postgraduate-courses/msc-pgdip-pgcert-mad-studies/>

In the meantime if you have any events or information you would like shared for Suicide Awareness please do send information on.

5 ways to wellbeing

As restrictions ease



1 Connect

Catch up with someone you haven't seen for a while

2 Be Active

Get out and about in the lovely Scottish sunshine

3 Keep Learning

Use the long summer nights to take up a new hobby

4 Give

Clean out your closet and give away what you don't need

5 Take Notice

Look up when you are out – Edinburgh's buildings and rooftops are full of surprises

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

