

Hello and welcome to issue #35 and our second last newsletter of 2021. In this edition we have included our “Thrive on Thursday” summary which focused on smoking. These are proving to be a great mechanism for learning, connecting and building new alliances and partnerships. You can also find information on how to apply for funding from the new Scottish Government Community Mental Wellbeing Fund led by EVOC - a much welcomed development. As always thank you so much for all your contributions and do please keep sending to

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“It was snowing. It was always snowing at Christmas. December, in my memory, is white as Lapland, though there were no reindeers. But there were cats.”

Dylan Thomas “A Child’s Christmas in Wales”

Edinburgh Community Mental Health and Wellbeing Fund is now open

Maria Arnold from EVOC writes:

We’ve had a busy November, discussing this funding with as many people as we can.

To try to make it more accessible, instead of long application forms we’re asking you to fill in a few key details setting out what you think your organisation or group can do to meet the needs of communities in Edinburgh. Please also tell us what support you might find helpful.

These expressions of interest will be publicly available for others to see on our website from mid-December, so do check back in a week or two. We hope this open process will stimulate partnerships and ideas.

Expressions of Interest

All expressions of interest need to be submitted using this [online form](#), but we’ve also created a [word version of the form](#) to help you draft your application.

The closing date for expressions of interest is **Fri 14 Jan 2022**.

For details of the process after this point please see the [Partnership Plan](#).

Other Ways to Get Involved

If you don’t plan to apply to the fund but would like to be involved in the process – e.g., as part of the decision-making collaborative – we would really welcome this and can discuss funding for your time where appropriate.

Please get in touch: funding@evoc.org.uk

Stop Press!

Thrive on Thursdays – Perspectives, Propositions and Provocations

#26.08.21		Smoking and Mental Health, Action of Smoking and Health (Scotland) (ASH)
Perspectives		<p>Jim O’Rorke, a development officer for ASH presented on Smoking and Mental Health. He gave a brief background on ASH which is an independent Scottish charity taking action to reduce the harm caused by tobacco. ASH’s vision is that everyone has the right to good health and to live free from the harm and inequality caused by smoking. Jim has 35 years of experience working in Mental Health and Addiction services.</p> <p>Jim explained “ASH’s Impact Project” which is funded by the Scottish Government. The aims of the project are to deliver accurate information about the effects of smoking on mental health and medication. This includes a short training session providing information on where to get support to quit and how to access this information. In turn workers and volunteers have accurate and up to date information to pass on allowing people to make an informed choice about their own mental health and smoking. ASH has trained over 1,000 workers and volunteers in the third sectors, NHS, local authorities and DWP during the last four years.</p> <p>Jim highlighted an evidenced-based research paper titled ‘Smoking and Mental Health Neglected Academic’ which showed that a lot of people are unaware of the harm on their mental health caused by smoking. However, a number of people are aware of the physical harm. The review also showed that people who support people with mental health are best placed to advise on mental health issues.</p> <p>Jim summarised the latest (2019) smoking figures; smoking prevalence rate of 17% in the general population in Scotland; around 40% for people with experience of mental health issues; around 70% for those experiencing severe and enduring mental health issues. He noted that Scotland don’t routinely record the actual smoking prevalence figures for people with mental health problems. These figures are good estimates and are based on similar developed countries like England, Australia and the USA. He highlighted that the smoking prevalence rate for the general population is reducing over time but isn’t for people with mental health issues. Most alarmingly people with mental health issues die 10-20 years earlier than the general population and smoking is the mediate contributing factor. He highlighted that Scottish government has a target for Scotland to have a smoke free generation by 2024 which means a smoking prevalence rate of <5% for the entire population.</p> <p>Jim explained the effect of smoking on mental health for people suffer from anxiety conditions. A majority of smokers found smoking helps them to cope, feel calmer and are less anxious. On the contrary, smoking tobacco can make the feeling of anxiety worst rather than better through Nicotine withdrawal symptom. Nicotine is very powerful drug and is as addictive as Heroin or Cocaine hence it is difficult to give up. When smoking tobacco, nicotine releases Dopamine in the brain which is neurotransmitter giving a sense of wellbeing and calm. Smoking therefore reduces the withdrawal symptom effect which cause from the smoking itself and doesn’t reduce anxiety conditions. If people have an existing anxiety disorder/conditions, withdrawal from Nicotine will exacerbate these feelings.</p> <p>Jim explained the effect of smoking on mental health for people suffering from depression. Research shows that depression tends to be twice as likely among people who smoke than those who don’t, but it is not yet clear what links are or causes. Levels of Dopamine are often found to be low in people with depression, who may then use cigarettes as a way of temporarily increasing their supply. However, smoking encourages the brain to switch off its own mechanism for making dopamine so in the long term the supply decreases, which</p>

	<p>in turn prompts people to smoke more. Study also found that people who had never smoked generally have less depression.</p> <p>Jim explained the effect of smoking on medication. Tobacco smoke causes some medications to become less effective hence require larger doses to be prescribed to achieve a therapeutic effect. This includes some medications commonly prescribed for mental health issues. Larger doses of medication might lead to more or greater side-effects. A list of psychotropic drugs affected by smoking is available from ASH Scotland website at https://impact.scot/resources/</p> <p>He emphasised this list of medications is taken from the Maudsley Prescribing Guidelines in Psychiatry which is produced/updated every three years. The Maudsley is an NHS Psychiatric Hospital in south London and is internationally recognised. In addition, there are other 63 medications that are affected by tobacco smoke such as warfarin, betablocker and methadone.</p> <p>He explained that only tobacco smoke has this effect and is not Nicotine, tar or Carbon Monoxide. The smoke stimulates an enzyme in the liver which then metabolizes medication in blood plasma more quickly. This means that the medication is eliminated from the body before it is all absorbed into the body. For some medications this means that they are up to 50% less effective.</p> <p>Jim commented on a lack of knowledge on the effect of tobacco smoke on medications among the medical professionals. He recommended to take this list of medications when seeing the medical professionals. And it is important that if people are considering quitting smoking to speak to their prescriber in the first instance so that they can advise on reducing the dosage of medication over time as necessary. He recommended to visit the IMPACT website for resources.</p> <p>Jim's Presentation is circulated with this Stop Press.</p>
<p>Dialogue</p>	<p>In the group there a variety of professionals from across services and settings including NHS Lothian Smoking Cessation Services and Quit Your Way. The group had an informative, open and honest discussion about how this information could be shared and used more widely.</p> <p>Karen emphasised that there are specialist services provided by the NHS which provide support and advice to people with Mental Health issues. Alexis offered to review and share the current pathway to ensure includes this feature.</p> <p>Shelley suggested there may still be a lack of knowledge and awareness in GPs and Pharmacy about the impacts of smoking on medication and some awareness raising would be beneficial. Cat will invite Jim to write a small editorial for the Thrive Newsletter which is shared widely including with primary care colleagues. Katrina will scope out how this can be shared through public health forums. Katrina will arrange a catch up with Diana to discuss approaches.</p> <p>Jim repeated the offer of Impact training available: https://impact.scot/events/</p> <p>One Hour Session:</p> <ul style="list-style-type: none"> • effect of smoking on mental health medication • facilitating discussions about smoking and mental health • e-cigarettes (vaping) • local services to help people stop smoking <p>Two Hour Session:</p> <p>Covers all in one session plus</p> <ul style="list-style-type: none"> • IMPACT Guidance document • AID: Ask, Inform, Discuss brief advice framework • How AID supports your work priorities

		<p>All training is free and can be delivered to individual organisations if desired.</p> <p>Selena from DWP would like further information to share with people who she is in contact point. She emphasised the connections between money worries and smoking, also cannabis smoke.</p> <p>Cat thanked everyone for their participation and to Jim for his brilliant presentation and information.</p>
Connections Made		<ul style="list-style-type: none"> • Jim with NHS Lothian Smoking Cessation Services and quit your way • Selena from DWP with ASH Scotland, NHS Lothian Smoking Cessation Services and quit your way

Free on-line training from ASH Scotland: Smoking and Mental Health

New sessions for ASH Scotland's very popular IMPACT – Smoking and Mental Health announced for workers, volunteers, peer mentors or carers

Find out about the adverse effect of smoking on mental health.

We now have a one-hour session as well as the original two-hour session.

The one-hour session covers:

- Smoking and mental health medication.
- Talking about smoking. Motivational interviewing.
- E-cigarettes (vaping).
- Where to get support to quit.

In addition, the two-hour session also covers:

- IMPACT: guidance on smoking and mental health.
- Ask, Inform, Discuss (AID). Very brief advice framework.
- AID and workplace priorities.

One-hour sessions are available on: 20/1/22, 16/2/22, 16/3/22

Two-hour sessions are available on: 26/1/22, 23/2/22, 30/3/22

Sessions presented on Zoom.

For more information visit: <https://impact.scot/events/> or Eventbrite at <https://bit.ly/3kvhGRc>

Our final Thrive on Thursday Dialogue session of 2021 will take place on Thursday 9 December, 12pm – 1.15pm. It has a special focus on our 'Coorie in for Winter' booklet produced in partnership with Health in Mind with Christmas cheer, chat and tunes from DJ Zander.

You can download the booklet here: <https://bit.ly/31IFsf8>

If you would like to join us, please email emma.gall@nhslothian.scot.nhs.uk and we will share the Microsoft teams link.