

Hello and welcome to issue #41 and last edition for 2023. Can't believe we are fast approaching Christmas and the end of another year. We've got a lot to celebrate this year and our recent conference really did give us an opportunity to spotlight the amazing work that is happening across Edinburgh to change our conversation and culture of mental health and wellbeing across the city. We were delighted to welcome our new Chair of the Thrive Assembly - the City's Lord Provost, Robert Aldridge and are looking forward to taking forward 100 days of action! The Thrive Team and I wish you all peaceful and restful festive season. Take care of yourself and others during this winter which we know will be challenging and we do hope that our Corrie in Booklet will provide some useful information and tips for keeping mentally well. As ever do please send us articles and information and we will be back in early 2023.

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*"The first snowfall of the season, blossom sized flakes falling languidly and melting on the ground, a premature snow fall delicate as lace, rapidly melting."*

Joyce Carol Oates



115 Coorie in for winter programmes are being supported, enabling people to connect over the long winter months

With our colleagues at health in mind we are delighted to share our Coorie in for Winter 2023 booklet full of tips for looking after your mental health and wellbeing alongside recipes, crafting tips, winter tales and more!

A huge thank you to all our contributors.

You can access the booklet here  
<https://bit.ly/3FkfDg>

Or through the QR code



## Thrive Edinburgh#3 Conference

Thrive Edinburgh recently held its third annual conference at the National Museum, and with a turnout of over 140 attendees, there was a lot to talk about! The annual conference is an opportunity to update on progress around **the Thrive 10-year, city-wide, Mental Health and Wellbeing Strategy**. Launched in 2019, it sets out a bold roadmap for the city with a wide range of city planning leads from across the public, private and third sector.

This year's event was opened by the City's Lord Provost, Robert Aldridge alongside event guests the wonderful and uplifting **'The Forget Me Notes'** – a dementia friendly choir who use the power of music to bring people, supporting their wellbeing and building connections and friendships. Dr Linda Irvine Fitzpatrick then led a session to update on progress against the strategy, as well as give a flavour of upcoming key focuses for the year ahead. Keeping with our focus on **change the conversation change the culture** our participants were:

- Provoked by forum theatre from **Active Inquiry**
- Inspired to learn more about human rights-based approach to service delivery by the **Royal Edinburgh Patients Council**.
- Listened and engaged with the to the powerful feedback form the People's Conference hosted by **CAPS Collective Advocacy**
- Exposed to the benefits of green spaces by **Cyrenians**
- Learned from our new communities of Syrians their experiences of settling in Edinburgh supported by the wonderful filmmaking of **Media Education**.
- Joined a "Question Time" session hosted by Michele Mason of Support in mind brought to life how the **Thrive Welcome Teams** actually work and what it was like creating a very different model of service delivery in the midst of the pandemic.
- Encouraged to connect with **Peer Collaborative** – supporting a manifesto and career development for peer workers across the city
- Entranced by the amazing rap and spoken word of **\*Spit it Out\*** – a collective of young women using their living experience to create legacy and change through spoken word

Caroline, a wonderful artist, produced this wonderful pictorial summary of our day



**We will be publishing a full conference report next week on our website.**

**Human Rights Awareness-raising Training Sessions**  
**Free Workshops from The Mind our Rights Education Programme (MORE-P)**  
**delivered by REH Patients Council**

The workshops aim to inform about and to present for discussion the most up-to-date ideas on the **Human Rights of patients** within Scottish Mental Health Service provision. **Human Rights** are for everyone and all, including all who feel this training would be useful in their work roles or their lives in general. The workshop includes a wide-ranging slide presentation along with in-depth discussions generated by scenarios anonymised and taken from patients' true-life experiences.

Below are upcoming dates for training:

**2022**

Wednesday 14 December

**2023**

Wednesday 11 January

Friday 27 January

Wednesday 8 February

Friday 24 February

**Time: 1030 – 1300hrs.**

**Venue: REH Patients Council training room, Andrew Duncan Clinic, Royal Edinburgh Hospital.**

**How to book a place and enquiries:**

Places can be booked via Eventbrite (find under Human Rights Awareness-Raising Training – Free Workshops) or directly by emailing the Organizer/Administrator for the Programme and any further

## **Scottish Mental Health Law Review**

The report represents the product of over three years work in the first major review of mental health and capacity law in Scotland in over 20 years. It includes direct quotes from many of the voices of lived experience (including unpaid carers) as well as practitioners and relevant groups and organisations. Contributors have helped develop a new, positive vision of our mental health law with three key aspects:

- Strengthening the voice of people who use services
- Reducing the need for coercion in the system
- Giving effect to all people's rights including economic and social rights

The recommendations will bring Scotland in line with thinking and practice internationally as assessed against developing human rights standards, like the United Nations Convention on the Rights of Persons with Disabilities.

You can access the reports:

<https://www.mentalhealthlawreview.scot/workstreams/scottish-mental-health-law-review-final-report/>

<https://www.mentalhealthlawreview.scot/workstreams/smhlr-final-report-summaries-and-recommendations/>



## Thrive Welcome Teams Phase Two

As part of Living Well UK, supported by the Big Lottery, we have developed the Thrive Welcome Teams – our multi- agency, multi professional teams in the community for mental health and wellbeing support. The process of designing these teams has been truly collaborative and continues to be. There are currently Thrive Welcome Teams based in Edinburgh's four localities.

### What do we mean by Thrive Welcome Teams Phase Two?

In December 2021 and January 2022, the Scottish Government published two documents which set out the context for the significant development of primary care mental health services bringing with it substantial investment into the system. It is anticipated that using the existing Thrive Welcome Teams, Primary Care Mental Health Nurses, and Community Link Workers, together with this additional funding, will ensure a wider range and offer of integrated support, building steadily from 2023 onwards. This is what we are calling **Thrive Phase 2**.

With support from the Innovation Unit, we are now embarking on design phase two which will build on the features of the original model. Design groups from each locality, with representation across staff groups, statutory and voluntary sector, will begin the process in the new year. In addition, the design process, will feature opportunities for wider collaboration with people with lived experience, carers, and other stakeholders.

As part of the initial Big Lottery funded Living Well UK programme an external independent evaluation was conducted and published in July 2022. The recommendations of the evaluation will be fed into the action plan for Thrive Welcome Teams Phase Two.

We are feeling very excited and harbour lot of hope for these developments which we believe will make making it easier for people to get the help they need.



THE SCOTTISH VETERANS WELLBEING ALLIANCE  
**PLANTING SEEDS FOR 2023 - DEVELOPING  
ALLIANCE IDEAS FOR THE GARDEN  
TOGETHER**

**THURSDAY 19<sup>TH</sup> JANUARY 2023**  
**10.30AM – 12.30PM**

LINBURN WALLED GARDEN  
WILKIESTON, KIRKNEWTON, EH7 8DU

The Scottish Veterans Wellbeing Alliance invites you to the walled garden at Linburn.

Breakfast roles and refreshments will be served as we view the developments of this therapeutic space, come together to discuss our work and see how we can encourage the veteran community to further engage with the space and planned activities.

Please RSVP to [richardhenderson@cyrenians.scot](mailto:richardhenderson@cyrenians.scot) by 12<sup>th</sup>

## Creating Hope Together: Scotland's Suicide Prevention Action Plan 2022-2025 Working on our action plan for Edinburgh Stakeholder Seminar

**Date:** Friday 20 January 2022  
**Time:** 9.30 Registration, programme commences at 9.45 am to 12.30 pm  
**Venue:** Norton Park Conference Centre  
Refreshments and lunch will be available.

**Register via Eventbrite:** <https://bit.ly/3G7V0VV>

**Edinburgh Health and Social Partnership would like to invite stakeholders to an in-person seminar to discuss how we create our action plan for Edinburgh reflecting the needs and priorities of the city.**

The Scottish Government and COSLA's vision for suicide prevention in Scotland over the next ten years was recently published. Every life lost to suicide is an enormous tragedy and every life lost leaves devastating and long-lasting impacts on families, friends and communities. Up to 135 people can be affected in some way by every suicide. This strategy is therefore designed to support anyone affected by suicide.

The strategy is supported by a national action plan which details the actions for the next 3 years, which implements the first stage of the Scottish Government and COSLA's 10-year suicide prevention strategy, and the four long term outcomes it sets out. The strategy recognises that socio-economic issues, such as the cost-of-living crisis, have the potential to exacerbate many of the factors we know contribute to suicide and recognises that the whole of Government and society, public, private and third sectors – as well as communities and individuals – all have a part to play in the partnership approach to preventing suicide in Scotland.

There are 6 action areas as set out below:

- Action area One: Whole of Government and society approach
- Action area Two: Access to means
- Action area Three: Media reporting
- Action area Four: Learning and building capacity
- Action area Five: Supporting compassionate responses
- Action area Six: Data, evidence and planning

**We will discuss each of these action areas and begin to prioritise what we need to progress in Edinburgh over the next three years. We hope you can attend.**

**We know that the content in this strategy and our discussions may impact emotionally. Support is always available, and you may find the resources overleaf helpful:**

**ithrive** - Online space for mental health and wellbeing information in Edinburgh. <https://ithriveedinburgh.org.uk>

**Breathing Space** - Breathing Space is Scotland's mental health helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. They can be contacted on 0800 83 85 87, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.

**Samaritans** - Samaritans provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning 116 123 or via email on [jo@samaritans.org](mailto:jo@samaritans.org)

**NHS24 Mental Health Hub** - Telephone advice and support on healthcare can be obtained from NHS24 by phoning 111; the Mental Health Hub is open 24/7.

**Childline** - Childline is a free service for children and young people, for whenever they need support or advice. It is open 24/7, and there are many ways to get support. You can call 0800 1111. Other ways are set out on their website: [www.childline.org.uk](http://www.childline.org.uk)

Edinburgh Health and  
Social Care Partnership



Health  
in Mind



**ithrive**

EDINBURGH

## Your online space for mental health and wellbeing information in Edinburgh

**Find local support that  
works for you**

Access to a wide range of  
self-help materials on topics  
including **anxiety, depression,  
sleep problems and anger**

Keep up to date with latest  
mental health and wellbeing  
news and events in Edinburgh

Read stories from citizens of  
Edinburgh about their own  
experiences of mental health  
and wellbeing and how they  
keep well



**Scan to find support now**



[www.ithriveedinburgh.org.uk](http://www.ithriveedinburgh.org.uk)



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