

EDINBURGH

PENUMBRA HAS THE FOLLOWING RANGE OF SERVICES IN EDINBURGH

SUPPORTED ACCOMMODATION

We have a small range of houses and flats to cater for individual and shared living, with daily support provided by Penumbra staff. This varies according to people's changing needs and includes both practical and emotional support with access to an out-of-hours pager.

SUPPORTED LIVING SERVICE

This is for people experience mental health problems and stay in their own tenancies in Edinburgh and the Lothians. Penumbra Support Workers offer both practical and emotional support, tailored to meet the needs of the individual and designed to enable people to lead an ordinary life. The times, length and content of each visit is agreed according to people's individual requirements and funding criteria. Support can cover a variety of issues including budgeting, household maintenance and establishing links within the community and with other agencies.

This service can be funded through our contract with City of Edinburgh Council's Supporting People budget, Social Work's Care at Home budget or financed privately.

If you are interested in any of the above services and would like further information or to make a referral, please contact our

Edinburgh Administrators
Norton Park
57 Albion Road
Edinburgh
EH7 5QY
Tel: 0131 475 2569
Fax: 0131 475 2391
Email: edin.admin@penumbra.org.uk

OTHER PENUMBRA SERVICES IN EDINBURGH INCLUDE:

EDINBURGH SELF HARM PROJECT

Choose Life Edinburgh funded this Project until March 2009 for young people aged 16-25 who self harm and those who support young people who self harm.

Support available can include: 1:1 Support, Groupwork and Young People's Participation, and staff liaison with agencies in contact with young people to identify and respond to needs within identified target groups of Homeless, LGBT and Through Care and After Care.

Enquiries and referrals to:

Sophie Neocleous, Acting Support Manager
Edinburgh Self Harm Project
114 St Stephen Street
Edinburgh
EH3 5AD
0131 225 7566/0131 226 3661

sophie.neocleous@penumbra.org.uk

<http://www.penumbra.org.uk> under Young People-Prevention&Self Harm-Edinburgh

PLAN 2 CHANGE - CRAIGMILLAR PILOT PEER SUPPORT PROJECT

This unique and distinctive service was developed by NHS Lothian, Penumbra and the Scottish Recovery Network with funding from the Scottish Executive's Social Inclusion Division as part of a new initiative designed to improve services for people experiencing multiple and complex needs.

For further information please contact either

Bob Goupillot or Andrew Smith

Tel: 0131 661 4086

Email: bob.goupillot@penumbra.org.uk

Email: andrew.smith@penumbra.org.uk

<http://www.penumbra.org.uk> under Adult Services-Plan 2 change

EDINBURGH CRISIS CENTRE

The Edinburgh Crisis Centre provides a 24 hour telephone helpline for people in Edinburgh who are 18 years old and over who use or have used mental health services.

We also provide one to one support in the centre arranged via the freephone helpline - staff at the centre will offer emotional support and practical help to access local information and resources to develop a crisis plan.

Please contact us by:

Freephone: 0808 801 0414

Textphone: 0808 801 0415

manager@edinburghcrisiscentre.org.uk

www.edinburghcrisiscentre.org.uk

CAIRDEAS HOUSE RESPITE CARE

Cairdeas House is a subsidiary of Penumbra and works to provide residential respite care for adults experiencing or recovering from mental health problems, and their carers to provide short breaks.

Although based in the west end of Edinburgh, Cairdeas House is a national facility. It offers a safe, homely environment where people can come for a planned break from the pressures of difficult living routines or ongoing ill health.

For further information contact:

Be Morris, Project Director

Cairdeas House

Edinburgh

Tel: 0131 313 5081

Fax: 0131 475 4580

Click here: [National Respite Facility for further info](#)

PENUMBRA HQ IS ALSO BASED IN EDINBURGH

Penumbra HQ

Norton Park (1st floor)

57 Albion Road

Edinburgh EH7 5QY

Tel: 0131 475 2380

Fax: 0131 475 2391

Email enquiries@penumbra.org.uk

Web www.penumbra.org.uk

Registered in Scotland No: 91542 GAYE No: 2270

Penumbra is recognised as a charity by the Inland Revenue Scottish Charity No: SC 010387