



PENUMBRA
ANNUAL REVIEW 2002

**SUPPORTING
MENTAL
HEALTH**

h o p e

vision

Penumbra envisages a society where people with mental health problems are accepted, supported, and given the resources to fulfil their potential within the community.

principles

- People have equal human value regardless of their situation or ability
- People should be offered opportunities to develop or acquire skills which will enhance their abilities to experience and enjoy a normal life
- People should be supported in developing a valued social role within their community of choice
- People should be enabled to have maximal control over their own lives by means of exercising real choice.

services

Across Scotland, Penumbra services for people with mental health problems include:

- Approximately 15% of all registered supported accommodation in Scotland
- The only registered residential respite facilities
- An innovative project for young people in the Scottish Borders
- Pioneering services for people with Alcohol Related Brain Damage in Aberdeen and Edinburgh
- A rapidly growing range of supported living and tenancy support services across Scotland.

contents

Introduction	1	See me	14
Policy matters	2-3	Fundraising	15
Overview of operations	5	Finance	16
Adult services	7-8	Contacts	18
Young people's services	10-12		

introduction

“Hope” is the message on our front cover. We feel this reflects what we strive to offer people with mental health problems. Many people who have mental health problems feel that they have been given a label or diagnosis that leads to a life without hope. One person told us what hope means to them; **“a life where I manage my mental illness rather than my mental illness managing my life”**. Many people do not know that over 70% of people with a mental health problem recover. This is because mental illness is often characterised as a chronic, deteriorating condition.

Penumbra along with other organisations recently supported a conference run by the Scottish Development Centre on the topic of “Recovery”. Recovery is described as **“a process by which people with mental health problems rebuild and further develop important personal, social, environment and spiritual connections, and confront the devastating effects of stigma through personal empowerment”**.

We intend, over the next year, to support, along with others, the development of a Recovery Network in Scotland.

In the last year our work has involved understanding and implementing a number of Scottish Executive or UK Government policies. These include the Regulation of Care Act, Social Inclusion, New Futures, Joint Future Agenda, Supporting People and the Programme to improve the mental health and wellbeing of Scotland’s population.



Whilst generally welcoming the main thrust of these various initiatives, our ability to respond to consultation papers, follow the progress of draft guidance and ultimately to understand and implement the work/changes can at times overwhelm us as we continue to deliver our services 24 hours a day, seven days a week.

Notwithstanding this we have had another successful year where we have seen a number of changes and improvements to some of our services. Elsewhere in this report you will read about how we have created opportunities for some of our service users to secure their own tenancies whilst still receiving our support.

We are also pleased that our work with young people is creating a lot of interest, particularly as we are aware of the need to provide a better range of mental health services for young people. Funding has now been agreed for a new young peoples project in Fife.

Penumbra continues to develop the range and significance of its services in Scotland.

Many people contribute to the ongoing success of the organisation and we would like to thank the staff, board members, volunteers and service users for their continuing enthusiasm and hard work.


Robin Hall Chairman


Nigel Henderson Chief Executive


policy matters

In the last 12 months the public health, health improvement and service delivery agendas relating to mental health have begun to coalesce into a shared agenda for the mental health field.

For Penumbra it has also been a year of consolidating and building partnerships, contributing our experience to a number of these national policy areas and growing and changing our services.

regulation of care

For many years Penumbra has been a major provider of a range of supported accommodation services. Over the last year we have also seen a huge increase in our support to people living in their own or rented accommodation by utilising Transitional Housing Benefit funding.



The Regulation of Care Act (2001) has created the Care Commission and the Scottish Social Services Council, both of which will have an influence on how we develop and manage services in the future. It is likely that a number of our existing registered supported accommodation projects will be reclassified as housing support services and that we will continue to see an increase in the numbers of people we are supporting in their own homes.

This reflects clearly the current drive to separate the provision of housing from the delivery of support services so that service users have a genuine choice of provision.

The need for staff to be registered by the SSSC and to meet qualifications standards laid down by the Care Commission has led to us developing a programme that will over time offer all staff without formal qualifications the opportunity to gain an SVQ III in promoting independence. We will also offer experienced staff and managers accredited training and development opportunities. We are currently in discussion with a major training provider to develop a partnership to achieve these aims.

However the new requirements imposed upon us by the various regulatory bodies will require extra finances. Through our membership of Community Care Providers Scotland (CCPS) we are lobbying both the Scottish Executive and the Confederation of Scottish local Authorities on these matters.

mental health act

For the first time in 40 years the law relating to people with mental health problems is being substantially revised. Penumbra along with SAMH, NSF (Scotland) and the Royal College of Psychiatrists supported a successful one day conference on the draft Mental Health Bill in September 2002 where 250 people attended to debate some of the issues.

Whilst significant aspects of the proposed legislation have gained widespread support we remain concerned particularly about the proposals to extend compulsory treatment into the community. Penumbra has signed up to the **“Lets Get it Right”** campaign which is being led by SAMH. By the time you read this report the draft bill will be in Stage 1 debate in the Scottish Parliament. We will be contributing our views to the Health and Community Care Committee.

We are particularly concerned that the extension of compulsory treatment into the community will lead to more people being subject to compulsory measures without the corresponding improvement in community services.

mental health improvement

At a national level we have been actively involved in the Improving Mental Health and Wellbeing programme. In particular we have been a partner in the development and launch of the Scottish anti-stigma campaign (“see me” is described in more detail on page 14).

We also contributed as members of the National Advisory Group which guides and advises on the overall programme.

Over the next year we will continue to be actively involved in this work. We are also beginning to identify possible work that will offer a range of opportunities to promote and educate specific groups (e.g. young people and teachers) about mental health and wellbeing.





h e l p

overview of operations

In our operational services, this year has been another one of change through development. There have been positive developments in existing services, such as in Edinburgh, Glasgow, the Borders, the Western Isles, as well as the setting up of new services, such as in Fife and Grampian.

These developments have tangible results, as all the work invested in them becomes evident in such things as new properties, new service users, new staff, new management structures, and some times new policies and procedures.

The “agents of change” often are also easy to identify, particularly the statutory ones, such as the new Care Commission and National Care Standards, the requirements of the Scottish Social Services Council, and the transition to the implementation of the **”Supporting People”** programme in 2003.

What can be less evident is any change that has happened through a deepening of understanding, a clearer sense of our direction as an agency, and a more informed reflection on our role in peoples’ lives, where the outcomes can be sometimes dramatic but more often subtle.

It is sometimes a frustration for us when conversations, and even negotiations, with partner agencies and funders are limited either to the pigeonholing of checklist standards or the dictates of spreadsheets, when the substance of what we know we have to offer is sufficiently captured in neither.

During this past year, as reports from our areas and projects will show, there have been significant changes in the practices and approaches to the work we do in supporting people, both practically and emotionally: we look forward to continuing growth and depth in our own understanding and abilities to support people in not just coping with mental illness or other struggles, but also in finding ways to live beyond what is currently holding them back from truly meaningful lives.



In 2001/02 we supported:

100 people in our Young Persons Project 140 people in supported accommodation

200 people in supported living and tenancy support 557 weeks of respite care



h o m e

adult services edinburgh

It's been a year of changes and challenges in the Edinburgh area with the introduction of our **'Seamless'** Service.

We had previously recognised the need to refocus the way that our services were being provided to our tenants and clients. This re-organisation was necessitated by the need to give a greater opportunity for our tenants and clients to move seamlessly between the different types of support that we offered, whilst also taking account of the recent requirements in government legislation.

This re-organisation also gives us an opportunity to more closely align our services geographically to our statutory partner, while also providing support and services to our tenants and clients. Other than two specialist projects, all our services are now provided by staff who work in four geographically based teams.

These teams bring together the expertise, experience and skills that were previously provided by the areas' Supported Accommodation (people living in our registered accommodation) and Supported Living services (for people in their own homes and tenancies).

The year has also seen changes in funding. The advent of Transitional Housing Benefit provides funding enabling people to access support who have not previously been able to do so, because of lack of social work resources.

During the year, the number of tenants we have been able to support due to funding from THB has increased dramatically.

Our work continues with clients who have Alcohol Related Brain Damage, with all our geographically based teams now offering this support. We have also recently received funding from City of Edinburgh Council Social Work Dept to pilot a service model for rehabilitation and assessment of people with Alcohol Related Brain Damage.

We still have a little way to go before the single seamless support service that we provide is twice as good as the two separate services that we formerly had, however we are progressing well towards that goal.



adult services

grampian

- The Supported Tenancy Project in Macduff successfully established itself offering 5 Assured Tenancies
- We have developed a new project providing Supported Living Services for people with Alcohol Related Brain Disorder
- A new Supported Tenancy Project in Peterhead has opened, providing five Assured Tenancies
- Our Supported Accommodation in Stonehaven closed as tenants moved to services more suited to their changing needs.

We continued to provide:

- A successful respite service for the people of Grampian (achieving 98% occupancy and attracting 84 new referrals last year)
- Support for 16 people in 3 shared houses in Aberdeen City continuing to provide a stable, comfortable and enjoyable home for tenants.

Throughout the year Penumbra Staff in Grampian have continued to work together to provide a high quality of Support for the people we provide services for and have responded to change with enthusiasm and commitment.

In the coming year we hope to achieve:

- The continuation of our successful existing services
- The consolidation of our new services in North Aberdeenshire
- The development of a Supported Living Service for young people in Aberdeen
- Investors in People status for Grampian
- Individual training programmes for all staff.

west/central

- The Tenancy Support service in West Lothian has further developed due to the high demand for the service and the financial funding available through Transitional Housing Benefit
- Following the example set in West Lothian, our teams in Airdrie and Carntyne have developed similar services
- In the Western Isles, the appointment of a Development Coordinator has enabled us to develop a resource centre and supported living service.



hear

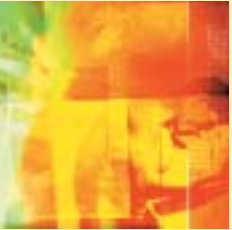
young people's services

borders youth project

Throughout the past year the Borders Youth Project has continued to provide a much needed service for 16-21 year olds. There were over 100 referrals to the Youth Project last year and the average number of young people using the Project is around 70.

The project provides:

- Drop in facilities
- One to one support
- Specialist drug/alcohol support
- Outdoor action residentials
- Complementary therapies
- Access to education, training and employment guidance
- Volunteering opportunities



borders supported living

In response to the increasing demand for Tenancy Support and the changes in funding sources the Project has formed the Borders Supported Living Service, which operates separately from the core Youth Project.

Tenancy support is currently provided to tenants of Scottish Borders Council and Berwickshire Housing Association. Discussions are underway with other housing providers in the Scottish Borders to develop this service further.

The project provides:

- Flexible tenancy support to young people aged 16-25
- Support to tenants in furnished flats funded through the Social Inclusion Partnership and Transitional Housing Benefit
- Support to tenants in mainstream accommodation
- A Homestart package
- Accommodation for homeless applicants (funded by Shelter Scotland and several local businesses).

“Penumbra has helped me in finding different organisations and improved my social skills. Now I do not feel as socially isolated and know where to get help.”

“Penumbra has been great it has helped me a lot over the years and I am very grateful.”

“Penumbra is about sharing your experiences.”

“If Penumbra wasn’t here to give the support to me I don’t know where I would be now.”

mental health & young people – the facts

- The average secondary school of 1,000 pupils will have 50 students with depression, 10 affected by eating disorder and 5-10 attempting suicide in any one year
- About a quarter of Scotland’s population is under the age of 19. At any one time about 10% of them, that’s 125,000 young people have mental health problems which are severe enough to interfere with their daily life
- Suicide attempts by young men have risen by over 170% since 1985
- There has been a 250% increase in Scotland’s suicide rate for young women over the last 25 years
- Suicide is the second most common cause of death among people under 35.



facts provided by see me


national developments in young people's services

Now in its third year, our national initiative to develop Penumbra's work with young people is reaping the rewards of the investment made in Years 1 and 2.

new developments:

New developments include four staff appointments. We received voluntary funding to employ a Mental Health Training and Education Worker to develop the peer education programme piloted by our Youth Project in the Scottish Borders. We are now also working with schools in Edinburgh, Lothians and Stirlingshire and plan to expand further.

In conjunction with Glasgow's "big step" Project, we appointed two Mental Health Development Workers. They will support staff working with young people in, and leaving the local authority care system as well as developing our mental health peer education programme for and with this group of young people.



A Mental Health Development Worker was also appointed in West Lothian to develop community based services for young people who are homeless or at risk of becoming homeless. As well as developing projects in Scotland, Penumbra was also asked to participate in a number of international projects:

- Selected by Mental Health Europe as the British Representative for a new European Commission funded piece of work on Mental Health Promotion and Prevention Strategies for dealing with Anxiety and Depression.
- Presented on behalf of Mental Health Europe at an international Health Promotion conference in London.
- Completed a Baseline Study on behalf of InterMinds and Just World Partners for a new young people's project about to start in Vanuatu, a country in the South Pacific.

further work included:

- Membership of the Scottish Executive's Planning Group, which has developed a National Framework for the Reduction of Suicide and Deliberate Self-Harm.
- Membership of the Core Working Group, which is currently producing a Scottish Needs Assessment Programme on Child and Adolescent Mental Health on behalf of the Scottish Executive.
- Involvement in Scottish Needs Assessment Group on Training and Education.
- Continuing work with young people at the Royal Blind School and with Saheliya in relation to the mental health needs of ethnic minorities.
- Providing training on young people's mental health issues to a variety of staff working with young people.

We are grateful to the Tudor Trust for supporting this initiative over the last three years. We now have a solid basis of established work to progress and develop further.



h e a l

see me

‘See me as a person, not a label!’

That’s the message at the heart of Scotland’s national anti-stigma campaign.

Penumbra is working in partnership with four other mental health organisations and the Scottish Executive, who are funding the **‘see me’** campaign as part of its national mental health improvement programme. Together, we can promote greater public understanding of mental well-being and mental ill health.

‘see me’ aims to break down the attitudes which lead to stigma and discrimination associated with mental health problems.

Stigma – what’s the problem?

‘I’ve got a mental health problem. Other people have an attitude problem’

One in four people in Scotland will have a mental health problem in any one year. Most will recover. It can happen to anyone, including you. If it does, the last thing you want is to be disbelieved, distrusted, ignored or feared.

That is the reality of stigma. Stigma hurts. It can lead to isolation, deter people from getting the help they need, and can result in discrimination. It arises everywhere – in families, at work, in school, in the media.



Stigma – what’s the solution?

“We all need to work together to help change attitudes.”

Breaking down stigma and discrimination takes time. ‘see me’ is tackling these issues head on, right now. It combines a national publicity campaign with anti-stigma action developed in partnership with local groups and organisations across all sectors of Scottish life. **‘see me’** aims to be an ally and resource for many local mental health awareness initiatives that already exist across Scotland.

For further information contact:

See Me, 9-13 Maritime Street, Edinburgh EH6 6SB Telephone: 0131 628 8945
info@seemescotland.org www.seemescotland.org

Partner Agencies

Penumbra

Highland Users Group (HUG)

National Schizophrenic Society (Scotland)

Royal College of Psychiatrists (Scottish Division)

Scottish Association for Mental Health

fundraising

A total of £218,156.65* was raised during financial year 2001/02. Our sincere thanks to all the individuals, community groups, trusts, companies and other organisations who chose to support us.

Grants from trusts and foundations contributed 85% of total voluntary income received.

Historically, Penumbra has relied heavily on this form of donation and we are very grateful, both to those trusts have supported us over a long period of time, and our new supporters in 2001/02.

To allow our voluntary income to increase in future years, we continue to develop other methods of fundraising. This is a priority for the coming year.

Specific projects to benefit from donations included:

- **Borders Youth Project** - renovation of new premises at Ladhope Vale, Galashiels
- **National Developments for Young People** – introduction of a mental health education project in secondary schools
- **Penumbra Respite Care** – voluntary income target achieved providing 31% of the annual running costs

It is worth noting that nearly £5,000 of funds raised came via 'gift aid'.

Information on tax-free giving is now included in all fundraising literature.

If you would like to donate to Penumbra, please contact us on 0131 475 2380 or enquiries@penumbra.org.uk

Thank you

*Includes funds raised for Penumbra Respite Care, our subsidiary company.

*The Priory of the Order of St John generously donated £12,000 towards the purchase of a new people carrier.
The vehicle will be available for use by all Penumbra services*



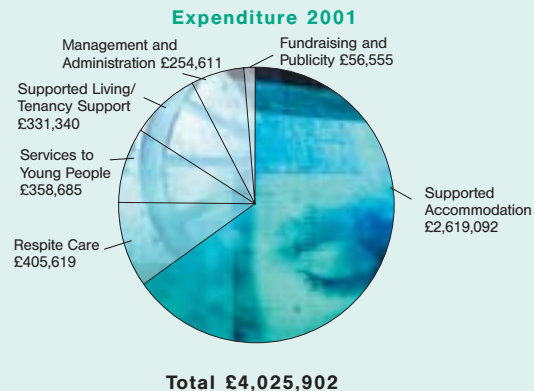
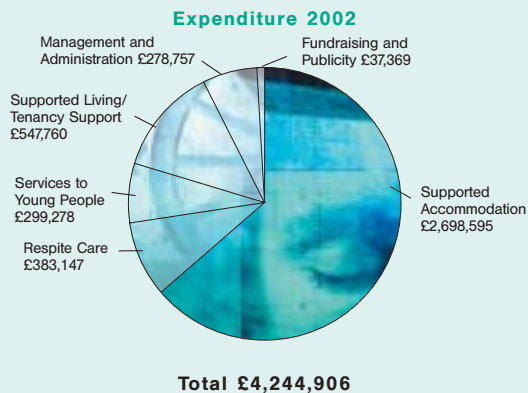
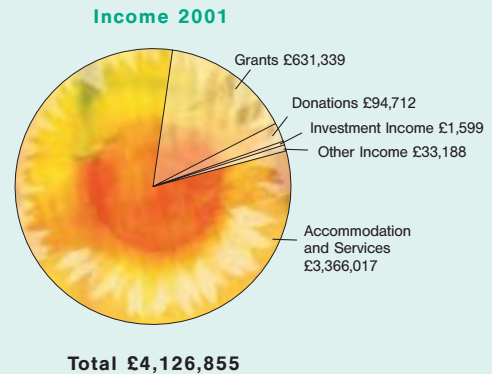
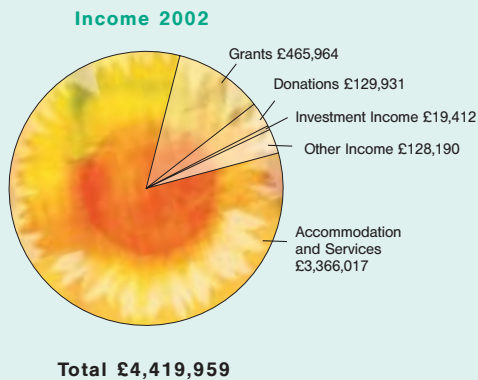
finance

Total incoming resources grew by 7% compared with previous year, from £4,126,855 to £4,419,959, due both to a growth in the volume of services provided and an increase in the block and unit prices that we were able to agree with our purchasers. The net movement in funds increased considerably, from a surplus of £100,953 in 2000/01 to a surplus of £175,053 this year. The growth in this surplus was mainly due to a gain on disposal, following the sale of properties that we no longer required.

Our reserves policy states that we should maintain unrestricted reserves of at least 3 months current operating costs. The balance on our unrestricted income funds stood at £859,588 on 31 March 2002, however this balance still remains below one quarter's annual operating costs, currently budgeted to be approximately £1.2 million.

It is our intention, therefore, to continue to build up our level of unrestricted reserves to the stated target level.

Copies of our full audited accounts can be obtained from the Company Secretary.



mental health facts

- **1 in 4 Scots will experience a mental health problem within the next year**
- **Over 80% of people with mental ill health make a full recovery**
- **Contrary to popular belief, the overwhelming majority of people with mental health problems are neither violent nor dangerous**
- **An estimated 1 in 20 people will have serious or 'clinical' depression at any one time**
- **1 in 100 people will suffer from manic depression**
- **Research suggests that 30% of employees suffer from mental health problems, but only 10% of UK companies have a mental health policy**
- **In the UK as many as 1 in 5 people suffer from high levels of work related stress – that equates to about 5 million workers**
- **Stress related sickness absences cost an estimated £4 billion annually in the U.K.**
- **1 in every 100 adults will experience schizophrenia at some time in their lives**
- **People diagnosed with schizophrenia are 100 times more dangerous to themselves than to others**
- **You are 13 times more likely to be killed by a stranger without mental health problems than by someone who has mental health problems**
- **A quarter of people who have one episode of schizophrenia can recover with treatment within 5 years.**



facts provided by see me

contact

Board Members

Shulah Allan
Duncan Craig
Robin Hall (Chairman)
Peter Hastie (Hon Treasurer, retired Sept 2002)
Iona MacLeod
Robbie Pearson
Jenny Rees
Colin Robertson (Hon Treasurer, appointed Sept 2002)
Mairi Thornton

Directorate

Nigel Henderson (Chief Executive)
Dominic O'Donnell (Director of Operations)
Gordon Castell (Director of Finance/Administration
& Company Secretary)

Auditors

McCabes
56 Palmerston Place
Edinburgh EH12 5AY

Bankers

Bank of Scotland
Greenside Branch
6 Picardy Place
Edinburgh EH1 3JT

Lawyers

Balfour & Manson
54-66 Frederick Street
Edinburgh EH2 1LS

Insurance Brokers

Aon Risk Services
80 George Street
Edinburgh EH2 3BU

Penumbra Headquarters & Edinburgh Services

Norton Park
57 Albion Road
Edinburgh EH7 5QY
Tel: 0131 475 2380
Fax: 0131 475 2391

Borders Services

Penumbra Youth Project
38 Gala Park
Galashiels TD1 1EU
Tel/Fax: 01896 751177

Grampian Services

Top Floor Left
46A Union Street
Aberdeen AB1 1BD
Tel/Fax: 01224 641 920

West/Central Services

41 St Andrews Gardens,
Henderson St, Airdrie, ML6 6BQ
Tel: 01236 763109
Tel/Fax: 01236 751012

Respite Care

Cairdeas House
5 Coates Gardens
Edinburgh EH12 5LG
Tel: 0131 313 5081
Fax: 0131 313 4580



Penumbra Headquarters & Registered Office

Norton Park, 57 Albion Road, Edinburgh EH7 5QY Tel: 0131 475 2380 Fax: 0131 475 2391

www.penumbra.org.uk enquiries@penumbra.org.uk

Registered in Scotland Number 91542

Penumbra is recognised as a charity by the Inland Revenue – Scottish Charity Number SC 010387