

A look back at 2016

As we end our 31st year in operation I thought I would take a moment or two to reflect on things.



This year we have successfully gained a new service in Moray where we have set up a Peer Support service. In addition we are now partners in an Alliance with Health in Mind, Mental Health Foundation, NHS Greater Glasgow and Clyde and the Scottish Government in delivering the In Care Survivors Support Fund Scotland over the next five years. This partnership has seen a lot of hard work undertaken in the background and is now live and getting referrals from across Scotland.

We have also been successful in being chosen from among 20 applicants as one of five partner organisations in the Scottish Government's Distress Brief Intervention (DBI) programme. We will be the lead partner for Aberdeen where we will be working with Primary Care, A+E, Police Scotland and Aberdeen Health and Social Care partnership to deliver a newly designed intervention which will complement our work in the, already established, Aberdeen 1st Response service.

It is really pleasing to see how we continue to innovate and find new ways of working to meet the needs of people who experience mental ill health. Congratulations to all our staff for remaining positive and pioneering in all that they do.

*Nigel Henderson
Chief Executive*

I.ROC abroad

RIBW K/AM are based in Haarlem, Netherlands. They provide services in 35 localities. Services include housing support and residential support for people with mental health issues.

I.ROC was introduced to RIBW by someone who uses their services who had visited Penumbra. As a member of the client council of RIBW, he recommended I.ROC to the organisation.

The aim of RIBW in using I.ROC is to facilitate a recovery focused approach to their services and measure the impact.

In September we provided 4 days training to 64 RIBW staff. Each of the 4 days was delivered to one of the teams selected to be "try out teams". These teams will initially use I.ROC followed by a "roll out" programme to the rest of the organisation.

We also provided training support and facilitator materials to 5 staff who will do additional training to non-English speaking RIBW staff.



home: *thuis*

een veilige plek om te leven

opportunity: *kansen*

het nastreven van zinvolle invulling van vrije tijd, opleiding en werk

people: *mensen*

zoals vrienden, vertrouwelingen en zij die steun bieden

empowerment

volledig betrokken bij besluiten over eigen leven

In October we also introduced I.ROC to Ambit who are based in Valencia, Spain. Penumbra staff member Nikki and Bridey delivered the training in Spanish!

I.ROC is now being used by 25 organisations in the UK, Netherlands, Spain, China, Australia, Czech Republic and Finland.

*Jane Cumming
Development Manager*



"I feel that my time with Penumbra has helped me to be ready to move into my own home and I have always felt that staff are there to support me when I needed it."

Maggie

JustTextGiving

You can now text to donate to Penumbra using JustTextGiving. Simply text **PENU22** and the amount you wish to donate (eg PENU22 £10) to 70070.



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Aberdeenshire 1st Response – collaborative working with Choose Life

Aberdeenshire 1st Response provides short term support for people who feel overwhelmed or are experiencing high levels of distress. Promoting awareness of this service is vital in providing support for people who may consider taking their own lives.

For this reason, Aberdeenshire 1st Response has developed a strong partnership working link with the Aberdeen City and Shire Choose Life Co-ordinator. Each month, the service meets with the Co-ordinator to share information on areas each has identified as target areas. Using statistics provided to Choose Life by Police Scotland, the service can intelligently identify areas of priority.

These statistics have shown patterns where after a suicide occurs in one area, there is often unfortunately another suicide in the same area within a small timeframe. By working together, this information and insight can be used to promote awareness during this critical period.

Working as a team means that areas of priority can be jointly targeted with a greater impact. There are also benefits of sharing networking contacts and local knowledge.

Moving forward, there are also plans to jointly approach health centres, clinics and hospitals, and to work with HMP Grampian to provide support to prisoners upon release as well as their families.



FUNDRAISING ACROSS THE COUNTRY

Nikki's 300km challenge

Relief worker Nikki Byrne has recently completed a 300km walk from Leon to Santiago, Spain and in so doing has raised a whopping £2,000 for Penumbra's Fife Self Harm Project.

Nikki said *"I am walking 300km to raise funds for Penumbra because it helped save my life.*

In the early days of being unwell it was mainly Penumbra and my GP who were the core people who got me to a point where I could actually get support and use the support that was offered to me from others.

I credit the charity being there and saving my life – and basically I just want to give back something so that other people can get the benefit of it as well.



Forth Rail Bridge abseil

Back by popular demand! We have 2 dates for 2017—Sunday 21st May** and **Sunday 15th October**.**

Participants must be aged 16 years or over and are required to raise a minimum of £185 in sponsorship.

No experience is necessary and you will receive safe and expert guidance throughout from a team of highly skilled instructors will ensure you are safely equipped with everything you need to make your abseil safe and enjoyable.

If you, friends, family or colleagues are interested in taking part please contact **Sheena** on **0131 475 2549** or email sheena.breeze@penumbra.org.uk.



London marathon

We are very excited that Ron Bird was successful in securing Penumbra's one place in the 2017 London Marathon.

Ron has already kick started his fundraising and is doing really well having already raised over £500 towards his £3,000 target. If you'd like to support Ron, you can do so at <http://uk.virginmoneygiving.com/ronbird>



Upcoming fundraising events

If you would like more information about any of our fundraising events or indeed if you would like to raise funds for Penumbra through your own event, please contact our Fundraising Team on 0131 475 2549 or email fundraising@penumbra.org.uk.