Penumbra opens Scotland's first community-based self-harm skin camouflage clinic

Penumbra has opened Scotland's first community-based skin camouflage clinic for people who have scars as a result of self harm.

The clinic is based at Penumbra’s Edinburgh Self-Harm Project and offers free advice and specialist cream formulated to reduce the visibility of scarring. Although similar clinics exist in a number of Scottish hospitals, this is the first time a community-based service focusing on self-harm will be available in Scotland.

The service has been created in partnership with Changing Faces – the UK charity that supports, represents and campaigns for people who have disfigurements of the face or body. Development Worker Tammy Kirk, who runs the new clinic, said:

“Across all ages and backgrounds self-harm remains a big issue. This new service in Edinburgh will allow people reduce the visibility of scars caused self-harm if they wish to. Everyone referred to the service will have an appointment with specially trained staff who will match their natural skin tone with camouflage cream. Staff can then provide a prescription request for the products through a GP and it can be picked up from a local pharmacy. We hope these appointments will provide a vital opportunity for people who self-harm to speak confidentially about their concerns.”

Anyone who would like a skin camouflage appointment or wishes to enquire about the service can email skincamouflage.edin@penumbra.org.uk

Rosemont Terrace celebrates 20 years of service

The Supported Accommodation service provided by Penumbra at 4 Rosemount Terrace in Aberdeen celebrated 20 years since opening its doors in 1995 by hosting a BBQ on 21st August.

Jane Cumming, Development Manager was invited to opened proceedings by cutting a ribbon in the back garden. Jane gave an amusing speech about her early days at Rosemount Terrace when she worked as Area Manager in Aberdeen, leading up to the service opening officially.

Supported people who reside at Rosemount Terrace invited their family and friends and people from other Penumbra services in the North area to the party.

The event was a great success and excellent feedback was received by everyone who attended. We were blessed with a sunny afternoon (eventually!) and people spent time socialising, eating lovely food outdoors and listening to music.

The party provided an opportunity for people to get together in an informal atmosphere and to mingle together. A highlight was the cutting and sharing of a 20th birthday cake and this was thoroughly enjoyed by all!

Here’s to the next 20 years...

“I now have my own sheltered home, an adequate income and a settled lifestyle. I can now go out without looking over my shoulder and I’ve had a lot of incredible help along the way.” Alistair

“I'm the happiest I have ever been right now and Penumbra has played a very big part in that and I'm extremely grateful.” Megan

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.
Changes on Penumbra’s Board

Penumbra welcomes 6 new members to its Board.

Frances BIRCH
Frances is a Senior Health Improvement Programme Officer at NHS Health Scotland.

Frances previously worked for NHS Lothian and Scottish Borders Council in health improvement roles.

Alison DOUGLAS
Alison has worked as a policy adviser to Scottish Ministers since 2001. She is currently Head of Public Service Reform and has previously working for the UK Research Councils.

Changes on Penumbra’s Board

Alastair HODGSON
Alastair leads on national policy development within the Scottish Government for digital health & care.

Alistair is currently seconded from the NHS to the Joint Improvement Team.

Brian SMALL
Brian has spent his working life in banking and investment management, primarily in product, project and relationship management roles.

In his latter roles Brian spent a great deal of time travelling internationally.

Kate SMITH
Kate is Director of Fundraising and Communications at CHILDREN 1ST. She has over 10 years’ experience of fundraising, communications and volunteer management. Prior to joining CHILDREN 1ST Kate was Head of Fundraising at The Prince’s Trust.

John ZILTENER
John is an experienced and accomplished teacher and school leader who has been instrumental in the rapid improvement of several inner city schools in Leeds.

John has recently relocated to Scotland to study for an MSc in Education at the University of Edinburgh.

FUNDRAISING ACROSS THE COUNTRY

Liam’s Spartan Sprint challenge

Very many thanks to Liam who competed in the Spartan Sprint Scotland Challenge to raise funds for Penumbra’s Fife Self Harm Project.

Liam smashed his fundraising target and raised £600—thank you Liam!

Matthew’s London to Alicante Cycle Challenge

Huge thanks to Matthew who undertook a mammoth 2,810km cycling from London to Alicante.

Matthew raised an amazing £962 for which we are extremely grateful—thank you Matthew!

Forth Rail Bridge abseil

Good luck to those taking part in the Forth Rail Bridge abseil on Sunday 18th October.

If you are interested in taking part in future abseils then please contact Sheena on 0131 475 2549 or email sheena.breeze@penumbra.org.uk.