

Penumbra's new strategic plan 2016-2020

Penumbra has recently published its Strategic Plan for the next four years, aspiring to be the "most innovative, recovery focused and outcomes orientated organisation in mental health in Scotland."

The document outlines five strategic aims and identifies new targets and milestones the charity hopes to achieve by 2020. The five aims at the heart of the new Strategic Plan are:

Recovery – To ensure that all mental health services and activities are hopeful, personalised and recovery focused

People – To ensure a highly valued, skilled and involved workforce

Innovation – To develop, support and provide innovative responses that promote recovery, social inclusion and citizenship for people with mental health problems

Influence – To promote mental health and wellbeing in communities by influencing; policy makers, funders and others

Improvement – To ensure quality and continuous improvement in all business processes to achieve our mission

The document also identifies a number of more specific aims, particularly the expansion of peer work, international recognition for I.ROC, the development of first response services across Scotland, and achieving the EFQM Recognised for Excellence award.

As part of the plan, each year the charity will review the activities it undertakes in pursuit of these aims to ensure progress is being made towards the 2020 targets.

The document sets out our core values – recovery, human rights, participation, and person centred support – and reaffirms Penumbra's vision for society and mission statement.

Vision: Penumbra envisages a society where people with mental health problems expect recovery and are accepted, supported and have the resources to fulfil their potential.

Mission: Penumbra will provide, support and influence services and activities that improve the mental health and wellbeing of people. To achieve this we shall seek creative and innovative solutions and work in partnership with agencies and people who share our vision.

Nigel Henderson, Chief Executive



"So grateful for the support Penumbra gave me. Thanks to you I'm entering 2016 as a much happier and confident person and am hopeful for the future."

Sarah

Out of Sight Out of Mind exhibition

The Edinburgh Self Harm Project's art/craft group meets for 2 hrs a week. For the past 3 years the group has participated in The Scottish Mental Health Arts and Film Festival's "Out of Sight Out of Mind" series of exhibitions where it exhibit its work.

This year the festival's theme was 'Power' and the group used this theme as the focus of their work.

"The art group has given me a safe place to express my feelings in a creative less destructive way. It helps me challenge myself by using materials I wasn't allowed as a child and doing it in a safe environment helps it feel like a less fearful experience. Before going I spent a lot of time alone but this helps me be more social and I enjoy feeling included in the activities each week."

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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Out of Sight, Out of Mind

A series of powerful and compelling multi-art exhibitions, including artwork created by people supported by Penumbra's Edinburgh Self Harm Project

Chaplaincy Centre, University of Edinburgh, 1 Bristo Square

The Little Box of Distractions

Kerry, a former service user with Penumbra's North Ayrshire Self Harm Project has recently started up a project called "Little Box of Distractions".

Kerry set this project up not long after her sessions with Penumbra finished. She says, apart from helping her to reduce her self-harm, the support from Penumbra helped her to gain confidence in herself and helped her with goal setting.

The confidence she has gained from Penumbra is allowing her to get in contact with mental health professionals and members of the public to advertise her project and explain what it is about. She is also in the process of trying to make her project a registered charity, which she says she would never have had the confidence to do before attending Penumbra.

Kerry has developed boxes containing items which people can use as a form of distraction eg stress toy, colouring book, pencils, toiletries, sachet of hot chocolate etc. The boxes are aimed at people who struggle with unhealthy thoughts and impulses such as problems with self harm, alcohol or drugs etc and provide things to distract them when times are tough.



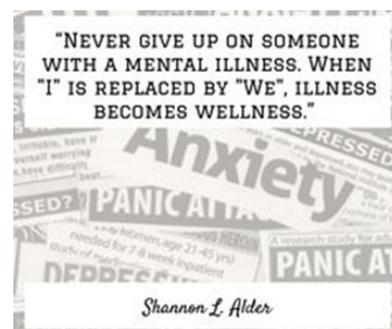
The boxes are FREE to anyone in the UK who struggles with their emotions and is looking for something to help distract them. The main goal of the service is to help prevent at least one episode of self harm and anything after that is a bonus.

Kerry initially funded these boxes herself, but is now looking at ways of raising funds to sustain the project. To find out more about how to obtain one of the boxes please look up "Little Box of Distractions" on Facebook.

If anyone would like to donate to this project, donations can be made at gofund.me/littlebox.

Motivational quotes

I enjoy using social media to keep up with friends and family. Scrolling through my newsfeed I came across this quote and felt it summed up Penumbra and the work I do perfectly.



I feel it highlights that everyone has the potential to live a fulfilling and healthy lifestyle and that with a little support and guidance, whether it be from a staff member or from a loved one, people can and do recover from mental ill health. I also feel that people shouldn't go through life struggles alone. The quote may also give encouragement to others to speak out and find/accept support and guidance. I love motivational quotes and feel they give me some positivity and inspiration when I'm feeling down. I hope this one can do the same for others. Nothing is impossible, the word itself says 'I'M POSSIBLE'.

Caroline, Recovery Worker

FUNDRAISING ACROSS THE COUNTRY

Date for your diary...

As part of its new programme for 2016, The Comedy Stand Edinburgh is inviting 6 of the best up and coming comedians to shine a light on a different topic, tying in with its charity theme.

The show on **15th June** will focus on mental health and ticket money will be donated to Penumbra.

Tickets are £5 and can be reserved by calling The Stand's box office on 0131 558 7272. Doors open at **7.30pm for an 8.30pm start**.

To find out more, go to www.thestand.co.uk.



Upcoming fundraising events

Edinburgh Marathon: 28/29 May 2016
Choose from a selection of runs
www.edinburghmarathon.com.

Edinburgh Night Ride: 18-19 Jun 16
A 50 mile cycle around Edinburgh.
www.edinburgh-nightride.com.

Great Scottish Run: 1 & 2 Oct 2016
Be part of one of 2 great days of running in Glasgow. To find out more go to www.greatscottishrun.com.

Big Fun Runs: Oct 2016
With runs in Glasgow (Saturday 8th Oct) and Edinburgh (Sunday 9th Oct), this 5k fun run is perfect for all the family.

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.

Laura's New Year dook

A huge thank you to Laura from Dundee who took part in the New Year's Day Dook at Broughty Ferry and raised £200 for Penumbra's North Area Recovery Fund.

Well done Laura—we admire your courage to brave these icy waters!



Everyclick



By setting your home page on the internet to www.everyclick.com/penumbra, you can help raise funds for Penumbra. It's easy to do and does not cost anything to set up.