Edinburgh Crisis Centre celebrates 10th birthday!

The Edinburgh Crisis Centre celebrated its 10 year anniversary with an event at Leith Ex Servicemen’s Club on 6 September.

Special guest Malcolm Chisholm, the former MSP for Edinburgh North and Leith and Scottish Government Minister for Health and Community Care, spoke at the event.

Afterwards there was an opportunity for guests to visit the Crisis Centre for a tour.

The Edinburgh Crisis Centre is Scotland’s first crisis centre. It provides a 24 hour helpline for people in Edinburgh aged 16 or over who use or have used mental health services and their carers. It has helped over 12,000 people since it opened in 2006.

People receive sensitive, one to one support and information. The centre also provides a safe private space for people in distress to receive support, including overnight accommodation if required.

“Don't know where I would have been without this place, so much to be grateful for. Lovely place with fantastic staff.”

Janet (speaking about Edinburgh Crisis Centre)
Introducing… Penumbra’s new Moray peer service

Penumbra launched its innovative Moray Peer Service on 1 August 2016. The service is provided by a team of local peer workers, and a recovery practitioner (peer work), each with a personal lived experience of mental health problems, who can share their own recovery story to inspire hope and belief that recovery is possible for all.

The service is provided across the multi-disciplinary teams (NHS and local authority) and shared between the operational split of East and West of Moray whilst at the same time being linked to the hospital/ward, primary care environments as well as to the community.

Louise says…
“It’s really exciting to be able to join a service in its infancy and to play a part in shaping what we are going to deliver in Moray and I can’t wait to see where we go next.”

A few words from Susan…
“Meeting people in the community and introducing them to our new service have been great.”

And finally, we hear from Karen…
“Since coming to Penumbra and completing the training so far I feel that my eyes have really been opened to a more recovery focussed approach.”

The team in Moray

FUNDRAISING ACROSS THE COUNTRY

London Marathon
23 April 2017

For the first time ever, Penumbra has been successful in securing one place for the London Marathon! This is no mean feat as places at this event are hard to come by so we are delighted!

If you’d like to be in with a chance of being given the place, simply fill out Penumbra’s Golden Bond application form (available from Sheena in Fundraising) by 28 October 2016!

There is a minimum sponsorship commitment of £2,000.

We will review the application forms and successful candidates will be notified in early November.

So go on, what are you waiting for?! Call 0131 475 2549 today or email fundraising@penumbra.org.uk for your Golden Bond application form!

Cabaret evening in aid of Penumbra

Huge thanks to Sara who organised a concert/cabaret style event to raise awareness of mental ill health and, who in the process raised £600 for Penumbra.

Sara herself suffers from depression and anxiety, and the idea for the event had come from the response to a post she put on Facebook earlier in the year about her own mental health. Sara has previously been supported by Penumbra.

Sara and Penumbra’s Helen Gibson

Steve’s great East Lothian walk!

Many congratulations and thanks to our very own Steve Mathers who walked round the boundary of East Lothian to raise funds for Penumbra’s East Lothian Nova service.

The service seeks to promote well-being, recovery and self-management. The aim is to help people who are recovering from a mental health problem to re-connect with people and resources in their community by accessing ordinary activities such as further education, sports, clubs and work whether voluntary or employment.

Several colleagues and supported people joined Steve along the route and helped him raise over £560—well done Steve!

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.