Penumbra success at NHS Scotland event

Penumbra has celebrated success at this year’s NHS Scotland event, which was held at the SECC in Glasgow in June.

The event brought together over 1,700 people involved in health and social care in Scotland to discuss important challenges under the theme: Leading Transformational Change.

As part of the event exhibitors and others were given the opportunity to submit academic posters to raise awareness of transformational projects, showcase achievements, gain recognition, and share best practice.

Penumbra submitted a poster about I.ROC in the Quality of Care: Person-Centred category. Facing stiff competition from over 500 entries submitted to the conference, Penumbra’s I.ROC poster was shortlisted as a finalist in its category. You can view the poster on the NHS event website in the Person Centred section – nhsscotlandevent.com/posters/posters-display.

Penumbra also used its presence at the exhibition to publicise I.ROC and the work Penumbra does across Scotland, speaking to hundreds of NHS staff and others over the two day period.

Aberdeen 1st Response Service

The Aberdeen 1st Response service provides people with short term support when they feel at crisis point. People can feel at crisis point and experience high levels of mental distress for a variety of reasons, such as changes in financial, domestic, social, employment or health circumstances.

What difference do we make?
We launched our Aberdeen 1st Response service in March, and its reputation and success are gathering momentum with positive feedback from both the people using the service and a range of professionals. The peer elements of the service have proven an invaluable recovery tool encouraging engagement, positive communication and most importantly… trust.

A young man contacted the service following advice from his GP. He said he was experiencing suicidal thoughts and was desperate for help however there seemed to be a barrier.

He told me he had been “let down by all the services he had accessed over the years.” For every positive I offered, he returned two negatives. It was at this point I chose to share my lived experience.

His relief was tangible, changing the dynamics of the session and enabling him to accept his expectation and hope of recovery.

Following discussions around signposting he is now attending counselling for continued support and keeping in touch with the 1st Response service for reassurance and support when required.

He said. “of all the support and advice I have been offered I trust your judgement because you actually know what it’s like. I have been able to tell you everything because I know you won’t judge me and I’m moving forward thanks to your patience and time you take to listen to me.”

Susie, Recovery Practitioner (Peer)

“I’m optimistic about change, and am comforted by the fact that into this new chapter I take with me not only transferrable knowledge and skills, but wonderful memories, life lessons and friends.”

Christy

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.
FUNDRAISING ACROSS THE COUNTRY

2016 Edinburgh Marathon Festival

Huge thanks and a very big well done to everyone that took part in this year’s Edinburgh Marathon Festival to raise funds for Penumbra. It was a bumper year for us with 7 people (including Spiderman!) running in a variety of races—from the 10k to the full 26.2 miles.

Donations continue to come in from people’s online sponsorship pages however the total has already passed £3,000 for which we are extremely grateful!

Forth abseil

Well done and thank you to the brave daredevils who abseiled 165ft off the Forth Rail Bridge and who between them raised an amazing £1,324.

The weather was awful but the adrenalin kept people’s spirits up!

Upcoming fundraising events

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.

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.

Carers’ week in Dundee

Saturday 4th June saw an Alice in Wonderland themed event held in Dundee City Square at which Penumbra had a stall. The event was aimed at highlighting the importance of unpaid carers across Dundee and to celebrate the work they do.

Mental health carers in particular appear hard to reach as most see it as what someone does for a loved one and find it hard to identify themselves as being a carer, often not realising there are so many people in the same boat.

Carers that visited our stall spoke about the difficulties that the caring role can bring but some also had funny an uplifting stories from their caring role demonstrating the value in being a carer.

Later in the day a carers’ parade was held where carers of all ages wore a yellow or orange ‘this is what a carer looks like’ t-shirt. Everyone in the parade sang “500 Miles” by The Proclaimers and as we reached the City Square the Proclaimers could be heard blasting out the speakers which gave the parade an extra boost as it arrived. We were in the parade with a carer we support and it was lovely to experience it together. The carer said “It gives you a lift and there needs to be more of this.” Carers often feel isolated and alone and the parade felt like a unity and celebration of all the struggle and hard work carers do. A great day was had by all and more importantly carers were able to access information that can help them in their caring role.

Following on from this event, the service will be working on a separate marketing campaign to engage with mental health carers and continue to raise the profile of the Dundee service, particularly in light of the Carers (Scotland) Act 2016. We will continue to ensure carers are being supported and recognised for the invaluable role they play in our society.