

Penumbra in Parliament to celebrate 30 years of making a positive difference

On 1 December over 140 people packed into the Scottish Parliament's Garden Lobby to celebrate Penumbra's 30 year anniversary.

Penumbra was founded in 1985 and set up Scotland's first registered mental health supported accommodation service. We now provide recovery focused support for around 1,000 adults and young people each week.

Scottish Government Minister for mental health Jamie Hepburn MSP, event sponsor Mary Scanlon MSP, and a selection of other MSPs joined people supported by Penumbra services, staff from across Scotland, donors and supporters to mark the 30 year milestone.

Penumbra peer workers Stacey-Anne Miller and Fiona Gray shared their emotional stories of mental illness and recovery at the event, highlighting to policy makers and supporters just how valuable lived experience can be when supporting someone struggling with their mental health.

The event also featured speeches from Jamie Hepburn MSP, who paid tribute to Penumbra and the important role played by third sector organisations in mental health care in Scotland, Mary Scanlon MSP and Penumbra Chief Executive Nigel Henderson, who summarised Penumbra's 30 year journey and aspirations for the next 30 years.

For more photos from the event visit www.penumbra.org.uk/30years



“I can't thank Penumbra enough. I was very close to my brother when we were younger, I looked out for him and protected him. It has made a huge difference to me and the family to know that he has had marvellous support over the years and has been able to lead an independent life.”

Anon



@penumbra_scot

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.



SDS at the Short Breaks Service at 40 Ellon Road

Since moving to 40 Ellon Road just over 2 years ago the Short Break Service has had a number of referrals for people who are on Self Directed Support (SDS).

The referrals are by no means widespread as yet and all SDS referrals bar one have been from outwith our main catchment area of Aberdeen City and Shire. Penumbra has recently appointed an SDS development worker and staff members at Ellon Road will be working with her to make sure we are ready for an increasing uptake of SDS by Aberdeen City and Shire service users.

The Short Break Service is ideally placed for those on SDS who can benefit from regular respite or short breaks and/or who have carers who can benefit from a break in providing care and support for a partner or family member.

The service is extremely flexible and can offer breaks ranging from one night through to a couple of weeks depending on people's needs and budget.

We have a number of specialist activity weeks throughout the year and these are ideally suited for people who want to stay and take part in a particular activity such as arts and crafts, hillwalking or pamper sessions. The service can also be one of a number of options for people who manage their own support budget.

Abigail is from Edinburgh and recently attended the Christmas arts and crafts week at Ellon Road. She has had her own support budget for 3 years now and has managed it herself for the past 2 years.

In the first year of SDS her budget was managed by NOVA Short breaks but as her confidence grew she was able to take responsibility for managing her own budget and organising her own short breaks.

Abigail still uses NOVA Short Breaks for a 5 night break and has 2 stays at Ellon Road during the craft weeks. She also attends a retreat at a Buddhist centre.

Abigail finds travel stressful so uses her budget to pay someone to drive her to and from the Buddhist centre. Her personal care plan includes these designated breaks and she has the freedom to vary the time she spends at each of them but would have to have any new break destination approved.

Overall, SDS been a positive experience for Abigail but she has found that she needs to be highly organised with her paperwork and monitor her bank account closely. Her budget is paid into her account in monthly blocks so she has to arrange her breaks at a time when she has the funds to pay the invoices when they drop through her door.

Abigail's experience of SDS demonstrates how the Short Breaks Service can form part of a care package whether it is managed by the individual or managed by another agency.

FUNDRAISING ACROSS THE COUNTRY

Forth Rail Bridge Abseil

The next abseil takes place on **Sunday 12th June 2016**. Participants must be aged 16 years or over and are required to raise a minimum of £175 in sponsorship. If you, friends, family or colleagues are interested in taking part please contact **Sheena** on **0131 475 2549** or email fundraising@penumbra.org.uk.



Crisis Centre fundraiser

Huge thanks to Natalie Crossan and her brother who have raised £1,500 for the Edinburgh Crisis Centre, in memory of their friend. Their support is really appreciated.

Upcoming Fundraising Events

Great Edinburgh Run: 17 Apr 2016

To find out more go to www.greatrun.org.

Edinburgh Marathon: 28/29 May 2016

Choose from a selection of runs www.edinburghmarathon.com.

Forth Rail Bridge Abseil: 12 Jun 2016

Participants must be aged 16 years or over and are required to raise a minimum of £175 in sponsorship. For more info, email Sheena at fundraising@penumbra.org.uk.

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 (dates tbc)

With runs in Edinburgh and Glasgow, 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.

Clothes for Charity

You can now raise money for Penumbra by donating your unwanted clothes. Go to www.clothesforcharity.org.uk/charities/penumbra to find out how it works.

Please spread the word. The more clothes donated on our behalf, the more great work we can do!



a new, secure and simple way to donate clothes to the charity of your choice



“I am now in a very different place. I have not been in hospital for 7 years. It's a total turn around from 13 years ago.”

Rosemary