

Work on negative body image

In North Ayrshire we have just started a project to combat negative body image amongst young people. We will be working with schools to develop imaginative ways of raising awareness and understanding of this issue.

Research in recent years has found that there are increasing numbers of young children who are concerned with their body image. Society's ever growing fascination with how we look is beginning to affect children as young as 5 years old and recommendations have been made that schools provide compulsory lessons on body image and self esteem.

Over the coming months we will develop an evidence based programme which can be implemented in schools across North Ayrshire. The programme will look into the ways in which body image is created and the extent to which it impacts upon other areas of our lives.

The programme will also strive to include ways to challenge negative thinking around body image and increase self esteem. We are very optimistic that it this work will have positive impact on the lives of children and young people in North Ayrshire.

This work ties into other body confidence work Penumbra has been undertaking recently.

New Mental Health Strategy launched

The Scottish Government have launched the new Mental Health Strategy for 2017-2027.

Nigel Henderson, chief executive of Penumbra, said the strategy has a strong vision and that the 40 actions cover a lot of issues but admitted he has reservations that only one has a dedicated budget and just six have clear timelines for completion. He added: "As the strategy progresses we hope to see clearer goals established, new resources identified and a sharper focus on the vital few actions that will make the most impact.

"It is important that people with lived experience of mental ill health are central to these next steps and future iterations of the strategy."

Read more on Third Force News: <http://thirdforcenews.org.uk/tfn-news/new-mental-health-strategy-lacks-ambition-and-detail-say-charities>

Find out more at penumbra.org.uk/news/new-mental-health-strategy/



Penumbra hosts Finnish mental health team

Every year we get requests to host visits from various parts of the world. This year is no different and in early April we had a visit from 25 people who work in community mental health services in Finland.

They are particularly keen to see how we put recovery into practice, to learn about HOPE and I.ROC, and to meet peer support workers and the people we support. They will be visiting three of our services in Edinburgh.

New Moray Mental Health and Wellness Centre opens office base

In Moray we were successful in tendering for a brand new service to run the Moray Mental Health and Wellness Service.

The service is based in Elgin and is delivered by Penumbra in partnership with Community Renewal (<http://www.communityrenewal.org.uk>).

Community Renewal are providing six Links Workers who will work with GP practices across Moray.

The Wellness Centre in Elgin is being run by Penumbra and will initially cover the Elgin area before branching out to provide support across Moray in year two.

The new service has recently secured premises - 30-32 Batchen Street in Elgin town centre. The shop was previously occupied by the Moray Citizens Advice Bureau.

"My life is completely changed and I feel like a new person."

Supported Person

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.



@penumbra_scot

FUNDRAISING ACROSS THE COUNTRY

Forth Rail Bridge abseil

Back by popular demand! We have 2 dates for 2017—**Sunday 21st May** and **Sunday 15th October**.

Participants must be aged 16 years or over and are required to raise a minimum of £185 in sponsorship.

No experience is necessary and you will receive safe and expert guidance throughout from a team of highly skilled instructors will ensure you are safely equipped with everything you need to make your abseil safe and enjoyable.

If you, friends, family or colleagues are interested in taking part please contact **Sheena** on **0131 475 2549** or email fundraising@penumbra.org.uk.



Upcoming fundraising events

Kiltwalk

Glasgow: Sunday 30th April
Aberdeen: Sunday 4th June
Dundee: Sunday 20th August
Edinburgh: Sunday 17th September

Edinburgh Marathon Festival

Sat 27th and Sun 28th May

Edinburgh Night Ride

Sat 17th to Sun 18th June

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.

Album released to raise funds for Penumbra

Joseph Boyle started drinking heavily more than a decade ago following the death of his wife. His drinking began to damage the cells in his brain, and lost movement in his lower body and started to suffer from memory problems. After several admissions to hospital, Joseph was diagnosed with Alcohol Related Brain Damage (ARBD).

After his diagnosis Joseph was one of the first people to be referred to Penumbra Milestone, our alcohol-free 10-bed step-down unit in Edinburgh. Speaking about his own recovery, Joseph said:

"Singing and playing music as part of the music group at Milestone helped me regain co-ordination and improve my memory, and it introduced me to the power of music. The group was a big part of my recovery. Song-writing has been a release for me. It has helped me tackle the demons which caused my problem drinking in the first place. I think you can hear that in the record. It charts my spiral downwards, the bouts of depression and the mood swings, and finally the story of my recovery."



"I'm really grateful to everyone at Milestone for the support I received. Without it I don't know where I'd be. I go back to Milestone fairly regularly now to help out the music group which helped me so much. I'm hoping this album will allow me to give a bit more back."

The Milestone music group – which includes staff and people receiving support – also feature on the record. Some of the instruments used by the group were purchased through funding from the Edinburgh & Lothian Health Foundation.

Moonstone can be purchased on Bandcamp – <https://josephboyle.bandcamp.com/releases>. All proceeds from the sale of the album will go to Penumbra.

We raised £2,000 - top banana!



In January 2017 Papermill Gardens secured the use of a charity shop on George Street in Aberdeen. After many months of collecting some fantastic donations from friends, families, supported people and whoever else heard of our plea, we were good to go!

We spent some time arranging the donations, our model for the window dressing took her place (none other than Support Manager Dawn – top banana!) and we opened our doors to the public.

Safe to say we sold everything! There was lots of fun and laughter throughout the week, and what a fantastic week it was! It was hard work but we managed to raise a whopping £2000 over five days! Funds raised will be used to support people to access an allotment plot we have rented from Aberdeen Council.

We are now able to buy all the things we need to get the area prepped and ready for planting. Already the ideas are flowing... the hard work is just beginning!