

New board members appointed



Back row L-R: John Lawrie, Nigel Henderson, Trisha Hall, Brian Small, Niall Stirling, Alistair Hodgson, Colin Briggs, Graeme Henderson. Front row L-R: Jo Mayne, Laura Reid, Alison Douglas, Frances Birch, Deb Giles, Anne Wilson.

Penumbra has appointed three new board members at its recent AGM.

The new trustees have a board range of skills and experience covering strategic planning in health and social care, human resources, and finance.

The new board members are:



Colin Briggs

Colin's professional career to date has been in healthcare settings, including working in NHS organisations across Scotland and England, and at the Scottish Government.

Colin is currently Director of Strategic Planning at NHS Lothian.



Deb Giles

Deb is an experienced Human Resources professional within the Financial Services sector. For the past 15 years she has worked for JPMorgan as a senior HR Business Partner.



Niall Stirling

After training as a Chartered Accountant, Niall has spent over 25 years working in consumer goods and technology in a broad range of organisations, leading finance, strategic and operational roles.



Negative Body Image

On 27 September we officially launched a Negative Body Image programme.

"My Body My Way" has been developed in collaboration with primary schools in North Ayrshire. The programme is designed to help primary school children explore issues of body image and how factors such as the media can influence their perceptions of their own body image.

The programme includes a children's workbook and comprehensive guidance for teachers. Other programmes are underway and we are looking forward to further developments in our work with children and young people.

eLearning

Penumbra's Learning & Development team have recently started to develop our own eLearning courses. It is our hope that this will provide introductory information on a range of topics to our staff.

These courses will not be a substitute for face-to-face training but will instead enable us to provide courses that can be accessed quickly, e.g. as part of induction for new staff, and also courses that can be studied at a time and pace that is flexible. of our courses in the coming months.



Penumbra takes part in Scottish Mental Health Arts and Film Festival

Now in its fifth year, *Out of Sight, Out of Mind* is returning as part of the 2017 Scottish Mental Health Arts and Film Festival.

The event is a collaborative exhibition of over 100 artworks in various media, created by people who are using the arts to express themselves in relation to their experiences

of mental health issues.

People accessing Penumbra services have again contributed to the exhibition with the support from the Edinburgh Self Harm Service and the Crisis Centre. The artwork, which is produced by both groups and individual artists, reflects a wide range of motivations including personal expression, development of artistic practice, experiencing the therapeutic benefits of working in a group or solo, formal art therapy and political activism. The exhibition includes work from artists who make work for the exhibition each year, and others who are new to *Out of Sight, Out of Mind*. Expect to see installations, paintings, films, photography, drawings, sculpture and much more. Most of the work will be installed within the expansive gallery spaces at Summerhall, as well as other venues around Edinburgh.

The event runs from 11 – 29 October, Tuesday – Sunday 11am to 6pm.

FUNDRAISING ACROSS THE COUNTRY



Parcelforce staff in Glasgow have presented Penumbra with a cheque for £2,840 following a marathon fundraising effort.

The cheque was handed over to Alison Garrow (pictured front second from right) from Penumbra at the Parcelforce depot in Cambuslang.

Staff at the depot decided to fundraise for mental health after a colleague tragically completed suicide just before Christmas last year.

Delivery Manager Dav Jhakra (pictured front left) said the team wanted to support a charity working with people in the local area.

"We do a lot of charity fundraising throughout the year and staff always put their hand in their pocket.

This time we really wanted to do something which would help people in Glasgow who are experiencing mental health difficulties. It is a cause which means a lot to the team.

"I would like to thank everyone for their fundraising efforts but particularly drivers William McCormick and Craig Edwards who went the extra mile. Between them they managed to gather six or seven top prizes for our charity night."

The Parcelforce team took a number of fundraising routes to deliver the cash. Manager Dav completed the Edinburgh 10k race in May with his daughter, another staff member was sponsored to shave off his large beard, and the team also held a charity night where signed Rangers and Celtic shirts donated by members of staff were auctioned off.

Charlie's skydive for Penumbra

Big thanks to Charlie who braved a skydive in memory of his friend and raised £1,285 for Penumbra.



Forthcoming 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.

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