Penumbra hosts European forum

Mental health experts from 14 European countries gathered in Edinburgh in December to discuss mental health practice across Europe and identify priorities for improvement.

The forum was organised by Penumbra on behalf of Mental Health Europe, a non-governmental network which works with the EU and other international bodies to promote positive mental health and the rights of service users.

Experts from as far away as Lithuania, Romania and Greece travelled to the Norton Park Conference Centre in Edinburgh to hear from leading academics and people who use and run services.

Staff from the Wellbeing Hub in Moray and the Enik Recovery College in the Netherlands delivered presentations comparing and contrasting their approaches with services elsewhere in Europe.

The event was the last forum organised in 2017 by Mental Health Europe.

Discussion at the forum focused on how people who have overcome mental health challenges can use their experiences to help others.

Peer Work, as it is known, can be a valuable component of mental health services.

Research has shown that it helps to create an environment where people share suggestions and tips for recovery, allowing people to try out different strategies with the support of their peers.

Penumbra is one of the largest employers of mental health Peer Workers in Scotland. We run dedicated Peer Services, such as Plan2Change in Edinburgh, and employs people who have experienced mental health difficulties in many of its other services.

International success for documentary In Place

A film featuring people supported by Penumbra has won a prestigious international film award.

In Place examines the mechanisms people use to cope with mental health difficulties, exploring the line between the positive and the negative. The film follows 3 people – a young skateboarder, a university student and a retired librarian – who all received support from Penumbra’s Self Harm Project in Edinburgh.

The film was entered into FIDBA – the International Documentary Film Festival of Buenos Aires, Argentina – in the International Documentary Short Films category. The festival judging panel named In Place Best Short Documentary, commending the film’s edgy aesthetic and powerful stories. The film was directed by Gen Bicknell and produced by Tammy Kirk, who both also work at the Self Harm Project in Edinburgh. The Cinematographer was Lucas Kao.
Embrace: internationally acclaimed body confidence film comes to Edinburgh, Glasgow and Aberdeen

A critically acclaimed film which hopes to tackle the massive surge in body confidence issues around the globe will be shown on the big screen in Edinburgh, Glasgow and Aberdeen in January and March.

Penumbra has teamed up with the Body Image Movement to offer 3 free screenings of the feel-good documentary Embrace.

The film follows Australian writer and campaigner Taryn Brumfitt as she travels the globe talking to experts, women in the street and well known personalities about the alarming rates of body image issues that are seen in people of all body types.

In her affable and effervescent style, Taryn literally bare all to explore the factors contributing to the problem. Organisers hope the event will ignite a nation-wide conversation on poor body confidence, which is at epidemic levels across Scotland, particularly amongst young women.

A recent study for Dove found women in the UK have one of the lowest body confidence scores in the world, with only 20% saying they like the way they look. Separate research by Girlguiding found that over 50% of girls aged 11 to 21 felt they were not pretty enough and needed to lose weight.

The screenings are part of a new Penumbra campaign called My Body My Way, which has been working in schools to tackle negative body image.

FUNDRAISING ACROSS THE COUNTRY

Forth Rail Bridge abseil

Huge thanks and congratulations to the 6 brave souls who abseiled off the Forth Rail Bridge in October and who between them raised an amazing £2,400.

If you fancy yourself as a bit of a daredevil and would like to take part in one of the next Forth Rail Bridge abseils (Sun 10th June and Sun 21st October) then please contact Sheena at fundraising@penumbra.org.uk or telephone 0131 475 2549.

Splashing some cash for Bill!

A big thank you and many congratulations to 84 year old Bill who celebrated his birthday by swimming for 8 hours and raised an amazing £440 for Penumbra!

Bill is a veteran sea swimmer who swims continuously for 3 to 4 hours a day 3 days a week and had had his eyes set on the 8 hour mark.

Dave’s dry October

A big well done to Dave who gave up alcohol for October and managed to raise £565 for Penumbra in the process!

Forthcoming fundraising events

Glasgow Kiltwalk—Sun 29 Apr
Stirling Scottish Marathon—Sun 29 Apr
Edinburgh Marathon—Sat 26/Sun 27 May
Aberdeen Kiltwalk—Sun 3 Jun
Forth Rail Bridge Abseil—Sun 10 Jun
Women’s 10k Glasgow—Sun 10 Jun
Glasgow Men’s 10k—Sun 17 Jun
Dundee Kiltwalk—Sun 19 Aug
Edinburgh Kiltwalk—Sun 16 Sep
Loch Ness Marathon—Sun 23 Sep
Great Scottish Run—Sat 29/Sun 30 Sep
Forth Rail Bridge Abseil—Sun 21 Oct
Edinburgh Men’s 10k—Sun 4 Nov

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.