New service in North Ayrshire

We are delighted to announce that Penumbra has been successful in winning a tender for its, and North Ayrshire’s first peer service. We already know how successful this can be, our experience in other parts of the country has been telling us that for a long time.

The new service will extend our services in the authority area, complimenting our Self Harm service and contributing towards North Ayrshire Council’s aim to provide adult mental health services that are recovery focused, and strengths based in approach. It will deliver a service which is person-centred and empowers people to work towards their recovery.

Peer supporters will use their personal experiences as a means of providing hope and inspiration to promote recovery and self-management. As well as acting as recovery champions within the service, they will also connect with external agencies and local communities to ensure there is an available range of accessible materials, appropriate to the communities within North Ayrshire.

The outcomes for users of the new Peer Support Service include:

- Increased feelings of hope
- Decreased feelings of isolation.
- People feeling more able to exercise choice and develop greater control in their recovery.
- Involvement in shaping the service.
- People from all backgrounds and circumstances being able to access peer support.
- Access to support in North Ayrshire from staff with lived experience of mental ill health.

Denver calling

In June, Penumbra was invited to Denver for the Wellness and Recovery Summit hosted by the Psychiatric Rehabilitation Association (PRA). We were asked to teach a workshop on Penumbra’s recovery approach, and present a poster on the digital transformation of I.ROC.

Held over 4 days, Pride and Comicon provided the colourful backdrop to the Summit, and served to highlight the importance of recognising diversity amongst the people who use and work within mental health services.

We were given the chance to celebrate such diversity during the opening key note address during which a fantastic comedian, David Granirer talked candidly of his own experience of depression, and introduced us to a range of examples of how using comedy to talk about mental illness can be an empowering experience.

Diversity turned out to be a dominant theme throughout the Summit, with presentations focusing on how to support a range of different populations including LGBTQ, young people, people with physical health problems or disabilities, religious and ethnic minority groups.

Workshops explored how to bridge cultural divides and talk the same language, how to integrate religion and spirituality into recovery focused practice, and how to work in a trauma-informed person-centred way.

Learning from the conference

- 63% of surveyed adults in the US has experience one or more forms of trauma in childhood.
- 90% of people in the mental health and criminal justice system in the US have experienced trauma.
- 75% of people have had at least one adverse childhood experience (Center for Disease Control & Prevention, 2013)
- “Trauma resides in the body” – it is an overwhelming sensory experience which can affect all our senses (including the newly described senses: vestibular, interoception, proprioception)
- Hypersensitivity to triggers can affect us at a neurological and psychological level, for example hypersensitivity can affect how we read faces (eg % of the time a face is perceived as angry is higher in people with a history of trauma)
- There are four common responses to threat:
  ⇒ Fight
  ⇒ Flight
  ⇒ Freeze/collapse
  ⇒ Tend and befriend
- Just as the brain can be damaged through experience, so too it can heal

Favourite quote from the Summit

“Self-care is building a life you don’t want to escape from”
Directorate changes

We say a fond farewell to Graeme Henderson who has left Penumbra after 10 years of excellent service as Director of Services and Development. He has taken up the post of Executive Director of Delivery and Strategic Development with SAMH.

Nigel Henderson, Chief Executive said of Graeme…

“I am personally sorry to see Graeme go. He has been a tremendous colleague over the last 10 years and has brought fresh ideas and creativity to Penumbra.

Graeme has contributed significantly to helping reshape and reframe our services.

He has managed Penumbra’s tendering activity that has enabled us to develop new innovative services and to secure ongoing contracts for many of our existing services.

Graeme also introduced us to the world of Quality Scotland and EFQM which has led to us achieving the 3 star Recognised for Excellence award.

I would like to congratulate Graeme and wish him well in this new role.”

Nigel Henderson, Chief Executive

FUNDRAISING ACROSS THE COUNTRY

Edinburgh Marathon Festival

Huge thanks to Greg, Hannah and Anna for competing in this year’s Edinburgh Marathon Festival and raising over £1,350 for Penumbra in the process.

Congratulations on your achievement—your support is really appreciated!

Should you be interested in taking part in the 2019 Edinburgh Marathon Festival, please either email fundraising@penumbra.org.uk or phone 0131 475 2549.

Forth Rail Bridge abseil

A big well done and congratulations to our brave abseilers who between them raised an impressive £2,300 for Penumbra! The day started off rather hazy but once the fog cleared you could see for miles!

Tough Mudder

Joanne took on the gruelling Tough Mudder and raised an amazing £500 for Penumbra. Thank you and well done Joanne—you are a star!

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.

Forthcoming fundraising events

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<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Dundee Kiltwalk</td>
<td>Sun 19 Aug</td>
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<td>Edinburgh Kiltwalk</td>
<td>Sun 16 Sep</td>
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<td>Loch Ness Marathon</td>
<td>Sun 23 Sep</td>
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<td>Great Scottish Run</td>
<td>Sat 29/Sun 30 Sep</td>
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<tr>
<td>Forth Rail Bridge Abseil</td>
<td>Sun 21 Oct</td>
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<tr>
<td>Edinburgh Men’s 10k</td>
<td>Sun 4 Nov</td>
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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.