Penumbra launches free mental health resources for primary schools

In September Penumbra made the young people’s Negative Body Image resources freely available to download as part of the Scottish Government’s Year of Young People 2018.

Piloted in a school in North Ayrshire, the My Body My Way programme explores what body image is, explains what influences our body image and promotes positive body image and wellbeing.

One of the pupils who took part in the pilot said ‘I’ve learned not to feel bad about my body and stop calling myself ugly. It doesn’t matter what people say, I like myself the way I am.’

1 in 10 children will suffer from some form of mental ill health, and it is believed that many of these illnesses are a direct response to a life event or situation. In fact, 50% of mental health problems are evident by the age of 14. Alarming, however, 70% of children will go without any sort of appropriate support or intervention at the early stages of their illness.

The resources are suitable for primary school children ages 9-11 and fit Curriculum for Excellence and GIRFEC approach to wellbeing.

They include a comprehensive workshop plan for teachers, pupils’ workbook and parents’ guide.

Interventions like these can make a real difference. Research has identified that early intervention and prevention of negative body image will reduce the number of adults seeking support from mental health services later in life.

Penumbra’s CEO Nigel Henderson said, “We are bombarded from an early age with images of the ‘so called’ perfect body in the media and social media. Often these images have been edited or airbrushed and therefore do not represent reality. It is so important that children feel confident about themselves and their bodies. We are all unique which is what makes the world a fascinating place. Therefore in 2018, the Scottish year of young people, we are delighted to make this important resource freely available.”

For more information and to download the resources go to: https://irocwellbeing.com/news/My-Body-My-Way

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Chalk and talk

Penumbra and Catch 23 (a local mental health charity) recently hosted a Chalk & Talk event at Penumbra’s offices in Bayhead, Stornoway. Following some recent, tragic cases of suicide on the island, both organisations decided to host this event that welcomed all in our Hebridean community to pop by for cake, music and the craic.

Donna and Dave spoke about their personal experiences of suicide, before beginning the memory wall, which gave people the opportunity to chalk the name of a loved one lost to suicide on the private stone wall.

The event encouraged a healthy dialogue on what people do to maintain their mental health, while also providing a chance to discuss how the community might do things differently to support wellbeing.

Angus (Penumbra volunteer) made a significant contribution to these discussions by using his reflective practice skills to listen to those who attended. Local singer/songwriter, Donald, performed several of his. The sun-kissed afternoon drifted by, decorated by the soundtrack of warm conversation and laughter.
Penumbra’s Aberdeen Distress Brief Intervention (DBI) has contributed to 1,000 DBI referrals! This is not only a significant landmark for this national Scottish Government pilot but also an extremely important one. The importance is that 1,000 people have been given the opportunity to receive specialist support to help reduce their distress and receive connected and compassionate support.

A Distress Brief Intervention is a time limited support specifically designed for people experiencing distress. This two-tier approach provides a compassionate and supportive intervention to people experiencing distress who do not require emergency service response.

The Aberdeen DBI went live in October 2017 providing a more collaborative, co-ordinated and cooperative framework within which to respond to distress, across frontline services and support providers in the city. A small scaled implementation has been rolled out throughout its first year.

We are proud to share that locally we have now achieved over 300 DBI referrals and have established referral pathways with the four frontline services Primary Care, Police Scotland, the Scottish Ambulance Service and the Emergency Department.

For more information about innovative DBI pilot please visit www.dbi.scot or follow the links for the Aberdeen DBI video

Vimeo: https://vimeo.com/257158685
YouTube: https://www.youtube.com/watch?v=0GAvGZKn-ZI&feature=youtu.be

**FUNDRAISING ACROSS THE COUNTRY**

**Spotlight on challenge events**

The Spring and Summer months tend to be a busy time for people taking on various sporting challenges in a quest to raise awareness of mental ill health and fundraise for Penumbra. 2018 has been no exception and we are forever grateful to our supporters.

**Thanks to David who ran both the Glasgow Half Marathon and Edinburgh Men’s 10k.**

**Thank you to Dianne who raised over £500 by taking part in the Great Scottish Run 10k.**

**Good luck to María who is about to embark on a mammoth challenge to Everest Base Camp where she will, amongst other things, experience 50% less oxygen than at sea level. We’re looking forward to hearing all about it!**

**Kiltwalks**

Huge thanks to all those who have taken part in Kiltwalks across the country throughout the year.

Special mention goes to our very own Jo and her daughter Erin who completed the Edinburgh Kiltwalk in September.

Having trained with her mum previously, Erin had always been keen to do the Kiltwalk but was never old enough! Now that she’s 13 Erin was eligible to sign up and between the 2 they have raised over £400. Well done both, we really appreciate it!

**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.

**River Ness 10k**

We are extremely grateful to staff at Johnstones of Elgin woollen manufacturers who have raised over £700 for Penumbra by running the River Ness 10k.

Thank you to everyone involved!

Have you started your Christmas shop yet? Buy through easyfundraising and support Penumbra while you shop! Simply visit easyfundraising.org.uk/causes/penumbra and you can raise vital funds for our services while shopping at Asos, Boden, John Lewis, M&S, GAP and many more!

**Forthcoming fundraising events**

**Forth Rail Bridge Abseil**—Sun 21 Oct
**Edinburgh Men’s 10k**—Sun 4 Nov
**Supernova at Kelpies**—9/10/11 Nov
**Kilomathon Scotland**—Sun 7 Apr
**Kiltwalk Glasgow**—Sun 28 Apr
**Edinburgh Marathon**—Sat/Sun 25/26 May
**Kiltwalk Aberdeen**—Sun 2 Jun
**Men’s 10k Glasgow**—Sun 16 Jun
**Kiltwalk Dundee**—Sun 18 Aug
**Kiltwalk Edinburgh**—Sun 15 Sep
**Scottish 10k/Half Marathon**— Sun 22 Sep

For more information or 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.