Reflections on 2018

I was also asked by the Czech Government to present our recovery approach to senior staff from across the Czech Republic as they embark on a radical transformation programme in their mental health services.

In Scotland our influence continues to grow as we are represented on a number of significant groups including the National Suicide Plan Leadership Group and some of the workstreams of the Government Task Force for Children and Young People’s mental health.

Our work in developing responses to crisis and distress continues to grow with our Edinburgh Crisis Centre, our leading involvement in the Distress Brief Intervention (DBI) programme and our increasing number of 1st Response services.

I was fortunate in being able to present our work on distress to delegates at the International Initiative on Mental Health Leadership (IIMHL).

During the year we opened new services in Aberdeen at Constitution Street, extended the work of the Moray Mental Health and Wellness Centre, further developed our work with the Edinburgh Wellbeing Public Social Partnership, became partners in a group bidding to run the Glasgow Alliance to End Homelessness, launched our My Body, My Way toolkit, the North Ayrshire Peer Support service and news hot off the press is we have heard that we are the chosen provider for an Accommodation with Support service in Midlothian.

We experienced a number of staff changes and welcome all the new faces both at HQ and in our services. Our Board of Trustees also had some changes with 3 people stepping down and 3 new people starting in the new year.

Thank you for supporting our work, this is so important to us. Here’s to 2019.

Best wishes

Nigel Henderson, Chief Executive

Changes to senior management team

Penumbra welcomes Sarah Campbell, Head of Business Development and Keith Douglas-Hogg, Head of People.

Sarah joins us from Gorgie City Farm where she held various roles including CEO, Fundraising Manager and Education Officer. Sarah will be responsible for securing income through tenders whilst also overseeing the Fundraising, I.ROC and Communications functions.

Keith was HR Manager for a veterinary group and before that spent 23 years with the military. Keith will be responsible for Human Resources as well as the Learning and Development function.

Welcome both!
New service launched in North Ayrshire

Penumbra is proud to announce the launch of its new peer support service. This new service allows people to access support in North Ayrshire from staff with lived experience of mental ill health.

The service is provided by a team of local peer workers and a recovery practitioner each with personal experience of mental health problems. Our peers are willing to share their personal experiences in a way that supports, empowers and brings hope to the people they support.

The service is open to adults engaged with all areas of mental health services in North Ayrshire. The service provides one-to-one befriending/social support and activity based support with the aim of supporting people to engage with their local communities, as appropriate to the needs of service users.

The service is delivered in accessible locations within North Ayrshire, including within the home, (if necessary) in hospital and other locations as required.

The service provides flexible, person-centred and recovery-focused support. Individuals are offered one to one support and optional group work sessions on wellbeing.

The aim of the service is to provide people experiencing mental health problems with:

- increased feelings of hope
- decreased feelings of isolation
- the ability to exercise choice and develop greater control in their recovery

The service offers one to one support which is:

Person centred – tailored to people’s individual needs and monitored using the I.ROC model.

Solution focused – promoting positive thinking and ways of moving forward, based on Penumbra’s HOPE model of recovery.

Individuals can make a self referral to our service as long as they are engaged with adult mental health services in North Ayrshire.

We also accept referrals from a range of sources including NHS, social work and the voluntary sector on behalf of people who fit the above criteria. To find out more please telephone the service 01294 602 687.

FUNDRAISING ACROSS THE COUNTRY

Maria conquers Everest!

Huge congratulations to Maria who undertook one of the biggest challenges in her life to raise a staggering £1,800 for Penumbra. Maria herself struggles with anxiety and depression and so wanted to raise awareness.

Climbing Everest meant that Maria reached altitudes of 5,364m meaning 50% less oxygen than at sea level. Not only is Everest the highest peak in the world, the journey there is rather nerve wracking too!

“The flight to base camp is also a scary prospect. It’s to Lukla Airport in Nepal, which is the smallest airport in the world and involves a sheer drop.”

Maria approached the challenge with such grit and determination and has undertaken various events such as raffles and mini fundraisers along the way to raise funds and awareness. Well done Maria—you should be very proud of yourself! Certainly one achievement that you won’t be forgetting for a long time!

Suzanne and Steven’s charity motorbike run

Penumbra recovery worker Suzanne and her husband Steve recently organised a motorbike run in memory of Steve’s late sister Louise.

The pair and their friends followed the Dickie Bow Run, so called as it looks like a picture of a dickie bow on a map! The route took them from The Bikers Cove in South Queensferry, up the Rest and Be Thankful, through Oban, Tyndrum, Callander and back to Queensferry.

The event raised a wonderful £1,400 for Penumbra’s supported living service in Falkirk. Some of the money will pay for Christmas lunch at a local hotel and a ticket to see Cinderella pantomime afterwards. Big thanks both!

Forthcoming fundraising events

Kilmathon Scotland—Sun 7th Apr
Glasgow Kiltwalk—Sun 28th Apr
Stirling Marathon—Sun 28th Apr
Baker Hughes 10k—Sun 5th May
Edinburgh Marathon—25th/26th May
Aberdeen Kiltwalk—2nd Jun
Forth Rail Bridge Abseil—Sun 9th Jun
Glasgow Women’s 10k—Mon 10th Jun
Glasgow Men’s 10k—Sun 16th Jun
Dundee Kiltwalk—Sun 18th Aug
Edinburgh Kiltwalk—Sun 15th Sep
Glasgow 10k and Half Mara—22nd Sep
Forth Rail Bridge Abseil—6th Oct

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.

Will you be hitting the sales after Christmas? 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!

JustTextGiving

You can now text to donate to Penumbra using JustTextGiving. Simply text PEN22 and the amount you wish to donate (eg PEN22 £10) to 70070.