Penumbra wins support from Tesco

Staff at Penumbra are celebrating with news of their success in this year’s Tesco Bags of Help grant competition. Tesco customers across 3 regions gave Penumbra their blue tokens winning the charity a total of £50,000. The Centenary grant will help Penumbra develop a new project looking at the mental health and wellbeing of young people. Nigel Henderson, Chief Executive of Penumbra, said:

“We’re delighted to have been a part of the Tesco Bags of Help alongside a fantastic group of organisations. We know that 50% of mental health problems begin by the age of 14, so early support is key. Our project is really exciting because we’ll be working with young people to develop early support measures for this age group and the Bags of Help grant will contribute to that important work.”

Making Recovery Real in Dundee

Piloted in Dundee and Moray, Making Recovery Real brings people with lived experience of mental health challenges and services together to decide what would support recovery in the area.

The project was developed by the Scottish Network Recovery which is hosted by Penumbra and gives supported people the right to be at the centre of decision-making, service design and practice development.

At the heart of Making Recovery Real is collaboration, story-sharing and peer support and momentum around the project is growing.

Making Recovery Real has resulted in a wider understanding of the benefits of collaboration with people with lived experience.

“It’s actually pretty simple. People worked with us to decide what they wanted, how they wanted things to be, and now they’re willing to help us make those things happen. How can you say no to that?”

To find out more about the project, including videos of people’s journeys and recovery resources, go to www.penumbra.org.uk/news/collaboration-and-change-making-recovery-real-in-dundee/.

Moray Wellness Centre launches campaign to encourage men to #MENtionIt

Penumbra’s Wellness Centre in Elgin has launched its #MENtionIt campaign as a way of encouraging men to talk about their mental health and wellbeing. The campaign shines a spotlight on the issues around men’s mental health and wellbeing, and runs until the end of March.

Whilst #MENtionIt encourages men to reach out, we also want the local community to get involved in the campaign. Whether it’s your husband, your boyfriend or your brother, it’s really important that people recognise the signs when someone might be going through a tough time and need some support. Sometimes it can be as simple as starting the conversation and asking how you’re feeling. The campaign is gathering stories of real people from across Moray talking about their own mental health experience through a series of short films.

The campaign has also included a series of group workshops featuring special guests including the #DoricClimber who opened up about his own experiences of mental ill health through his hill walking videos.

We hope to reach out to men and get men talking, but also to engage friends and family members in recognising when their loved one might be struggling to cope.

Long service award

Congratulations to Pauline for completing 25 years supporting people in Aberdeen who experience mental health problems. Pauline joined Penumbra in 2010 when she was transferred from Pillar Aberdeen where she had worked for the previous 15 years.
Praise for building meaningful lives at Sighthill

Following time spent at the Royal Edinburgh Hospital, people are being helped to build meaningful lives at home thanks to 16 refurbished apartments in Sighthill.

Originally a sheltered housing complex, a building in the Calders has been transformed by the City of Edinburgh Council to provide high quality places to stay. The Edinburgh Health and Social Care Partnership (of which Penumbra is part), is now funding ongoing care and support for tenants at the St Stephen’s service as they recover in a homely setting.

Day-to-day access to health and social care support services is provided and tenants are supported to develop recovery and community connections which, for some people, will result in moving on to a long-term home in the community.

St Stephen’s also provides access to community mental health services and a range of 24/7 supported community placements to help people make the transition to independent living.

Nigel Henderson, Penumbra’s Chief Executive said of the project: “Penumbra is pleased to be a key partner in this work. Our paid Peer Workers are people who bring their own experience of mental ill health and recovery to their role. They work alongside people by drawing on their lived experience and act as mentors and guides whilst offering connected, compassionate, support.

St Stephen’s is one of many examples where we partner and share our expertise as the largest employer of mental health Peer Workers in Scotland.”

To celebrate a year since completion and the service becoming fully functional, members of the Partnership (pictured) met with tenants and those who have been working on the project to congratulate them.

FUNDRAISING ACROSS THE COUNTRY

The Kiltwalk

Come join our merry band of #KiltedHeroes and support our work. Dates throughout the country.

Signing up to take part is simple:
1. You just buy your place at www.thekiltwalk.co.uk/events/
2. Remember to select ‘Penumbra’
3. Then let us know you’ve registered at fundraising@penumbra.org.uk

All charities taking part in Kiltwalk 2019/20 will receive an additional 50% Facebook fundraisers

A big thank you to the ever growing number of people who are setting up birthday fundraisers through Facebook. Users can request that their friends donate to a cause for their birthday in lieu of gifts. We are extremely grateful.

Forth Rail Bridge abseil

Good luck to all those taking part in the next Forth Rail Bridge abseil in June. We are very grateful to you all!

Should you wish to take part in the next abseil on Sunday 11th October, please contact our Fundraising Team on 0131 475 2549 or email fundraising@penumbra.org.uk

Forthcoming fundraising events

If you would like more information about any of the events below 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.

Supernova Kelpies Run—20-22 Mar
Kilomathon Scotland—5 Apr
Glasgow Kiltwalk—26 Apr
London Marathon—26 Apr
Baker Hughes 10k—3 May
Edinburgh Marathon—23-24 May
Aberdeen Kiltwalk—7 Jun
Forth Rail Bridge Abseil—14 Jun
Dundee Kiltwalk—16 Aug
Glasgow Men’s 10k—30 Aug
Edinburgh Kiltwalk—13 Sep
Scottish Half and 10k—20 Sep
Forth Rail Bridge abseil—11 Oct
Baxter’s Loch Ness Marathon—4 Oct
Great Scottish Run and Half—4 Oct
Stirling Scottish Marathon—11 Oct
Women’s 10k Edinburgh—25 Oct
Men’s 10k Edinburgh—25 Oct

To everyone that has cycled, run, walked, trekked or undertaken a challenge to raise funds for Penumbra, thank you! Your support is very much appreciated and will be used to help young people and adults experiencing mental health problems.

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Scottish Registered Charity No: SC010387 Company No: 91542