



HUG

ACTION FOR MENTAL HEALTH

HUG (Action for Mental Health)

Speaking out to improve rights and challenge stigma

Member Bulletin

Celebrating our collective voice across the Highlands



Summer Issue

Hello,

to you all in this hot and sunny summer weather we've been experiencing! Hopefully you have been able to take the opportunity for some time for yourself this summer in amongst navigating all life's events.

We continue to be busy with many projects and have lots for you to catch up on in this bulletin. We'd love you to come on board with us and there's lots of ways to be involved. This is your chance to really have a say in shaping services.

We are delighted to let you know as well as heading out on the road and holding in-person meet ups in Inverness we have online dates for those who can't make it in person. We are aware that travel is not always possible and many of you have other commitments but we

hope that you will have the opportunity to join us at at least one of our events. Please do let us know if you have any venue/location/time suggestions and we will look at all your ideas when we're planning our next round of meetings. It's always very useful to have your input so that we can plan what's best for all and give everyone the opportunity to participate.

You'll find enclosed with this issue an updated membership form, we would really appreciate your help in spreading awareness of HUG with your family/friends/community by passing the membership form on; but also making sure we can contact you.

Jamie



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Discovery College - Inverness

Launch of the Discovery College

Many of you will know Centred in their previous incarnation as Birchwood Highland. During 2022 Birchwood rebranded and are now known as Centred. Part of the change at Centred has been the creation of the Discovery College based in Inverness. "The Discovery College is the Highland's first college dedicated to helping individuals gain a deeper understanding of wellbeing, mental health, and/or substance use. The college offers a unique learning experience that provides individuals with the skills and knowledge to improve their overall quality of life."

SPIRIT (as HUG's umbrella organisation) has been involved in the design of the Discovery College. We have run co-development groups with people with lived experience so the college is set up by people with lived experience to meet the needs of those living with mental health and learning disabilities. We have trained peer supporters; facilitated conversations around which courses are made available first; participated in the design of the branding; advised where access should be available (everywhere/online); access requirements and more!

- ✿ Centred have appointed a number of roles to the Discovery College - Manager, Donna (SPIRIT were a part of the interview and appointments process); an Admin & Trainer Support, David; two permanent Peer Supporters and two Peer Support Contractors who have been trained by SPIRIT
- ✿ All Summer courses are now available to book online here - <https://centred.scot/discovery-college-courses/>
- ✿ Please share far and wide! Donna (Discovery College Manager) would love them all to be fully booked and all HUG members are highly encouraged to apply for the different courses
- ✿ SPIRIT/HUG and Centred are planning to deliver another Peer Supporter training in September. Follow our facebook page @HUG(Action for Mental Health) or website for updates

All change at People First Highland



Many of you will have known or met our People First Highland Development Worker, Christine Fletcher.

Earlier this year we said a fond farewell to Christine after 20 years working with us, she will be greatly missed and we wish her all the best in retirement.

Carrie Waugh, whom many of you will have met and who joined us as HUG Development Worker in recent years has increased her days with us to take over from Christine in the role of PFH Development Worker and will now have a dual hat at SPIRIT. We wish Carrie every success in her additional role.

Scottish Patient Safety Program

NHS Highland ask us to undertake this survey as an independent organisation. We analyse the results of the survey and submit recommended changes to be made in New Craigs wards based on what people tell us.

During July and August we will have five days where we will be in New Craigs talking to patients across the wards about safety.

Get Involved

We have lots happening with co-development groups and reviews of services you may wish to be involved with as a representative of HUG. We would be delighted to have you onboard!

We want to hear from you:

- * if you have any specific skills that you would like to use in a voluntary role
- * are you sitting on any mental health or community groups? Could you be there as a HUG member and help us create new connections within your local community?
- * are there any groups that you want to see HUG have representation at that we are not currently involved with?
- * have we missed your community? We'll be very happy to organise a think-in in your local area

* do you know anyone who would like to have their voice heard that we aren't speaking to yet? Please pass them the membership form with this newsletter or ask them to contact us



* are there meetings/groups you would like to attend but can't? If you become a volunteer for HUG and the meeting/group is relevant to Mental Health we can help with expenses for getting you there and back. Two of our volunteers recently travelled to Glasgow for the 75th NHS Scotland conference

hug@spiritadvocacy.org.uk

0300 365 9366

HUG Membership

We can't contact some of you by phone or email! Did you know, in 2018 Data Protection (GDPR) rule changes meant that if you didn't fill in a GDPR consent form, or sign up as a new member since then, we are not allowed to phone or email you about the work we are involved in and your voices are not being heard.

We've enclosed a new membership form for HUG that you can fill in for yourself if you think we don't already have your permission, or you can pass on to someone you know who is interested in becoming a HUG member. You can also email permission direct to

dataprotection@spiritadvocacy.org.uk

Membership is free and you can send your forms back using our freepost address (please write your envelope exactly as printed below) or use the enclosed freepost label.

Freepost SPIRITADVOCACY



Dates for your Diary

27th July - online via zoom (11am-1pm)

1st August - online via zoom (11am-1pm)

4th August - Wick, Youth Club (11am start)

9th August - The Bikeshed, Inverness and online via zoom (11am-1pm)

6th September - The Bikeshed, Inverness (11am-1pm)

online links will be available via our Facebook page @HUG (Action for Mental Health) and our website

SUCE – Service Users & Carers Experience group

One online meeting every 2 months; SUCE is a group run by NHS Highland for people with lived experience of mental health and care experience. It is your chance to sit with NHS Highland directly and speak to them about the issues that you are facing, and projects and changes that NHS Highland are planning. SPIRIT staff sit on this group and would love to see more members attending and being supported to have your voices heard. Please get in touch if you're interested.

Penumbra co-development Training

Join Penumbra's project and help shape community mental health resources. Do you have lived or living experience of mental ill health and, or, substance use? Would you like to co-create a mental health programme to help empower people with their recovery?

Join Penumbra for 6 development sessions and if you wish you can go on to train to deliver the programme in your

community (they cover lunch and expenses).

With Penumbra you'll explore what recovery means to you, share empowering resources, and together you'll create a course that offers hope and support. Sessions take place in Edinburgh (dates agreed when you register) and Penumbra cover the cost of travel and lunch. See link for full details - <https://www.penumbra.org.uk/eeefc/>



Mental Health and Wellbeing delivery group

Regular co-development groups between those with lived experience of ill mental health, the third sector and NHS. If you would like to participate in these groups email or call us.

Self Directed Support

Are you in receipt of SDS? Or have you tried to access it but been unsuccessful? If this has happened we are very keen to hear about your experience. What does and doesn't work for you with the current options?

Get in touch with us and one of us will talk through with you how it's worked, or not, for you and we'll then feed your experiences back to NHS Highland.



Community Mental Health Teams Review

Are you currently involved with your CMHT? Would you like to make a valuable contribution to the CMHT review? Can you spare time once a fortnight? If yes, this is an opportunity for you!

Ongoing meetings will be held every two weeks until December '23 and we are looking for volunteers to go along to feed into the review all while representing HUG. To find out more email or phone us. Do leave a message if no answer and we will get back to you asap.

Co-working

We have been busy creating connections with other highland groups, including Centred, James Support Group, Connecting Carers, Rasash, Befrienders Highlands, Caithness Mental Health Support Group.

We are looking to reach out to more organisations.

Is your organisation running groups that have a link to mental health or learning disabilities? We would like to foster connections with existing groups across the highlands so that we can feed back as many lived experience voices that we can into NHS Highland.

We can publicise your group to our

members and put information up on our socials.

Would you like to join us at a HUG think in? These are great way to promote your groups to a highland wide network, come along to any of our think ins, or we can hold one just for your group.



Wha's Like Us

We had a fantastic Burns Supper event way back in January as the culmination of our Wha's Like Us project. It was great to see so many of you and all your wonderful works. Our next step is to produce a booklet showcasing your fabulous talents, please email us your written and art works for inclusion in the booklet. If you need any help don't hesitate to get in touch and we will gladly assist.