



People First Highland

# SPIRIT Advocacy



HUG  
ACTION FOR MENTAL HEALTH

Hello,

These are difficult times, everyone is feeling their way through uncharted territory, there's lots of false news stories circulating, and much to worry about. In the light of this the board of SPIRIT Advocacy is reaching out to all its members. We have had to change the way we are working but be assured, we are still working.

As a member you will know how committed our excellent staff are to the work we do. That has not changed at all. We have been forced to close down Cromwell Villa, and all the staff are working from home. Please understand that this is a decision we took solely for the protection of the entire SPIRIT community.

We are exploring ways to hold virtual meetings. This may be in the form of a video chat, and / or a rolling web chat. You can still contact any member of staff or board as you have always done.

It is our intention to find out from you how the current emergency measures are affecting your care and support. We want to find out what works best for you within the restrictions and share this as examples of best practice with the NHS.

We will support you, our members, in any way we can. We have not just shut the doors and left you to it. We are all in this together. Earlier I referred to the SPIRIT Community, I hope you feel part of that community and will give to and take from the community according to your ability and needs.

We will be back in touch with you very soon. Below is a reliable source of advice about what you should and should not do during this time. Also my contact details if you wish to talk with me.

Alan

<https://www.nhsinform.scot/coronavirus>

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People First Highland and HUG (Action for Mental Health) are part of SPIRIT\* Advocacy

**\*Strengthening People In Raising Issues Together**

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