

## COMMUNITY INNOVATION FUND (CIF) 2014

A total of £118.667 has been awarded to 6 Change Networks

### CONVERSATIONS FOR CHANGE

**Awarded: £20.000**

**Partners: CAPS, Lived Experience Creative Team, Pam van de Brug (artist)**

**Workstream: Movement for Change**

“Conversations for Change” has been designed by an artist and a group of people with lived experience of mental health issues who are involved in the arts and mental health advocacy with CAPS. It is a public art project in Edinburgh that will generate open discussion on mental health and promote wider understanding.

The Creative Team will engage people in conversations about mental health in non mental health settings. They will work alongside the artist who creates text based public artworks. The Creative Team will draw from their own experiences and ideas to deliver the project. At the end of the project a temporary public artwork will be created. The project is based on the idea that other people’s words often help us to verbalise our own thoughts, ideas and experiences. This project will create a unique artwork which will showcase the diversity of people’s experiences in relation to mental health within our own community.

### ACTIVISM ON AND OFF CAMPUS

**Awarded: £19.953**

**Partners: NUS Scotland, Students Association University of the West of Scotland, Edinburgh College Students Association, Forth Valley College Students Association**

**Workstream: Children & Young People, Movement for Change**

Students with lived experience of mental health problems will tackle the issues they have identified as contributing to stigma and discrimination on campus, supporting off campus campaigns, and developing a network of mental health activists.

The project will allow for delivery of human rights based change campaigns reducing stigma and discrimination led, designed and delivered by students with lived experience.

Key areas where students experience stigma and discrimination have been identified as being in policies, decisions and inconsistencies around sitting exams and submitting assessments, staff and student behaviour, and timetabling. There are also issues around students with mental health problems not being aware of their rights under the equality act as well and the experience of self-stigma resulting in not asking for support and adjustments, or not recognising or challenging discrimination faced. NUS Scotland will support students with lived experience to take become Ambassadors and take a lead to direct projects that will have an impact on the issues that they themselves feel contribute to stigma and discrimination.

### JUST-US

**Awarded: £18.700**

**Partners: Willow, Just-us, Sheriff Principal Stephen, Jessica Davidson (Forensic Medical Examiner), Colin Beck (City of Edinburgh Council Senior Manager Housing, Criminal Justice, Homelessness)**

**Workstream: Movement for Change**

Just-us is a group of women who wish to address the stigma of mental health within the criminal justice system. Research indicates that over 80% of women offenders have two or more mental health problems. This is most often a central factor in their offending. The process of criminalising women with poor mental health can have a negative effect on their life and recovery. Women in criminal justice suffer the double stigma of mental health issues combined with the stigma associated with having a criminal history.

This project aims to firstly address self-stigma through the development of Just-us as a group which can support peers to develop the knowledge and confidence that will enable them to communicate their concerns and ideas to people in positions of authority. Secondly the project will test two different forms of ‘social contact’ with staff who work within Edinburgh Courts, a film screening with time for reflection and interaction and ‘one to one’ conversations between a staff member and a woman who has lived experience of mental health issues and criminal justice.

**LOOK AROUND! – ROZERJRZYJ SIE!****Awarded: £20.000****Partners: FENIKS, Health All Round, Polish Psychologist Network (PPN), Arete Counselling Kirkcaldy, ProcessWalk Edinburgh, Safer Families Edinburgh, NHS Scotland, Blue Morth Edinburgh, SRN, Ergo Counselling Glasgow, Polish Catholic Mission, Polish Dad in Scotland, Polish Consul General****Workstream: Health and Social Care, Movement for Change**

'Look Around!' is a campaign to reduce self-stigma related to mental ill-health in Polish community in Edinburgh and increase the uptake of support services.

A Communications Officer will work in partnership with Scottish and Polish agencies. They will collect information (in Polish) about available services, design and distribute new information encouraging the Polish community to seek support if they are experiencing mental ill health. Information will be displayed in Polish meeting points in Edinburgh. The Communications Officer would also recruit and coordinate local community champions (shopkeepers, information shop staff, priests etc.). Changing the misconceptions about mental ill health, will help to break the self-stigma within the Polish community. Training of the community champions and distribution of the information materials will give more people a chance to learn how to recognise depression or suicidal risk and where to look for help. That will not only raise awareness, but also share the responsibility and empower members of the community to support each other.

**SEEING THE PERSON, SEEING OURSELVES****Awarded: £19.782****Partners: Theatre Nemo, Positive Prison? Positive Futures, Head of Offender Outcomes HMP Edinburgh, Willow****Workstream: Employment and the Workplace, Health and Social Care, Movement for Change**

This project aims to upskill staff of the Scottish Prison Service at HMP Edinburgh and enlighten them about issues around stigmatisation of mental ill-health amongst prisoners (over 70%) and to allow them to discover where their own, perhaps unwitting, stigma might lie.

Initially the Change Network will complete a period of co-design, working with prison officers, prisoners with mental ill health and people in the community who have lived experience of prison and poor mental health. Co-designing the training package with these groups will ensure that the training provided is useful and representative of the needs of each of these groups and puts lived experience at the core and stigma is significantly reduced. The second activity for this project will be to test the training package with officers and prisoners within HMP Edinburgh. This is timely as the Scottish Prison Service is currently developing an individual prisoner based approach and will facilitate that as far as stigma and mental health issues are concerned. There are many beneficial interventions possible for prisoners but prisoners often do not access them because of stigma. The project will change that in a realistic, attainable and measurable way.

**BUN & A BLETHER****Awarded: £20.232****Partners: Hope Café Lanarkshire, NHS Lanarkshire, Lanarkshire Recovery Network, South Lanarkshire Council****Workstream: Employment and the Workplace, health and Social Care**

The project will change attitudes in the workplace around mental ill-health by taking conversations about mental ill-health, stigma and discrimination into the heart of workplaces in a non-threatening, informative and fun way.

People will be able to talk openly and without judgement during each workshop about experiences they may have had and how it impacted them in the workplace. They will also encourage representatives within the workplace to undertake a lead role in ensuring that change happens within the workplace. They will facilitate workplace workshops "A bun and a blether" with the bun being the grey conversation/depressed cakes that represent the thoughts/feelings of people living with mental ill-health. These workshops will be very much based on discussions and will be facilitated by individuals with lived experience of mental ill. There will also be a focus on the rights of individuals within the workplace who are experiencing mental ill-health. These workshops will effect change by presenting a personal

story rather than a text-book illustration. They will also encourage people in the workplace to be more aware of the rights of those who are experiencing mental ill-health. Lastly they will encourage individuals to think more about their own mental health & well-being and hopefully encourage positive changes in behaviour to aid a more positive sense of mental health & well-being.