

ABOUT THE 2014 SEE ME FUNDED CHANGE NETWORKS



Here is a summary of the six Change Networks and the projects they ran under the 2014 See Me Community Innovation Fund. These Change Networks were all linked to a peer researcher who used their experience to inform the case studies under each of the themes the Change Network Toolkit explores.

Look Around - See Me



Local Edinburgh charity Feniks leads a project to combat high suicide rates among Edinburgh's Polish community by tackling the stigma of mental health issues. It aims to address the growing problem by training community champions to actively identify and support people in need within Edinburgh's 8000-strong Polish community. Look Around-See Me will tackle a number of issues which could be contributing to the high suicide rate, including social isolation, difficulties with employability, a language barrier and misunderstanding of the country's healthcare system.

Community champions will run workshops in Polish and English covering mental health discrimination, how to listen and talk to people who need support, how the healthcare system operates in Scotland and suicide prevention.

Seeing the Person, Seeing Ourselves



The project aimed to engage with officers in HMP Edinburgh to enhance their knowledge of mental illness, how stigma can negatively impact people's perception of themselves and hinder recovery, what stigma looks like within a prison setting and how officers can better support prisoners with poor mental health within their care.

The Change Network includes HMP Edinburgh, closely involving senior managers, officers, male and female prisoners and Positive Prison? Positive Futures. Although not directly involved in this project Willow and Just us are also viewed by as to be part of our wider change network.

The project started by running focus groups within the prison involving male and female prisoners, senior managers and officers. This initial stage of coproduction led to the design of a two session training package we delivered to six groups of officers working across the establishment. From verbal feedback from the participants the training sessions

have increased their knowledge and understanding of a range of mental health conditions. It has also allowed them to assist in reducing stigma and discrimination

Activism On and Off Campus



The project aimed to recruit students with lived experience of mental ill health to tackle the issues they identified as contributing to stigma and discrimination on campus.

An intended outcome was to reduce stigma and discrimination in the student population and among college and university staff through both the campaigns that were developed, and the process by which the campaigns develop. Additionally it aimed to reduce self-stigma amongst students with lived experience and increase self-confidence as student ambassadors developed skills and saw their campaigns grow and make a positive contribution to reducing stigma and discrimination in Scotland.

The Change Network partners were the National Union of Students Scotland, Edinburgh College 's, Forth Valley College' and the University of the West of Scotland's student associations. Students from across Scotland also contributed their experiences to the network.

Ambassadors from the three institutions were recruited. An online survey was launched asking students to describe experiences of feeling they had been treated unfairly as a result of their mental ill health, and the impact that had on them allowing the creation of a reporting tool. The student ambassadors then ran workshops in their own institutions to create campaigns . Additionally, the information from the reporting tool was used to develop case studies used in workshops with staff and students across all three institutions. They were also used to inform a guide which has been developed with the legal duties under the Equality Act 2010 detailed, alongside examples from the tool of where the duties have not been followed and the way this would ideally have worked.

A Bun and a Blether



The project is about changing 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 are able to talk openly and without judgement during each workshop about experiences they may have had and how it impacted them in the workplace. The facilitators also encourage representatives within the workplace to undertake a lead role in ensuring that change happens within the workplace. They 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 are very much based on discussions and facilitated by individuals with lived experience of mental ill. There is also a focus on the rights of individuals within the workplace who are experiencing mental ill-health. These workshops effect change by presenting a personal story rather than a text-book illustration. They also encourage people in the workplace to be more aware of the rights of those who are

experiencing mental ill-health. Lastly they 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.

Conversations for Change



Conversations for Change is Change Network working on a public art project. The Creative Team worked with an artist and was supported by an advocacy organisation to create opportunities for dialogue on the topic of mental health in as many everyday places and situations in Edinburgh as they could. You might call these artistic interventions, experiments or interruptions to your day. These dialogues led to the creation of a final artwork in October 2015. More information on the project and the partners can be found [here](#).

Just Us



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.