



Welcome

- Thrive Edinburgh
- Edinburgh Wellbeing Pact
- Community Mobilisation
- Ellipsis... Narrative Change Programme

Edinburgh: a city of contrasts



- Capital City with c548,206 population and growing!
- Our Parliament is next to a volcano
- Largest arts festival in the world
- More trees per head of population than any other city in the UK
- An estimated 23% of children grow up in relative poverty.
- In some areas this rate rises to more than 1 in 3 of all children.
- 1 in 4 children attend private schools

Thrive Edinburgh

A city for everyone

Co- production

The logo for Thrive Edinburgh, featuring the word "thrive" in a bold, dark blue, lowercase sans-serif font, with a small pink dot above the "i". Below "thrive" is the word "EDINBURGH" in a smaller, dark blue, uppercase sans-serif font. The background of the logo is a yellow field with a pattern of blue dots.

Change the conversation: Change the culture

**Working with People
in Partnerships
with Transparency
and Trust**

**To improve the
mental health and wellbeing
of people in Edinburgh**

**Kindness
Respect
Love**

4 objectives

**Identify and address
root causes** – enhance
early developmental
experience: resilience
and social support

**Building resilience
and enhancing
support for people
to live well and meet
their potential**

**Provide treatment
that is easy to access
and makes a
difference** – place
based responses

**Focus on those who
are highest risk** –
higher risk of illness;
greater threats to
their mental health

6 workstreams

**Build resilient
communities**

**A Place
to Live**

**Help when
needed**

**Close
inequalities gap**

**Rights in
Mind**

**Meet the
treatment gaps**

Data, Evidence, Audit and Research

Act early

Partnering with communities

Our Roadmap and Our Commissioning Plan

Thrive Edinburgh is a city where every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community¹. Our ability to thrive as human beings and as a city is closely tied to our mental health.

¹Adapted from the World Health Organisation



A MENTAL HEALTH
AND WELLBEING
ROAD MAP FOR ALL
2019-2029

EDINBURGH

Thrive Edinburgh is a city where every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community¹. Our ability to thrive as human beings and as a city is closely tied to our mental health.

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ADULT HEALTH
AND SOCIAL CARE
COMMISSIONING PLAN
2019-2022

EDINBURGH

Connecting with
London,
Amsterdam,
Dublin and New
York City

The Ask to Our Thrive Assembly



- Think afresh
- Experiment
- Create new alliances
- Combine ideas in new ways
- Explore new avenues for gaining revenue and resources
- Imaginative leaps

Change the Conversation

Change the Culture



- Thrive Newsletter – 40 issues to date
- Thrive on Thursday Dialogues - Resetting and rethinking – topics include
 - Young Adult Services
 - Polish Men's Mental Health
 - Hate Crime
 - Therapeutic Horticulture
- Trauma Informed Practice - ensuring all our services are trauma informed

Workstream – Building Resilient Communities



Creating Hope Together Suicide Prevention – 2nd

December stakeholder seminar

Addressing food poverty with dignity - Something to eat, someone to eat with

Universities and Colleges – Edinburgh as 10% student population - focus on staff, students and environments

City (E) Scaping Programme - green urban spaces

Good Work is good for you

Building the “Thrive Line”

Thrive Arts Programme - Thrivefest & National Arts Festival

connecting our city's assets
and raising awareness of staff
working in these settings the
importance of kindness and
listening

thrive LINE





City (E) Scaping

Workstream : Addressing Inequalities



Specific initiatives with:

- BAME Communities
- Gypsy Travellers
- LGBTQ+
- Care Experienced Young People
- Veterans

All include partnership working with Football Clubs, youth organisations and arts organisations

- Edinburgh Poverty Commission
- Employability Review

Addressing Inequalities: Mental Health Foundation and Thrive – Get into Summer Programme

3 days to submit proposals



- Call out to youth organisations - To maximise different places and spaces across the city to continue our dialogue about what wellbeing means to people
- **Target groups** - 13- to 18-year-olds (up to 25 if LAAC) living in Edinburgh City who have experienced trauma or adversity and require additional support to engage with a summer programme
- £300,000 grant across 21 Organisations with reach of 4,500 young people
- 80 youth workers trained in StressLess – supported with checkin sessions
- Legacy – schools drama programme and community food programme

Strange Town Theatre Company

A Field of Our Own

Commissioned play

Community Actors

In a football stadium

During the Fringe

Fastest selling play

Sold out and extra performances added

Social Justice Messages –
Hate Crime and

STORM LANTERN:

Performed in

15

from Sept to Oct 2022

11 City of Edinburgh Council schools

4 independent schools in Edinburgh

One performance was cancelled due to the death of the Queen.

There was one sold out public performance at the Scottish Storytelling Centre.



An **information pack** for the production was created and sent to all the schools – available on request.

SCHOOLS

Broughton High, Castlebrae High, Craigmount High, Currie High, Drummond Community High, Mary Erskine's, Forrester High, Leith Academy, Merchiston Castle School, Stewarts Melville, Royal High, Trinity Academy, Queensferry High, George Watson's College & Wester Hailes Education Centre.

900

people saw a performance of *Storm Lantern* from Sep – Oct '22 including 99 at the sold out public performance at the Scottish Storytelling Centre

Total number of secondary school pupils who saw a performance of *Storm Lantern*

800

Number of teachers who watched a performance

45

Largest audience

100

Smallest audience

14

Post show discussions with the 'Storm Lantern' company and pupils took place in 10 of the schools and after the public performance.

Employment was created for 11 people: **1 producer/director, 1 writer, 1 set & costume designer, 1 lighting designer, 1 sound designer, 1 director, 3 actors, 2 stage managers and 1 assistant director. For two of those employed this was their first professional engagement.**



Using data and evidence to drive change



1 completed, 4 underway and 2 planned
Partnership PHDs

Strathclyde and City University New York;
Strathclyde and Yale

Queen Margaret University

Peer Review Publications

Thrive Exchange Community of Practice

Narrative Change Programme

Outcomes for Citizens



- People have choice and control
- People are recovering, staying well and can live the life they want to lead
- People feel connected and have positive relationships
- People are living in settled accommodation of their choice where they feel safe and secure
- People have opportunities to learn, work and volunteer
- People receive good quality, person-centred help, care and support.

Workstream - A place to live



Homelessness – Insecure Housing

“The cost of renting privately in Edinburgh...is now beyond the reach of most people in low incomes even if they are working full time”

Edinburgh Poverty Commission - Contributor

- Ensuring people have a **safe secure base** with **person centered choices** and **access to meaningful activities** to ensure people have more good days
- The view from my window – focus on **Place making** – not just bricks and mortar - readover to Building Resilient communities workstream
- Coproduction process for recommissioning of support and accommodation places completed

Workstream : Rights in mind



- Reciprocity principle of the MH Act
- Service User led education programme on Human Rights
- PANEL principles
- Supported decision making
- Ensuring independent individual advocacy is available for people

Workstream: Meeting treatment gaps



- Responding better to people with eating disorders, early onset psychosis, bipolar disorder; schizophrenia
- Personality Disorder – Rethinking our care, treatment and support model
- Specific services for women to enable repatriation
- Addressing discrimination – moving to remove age barriers in adult services (not stopping at 65)
- Reviewing systemically and systemically our community mental health teams
- Purposeful admissions - Edinburgh one of the national HIS Pathfinder sites
- Neurodevelopmental assessments and support

Workstream: Get Help When Needed



Redesign of Urgent Care Pathways - Our up all night services connecting and interface with day and evening services

Improving Access to Psychological Therapies - still too many people waiting too long ; clarity of what a specialist service will provide

Thrive Welcome teams and Primary Care Mental Health - huge opportunity – 20 minute neighbourhood

The Thrive Network and Collective

The Thrive Welcome Team

The Thrive Team is a single point of access front door to all mental health support in a locality.

The Thrive Collective

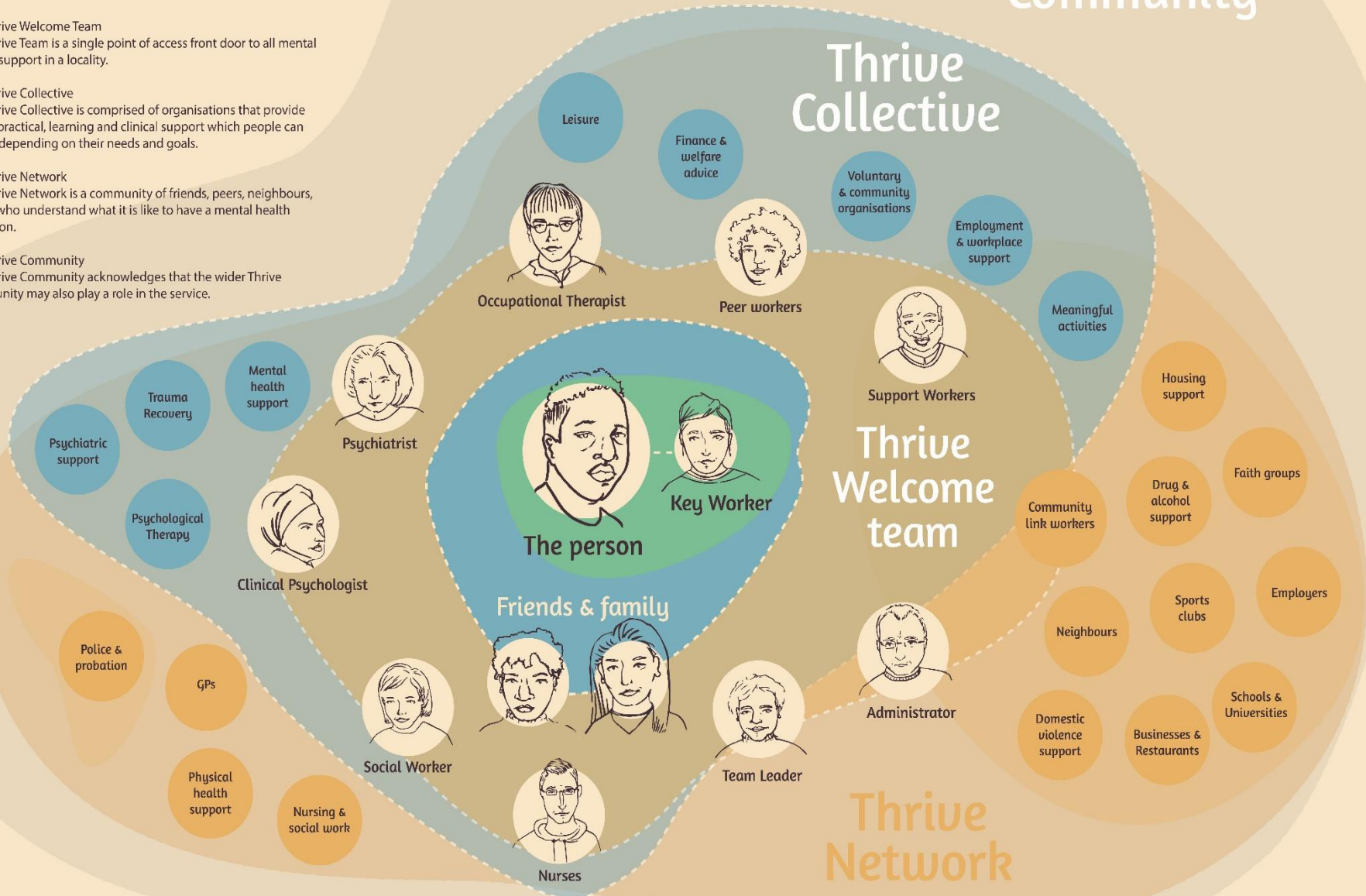
The Thrive Collective is comprised of organisations that provide social, practical, learning and clinical support which people can access depending on their needs and goals.

The Thrive Network

The Thrive Network is a community of friends, peers, neighbours, carers who understand what it is like to have a mental health condition.

The Thrive Community

The Thrive Community acknowledges that the wider Thrive community may also play a role in the service.



Thrive Welcome Teams (x 4)— multi agency and multi-professional teams in each locality – Thrive Conversation leading to Thrive Plan and facilitating access to the Collective and Thrive Network

Employment of Thrive Welcome Workers and Peer Workers

Thrive Collective

Directly commissioned services which the Thrive Welcome Team can facilitate easy access to a range of support, care and interventions

Places and Spaces

safe places for people to connect that are inclusive but not exclusive; maximising use of the city's assets

Thrive Locality teams (x4)

Includes emotional and psychological support; reflecting characteristics of local population

Physical Activity and Green Spaces

Maximising city's assets

Arts and Creativity

administering a grants programme and maximising the city's cultural assets

Peer Development

Community of practice

Service User Led Research

Increase opportunities

Involving Carers in Planning

Service user led support groups

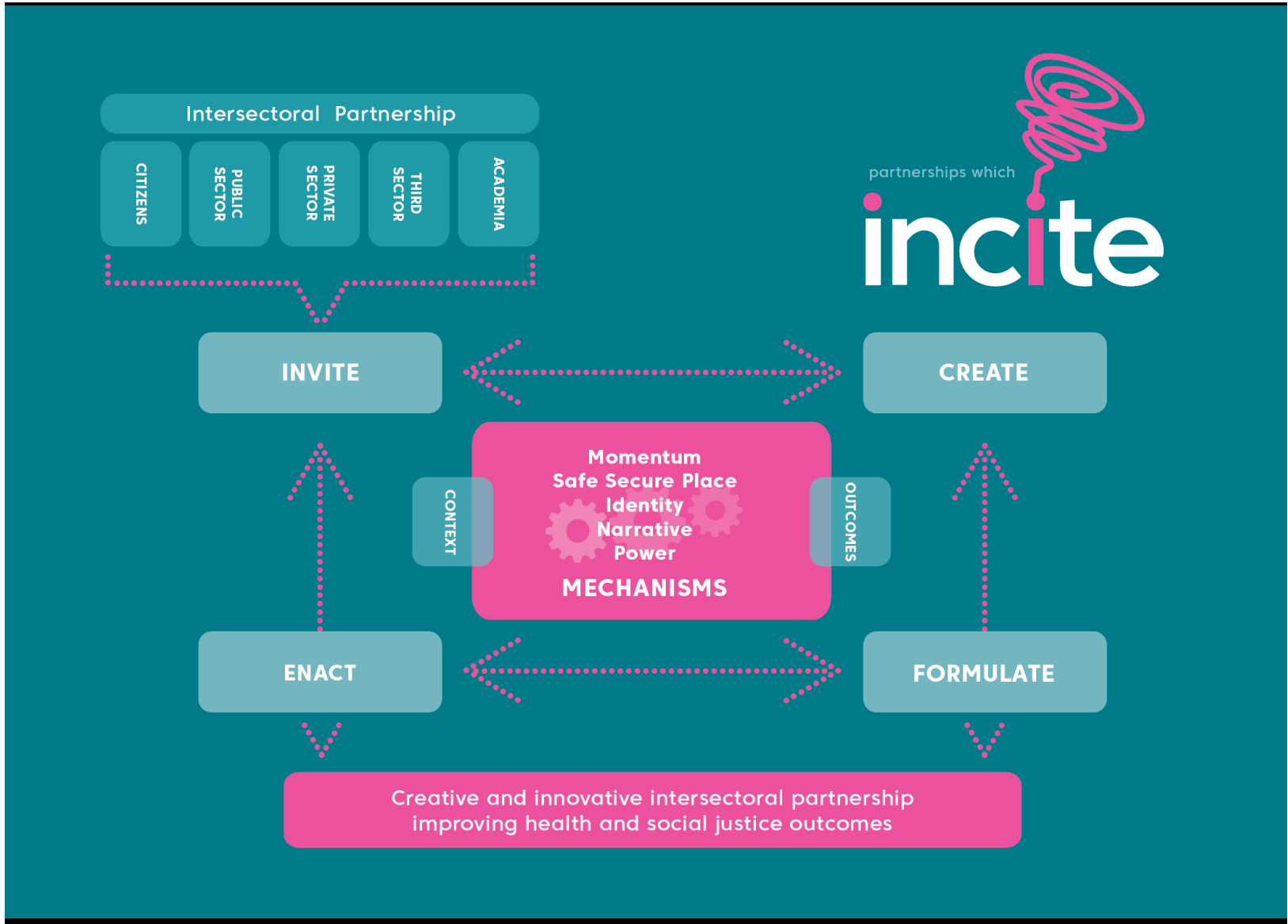
the Edinburgh Pact

**the ask – create a different relationship with the
citizens of Edinburgh**

Edinburgh Health and
Social Care Partnership



Working together for a **caring, healthier, safer** Edinburgh



Irvine Fitzpatrick, 2019; Irvine Fitzpatrick *et al*, 2021

Dialogue with and through

| Method | No of meetings/ Participants |
|---|---------------------------------|
| Public Survey | 355 |
| Focus Groups with Staff | 11 / 43 |
| Facilitated Meetings with 3 rd Sector | 5 / 135 |
| Facilitated meetings with communities of interest | 2/ 14 |
| Thought Leaders Research | 23 interviews |
| Photo Voice Picturing Health | 115 images |

What does health mean to me ?

- Presence and Absence
- Independence and Freedom
- Balance and Routine
- Physical and Mental
- *“Free from any serious and/or life threatening illnesses both physical and mental health. Being able to live life/getting on with daily activities without any pains and injuries.”*

What does care mean?

- Necessary support
- Compassion, respect and dignity
- Connecting through listening and support
- Lack of time and resource
- *“Care means compassion and support for those who need a little assistance in living their life to the full...”*

Looking to the future

- Person centered
- Preventative
- Focus on young **and** old
- Accessible Support
- All members of society
- *“Care and support for all... that includes those alcohol or drug dependent who had a hard time. You could hear the effects of that on the street of Dalry.”*

Staff Focus Groups

- Self management, resilience and ownership of own health
- Meaningful engagement and inclusion
- Honesty and transparency in terms of communication and what can be realistically achieved
- Creative, adaptive services that address needs and deliver in a timely way, and address inequalities and barriers to support
- Collaborative, integrated, flexible working and leadership
- Investment in commissioning, design and delivery of services, care services, and 3rd sector
- Baseline evidence established, and planning for evidence gathering of demonstrated impact of Pact on functioning and quality of life of citizens

The Edinburgh Pact ...

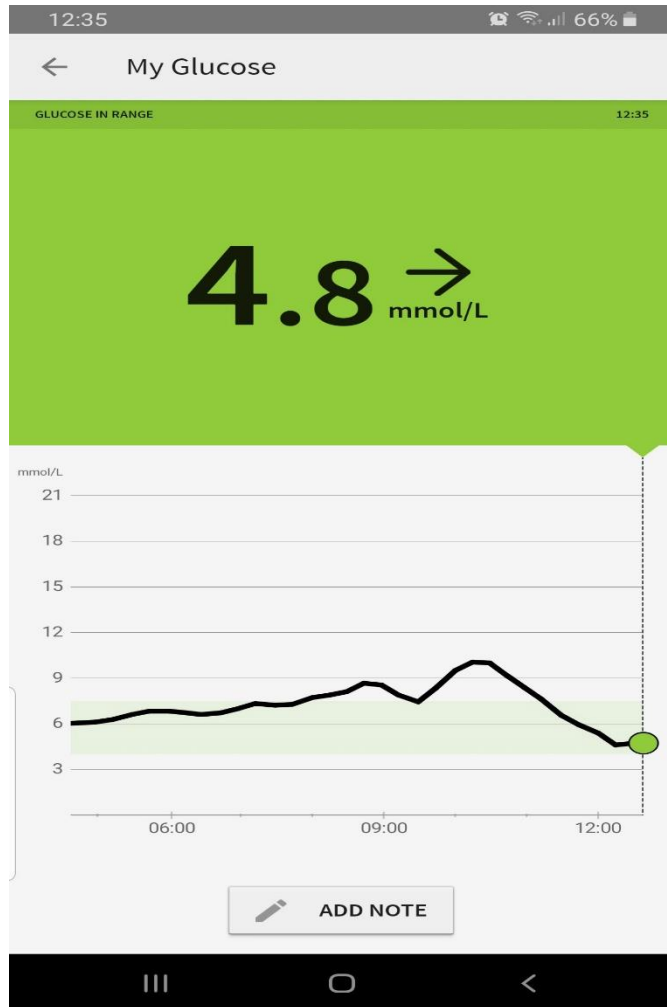
- “It’s a healthy community that can look after themselves and understand what the issues are...”
- “A really responsive, flexible and individual pact that lets people tell their stories.”
- “is realistic, transparent and honest in terms of what can be provided given the financial resources and manages the expectations of citizens”

Measuring impact and success

- Seeing fewer people complain about their care needs / meeting with support service because they are not needing advocacy
- Resource inequality would disappear
- Sick and tired of metrics to measure.
- Much more open and collaborative way of working where we're looking after each other in a much more productive way when I wasn't disappointed by senior decision makers to understand lived experiences
- Change in attitudes
- How people feel about health and social care in general – what is the perception – actively listened to and the outcome led information
- Local power where we can decide what supports are needed to support our communities

23
Interviews
c 240,000
words

Health and Social Care Partnership - 8
City of Edinburgh Council - 1
Police Scotland - 1
Capital City Partnership -1
Edinburgh Festivals -1
Third Sector - 4
Elected Members and IJB Members - 2
IJB Members - 2
City Regional Deal -1
Academia -1
Chamber of Commerce – 1



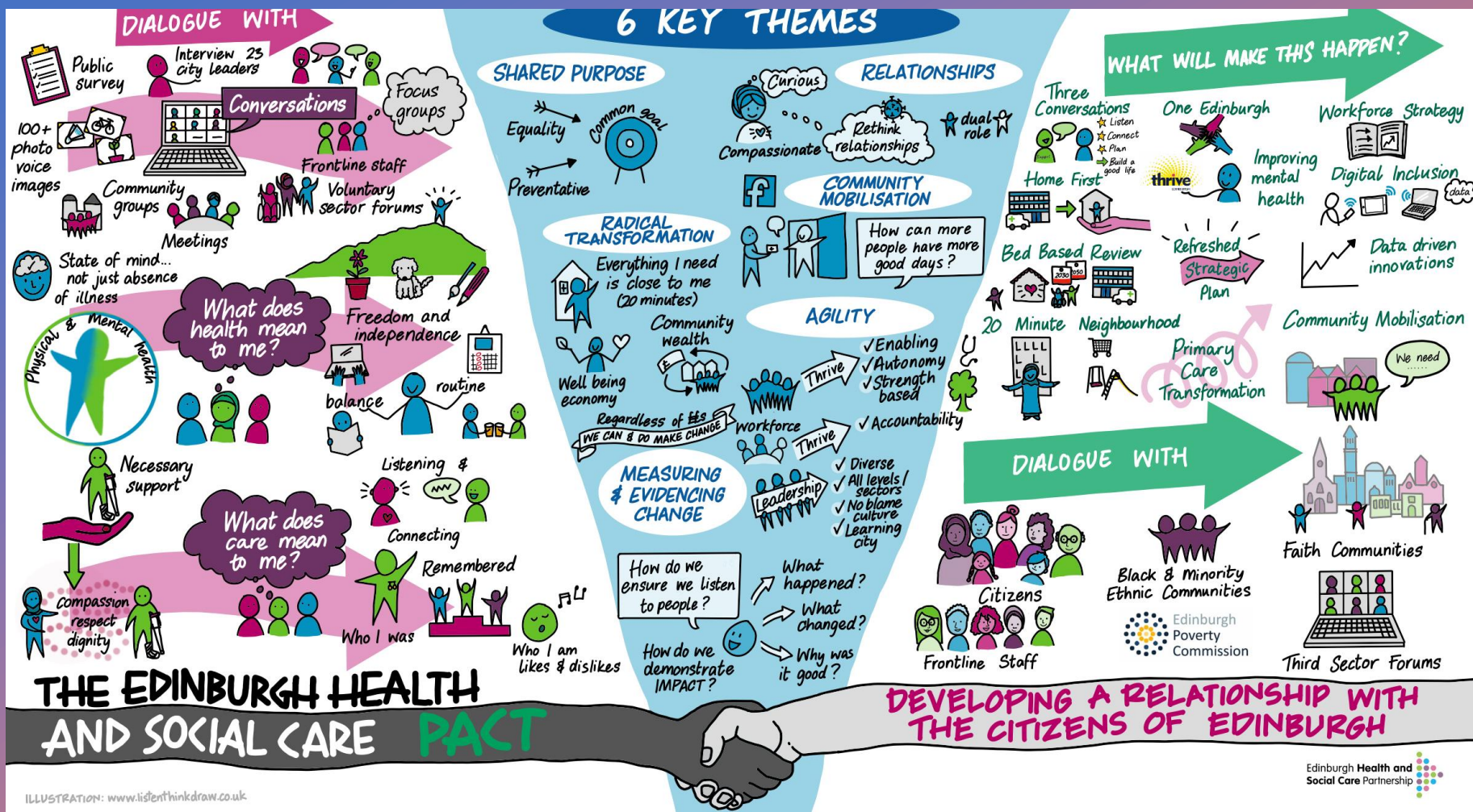
- *Photograph by Jessica Miah*
- A screenshot of my blood glucose meter reading for my diabetes. Green results and a straight line are what I aim for to keep me healthy.



Health is physical and emotional. Body and mind. Feeling free, connected and contained, with no boundaries, no limit, surrounded with the universe, in a way that only the sea and the blue where the sea meets the sky can make you feel. Setting free. Safe. Supported. ***'Setting Free' by Alexia Gaitanou***

All of this became 6 Key Themes

| Shared Purpose |
|---------------------------------|
| Relationships |
| Community Mobilisation |
| Radical Transformation |
| Agility |
| Measuring and Evidencing Change |
| |






What's been
happening?

28 September 2022

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Reporting Progress to Edinburgh Integrated Joint Board, April 2022

- Acknowledge the progress made on the 7 recommendations of the Edinburgh Pact Formulation to Enactment report agreed by the EIJB in April 2021.
 - Approve a two-year extension of the EIJB Grants Programme from 31 March 2023 to 31 March 2025 whose beneficiaries will continue to be active contributors to the More Good Days PSP.
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More Good Days Public Social Partnership

- The **mapping work** undertaken to identify all commissioned services demonstrated that we have commissioning streams structured around care groups reflecting how we define and allocate funding streams.
- **Ethical commissioning** as we approach the next stage of a National Care Service..
- The increase of **integrated service delivery models** between 3rd sector and statutory emphasised that partnership working is not limited to partnerships between 3rd sector partners but across statutory and 3rd sector.
- Recent commissioning programmes such as the Thrive Collective and the **Learning by Doing Community Commissioning** - valuable learning for the future, and by establishing this learning by doing culture we will be better placed to deal with policy changes, direction and pressures.
- All of this is happening with and for communities, but we often ask communities the same questions, ask them to define their priorities through the lens we have set defined by care group or funding stream rather than **through the lens of what health and care means to them.** - The two questions we asked at the beginning of the Edinburgh Pact dialogue.

Future State: - More Good Days Public Social Partnership

Current state

Different
Arrangements
Duration
Criteria,
Mechanisms
Approaches



Learning By Doing – Community Commissioning

3 year Community Mobilisation

- Informed by radical transformation
- Community paradigm -a transfer of power from the public service institution to the community as its key goal
- Transfer of power is vital as a way of mobilising communities in the cause of prevention and to ensure future sustainability
- Links to anti-poverty and social justice agendas
- Equality and inclusion are vital at the heart of everything
 - from inclusion of all community groups to engage in new ways of working,
 - recognition that each community has different needs and
 - some people will need additional support due to lack of confidence, tools and resources or language barriers.

Capacity to Collaborate Funding Awards

| Arts and Activities | Community Food | Identity and Interest | Place Based – Networked | Learning and training |
|-------------------------|--------------------------|-----------------------|---------------------------------|-----------------------|
| People Know How | Edinburgh Community Food | MECOPP | Fountainbridge Canal Trust | Port of Leith |
| Active Inquiry | | Romaha | Qxgangs Neighbourhood Centre | |
| Carrgomm | | Mwamba | NESSIE | |
| Pliton Community Health | | Rowan Alba | Go Beyond Heart of Newhaven | |
| | | FAIR | | |

Capacity to Collaborate Conversations

Edinburgh Age Friendly City

29th June
9.30am - 12.00pm

The City Chambers
Business Centre



Transport



27th June
2.00pm - 3.30pm

Handicaps

Capacity to Collaborate Conversations

Gamechanger

The Second Half!



23rd June
4.00pm - 6.00pm

Hibernian Community
Foundation Hub




Capacity to Collaborate Conversations

A Sporting Chance


23rd June
1.30pm - 3.30pm

Inch Park Community
Sports Club





Discharge
without
delay

- Food
 - Heating
 - Transport
 - Knowing what is available
 - Medication
 - Day Opportunities
 - Activities
 - Social Connections
 - A safe place to call home
- 

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Accelerate Programme

- **Community Taskforce**
Volunteers Volunteer Edinburgh
- **Reset** – Community Resilience
Programme delivered by
Cyrenians and Queen Margaret
University
- **Fit and Active** with Edinburgh
Leisure
- **Op ready** – fit for surgery with
Edinburgh Leisure
- **Interim Community Housing**

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Learning by
doing

Community Mental Health
and Wellbeing Fund

Led By EVOC

We don't know quite how
this will work out – but let's
learn together

Inquiry

Learning shaping 2nd tranche

.





Loneliness and Isolation

- A bigger killer than a lifetime of smoking or obesity
- Perhaps a root cause of other diseases such as dementia
- Raises blood pressure, leads to sleeplessness and weakens the immune system
- With no one to talk to we lose our cognitive facilities and our memories become a little less agile

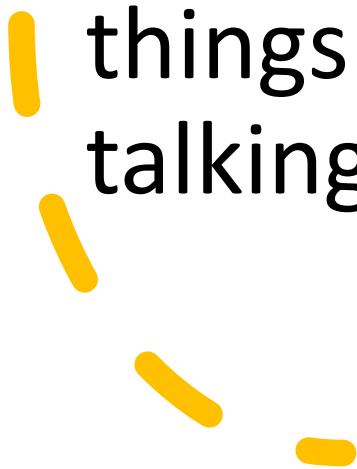
Authentic Connections NOT a managed intervention





Relationships

To lead a life without shame you must be able to visit and entertain your friends and you must be able to keep track of and participate in the things that others are doing and talking about.





Enliven Edinburgh : 9,950 people benefitted in places and spaces across Edinburgh and beyond

114 Programmes





Winter Readiness



The nights are fair drawin' in



A community focused guide to wellbeing
support and practical advice this winter



Neighbourhood Recruitment Fairs

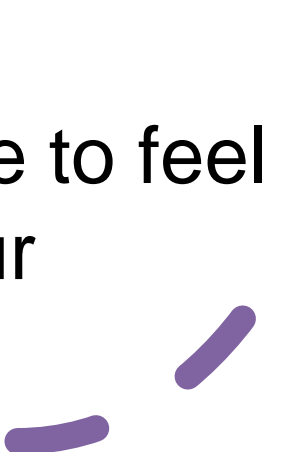
- With Capital City Partnership
 - Hosted by local community organisations
 - Creating a friendly environment
 - Talking with Health and Social Care Staff
 - Understanding barriers and what we can do to remove them
 - Community artists helping us to reframe our jobs and processes
- 

ellipsis

The lives we lead, the stories we tell

Our new Narrative Change Programme

Why Stories for Systems Change

- a direct route to our emotions, and therefore important to decision-making
 - creates meaning out of patterns
 - brings communities together
 - engenders empathy across difference.
 - enables the possible to feel probable in ways our rational minds can't comprehend..
- 

Story as Light

- illuminates the past, present, and future lighting up the paths of change
- Highlights the fault lines in a system and makes visceral cases for change.
- Illuminates outliers - **joining the dots – connecting the small stories to create the larger narrative; the system change**
- Create compelling visions of alternative futures. - create immersive scenarios of the future that engage people on an emotional and intellectual level.
- make the possible feel more probable,
- bring new perspectives that challenge the goals and mindsets of a system,
- enable the transformation of rules and processes.

Story as Glue


- building community through empathy and coherence.
- enables people to connect across difference and to
- generate narratives that hold together groups, organizations, and movements.
- Building community through coherence - Our Mad History

Story as Web


- Change the personal narratives we have about our lives.
- Change the cultural narratives that frame the issues we advocate for.
- Change the mythic narratives that influence our worldview.

Salmarsh, 2018;






Why focus on narrative as a mechanism for change

- Compelling stories of positive systems sit in communities, they're often not being shared or celebrated – and certainly not in a concerted and coordinated way.
 - Story-holders who decide which stories should be told, and how they should be told.
 - Unlike data, which is often defined, harvested and interpreted with very little community involvement, **storytelling offers an opportunity for much greater agency and control by the storyholders**
- 



Underpinnings to narrative research

- Human beings organize their experiences of the world into narratives.
 - Narrative researchers maintain that the stories that are told depend on the individual's past and present experiences, her or his values, the people the stories are being told to, the addressees, and when and where they are being told.
 - Multivoices that occurs in the narratives.
- 

Different Approaches

Lived Realities

Using photography, sound recordings, film clips, maps, and writing to compile experiences of marginalisation, labelling, and draw out what is keeping problems in place.

Desired Futures

Using scenario writing, animation, illustration, improv and the arts to visualize future states, and give outcomes like healing, belonging, connection and purpose shape and form.

Levers of Change

Using case studies and diagrams to illuminate what it takes to get to change, and create shared vocabularies and reference points for how to shift attitudes, behaviours, cultures and structures.

-

Things to consider

- Bias in how stories are captured and told - whose voices are heard
- Bias towards quantitative data and the scientific method
- Managing dominant voices
- Moving away from “hero” stories towards shared stories and collective stories of change
- People not seeing themselves in narratives about change
- The idea that stories are static and “finished”, rather than things which evolve over time
- An imagination gap- seeing beyond where you are now



“Maybe stories are just data with a soul”

Brene Brown, The power of vulnerability". TED Talk, www.ted.com. June 2010.

Discussion

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