

PERTH AND KINROSS
**Mental Health
& Wellbeing
Festival**



9TH-15TH
AUGUST

Move

Hosted by



Trauma Healing
Together

Learn

Create

Talk

Relax

**FREE WORKSHOP GUIDE
2021**



  /TraumaHealingTogether

www.traumahealingtogether.org/mental-health-festival

Funded by



Welcome



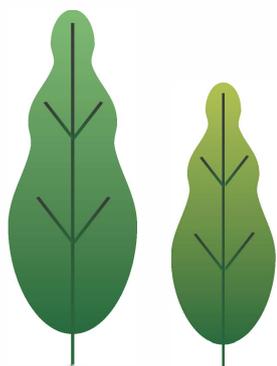
Welcome to the first ever Perth and Kinross Mental Health Festival which is hosted by Trauma Healing Together. The last 18 months have been incredibly challenging and understandably the mental health of many people has been adversely affected because of the pandemic. Isolation and loneliness have played a huge part in this and sadly one of the best preventative measures for reducing someone's chance of developing poor mental health during a traumatic experience such as covid is social support. Statistically, it is likely that a high percentage of people will go on to develop PTSD once we are on the other side of the pandemic and we want to use this festival as an opportunity to bring people together as a community and ensure that support is as accessible as possible to prevent this from happening.

This festival also brings together 10 amazing organisations who have been working tirelessly throughout the pandemic and without them we would not be able to put this festival together. As an organisation, we strongly believe that mental health support should be a collaborative process where individuals feel empowered to seek help that is right for them. By partnering with different organisations, we hope to be able to provide people with choices on where and how they get support as what works for one person, may not work for another.

In addition to this we also understand that reaching out for help can be incredibly daunting and we hope that attending one of the workshops, listening to our podcasts or reading one of our blogs will help anyone who would like to seek support feel more at ease.

Roxanne Kerr

Founder of Trauma Healing Together



To book one of our free workshops visit:
www.traumahealingtogether.org/events



About Trauma Healing Together

The aim of Trauma Healing Together is to provide a holistic and collaborative service which will be free to use for anyone who has experienced any form of psychological trauma in Scotland. As well as providing therapy, we offer opportunities for training and personal development and the chance to shape the future of services and understanding of trauma through participation in research.

Our Founder

Roxanne Kerr set up Trauma Healing Together as she felt that in many services there was a poor understanding of trauma and how it impacted people.. There were a lot of services for childhood abuse and for military veterans but not a service which supported all types of trauma, meaning many people were not getting the support they needed. Her vision is for all trauma survivors in Scotland to have the resilience and skills needed to live a fulfilling and meaningful life despite their trauma.

Our Trustees

- Diana Ngonyama* Senior Fundraising officer for an international NGO Mercy Corps, responsible for developing and driving the organisation's philanthropic and community programming in Europe.
- Razvan Syed* A chartered accountant based in Giffnock, from the south side of Glasgow, operating as a Finance Business Partner UK-wide.
- Sam Roger* Trustee for Crossroads for over 8 years. She is also a senior administrator with Frontline Fife and set up her own social enterprise co-operative in 2006.
- Andy Marsh* Worked in trauma for the last 8 years and served in the military for 18 years. He studied for an MSc in Military and Veteran mental health whilst working in a trauma centre.
- Fiona Shepherd* NHS Business Improvement manager and is experienced in both project management and change management. She runs her own therapy business, Inspire Me To Change.
- Michael Byrne* Founder and Managing Director of LETs (Lived Experience Trauma Support Ltd). He established LETs after overcoming many incredible traumatic lifetime events.
- Scott Tees* Online Safety, Cyber Security and Prevention Consultant who designs and delivers robust security solutions. Previously served for 10 years in the British Army.
- Catharine Idle* Charity and public sector worker, supporting and empowering communities. Managing funding programmes and working in partnership with different organisations.



Charity Bios

Meet the charities involved in the festival



All Strong Scotland CIC

Our main aim and interests are to provide and promote mindful fitness, strength, relaxation, and peer support for mental health benefits. We provide and promote physical activity, mindful relaxation, peer exchange and support as powerful tools of self-management for mental health and overall wellbeing.

www.scotlandallstrong.com



Andy's Man Club - Perth

Andy's Man Club is a free peer to peer support group that provides a place for men to come together in a safe and open environment to talk about the issues or problems that they have faced or are currently facing. We have over 50 groups across the UK, with 8 in Scotland including Perth.

www.facebook.com/andysmanclubperth



Linda's Ladies

A safe and secure online platform for ladies with differing mental health issues where they can share experiences and support each other.

www.facebook.com/Lindas-Ladies-1394593050681275



Mindspace

Mindspace offers four different services for adults and young people above the age of 8 to support individuals with their mental health and wellbeing in a way that best suits them. The four areas of service are counselling, Adult Recovery College, Young People's Recovery College and Peer support.

www.mindspacepk.com



PKAVS

PKAVS Mental Health and Wellbeing Hub provides support and opportunities to people recovering from mental health and wellbeing issues. We encourage personal recovery through a range of activities including creative wellbeing, joinery, gardening, exercise, catering, and workshops.

www.pkavs.org.uk



Plus Perth

PLUS is a social movement, active in Perth & Kinross for about 20 years. Our vision is for a world of wellbeing where people experiencing emotional distress are fairly treated with compassion, understanding and respect and can follow their hopes and dreams wherever they may lead.

www.plusperth.co.uk



Vitality Me

As a Community Interest Company, our mission is to provide reliable & inexpensive fitness & wellbeing services to the community to help as many people as possible improve their physical & mental wellbeing.

www.vitalityme.co.uk



Well Minds Listening

Well Minds Listening provides emotional and wellbeing support to children and young people in Perth & Kinross. This early intervention service aims to give them access to a listening ear and help equip them with coping skills and strategies to help promote good mental health and wellbeing.

www.wellmindslisting.co.uk



Woman's Well-Being Club

Women's Wellbeing Club is a peer-to-peer community support group run for women by volunteers.

Our meetings start at 6.30pm In-Person and 7pm Online in Perth. Everyone can be heard and listened to if they have something they wish to share in response to the questions asked that week.

www.womenswellbeingclub.co.uk/perth



Workplace Chaplaincy Scotland- Perth

Work Place Chaplaincy provides pastoral & spiritual support to people where they are - in the setting of their daily work and individual lives. Although rooted in the Christian Faith, Chaplains work with people of all faiths and none, with a particular focus on listening.

www.wpcscotland.co.uk

Monday 9th

Welcome to Perth and Kinross Mental Health Festival

Join us to officially launch the first Perth and Kinross Mental Health Festival. Find out about us and what you can expect from the festival.

Time: 9.30 – 10.00

Organisation:

Trauma Healing Together

Monday 9th

Chair based movement and relaxation

Join All Strong for this gentle movement class, designed to mobilise the joints and get you used to moving your body again.

Time: 10.30 – 11.30

Organisation: All Strong

Monday 9th

The New Normal

In this workshop Mindspace will discuss how we can control the anxiety and uncertainty that exists due to Covid-19.

Time: 12.00 – 1:00

Organisation: Mindspace

Monday 9th

Writing Therapy

This workshop, delivered by Vitality Me, will help you understand the benefits of writing to release emotions.

Time: 14.00 – 14.45

Organisation: Vitality Me



Monday 9th

Good Grief: Working Through Loss and Bereavement

This workshop, delivered by Workplace Chaplaincy Scotland Perth (WPCS), aims to help people process grief.

Time: 18.00- 19.00

Organisation:

Work Place Chaplaincy

Monday 9th

Yoga

Join Catharine from Trauma Healing Together for this relaxing yoga class.

Time: 19.00- 20.00

Organisation:

Trauma Healing Together

Tuesday 10th

Achieving Wellness

In this workshop, Vitality Me explains the 7 dimensions of wellness.

Time: 9.30- 11.00

Organisation: Vitality Me

Tuesday 10th

The Lost in Transition Project

An introduction to the Lost in Transition project which specifically supports young people aged 16-25

Time: 11.30 – 12.30

Organisation: PKAVS

Tuesday 10th

A Tasty Life - Beyond Work Life Balance

A workshop delivered by Workplace Chaplaincy Scotland (WPCS) which cultivate a life that tastes good to us and those we share our lives with.

Time: 14.00- 14.45

Organisation:

Work Place Chaplaincy

Tuesday 10th

Chair Yoga, Breath and Meditation

Gentle chair based stretches and movement with breathwork and meditation.

Time: 15.00- 16.00

Organisation:

Trauma Healing Together

Tuesday 10th

Womans Wellbeing Club Peer Support Meeting

Come along to one of Woman's Wellbeing Club support meetings and find out what it is all about.

Time: 18.30- 20.30

Organisation:

Woman's Wellbeing Club

Tuesday 10th

Medicating Normal - Film Screening and Discussion

Join Plus Perth for this screening of 'Medicating Normal' a film exploring our current mental health system's reliance on psychiatric drugs.

Time: 19:00 – 21.30

Organisation: PLUS Perth

Wednesday 11th

Walled Garden and Healthy Living Workshop

A workshop delivered by PKAVS which will provide you guided tour of their incredible garden and give you information about their services.

Time: 9.30 - 10.30

Organisation: PKAVS

Wednesday 11th

Andy's Man Club The Story So Far

A presentation introducing you to how Andy's Man Club was founded.

Time: 14.00- 14.40

Organisation:

Andy's Man Club

Wednesday 11th

Tools of Self Management Chat

This session, delivered by All Strong Scotland, introduces tools one can use for self management of their mental health.

Time: 18.00- 19.00

Organisation: All Strong

Wednesday 11th

Sleep Yoga

Lie back and do nothing but relax and listen to the sound of Sophie from All Strong Scotland's voice.

Time: 20.00- 20.30

Organisation: All Strong

Thursday 12th

Trauma to Triumph

Join Michael Byrne, a trustee of Trauma Healing Together, and listen to his story of how he overcame many traumatic events.

Time: 10.00 – 10.40

Organisation:

Trauma Healing Together

Thursday 12th

Meet & Greet

This session will provide you with an opportunity to meet with the facilitators of the Woman's Wellbeing Club and discuss how they can help.

Time: 11.30 – 12.30

Organisation:

Woman's Wellbeing Club

Thursday 12th

Wisecraft Tour and Creative Writing Workshop

A workshop delivered by PKAVS which introduces the imaginative and resourceful activities that take place at Wisecraft in Blairgowrie.

Time: 13.30 – 14:30

Organisation: PKAVS

Thursday 12th

An introduction to Emotional CPR(eCPR)

Plus Perth have organised Dr Daniel Fisher to deliver a webinar on eCPR; a process which helps us to become better listeners and supporters.

Time: 15.00 – 16.00

Organisation: PLUS Perth

Thursday 12th

"Examining" Life- A Time of Meditation and Reflection

A workshop delivered by Workplace Chaplaincy Scotland which aims to help you cultivate gratitude, and begin to plan for the day ahead.

Time: 17.00- 17.30

Organisation:

Work Place Chaplaincy

Thursday 12th

Linda's Ladies

This session, delivered by Linda's Ladies will help you explore what has been going well for you and then prepare you for the week ahead.

Time: 19.00- 21.00

Organisation:

Linda's Ladies

Friday 13th

Breathwork

In this workshop, Vitality Me will help you to understand the importance of the breath in calming the nervous system.

Time: 10.00 – 10.45

Organisation: Vitality Me

Friday 13th

This Is Me Talk

Join Linda, founder of Linda's Ladies, and hear her talk about her mental health and what it's like to live with a personality disorder.

Time: 11.00 – 12.00

Organisation:

Linda's Ladies

Friday 13th

Writing for Healing

Join local Perthshire author, Felicity Douglas and be guided through a series of gentle writing exercises for mental well-being.

Time: 13.00- 15.30

Organisation:

Trauma Healing Together

Friday 13th

What's in a thought? - A workshop by Well Minds Listening for ages 12-18

Join WML and discover how our thoughts can affect our emotions and actions. Learn some simple techniques to avoid overthinking.

Time: 18.00 – 18.45

Organisation:

Well Minds Listening

Saturday 14th

Introduction to Mindfulness by Well Minds Listening for ages 7-11

An interactive workshop from Well Minds Listening which will teach you how Mindfulness can help us manage worry and stress.

Time: 10.00 - 10.45

Organisation:

Well Minds Listening

Saturday 14th

Walk for Well-being

Join Woman's Wellbeing Club for a walk around Perth and improve your mental health by getting outdoors and meeting new people.

Time: 11.00 - 12.30

Organisation:

Woman's Wellbeing Club

Saturday 14th

Crafty Ladies

Bring along any craft you like and join Linda's Ladies for a craft and chat session.

Time: 14.00 - 16:00

Organisation:

Linda's Ladies



Behind the Scenes - Meet Lindy

Hi, my name Lindy and I am a member of the THT team. My main job is to help organise the festival. I love being part of this great initiative and really think it will encourage people to have more conversations about mental health and reduce stigma.

Saturday 14th

Trauma Healing Together's Big Summer Fundraising Quiz

Join Trauma Healing Together for their annual quiz and help them to raise much needed funds to support Trauma Survivors.

Time: 19.00 – 21.30

Organisation:

Trauma Healing Together

Sunday 15th

The Science of Trauma

This webinar, delivered by Trauma Healing Together, will provide you with an insight into what happens to the brain after a traumatic event.

Time: 11.00- 12.00

Organisation:

Trauma Healing Together

Sunday 15th

Progressive Pilates

A series of gentle mindful movements that will stretch, strengthen and relax the body. The session ends with a brief guided relaxation.

Time: 14.00 - 15.00

Organisation:

All Strong

Sunday 15th

Q & A

This session is an opportunity to come along and ask the organisations who have participated in the festival any questions you may have.

Time: 18:30 - 19:30



Take time out for your mental health

Remember it's important that we all take time out for our mental health. Try the recipe we have included by our friends at Starting Step or the positive thinking tool provided by one of our supporters Fiona.

VEGAN CHOCOLATE MOUSSE

By Starting Step



This recipe from Starting Step* uses Avocados, Cocoa and Nuts which have all been shown to be great for maintaining good mental health.

Ingredients

- 1 1/2 ripe avocados
- 1 large ripe banana
- 1/2 cup unsweetened cocoa or cacao powder
- 1/2 cup salted creamy or crunchy peanut butter
- 1/2 cup sweetener of choice i.e. maple syrup, agave, date paste (sweeten to taste)
- 1/4 cup almond milk or other non-dairy milk (slightly more if using dates)
- Coconut whipped cream

Instructions

1. Add all ingredients, except coconut, whip into a food processor and blend until creamy and smooth. Add more dairy-free milk to thin/help blend. Add more cocoa powder for a richer chocolate flavour. Add more sweetener of choice to enhance sweetness.
2. Divide between 6 small serving glasses cover with plastic wrap (pressing the plastic wrap down on the pudding to prevent a skin from forming) and chill for a few hours, or overnight.
3. Before serving, top with coconut whipped cream and drizzle of salted peanut butter.
4. Leftovers will keep in the fridge up to a few days, though best when fresh.

**Starting Step is a social enterprise based in Perth which aims to set up a vegan bistro and provide training to those who experience social disadvantage.*

To read more about their work, go to: <https://www.startingstep.co.uk>

POEM

Unexpected.
You didn't keep.
No one knows,
Why you went to sleep.

Time kept marching
And you failed to grow.
Acceptance now,
Of the seed that failed to sow.

Life has ups and downs
And Lord knows it's strange.
That emotions felt
Should cover such a range.

It is what it is.
Moving on is the plan.
No point in dwelling
On what ifs if you can.

Things may get sad,
But joy will win through
There's always hope,
Please remember that's true.

by

Fiona Shepherd
Trauma Healing Together Trustee

Pick me up Jar

by Fiona Murphy

I made this jar inspired by a jar I was given myself and thought it was a brilliant way to bring some positivity and light to you on a bad day. Decorate a jar, ask loved one's and friends to write positive comments and fold and put them in your jar.

When you need a pick me up take one of the positive comments out your jar and hopefully it will give you a lift.

Here are some pictures of a jar I made.



Contact List

Find the support you need for your mental health



All Strong Scotland CIC - Fitness for better Mental Health
andy@scotlandallstrong.com or jess@scotlandallstrong.com

Andy's Man Club - Peer support for men
info@andysmanclub.co.uk

Home Start Perth and Kinross - Family Support Service
info@homestartpk.org.uk

Linda's Ladies - A peer support group for ladies suffering with their mental health
contact.lindas.ladies@gmail.com

Mindspace - Recovery College, Counselling, Young People's Service and Peer Support
info@mindspacepk.com

PKAVS - Enhancing Lives and Connecting Communities
admin@pkavs.org.uk

Plus Perth - Social movement, member-led mental health charity
info@plusperth.co.uk

RASAC Perth & Kinross - Rape and Sexual Assault Centre
rasacpk@gmail.com

Starting Step - Learning Hub
dodie@startingstep.co.uk

The Lighthouse for Perth - Suicide, self-harm and crisis support
help@lighthouseforperth.org

The Stephen Lyon Organisation - Suicide Prevention
info@slo20.com

Trauma Healing Together - Trauma support, counselling, training, and research
contact@traumahealingtogether.org

Vitality Me - Reliable & inexpensive fitness services for mental health and wellbeing
contact@vitalityme.co.uk

Well Minds Listening - Emotional and wellbeing support to children and young people
katie@wellmindslisting.co.uk

Woman's Well-Being Club - Woman's peer support group
perth@womenswellbeingclub.co.uk

Workplace Chaplaincy Scotland Perth - Relevant pastoral & spiritual support
info@wpcscotland.co.uk

WELL & CONNECTED AT HOME

6 MONTH **FREE** COMMUNITY WELLBEING PROGRAMME

OUR AIM:

to reach as many young people and adults in Perth & Kinross as we can to provide direct and ongoing mental-health self management and overall wellness support

RECEIVE FOR FREE:

- Wellbeing bundle to support your journey
- Weekly interactive Zoom drop-ins
- Weekly live stream sessions
- Bi-Monthly workshops
- One-off specials

TWO PROGRAMMES TO CHOOSE FROM:

ACTIVE FOCUS - age 11-15
CREATIVE FOCUS- 16+



REGISTER for FREE HERE:

<https://www.scotlandallstrong.com>

SHARE WITH YOUR COMMUNITY:



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