



***‘Learning to
dance in the
rain’***

South Ayrshire
Self-harm support



Penumbra – facts and figures

- Established in 1985
- Employ 400+ people
- Works in 18 local authority areas
- Significant history of Innovation (including self-harm services)
- Supports over 2500 adults and young people each week.



Vision and Values

Vision

Our vision is that people live with positive mental wellbeing and can easily access the best possible support when they need it.

Our vision is aspirational, ambitious and hopeful. It gives a view of what we aim to achieve



Courage

We will do the right thing. Standing up for people, their rights, wellbeing and recovery



Compassion

We listen and respond with hope, kindness and respect



Curiosity

We explore, reflect, learn and adapt to create solutions that are best for people's wellbeing



Collaboration

We will work with those who share our vision and values

Our work

- Supported Living/Accommodation
- NOVA (Social Inclusion services)
- Peer Support services
- Peer Link Work (GP Practices)
- Edinburgh Crisis Centre (24/7)
- Strength for Tomorrow (Trauma Support)
- Distress Brief Intervention (DBI)
- 1st Response
- Bereaved by Suicide
- Specialist cognitive impairment services (ARBD)



Self-harm services

Aberdeen

1:1 support

Dundee

Group sessions

Fife

Awareness sessions

Edinburgh

North Ayrshire

South Ayrshire



South Ayrshire Self-harm

Support for young people

- Individual support
 - Face 2 face
 - Phone
 - Online
- Wellbeing Groups/Workshops

Awareness Sessions

- Teaching staff
- School counsellors

Group Support for Parents/Carers

- Monthly session



How we work – tools and tips



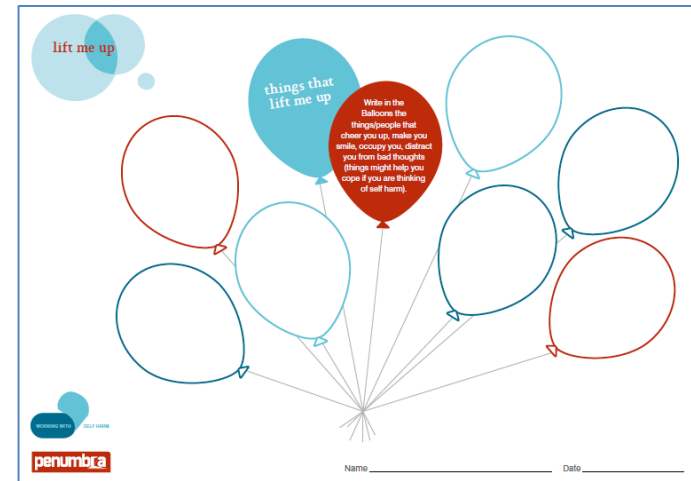
A form titled "SAFE PLAN" with a blue geometric pattern background. It includes fields for Name, Address, and Date of Birth.

SAFE PLAN

Name _____

Address _____

Date of Birth _____



A worksheet titled "lift me up" featuring a cluster of balloons. One balloon is red and contains the text: "Write in the Balloons the things/people that cheer you up, make you smile, occupy you, distract you from bad thoughts (things might help you cope if you are thinking of self harm)". Other balloons are empty for writing. The Penumbra logo and "Name" and "Date" fields are at the bottom.


lift me up

things that lift me up

Write in the Balloons the things/people that cheer you up, make you smile, occupy you, distract you from bad thoughts (things might help you cope if you are thinking of self harm)

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Name _____ Date _____



A worksheet titled "traffic lights" with three colored boxes for writing. A vertical column of seven colored circles (red, grey, grey, yellow, grey, grey, green) is on the left. The Penumbra logo is at the bottom left.

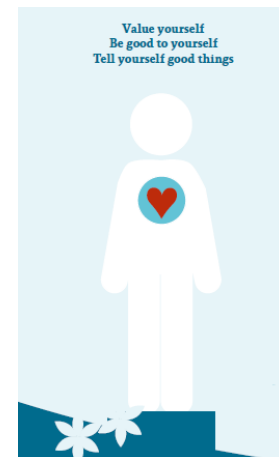
traffic lights

When I self harm I am feeling, thinking, doing...

Things that trigger my self harm are...

When I am not thinking about self harm I am feeling, thinking, doing...

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What happens next?

Monthly Parent/Carer Support:

- Suggested day/time:
 - 3rd Thursday of month
 - 6.30pm for 1 hour
 - Online (Teams or Zoom)

To book a space email:

- southayrshiresh@penumbra.org.uk

For advice:

- Email:
southayrshiresh@penumbra.org.uk
- GLOW Tiles
- www.penumbra.org.uk



Final word - almost



Recovery isn't waiting for the storm to pass.....
It's learning to dance in the rain.....

