

# Different experiences

**We will be providing weekly briefings on different subjects and themes during the C19 Crisis. Welcome to our 6<sup>th</sup> issue.**

This week we are featuring the guidance that our Edinburgh **Violence against Women Partnership colleagues** have produced highlighting the increased risks during this time of shielding, isolation and distancing. The resources developed by **Seen but not Heard** also serve to remind us that not everyone will be experiencing the lockdown in the same way.

The incredible work and creative endeavours continues – it's a pleasure to share these with you. Next week is **Mental Health Awareness Week** and the theme is **kindness**, never have we needed it more.

Please continue to get in touch with your stories, materials and ideas – email: [linda.irvinefitzpatrick@nhslothian.scot.nhs.uk](mailto:linda.irvinefitzpatrick@nhslothian.scot.nhs.uk)

**"I think we all have empathy.  
We may not have enough courage to display it".**

Maya Angelou

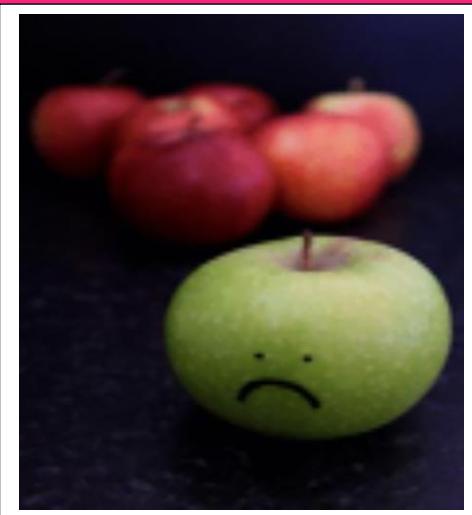
## Seen but not Heard

**'Seen But Not Heard'** is a collective advocacy eating disorder project at CAPS.

The current Coronavirus situation is unprecedented. It is causing a huge change in society, creating uncertainty, anxiety, and disruption to normal lives and normal routines.

For people with an eating disorder, this disruption may bring about extra challenges that may be difficult to deal with on top of everything else. Quite often, living with an eating disorder already brings fear and panic, and the current situation has the potential to intensify this.

The CAPS Eating Disorder collective advocacy group, **Seen But Not Heard**, have put together some information on their experience of living in these extraordinary times, and addressed some concerns that people living with an eating disorder may have.



To download the full document please visit the CAPS website:  
<http://capsadvocacy.org/collective-advocacy/lothian-wide-projects/seen-but-not-heard/>

## **Coronavirus may not be the only danger in someone's life.**

At a time when we are all being advised to socially distance and self-isolate, understandably survivors may feel that their options are limited. They are unlikely to be able to go to any social groups which may have provided them with some breathing space. Services will be limiting their face-to-face contact and survivors may not be able to meet with someone who has previously been a support.

Whilst research tells us domestic abuse affects women more often and more severely than men, please be vigilant to the needs of all clients at this time.

### **It is important we remind survivors that they still have options.**

Perpetrators of domestic abuse often use isolation to control their partners and limit their options. During the pandemic, there is more opportunity for perpetrators to use these tactics. Perpetrators may use current fears and anxiety around COVID-19 to further control their partner and to justify their own behaviour. This can be difficult to identify as controlling, at a time when so many of us are being advised to stay safe at home. Therefore it is important we are asking;

**How could the perpetrator use the pandemic to limit the survivor's actions.**

**Don't assume that the home is the safest place for them.**

**Ask:**

- What are your fears- for self & any children?
- What feels safest for you just now?

**Be clear:** If they need to leave, they can. Police Scotland, Women's Aid and Local Housing can assist. Whether they decide to leave or not, it is important we review all safety plans with survivors, incorporating the current situation, and what the perpetrator's pattern of behaviour is likely to look like.

## **Safety Planning**

**Remind survivors to keep their mobile phone with them, charged and switched on.**

Ask the survivor to create code words or phrases to alert trusted family or friends if they feel in danger. If using video messaging, i.e. FaceTime or Zoom, consider whether a visual prompt could be used instead of a code word. Ask them to be clear what they would like family or friends to do; phone the police? Make an excuse and hang up?

**Discuss a safety plan with children – use a code word to let children know when they should leave the house. Be clear with them where they should go.**

If possible advise them to keep documents, some money and essentials in a safe place that can be accessed in an emergency.

*Continued on the next page...*

# Domestic Abuse During Self-Isolation, Shielding and Social distancing

## Discuss formulating an escape plan, think about the quickest routes out of the house.

If the perpetrator's behaviour is escalating, advise that they try to avoid danger areas in the home i.e. the kitchen or any room where there is likely to be sharp objects.

**Domestic Abuse services are adapting and using more technology to provide support. It is important we are aware of whether the perpetrator monitors any devices and find out the safest way and best times to contact the survivor.**

Discuss whether it is safe to have emergency numbers. Can they be saved in the phone under another name i.e. Health Visitor?

## Local Services

If in immediate danger Call 999 & ask for the Police. If not safe to speak use the Silent Solution system; call 999 then press 55 when prompted.

Call 101 for non-emergency Police.

**Scotland's Domestic Abuse & Forced Marriage Helpline:**  
Call 0800 027 1234 (open 24/7)

**Edinburgh Women's Aid:**  
0131 315 8110

**Shakti (BME) Women's Aid:**  
0131 475 2399

**National Rape Crisis Helpline:**  
Call: 08088 01 03 02  
Text: 07537 410 027  
Email:support@rapecrisisscotland

**Scottish Women's Rights Centre:**  
Helpline 08088 010 789;  
[www.scottishwomensrightcentre.org.uk/surgeries/](http://www.scottishwomensrightcentre.org.uk/surgeries/)

**National LGBT & Domestic Abuse Helpline:**  
0800 999 5428  
[Email-help@galop.org.uk](mailto:Email-help@galop.org.uk)

**Edinburgh Social Care Direct:**  
0131 200 2324;  
**Emergency Out of Hours:**  
0800 032 5968

**Safer Families Edinburgh - for Men worried about their abusive behaviour:**  
Tel: 0131 469 4325

Remind survivors that housing options remain available to them. If they are homeless or at risk of homelessness and require temporary accommodation they can contact Housing & benefit services via the numbers listed above.

**It is important to remember that during this unprecedented time, anyone experiencing abuse continues to have the right and options to seek support or report a crime.**

## Kindness can Transform

Thrive Edinburgh is delighted to be supporting **National Mental Health Awareness Week**, whose timely theme this year is Kindness.

Kindness could transform our schools, places of work, communities and families. Let's shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable. During week commencing 18 May, **The Mental Health Foundation** would like you to carry out or reflect on an act of kindness. Take a photo or video (with permission!) and use the hashtags: **#KindnessMatters: #MentalHealthAwarenessWeek**

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>



# Unlocked Art Gallery

## Unlocked Art Gallery: An online gallery of art & mental health during lockdown, Edinburgh & Lothians 2020

In the current lockdown many people have been reaching for the arts and finding there something that we need: expression, connection, a feeling, a focus for our minds and hands. Either through the arts of others, or by making our own. At CAPS Independent Advocacy we are particularly interested in the experiences of people who have mental health issues, and we would like to share what the arts mean to people during the lockdown.

### The invitation

**Are you a person who has lived experience of mental health issues, living in Edinburgh & Lothians, who has been taking part in art during the coronavirus lockdown?**

Have you been drawing, painting, dancing, listening to music, or anything else arts related? By arts, we mean all forms – drawing, painting, sculpture, poetry, writing, photography, film, animation, music, dance and all the others. Have you been struggling to take part in Art?

If so, we would like to share your artwork and experiences of taking part in the arts during lockdown, through an online gallery.

This project will be ongoing until the end of lockdown, and the website will launch on Monday 18 May 2020 at 5pm. [www.unlockedartgallery.com](http://www.unlockedartgallery.com)

To receive a copy of the full invitation and guidance please email: [pam@capsadvocacy.org](mailto:pam@capsadvocacy.org)



**Future**  
Write tomorrow, today  
Submit your story by 5 June



<https://cityofliterature.com/scottish-book-trusts-annual-writing-project-your-stories/>

# Scottish Mental Health Festival Continues.....

Check out the overview of week 2 programme here:

<http://www.mhfestival.com/news/598-smhaf-2020-week-two>

## A Conversation... Real Talk

**Real Talk** is a social enterprise dedicated to storytelling for mental wellbeing who have hosted several brilliant events at the Storytelling Centre over the past 3 years. Join storyteller **Alette Willis** for a conversation with founder **Lily Asch** to hear about the development of this fantastic organisation and opportunities to engage with their future work. There will also be some live stories shared of course! A special event for **Mental Health Awareness Week**.

**On 21 May at 19.00 to 20.00 - free to view online:**

<https://www.scottishstorytellingcentre.com/event-post/eventid/22441-a-conversation-real-talk/>

Our website is now live, please check out  
<https://www.edinburghthrive.com/>

and you can follow us on twitter

## Peer Goes Public

]The first public screening of **Side by Side**, a thought provoking new film on peer work in Edinburgh, produced by the **Edinburgh Peer Collaborative**, will take place on Friday 22 May at 12.30pm to 1.30pm.

**Side by Side** is a short film featuring peers from Edinburgh discussing what peer support has brought to their own lives, what peer work is, the power of peer support as an aid for recovery and connection, and what a peer powered future could hold for Edinburgh's mental health services.

Following the film there will be a panel discussion with some of the peers featured in the film and a chance for you to ask questions, explore the ideas presented in the film and voice how you feel peer work in Edinburgh should be moving forward.

The film and discussion will take place on Zoom. Register for a free place on **Eventbrite**. The link will be emailed on the morning of the screening.