

Dear Sally

Many thanks for your email and of course for The Nineveh Trust's past support of Penumbra's work. As requested, here are some highlights from the past year...

- New services launched in Moray and Aberdeen.
- Launch of I.ROC wellbeing. I.ROC (Individual Recovery Outcomes Counter) is an Outcome Measurement tool created by Penumbra in order to measure the recovery journey of people who use our services. We now have people using I.ROC around the world (including a major teaching hospital in Santiago, Chile).
- We hosted a successful European event on Peer Support with people from 14 countries present.
- A film made by our Edinburgh Self Harm Project called 'In Place' was shortlisted at the Edinburgh International Film Festival and won the Best Short Documentary award at the International Documentary Film Festival in Buenos Aires.

Many thanks once again.

Best wishes

Sheena