

Penumbra Milestone celebrates as team member is named Social Worker of the Year



A social worker at Penumbra Milestone service has been recognised for providing outstanding support to people recovering from the effects of alcohol addiction.

Ian Jeffries was named Social Worker of the Year in March by the Scottish Association of Social Work (SASW). He was handed the title at the organisation's annual awards ceremony, which was held at the Hilton Carlton Hotel in Edinburgh and attended by social work bosses from across Scotland and the Minister for Childcare and Early Years, Maree Todd MSP.

Ian works at Penumbra Milestone, an alcohol-free residential unit in Edinburgh which provides short-term care for people who have a diagnosis of Alcohol Related Brain Damage (ARBD). He is employed by City of Edinburgh Council and works as part of the multi-agency, multi-disciplinary team at the service, which is made up of staff from Penumbra, NHS Lothian and City of Edinburgh Council.

As the social worker in the Milestone in-reach team, Ian helps people who have ARBD to live in the community. ARBD is an umbrella term for the damage caused to the brain by heavy drinking over several years. It affects the long-term functioning of the brain, causing problems with thinking, mood, memory and learning.

Penumbra Milestone provides a stepping stone for people with ARBD who are well enough to leave hospital, but who are not ready to return to living in the community. The service supports people to abstain from alcohol, address any mental health difficulties, and relearn the life skills they need to live independently.

75% of people diagnosed with ARBD will make some form of recovery and 25% of this group go on to make a full recovery.

Ian says he did not expect to win.

"It was a great surprise to learn that I was nominated for social worker of the year and I'm really chuffed to win."

It feels strange to receive an individual award as Milestone has very much been a team effort. Everyone pitches in and works together to help service users – there is never a problem that cannot be overcome.

"Thanks to those who nominated me, but thanks also to everyone at Milestone. I'm proud of the award but prouder to be part of this team."

Lesley Forbes, manager at Penumbra Milestone, says Ian is a vital part of the service.

"Achieving positive outcomes for residents depends on colleagues from health, social work and the third sector pulling together. Ian works tirelessly with the team to achieve this and he always has the individual needs of each resident at heart. His dedication has changed the lives of many, many people who have used the service. I'd like to say a huge congratulations and thank you from everyone at Milestone – he really deserves this award."

Ian was nominated for the award by Anne Marie Logan (East Area Manager, Penumbra), Lesley Forbes (Manager, Milestone), Colin Beck (Strategic Planning Manager for Mental Health, City of Edinburgh Council), the Milestone Governance Group, and Angela, a former resident who credits Ian with transforming her life.



Angus Suicide Prevention Team raises awareness with footie fans

Members of the Angus Suicide Prevention Collaborative attended a local football match at Montrose FC's Links Park Stadium, on Saturday 10 February, to raise awareness of the help and support available locally.

The club had handed out almost 2,000 free tickets for the game to children and parents in the local area and the match saw a bigger crowd than normal.

Callum (Recovery Worker) and Ashleigh (Support Manager) of Penumbra's Angus Nova Service helped on the day to share information about the Tayside "Suicide? Help!" app and website. It provides contacts for support and information on how to help people who are experiencing suicidal thoughts.

Bill Troup, Chair of Angus Suicide Prevention Collaborative said "Last year, the suicide rate for males was more than twice that for females, so awareness raising activities where there is a high male audience is crucial."

Many of the fans expressed support for the awareness raising work and staff said fans were also more aware of free suicide awareness training available locally.

We can all help someone who is suicidal - you don't have to have all answers or be a specialist, just being willing to listen without judging is sometimes enough to save a life.

The Angus Suicide Prevention Collaborative is a multiagency group that comprises representatives from Angus Health and Social Care Partnership, Angus Council, NHS Tayside, Police Scotland, Dundee and Angus College and Third Sector Agencies.



The group is responsible for setting the strategic direction for suicide prevention across Angus. An important aspect of the work is to raise awareness and identify support and training needs in communities.

FUNDRAISING ACROSS THE COUNTRY

Laura braves Loony Dook

A huge thank you to Laura from Dundee who raised over £250 for Penumbra's North Area Recovery Fund.

Laura takes part in Broughty Ferry's New Year's Day dook every year and kindly donates the proceeds to Penumbra. Laura, you're one brave lady!



Goodbye dreadlocks!

Big thanks to Emma who smashed her original fundraising target of £150 and raised a whopping £600 for Penumbra by shaving off her dreadlocks! Well done!



Forthcoming fundraising events

Glasgow Kiltwalk—Sun 29 Apr
Stirling Scottish Marathon—Sun 29 Apr
Edinburgh Marathon—Sat 26/Sun 27 May
Aberdeen Kiltwalk—Sun 3 Jun
Forth Rail Bridge Abseil—Sun 10 Jun
Women's 10k Glasgow—Sun 10 Jun
Glasgow Men's 10k—Sun 17 Jun
Dundee Kiltwalk—Sun 19 Aug
Edinburgh Kiltwalk—Sun 16 Sep
Loch Ness Marathon—Sun 23 Sep
Great Scottish Run—Sat 29/Sun 30 Sep
Forth Rail Bridge Abseil—Sun 21 Oct
Edinburgh Men's 10k—Sun 4 Nov

If you would like more information about any of our fundraising events or indeed if you would like to raise funds for Penumbra through your own event, please contact our Fundraising Team on 0131 475 2549 or email fundraising@penumbra.org.uk.



A huge thank you to all Bighearted Scotland donors. During this past year all 6 member charities (of which Penumbra is one) have received a donation of £5,250 to help fund their work.

The Bighearted Scotland Charitable Trust (SC023039) was formed in 1994. Its 6 member Scottish charities work together to raise money for their individual charities and causes.

The other member charities are Scottish Spina Bifida Association, Erskine, OneKind, Epilepsy Scotland and Momentum.

W: www.bigheartedscotland.org
E: trustees@bigheartedscotland.org

JustTextGiving

You can now text to donate to Penumbra using JustTextGiving. Simply text **PENU22** and the amount you wish to donate (eg PENU22 £10) to 70070.



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