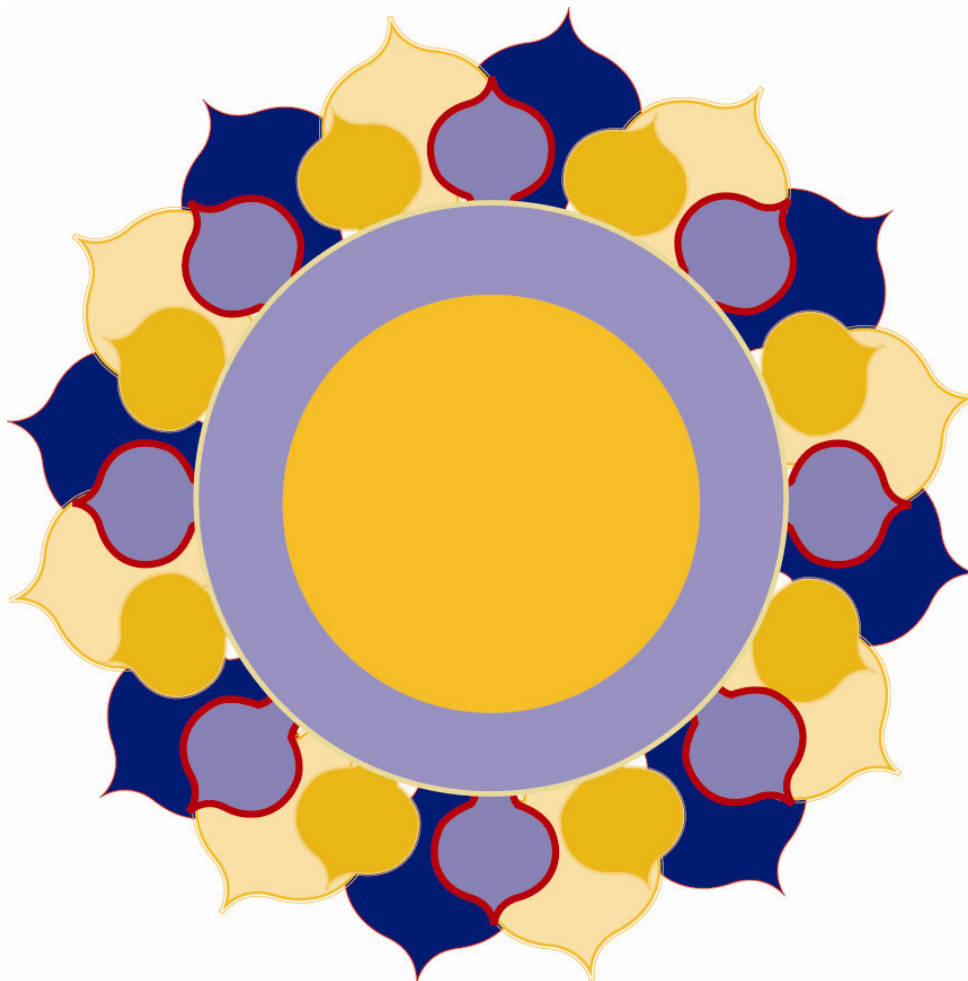


# **Recovery and people from Black and Minority Ethnic communities in Edinburgh**

## **Recovery and minority ethnic men in Edinburgh**



**Outside the Box Development Support**  
**March 2008**

## **Recovery and men from Black and Minority Ethnic communities in Edinburgh**

“Working with people’s Mental Health is hard. Working with Mental Health and Men is harder.” (Participant at event)

### **Background**

#### About this report

This report has come from a project looking at the experiences of people from black and minority ethnic (BME) communities in Edinburgh. The project was initiated by the National Resource Centre for Ethnic Minority Health (NRCEMH) and Scottish Recovery Network (SRN), which are developing awareness about recovery for people from the BME communities. The project is funded by the National Programme for the Improvement of Mental Health and Wellbeing through NRCEMH.

The project brings together 3 small projects, based at Men in Mind, the NHS Lothian Minority Ethnic Mental Health Project, and Saheliya, which is a women’s project. There will also be reports covering the other parts of the project.

This report describes the points raised by men at an event which was organised by Men in Mind and Outside the Box.

We hope that this report will be used in many different ways.

- NRCEMH and SRN will be able to draw on the experiences and ideas here when developing work across Scotland in the future.
- Men in Mind and other local projects across Scotland which work with people from BME communities will be able to use the report when planning how they can continue to raise awareness about recovery.
- Mental health services working with people from all parts of the community can get ideas about how they can reach out to more men from BME communities.
- Individual people as well as workers in projects will be able to follow up the contacts and get useful information to help people plan their own recovery and have a good quality of life.

### About Men in Mind

Men in Mind is a service based in Edinburgh which works with men from the BME communities in Edinburgh and the surrounding areas, to help them address their mental health needs. It is part of Health in Mind, which is a voluntary organisation based in Edinburgh.

The project aims to develop mental health support services and to raise awareness of mental health issues amongst black and minority ethnic men through a programme of events and activities.

Men in Mind has a well-established range of activities:

- One to One support
- Open Drop-In services
- Educational Programmes: a series of workshops/activities with other organisations to raise awareness of mental health issues amongst black and minority ethnic men
- Men In Mind Forum

The Forum meets monthly and is a place where black and minority ethnic men are able to come together to discuss issues around mental health and wellbeing, and how Men in Mind and other services can best meet their needs.

Men in Mind is in touch with men from a wide range of minority ethnic communities. Some people identify themselves as having experienced mental health problems. Others do not describe themselves in this way. The people who use the services gain individual support on many issues that are linked to their mental health and wellbeing. They also see the project as a way of supporting their wellbeing and of promoting the mental health and wellbeing of minority ethnic men.

At Men in Mind, men have been discussing concepts and practical aspects of recovery in individual meetings and at the Forums. The event that is described in this report and the report itself are early stages in an on-going dialogue about recovery.

“Men in Mind is a social group as well as a way to help ourselves and help each other. We learn from each other. We come from many different cultures and communities. We come together and create our own culture, a Men in Mind culture.”

“We are moving away from other people’s perceptions of what we can and can’t do. We are taking part in what happens, not being passive.”  
(Members of the Forum)

### About Outside the Box

Outside the Box provides community development support to people and groups who tend to be marginalised, including people who live with mental health problems. The projects often centre on working with people to explore ways for them to have more say in the matters that are important to them.

Outside the Box has been asked to give community development support to the projects, in a way that reflects the circumstances of each one.

The input to the project with Men in Mind has been:

- looking at the various ways in which the men who are part of Men in Mind can learn about recovery and contribute to people's understanding
- meet with members of the Forum to talk about recovery
- planning an event about recovery, which is the route that the members of the Forum thought would be most useful
- facilitating the discussion about recovery at the event
- feeding back to the members of the Forum
- writing this interim report.

Over the next few months, we will be working with the projects to hold an event at which more people can feed in their experiences. We will also be feeding back to staff in the mental health services.

## About the event

The members of the Men in Mind Forum decided that they wanted to hold an event about recovery. This would have 3 purposes.

- It would give people a chance to come together and meet up with each other.
- It would bring together projects and organisations which provide activities that are useful as part of supporting people's mental health and wellbeing and their recovery. Activities that they were keen to learn more about included low-cost leisure opportunities.
- It would have information about recovery, such as other people's experiences, and give people a chance to talk about their experiences.

When they planned the event, the members of the Forum and staff at Men in Mind were clear that this was the start of a conversation about recovery that would continue. Men from BME communities are also talking about recovery in other places and through other routes.

**MEN IN MIND**  
A service for black and minority ethnic men

Men in Mind invites you to a **RECOVERY** event

Find out all about **RECOVERY**

Get information about opportunities for

- EMPLOYMENT
- SPORTS AND HOBBIES
- VOLUNTEERING
- MAKING FRIENDS
- PRACTICAL INFORMATION ON PLACES AND ACTIVITIES THAT ARE FREE OR LOW COST!

Monday 18<sup>th</sup>  
February 2008

12noon till 3pm  
(12.00-15.00)

Café Camino, York  
Place

**Free!!**

Refreshments provided

NRCEMH  
NORTH RIVERSIDE CENTRE  
FOR ETHNIC MINORITY PEOPLE

**health in mind**

NHS  
FORTH VALLEY

Men in Mind and Outside the Box developed an invitation, which was sent to many people and organisations. It was important to make the event as welcoming as possible, as we wanted people to notice that things were happening around men from BME communities and recovery, even if they did not come along to this first event.

The event was in a community resource which was not associated with mental health services.

We contacted workers at projects which provide information or support around activities which are helpful to people's mental health and wellbeing. One of these – the Depression Alliance Scotland – was about mental health. But the others were about many other topics, such as volunteering opportunities, learning English as a second language, other types of learning, support for parents, and information about leisure services.

Some of the workers who came along are also in touch with men from BME communities. They had spread information about the project to the people they know. They also used the session as an opportunity to learn more about recovery and to make contacts with other projects.

There is information about projects we contacted and further sources of information at the end of this report.

“This has been a very useful day for me. I am going to follow up with one of the other workers I met today. We can see ways in which we can work together to get more information about ways for people to support their own mental health out to a wider range of people from BME communities.” (Worker from another project who came along to the event)

After the event, the members of the Forum discussed what they had learned and how they want to continue to spread the message of recovery. The follow up activities may include having discussions with people from the majority community about recovery.

“This event and this report are the start of us thinking about recovery and keeping well.”

“We need to meet Scottish people and get to understand them more. What does recovery mean to them? Are their experiences the same? Can they help us explain to people in minority ethnic communities about the difficulties we face?”  
(Members of the Forum)

## Experience of the participants

Twelve people came along to the event. They came from a wide range of communities. Some men had lived in Scotland all their life. Others had come here to study or to work or as asylum seekers. Some men were married and lived with their families. Others were single.

Some men said they lived with mental health problems and were getting support from their GP or from services based at the Royal Edinburgh Hospital. Other people did not have a mental health problem – but some of them said they were lonely or that they worried a lot about certain things. People were clear that everyone was welcome and that it was good if people got the information and support they needed. It did not matter if people thought they did have a mental health problem or if they were looking for support to stop difficulties making them unwell.

“In my culture, men who have a mental health problem keep it a secret.”  
(Participant at the event)

There was a wide-ranging discussion around some topics:

- What affects our mental health and well-being?
- What recovery means to me, and what helps me recover
- What services can do to help
- Ways to get the recovery and wellbeing messages to men in BME communities

Most of the quotes in the rest of this report come from the people who took part in the event. Others come from the follow up discussion with men at the Forum a few weeks after the event.

### What affects our mental health and well-being?

The men at the workshop identified many of the factors which other people have said affect their health and wellbeing, and which are highlighted in the Scottish Government policy discussion paper Towards a Mentally Flourishing Scotland.

The points they raised covered factors around each person's own experiences and outlook, and community-wide factors such as the prevalence of racism and other forms of discrimination and disadvantage.

“Focussing on the positive”

“Having happy people around you”

“Having high hopes”

“Low moods and a feeling of isolation can go away if you aim to live for your family and friends.”

“Doing small things that make you feel good, like going out for a meal with your family or friends”

“Conversing confidently in English – because the language is a barrier to many things and it makes us isolated. More support in becoming confident in English, so we can take part in social activities, would improve some people’s wellbeing.”

“Increased language barriers mean that your confidence is reduced”

“Being able to self-examine and self-improve”

“Experience of discrimination”

“I just take discrimination for granted now so I don’t worry too much about it.”

“Sometimes the low-key discrimination bothers me for a longer time. It wears you down.”

“I worry when I read in the newspaper about racist attacks.”

“Avoid situations where you feel hopeless or trapped”

“Enjoy your wife and children – go for a meal or a film with them.”

“Being clear and honest with yourself and others”

“Having to cope with systems that you do not understand affects how well you feel. In many of our cultures we have different ways of getting jobs, managing money, getting somewhere to live. I am sure that the way things are done in Scotland makes a lot of sense. But if you do not understand it, it leaves you feeling exhausted and it takes away your confidence.”

“The biggest problem for many of us is having no confidence.”

### What recovery means to me, and what helps me recover

The people at the event described recovery and wellbeing in terms that are similar to those used by many other people living in Scotland. Again, they also highlighted the ways in which people want to recover from their experiences of abuse and discrimination as well as from their experience of mental health problems.

“Having transferable skills. Remembering that I coped with a situation before and I can use those skills to cope now.”

“Working – because it gives me confidence”

“Writing poetry. I can express myself.”

“Planning for getting better helps make it happen”

“Recovery is an individual thing so the stuff you do has to suit you”

“Following a sports programme”

“Volunteering helped me”

“Finding strength from within”

“Going for walks with my family”

“Looking for the good in your life”

“Making the most of Who you are, What you are and What you have in your life”

“Recovery is being or getting back to who I used to be”

“Finding what makes me happy and doing it or aiming for it”

“Keeping happy positive company”

“Making the most of your skills”

“Group meetings helped me very much”

“Accept that discrimination WILL affect your recovery.”

“I have realised that I am recovering from the discrimination as much as I am recovering from the mental health problems.”

“Accept that some things will be more difficult than others so give yourself time

“Stay around people who are important to you”

“Create situations where the people around you are nice, so you have a safe environment”

“Enjoying something wholeheartedly – I sing along to songs on the internet and feel emotionally open”

“Everyone needs what is important to them, so recovery must be shaped to fit.”

### What services can do to help

The people at the event discussed the ways in which services can assist anyone in their recovery and the types of support that are helpful to people in BME communities.

“Better training for support workers would help greatly. People need a plan which suits them as individuals and a good support worker makes all the difference.”

“More support services are needed”

“Cultural differences make recovery very difficult when you are dealing with government departments like the Benefits Agency. It would help if the staff there took more time to explain things to us.”

“Language barriers make it more difficult for men to become involved in mental health groups. Services need to remember that and think about what they can do to make it easier.”

“Services should come out to the men, not the other way round, as it is really hard for someone with a different cultural background and language to come forward.”

“Some differences may appear to be small but they make a huge impact on men’s involvement. Talk to us. Ask us what we find helpful.”

“Don’t expect that one approach will work for men from many different communities and from many different situations. “

“Many BME men don’t believe that the services can help. Can you find ways to show people that services do help? Some of us would be able to help services reach other men. But the services are going to have to make the effort, not just expect everyone to come to them.”

“Because BME would not naturally come to a mental health event we must find more ways to reach them”

“BME men don’t know what the range of services is”

“Many men from BME communities don’t understand mental health in the way that people mean it here. And we don’t know what the services are – befriending, counselling, support, community mental health teams. So just giving someone information about a service is not going to encourage him to go along.”

“Some workers do not seem to realise how difficult it is. I went to a group and I was the only person there who was from an ethnic minority. It would have been nice if someone had smiled and said hello.”

“Can the health services not say, ‘How can I help you?’ instead of ‘what is wrong with you?’”

### Ways to get the recovery and wellbeing messages to men in BME communities

We talked about the ways in which Men in Mind could continue to encourage people to think about and talk about recovery for themselves and as a wider issue.

We also talked about the actions that other organisations – such as mental health services, the Scottish Government, NRCEMH, SRN and Outside the Box – could take to spread information about recovery and especially ways that would be particularly helpful to men in BME communities.

“We need to tell people: ‘Don’t be suspicious of services – there are some which can help’.”

“The way we explain about recovery also has to work for lots of different people.”

“We know that many events which raise awareness will make a difference in time.”

“Lots of events like this would slowly encourage men to become more involved.”

“I wouldn’t have dreamt of volunteering in my own country as the culture views it as ‘working for free’. But I have learned that here it is a good way to learn skills that can lead to employment. Volunteering is respected. Men coming from different cultures won’t understand this unless we explain it to them.”

“We need to keep chipping away, and not expect too much too soon.”

“Mental Health issues are very complex, and we shouldn’t get disheartened or discouraged if things don’t improve quickly.”

“Different cultures have different levels of male participation and this must be acknowledged”

“It is crucial that events like this go ahead as we need to have knowledge of the things that CAN help.”

“We need to have lots of information to find out what would help. We need the opportunity to see all the things that are available. We need to have a wide choice so we can pick what suits us.”

“We need to try lots of things and persevere with them”

“We can’t allow ourselves to become discouraged. Our efforts will improve things in the long term.”

“Different cultures have different ideas of mental health issues so we have to cater for a wide range of people.”

“We should realise that we have wide ranging skills already – how else would we be able to deal with the barriers to various agencies?”

“We are already persistent, tough and tenacious and we need to recognise and celebrate that.”

## **Useful resources**

This section includes details of organisations which took part in the event and those which provide similar opportunities.

### **Ageing Well**

This project helps people stay active, and provides information on what activities are available in their area of Edinburgh.

Sarah Dempster  
Edinburgh Leisure  
141 London Road  
Edinburgh, EH7 6AE  
Tel: 0131 652 2178  
Web: [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)

### **Artlink**

The work of this project is about making sure that individuals who experience disability or disadvantage can get involved in the arts. They believe that taking part in the arts has an important role to play in realising personal and social change and that it can enhance individual lives.

Contact:

Patrick O'Growney  
Lead Artist, Arts for Mental Health  
Artlink Edinburgh and the Lothians  
13a Spittal Street  
Edinburgh EH3 9DY  
Email: [patrick@artlinkedinburgh.co.uk](mailto:patrick@artlinkedinburgh.co.uk)  
Web: [www.artlinkedinburgh.co.uk](http://www.artlinkedinburgh.co.uk)

### **CLAN Edinburgh**

CLAN Edinburgh is a partnership project funded by the Scottish Executive and led by the City of Edinburgh Council to increase the number of people confident about using English and Maths in their everyday lives. For FREE help with reading, writing and numbers.

Tel: 0800 085 4440 or email: [learn@clanedinburgh.org](mailto:learn@clanedinburgh.org)

## **Be WELL**

Be WELL is a community health project in Craigmillar.

Tel: 0131 657 4174,

Email: [admin@be-well.org.uk](mailto:admin@be-well.org.uk)

## **Bipolar Fellowship Scotland**

The aims of Bipolar Fellowship Scotland are to provide information, support and advice for people affected by bipolar disorder/manic depression and all who care, to promote Self-Help throughout Scotland, to inform and educate about the illness and the organisation

Alan Douglas  
Development Officer  
Studio 1016,  
Mile End Mill,  
Abbeymill Business Centre,  
Seedhill Road,  
Paisley PA 1 1TJ  
Tel: 0141-560.2050  
Fax: 0141-560.2170  
Email: [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk)  
Web: [www.bipolarscotland.org.uk](http://www.bipolarscotland.org.uk)

## **Depression Alliance Scotland**

**Depression Alliance Scotland** is working towards a future where depression is recognised, understood and acknowledged to be a common and treatable medical condition, just like any other. We are striving to ensure that those affected by depression and their carers are provided with the information, support, understanding and care needed for the best quality of life

Depression Alliance Scotland  
3 Grosvenor Gardens,  
Edinburgh EH12 5JU  
Telephone: 0845 123 23 20 or 0131 467 3050  
Email: [info@dascot.org](mailto:info@dascot.org) or: [groups@dascot.org](mailto:groups@dascot.org)

## **Edinburgh University Settlement (EUS)**

EUS is a social action centre which strives to enhance public provision for those individuals who are disadvantaged through circumstance or disability and aims to help local people in and around Edinburgh bring about social change and regeneration for their communities. It is committed to providing effective and lasting social and community development that respects the whole person and the dignity and diversity of all people.

General Contact:

Jan Stewart

Edinburgh University Settlement

Building 3

New Parliament House

5/7 Regent Road

Edinburgh EH7 5BL

Tel: 0131 550 6807

Email: [janst@eus.org.uk](mailto:janst@eus.org.uk)

Here is a list of Courses and contacts within EUS

**Childcare** - The Surestart initiative aims to provide programmes in childcare in areas of deprivation in Edinburgh. It offers courses to parents and carers of young children who are interested in learning about children and increasing their parenting skills. It encourages parents and carers to participate in small, informal groups to gradually become more confident and to share their experiences.

Jane Tecelli

Tel:0131 550 6800

e-mail [janetec@eus.org.uk](mailto:janetec@eus.org.uk)

**Computing** : people can earn at their own rate with support from qualified tutors and gain qualifications at all levels.

Ron McFarlane

Tel 0131 550 6807

e-mail [ronmcf@eus.org.uk](mailto:ronmcf@eus.org.uk)

**Contact Centre** In partnership with McSence in Midlothian is training people with a disability to work in a call centre environment.

Terry Ward

Tel 0131 550 6807

e-mail [terryw@eus.org.uk](mailto:terryw@eus.org.uk)

**Core Skills** The programme helps people with few or no qualifications to improve their basic skills at their own pace and to achieve SQA qualifications.

Ana Calixto  
Tel 0131 550 6803

**CLAN (City Literacy And Numeracy)** CLAN @ EUS aims to help adults looking to develop their reading, writing, numeracy and computing. We especially hope to bring into our groups adults who've struggled to get into learning groups in the past. As well as running a variety of courses at the centre, we also run groups with other voluntary organisations throughout the city.

We also have small, practical English classes for non-native speakers permanently based in Scotland. This includes refugees.

We realise that our learners want to get different things out of coming to our groups, so our groups are small, relaxed and informal. Each learner gets to create an individual learning plan with the help of their tutor. For more details on this project visit [www.clanlearn.org](http://www.clanlearn.org) or [www.clanedinburgh.org](http://www.clanedinburgh.org)

Joanna Patterson  
Tel 0131 550 6801  
e-mail [joannap@eus.org.uk](mailto:joannap@eus.org.uk)

**Creative Pathways** aims to increase the skills of special needs learners. This is achieved through using ICT as a tool to improve their ability in subjects such as communication and numeracy. Other options included in the course are visits to places of interest and art therapy.

Bob Pitcairn  
Tel 0131 550 6807  
e-mail [bobbp@eus.org.uk](mailto:bobbp@eus.org.uk)

### **Get up and go**

**Get up and go** is an activities and opportunities programme aimed at people aged 50 years and over, including elders from the black minority ethnic community, where you can find details of social, educational, cultural, sport and leisure opportunities that are currently running throughout the city

Email: [getupandgo@edinburgh.gov.uk](mailto:getupandgo@edinburgh.gov.uk);

**Health in Mind** promotes the health and well being of people who experience mental health difficulties. They provide an extensive range of services and work in partnership with others.

Health in Mind  
40 Shandwick Place  
Edinburgh EH2 4RT  
Tel. 0131 225 8508  
Fax: 0131 220 0028  
Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

### **THE HIVE**

This is a drop in and structured activities centre, mainly (but not exclusively) (for inpatients of the Royal Edinburgh Hospital.

Tel: 0131 537 6256  
Email : [thehive@samhservices.org.uk](mailto:thehive@samhservices.org.uk)

**INTOWORK** provides advice, information and services related to employment for people from the City of Edinburgh.

IntoWork  
Norton Park,  
57 Albion Road,  
Edinburgh, EH7 5QY  
Tel. 0131 475 2369  
Fax 0131 475 2379  
Contact: [enquiries@intowork.org.uk](mailto:enquiries@intowork.org.uk)

### **Jobcentre Plus**

**Jobcentre Plus** provides help and advice on jobs and training for people who can work and financial help for those who cannot work.

Email: [Lynn.Ritchie@jobcentreplus.gsi.gov.uk](mailto:Lynn.Ritchie@jobcentreplus.gsi.gov.uk)

### **LGBT Centre for Health & Wellbeing**

The Centre provides health information, advice and sign-posting to both LGBT specific and mainstream organisations and services

LGBT Centre  
9 Howe Street  
Edinburgh EH3 6TE  
Tel: 0131 523 1100  
Email: [admin@lgbthealth.org.uk](mailto:admin@lgbthealth.org.uk)

### **Mulberry House**

Mulberry House is Edinburgh's largest Complementary Health Centre and has become known as 'a little oasis in the heart of the city'. We offer many different types of Massage Therapy as well as the complete A to Z of Complementary therapies from Acupuncture to Yoga.

Mulberry House  
39 Manor Place  
Edinburgh EH3 7EB  
Tel: 0131 225 2012  
Email: [enquiries@mulberryhouse.co.uk](mailto:enquiries@mulberryhouse.co.uk)

### **National Schizophrenia Fellowship (Scotland)**

National Schizophrenia Fellowship (Scotland) is working to improve the wellbeing and quality of life of those affected by schizophrenia and other mental illness, including families and carers.

National Schizophrenia Fellowship (Scotland)  
Claremont House  
130 East Claremont Street  
Edinburgh EH7 4LB  
Tel: 0131 557 8969  
Email: [nsemploymentsupport@lycos.co.uk](mailto:nsemploymentsupport@lycos.co.uk);  
Web: [www.nsfscot.org.uk](http://www.nsfscot.org.uk)

### **Pilton Community Health Project**

This project runs a number of services that support people to lead healthier lives.

Email: [graemereekie@pchp.org.uk](mailto:graemereekie@pchp.org.uk);

### **Redhall Walled Garden**

Redhall Walled Garden provides the opportunity to help develop a centre of excellence in the fields of horticulture, conservation, IT, administration, training and mental health awareness.

Louisa Evans  
Redhall Walled Garden  
97 Lanark Road  
Edinburgh  
Tel: 0131 443 0946  
Email: [redhall@btclick.com](mailto:redhall@btclick.com) or [redhall@samhservices.org.uk](mailto:redhall@samhservices.org.uk)

### **Scottish Independent Advocacy Alliance**

People can contact SIAA for more information about independent advocacy and for information on local projects. To find an advocacy organisation in Scotland, visit the [Directory Page](#).

Scottish Independent Advocacy Alliance  
Melrose House  
69a George Street  
Edinburgh EH2 2JG  
Tel: 0131 260 5380  
Web: [www.siaa.org.uk](http://www.siaa.org.uk)

### **Scottish Recovery Network**

Scottish Recovery Network works to raise awareness that people can and do recover from long term and serious mental health problems, and of what recovery might mean for people.

Scottish Recovery Network  
Baltic Chambers  
Suite 320-321  
50 Wellington Street  
Glasgow G2 6HJ  
Tel: 0141 240 7790  
Fax : 0141 221 7947  
Email: [info@scottishrecovery.net](mailto:info@scottishrecovery.net)

### **Scottish Refugee Council**

The Scottish Refugee Council is an independent charity dedicated to providing advice, information and assistance to asylum seekers and refugees living in Scotland.

There is a team of caseworkers who give advice and support from offices in Edinburgh and Glasgow. They support refugees and asylum seekers through the complexities of the UK asylum system as well as give advice on the wide range of things that people need to know when they first arrive in Scotland, such as where to get clothing, food, access to housing and medical care.

Specialist services include:

- family reunion
- housing and welfare
- education and employment
- women's group.

There is a 24 hour emergency service is provided to assist asylum seekers newly arrived to Scotland.

You can view basic advice for refugees and asylum seekers on the Scottish refugee council website. This section has been translated into nine languages.

Freephone Number for newly arrived and dispersed asylum seekers:  
0800 085 6087 (Monday to Friday 09:30-16:30)

NHS staff and people in other organisations looking for advice can call the main office number: 0141 248 9799.

Glasgow Head Office  
5 Cadogan Square (170 Blythswood Court), Glasgow, G2 7PH  
Tel: 0141 248 9799  
Fax: 0141 243 2499

Edinburgh Office  
Scottish Refugee Council offer services in Edinburgh from two centres:

Edinburgh Refugee Centre  
St. George's West,  
58 Shandwick Place,  
Edinburgh  
EH2 4RT

Citizen's Advice Bureau  
58 Dundas Street,  
Edinburgh  
EH3 6QZ  
To make an appointment in Edinburgh call: 0800 085 6087

## **Stepping Stones**

Stepping Stones can offer the opportunity for people to join groups in creative writing, drama, women's art and more. There is also a film club, computers you can use and an arts therapy service. People can phone or drop in.

Stepping Stones  
Old Fire Station  
27 East Norton Place  
London Road  
Edinburgh EH7 5DR

Tel: 0131 661 9863  
Fax: 0131 661 9868  
Email: [eus\\_sstones@hotmail.com](mailto:eus_sstones@hotmail.com)

**Volunteer Centre Edinburgh** works to involve more people more effectively in volunteering to help solve real problems and enrich communities and we actively promote volunteering to groups of people presently under-represented.

Volunteer Centre Edinburgh  
45 Queensferry Street Lane  
Edinburgh EH2 4PF  
Tel: 0131 225 0630  
Fax: 0131 225 0631  
Email: [admin@volunteeredinburgh.org.uk](mailto:admin@volunteeredinburgh.org.uk)  
[www.volunteeredinburgh.org.uk](http://www.volunteeredinburgh.org.uk)

## Contacts

Men in Mind  
Akin Fatunmbi  
Service Manager,  
Health in mind  
Tel: 0131 225 8508  
Email: [akin@health-in-mind.org.uk](mailto:akin@health-in-mind.org.uk)

NHS Health Scotland – Directorate for Equalities and Planning  
Elphinstone House  
65 West Regent Street  
Glasgow G2 2AF  
0141 354 2900  
[www.healthscotland.com](http://www.healthscotland.com)

Scottish Recovery Network  
Baltic Chambers  
Suite 320-321  
50 Wellington Street  
Glasgow G2 6HJ

T: 0141 240 7790  
F: 0141 221 7947  
E: [info@scottishrecovery.net](mailto:info@scottishrecovery.net)  
W: [www.scottishrecovery.net](http://www.scottishrecovery.net)

Outside the Box  
Unit 19  
6 Harmony Row  
Govan  
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