

Services List

Equality In Health - <http://www.equalityinhealth.scot.nhs.uk>

Edspace - <http://www.edspace.org.uk>

Diabetes Information Plus - <http://www.diabetesinfoplus.scot.nhs.uk>

Health In Mind - 0131 225 8508 contactus@health-in-mind.org.uk
<http://www.health-in-mind.org.uk/about-us.html>

Rock Trust contact details:

Kirsten (Edinburgh) 0131 524 9870

Izzy (Edinburgh) 0131 524 9862

Lisa (W. Lothian) 01506 420 760

Or you can email YPG: RockersPublicRelations@gmail.com

Underground timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 -11 Crisis Time	9 -11 Crisis Time	9 -11 Crisis Time	9 -11 Crisis Time	9 -11 Crisis Time	9 -11 Crisis Time	9 -11 Crisis Time
	11.30- 2pm Sports group			12.30- 3pm Street Soccer		
3-5pm drop in (crèche)			2- 4pm Peer Volunteer group		3-5pm Drop In	
		5-7pm Drop In				

Rock Talk

FEBRUARY 2011

ISSUE 1



rock trust

BECAUSE EVERY YOUNG PERSON
HAS POTENTIAL

Welcome to the first edition of RockTalk!

RockTalk is quarterly newsletter written by young people for young people who are using any of the Rock Trust Services. The Rock Trust Youth Participation group is responsible for the planning, design and content of the RockTalk but we want to hear from you! If you have anything you think should be included either as a one off or as a regular feature then get in touch. We want to bring you information not only about the Rock Trust but also other organisations, let you get to know the Rock Trust staff team and get you involved in reviewing services. We will also give you any news about anything that's going on at the Trust and give you helpful advice and tips about a whole range of stuff but remember it's not just our ideas that we're concerned about - we really want to hear from you too! It's easy to get in touch, our contact details are on the back or you can get in touch with us through your project worker!!



CALLING ALL ARTISTS!! We're looking for a funky and fresh design for the ROCKTALK! Your design must include the name ROCKTALK and make use of the original Rock Trust logo but you can be creative with it! So set your creative genius to work mode and get your entries into Kirsten or Izzy in Edinburgh or to Lisa in Livingston! There's a well cool prize for the winning entry!

Step Up

Step Up is a practical based volunteer program run by Sarah McGregor. Funded by the Voluntary Action Fund (VAF) the program began in May 2009 and will soon be entering the seventh program. The program has continually been influential in moving young people that access the group onto outside activities such as volunteering or jobs around skills that were gained through the many opportunities that Step Up creates.

Step Up gives young people the opportunity to have a more active lifestyle, builds team work skills from being in groups, as well as skills in various areas that the young people may not have considered they could do. Also there are several Awards which can help with the overall target of Step Up which is moving people onto other services & building up their CVs. Step Up also provides 1 on 1 support with each of the young people that access the program.

Several young people have gained volunteering opportunities in places such as Freshstart and Gorgie Farm. A young volunteer, who while doing conservation work with the Midlothian Rangers, showed very good knowledge and brilliant skills. This eventually led to senior ranger putting them on a 6 month work placement, and after that they got a full time job. They then led the Step Up group in some conservation work at Springfield Mill. Several other members have completed the John Muir Award through the program.

'Step Up is great for meeting new people. Also for a person's job prospects! I started in July and I already have a John Muir Award for conservation work, which has helped rebuild my confidence'

Above all it's a lot of fun, it's an adventure & you get to meet other young people. Contact Sarah for more info.



Health and Wellbeing

At this time of year many people find it difficult to cope and others are thinking about making positive changes after the festive period. We recently caught up with Joan Simkins from Penumbra in Livingston to see what support they can offer young people at this time of year:

Who are Penumbra and what do they do?

Penumbra is a voluntary organisation and registered charity and has been going for 25 years and have recently re-branded. They offer a wide range of services including youth projects, head injury support, tenancy support, respite, supported accommodation. There is no age limit in the organisation as a whole but certain areas within it do. Penumbra covers the whole of Scotland.

Who should access support from Penumbra and when?

Anyone of any age can access support from penumbra to get support when they need it.

How can you get support from Penumbra?

If you wanted to get support from penumbra you can refer yourself to them. You can also get your support worker from any homeless units or your social worker to refer you. Contact details are below.

What is the Livingston Youth Project about?

It is for young people aged between 16 and 25, who need support with any issues that include self harm, homelessness and mental health problems. It is currently being completely funded by Comic Relief.

Any advice for young people at this time of year?

While we were talking to Joan Simkins about penumbra and the services they provide she gave us some great advice.

DON'T BE FRIGHTENED to ask for help. Don't worry about approaching a service for fear of being judged or not being taken seriously'.

Penumbra West Lothian Youth Project are planning on having a open day in Livingston soon. Watch out for more news on this here.

Contact: Joan in Livingston on 01506 415524 or Edinburgh 0131 475 2380
www.penumbra.org.uk

The participation group recently reviewed and updated the consultation process for housing support services. The consultation is your chance to express your views about the service you receive. The new format got the best response so far and results can be viewed on line at www.rocktrust.org. Just click on the User Involvement link.

Punk'd

On the 2nd Oct 2010 the Youth Participation Group took to the streets to shake their tins! The Fundraisers planned and organised the event which saw young people and staff getting together and dressing up as Punk ROCKers to collect money on Princes Street. The purpose of the event was to raise money to subsidise the groups' activities and the £301 raised will go a long way to help the group to continue their work. The group has also been involved in bag packing days as well as helping out at longstanding Rock Trust events such as the Annual Sleep Out. The fundraisers are keen to get as much help as possible so if you want to be involved or if you have any ideas for future fundraiser just get in touch with Izzy or Kirsten in Edinburgh or Lisa in Livingston. Everyone's welcome! The more the merrier! Contact details are on the reverse!



This is a short list of places that can help with various health and wellbeing issues

Penumbra is a charity that operates in West Lothian and Edinburgh. It delivers free impartial advice on general health and wellbeing also specialising in mental health issues and achieving better life for their users. Tel 0131 475 2380 / 01506 415524 (see featured article) www.penumbra.org.uk

Anyone can feel down or depressed from time to time. It helps to get some **Breathing Space**. You are not alone and talking about how you feel is a positive first step in getting help. So don't let problems get out of hand, phone Breathing Space where experienced advisors will listen and provide information and advice. Tel: 0800 83 85 87 www.breathingspacescotland.co.uk

Samaritans Service is a charity set up for anyone to phone anytime just to talk about problems they may be going through. They also provide a Drop in service at their office in Edinburgh. So if you feel down at all feel free to contact them. The office is open 24 hours a day all year round. Tel 0131 221 9999 www.samaritans.org

Moodjuice is an Internet site developed by Choose Life Falkirk and the Adult Clinical Psychology Service, NHS Forth Valley. The site is designed to offer information, advice to those experiencing troublesome thoughts, feelings and actions. www.moodjuice.scot.nhs.uk

Smokeline Scotland is a nation wide program to encourage people to quit the fags and to try and address the issue of smoking. Many people who have been on a stop smoking program run by Smokeline say that they get a real sense of personal achievement once they have quit. They do a lot for the betterment of people's health and wellbeing. Tel 0800 84 84 84 www.canstopsmoking.com

FRANK is a website that provides an A-Z of information and advice about drugs. It offers an email, phone and text service and you can get advice about anything from the dangers of drugs to quitting drugs and peer pressure. Tel 0800 77 66 00 / Text:82111 / Email: www.talktofrank.com

Annual Sleep Out

On November 26th the Rock Trust carried out their **Annual Sleep Out** to fundraise for the organisation and raise awareness of homeless young people within the city of Edinburgh. The sleep out took place outside St Andrews and St Georges West Church, George St, Edinburgh and was not only carried out by the staff members of the Rock Trust, but also by volunteers from other organisations that help with funding of the Rock Trust and people that had heard about it through the press and word of mouth. This was the 20th sleep out completed, this time having 142 people that slept out.

The staff members helped with the normal running of the event, providing hot drinks and refreshments to those involved through out and right into the morning. All staff worked alongside the peer volunteers walking around the city centre collecting funds. Despite the cold weather and the snow that started to fall part of the way through, everyone continued to raise funds all through the night, and money is still being collected. We are well on the way to our target of £10,000, so a big thank you to any person that volunteered to be out there to help the Rock Trust raise funds.

The event was one that had lots of laughs and a massive sense of well being with helping the organisation that helped me in the past. One of the key moments, was someone thinking a tower light was the sun, possible due to sleep deprivation! Although knowing the person probably not!

'I had a really fun time at the Sleep Out and I was amazed at the amount of people that turned up. I was suffering from sleep deprivation so I did not stay on for the full night but for the period I was there it was generating a lot of hype.

I believe the experience was also very good for the young people from the Rock Trust who were involved because we were given some of the same responsibilities as the staff, and we all took on the role of event administrators'. (YPG volunteer)

Fresh Start is a charity based in Pilton, Edinburgh with the sole purpose of helping new people of all age groups get started in their first or a new tenancy. They provide starter packs from electrical appliances to toiletries but they can only provide a limited amount of service to each person. They always want to get new people on board and they always have spaces open for new volunteers.
Tel 0131 476 7741 www.freshstartweb.org.uk

Venture Scotland is a charity aimed towards the health and well being of its users by arranging fun and educational activities outdoors all year round. They also credit themselves with the breaking down of personal barriers and trying to build good relationships with and amongst the young people they work with. Basically its something fun to do and for betterment of yourself.
Tel 0131 475 2395 www.venturescotland.org.uk

All of these contacts are all to help you if the going gets though. All of them are dedicated to helping those in need whenever they are needed, and there is no discrimination to anyone. Bottom line is that they all care even if you think no one else does.

60 Second Interview with Kate (Chief Exec)

1. What was your first job? **Hairdresser when I was 12 years old.**
2. Who do you admire the most out of all the rest of the RT staff? **Everybody!**
3. What's your most embarrassing moment at the RT? **I've not had one...YET.**
4. Most annoying habit? **Giggling, sometimes silently.**
5. If you were a Disney character what one would you be? **Grumpy!**
6. What 3 items would you take to a desert island? **My ipod, chocolate and coffee.**
7. Do you have a famous crush? **Caleb from Kings of Leon.**
8. What's your fave book? **Lord of the Rings**
9. What's your fave film? **American History X**
10. What item of clothing could you not live without? **Shoes and boots of any kind.**