

Hope Triangle Health Group
Inaugural A.G.M
Monday 18th February 2013
Oxgangs Community Business Board Room, 12 Firrhill Neuk

In Attendance: F Gosney, M McMillan, A Motlon, K Levy, C Melville, V Stewart, R Scott, E Aitken, H Woodward, C Newlands, F Tait, A Bracken, R Lewis, R Livingstone, H Levy.

Apologies: P. I. Podd, P Brownlee, G Johnston, S Laidlaw, J Napier, K Stewart, K Stewart, J Stewart, A. Weir, C Mahoney, Jen Fairgrieve, Y Todd, D Hind, L & B Inspector S Dolan, S Neil.

H.L welcomed everyone and invited them to introduce themselves, she then went on to give a brief update on what had been achieved so far, **appendix 1.**

There was some discussion about committee membership it was agreed to create a core group of committee members, appendix 2 and maintain an Advisor group. All meetings will be open to the public as will all project work. H.L has had some youth interested in creating a Youth Health Group. K.L agreed to assist in taking this forward. The constitution was agreed and **proposed** by **Mary McMillan** and **seconded** by **Fiona Tait** there then followed an election of office bearers-;

<u>Position</u>	<u>Nominee</u>	<u>Proposed by</u>	<u>Seconded by</u>
Chairperson	Elaine Aitken	H Levy	M. McMillan
Vice Chairperson	Fiona Tait	E. Aitken	Richard Lewis
Secretary	Heather Levy	F. Tait	R. Scott
Treasurer	Mary McMillan	A. Bracken	H.Levy

Investigations into which is the best/appropriate Bank to hold HTHG account and ensure there are two signatures. **Action M.McM, A. B, C.M & H.L.** Any leftover monies still being held by Firrhill Community Council will be transferred to new account.

Date for next AGM- May 2014.

Due to a large response of interest to the consultation on Suicide & Self Harm being conducted by the Scottish Government it was agreed to hold a local event on Monday 15th April 2013 opened by Gordon MacDonald in Oxgangs Neighbourhood Centre, 1p.m-4p.m. Four members of the Hope Triangle Health Group will be attending the Edinburgh city wide event on Thursday 28th Feb 2013. The Hedgelaying training session facilitated by Scottish National Trust will take place in Hope Triangle on the weekend of 16th & 17th March 2013, there are six places. So far four have been booked by R.L, G.J, R.L, C.N, leaving two places if you know of anyone who would be interested please get in touch. It was agreed that Social Media had been a good asset to disseminate information and promote the HT Health groups activities. This would continue and expand in the future development of the group. Investigate if the group can continue to have a web site page for minutes ect on Firrhill Community Council web site. **Action H. L.**

H.L has started an evaluation of last year's work she will continue to gather responses until **20th March 2013- appendix 3.**

It was felt that a brief newsletter highlighting some of last year's events and advertising this year's events would be off use. H.W felt this would be something that Dunedinanmore would fund- one A4 1000 copies- **Action H.L.** draft copy for 20th March 2013.

It was agreed that much had been achieved in the first year of the projects conception and that it was time to pull together a Development Plan. This was agreed to be **Wednesday 20th March 2013, 10am-12 noon in Oxgangs Neighbourhood Centre** and thereafter meetings could be held every two months.

Hope Triangle Oxgangs Report 2012

Background

This project is the direct result of the loss of young people, predominately males, in the Oxgangs area. The impact felt by local people transcends all generations of the community but predominantly the youth of the area. There was 89 recorded 'intentional self-harm' or 'event of undetermined intent' in Edinburgh 2011(GRO for Scotland). In the months from July 2011 to March 2012 there were eight suspected suicides/sudden deaths in Oxgangs.

The ultimate aim of this project is to create a 'Well Being Space', a place of peace and reflection, a green open space to inspire hope. In its development it is also envisioned that it will support change of cognitive behaviour and thought.



The project recognises there is tremendous scope for future development and this is a long term project but initially the Hope Triangle Health Group need to ensure there is a solid foundation to allow the project to organically evolve by the community for the community.

The Hope Triangle Working Group and Oxgangs Health Action Group have come together to create the Hope Triangle Health group. They meet on a monthly basis where it has become apparent that this project is an excellent vehicle to highlight health and community self help issues in and around the Oxgangs area. At a more basic level it is

about turning an unused open space into a community asset, changing why the community uses the space.

The aims of the project are as follows:

1. To create a space that will encourage reflection & calm
2. To disseminate Mental Health & Well Being information.
3. Assist with change in cognitive thoughts & behaviour
4. Assist to strengthen & support community volunteering
5. Put an environmental activity at the heart of the mental health recovery process
6. Learning about the impact our outdoor spaces can have on local people's lives through stories, through meeting new people and through experiencing outdoor hands-on activities around the Hope Triangle

Since the Hope Triangle Health Group has been created, meeting on a monthly basis, it has become apparent that this project is an excellent vehicle to highlight health and community self help issues in and around the Oxfangs area. At a more basic level it is about turning an unused open space into a community asset, changing why the community uses the space. Why don't you come along and get involved.

Some of the Partners involved in the Hope Triangle project 2012 are, Firrhill Community Council, Dunedin-Canmore, CEC Councillor Elaine Aitken, MSP Gordon MacDonald, Edinburgh Lothian's Greenspace Trust, Oxfangs Care, Oxfangs Neighbourhood Centre, Oxfangs Lochan Tenants & Residents Association, Firrhill High School, ECHP Community Health, SW Parks & Greenspace, SW Community Service Team, Pentlands Neighbourhood Partnership and more importantly many (27 so far) local volunteers. Art Therapy Workshops were attended by 94



participants, the youngest 18 months and the oldest 90. Joinery Sign Workshop participants 40.

The Official Launch of Hope Triangle was held on Monday 10th September 2012 to coincide with the start of International Suicide Week where 120 people were invited to

write their message of Hope or a Wish for the Future on recycled C.D.s.

Future plans for the project in 2013 will be the HT Health group taking part in the Scottish Government's Suicide & Self Harm consultation and co-ordinate a local Suicide & Self Harm consultation to feed into the national consultation. Create a youth Health group; continue with the successful Joinery and Art therapy workshops as well as the environmental projects in Hope Triangle encouraging the use of recycled materials. The group will continue to disseminate Well Being information and raise awareness of local health issues.

Hope Triangle Health Group

Core Group

Elaine Aitken

Chair

Fiona Tait

Vice-Chair

Heather Levy

Secretary

Mary McMillan

Treasurer

Frances Gosney

Sec Assistant

Andy Bracken

Treasury Assistant and Social Media

Carol Melville

Treasury Assistant

Greg Johnston

Dunedincanmore Rep

Rab Livingstone

Project Manager

Karyn Stewart

John Stewart

Pauline I Podd

Kirsty Levy

Youth Leader

Chris Newlands

Youth Leader

Hope Triangle Health Group
Project Evaluation 2012

It is a year since we started the Hope Triangle project, ten months since the first Hope Triangle Group meeting and in that short time a HUGE amount has been achieved. It would be useful to know what you enjoyed and gained from the workshops and how we should plan next year workshops.

1. Did you take part in any of the Hope Triangle workshops or planting days?

Art Joinery Planting Days Launch Event

2. What did enjoy most about the event you took part in?

3. Was there anything missing?

4. Would you take part in a workshop again?

YES

NO

5. What workshop activity could we organise for next year?

We would like to organise some Wellbeing health awareness sessions. Would you take part?

YES

NO