



Let's coorie in for Christmas

Scottish mental health and wellbeing charity, Health in Mind, and Thrive Edinburgh – the Edinburgh Health and Social Care Partnership’s strategy for improving mental health and wellbeing – have partnered to launch a wellbeing booklet for the festive period.

The free booklet, ‘Coorie in for Christmas’ has been developed in response to the additional pressures that COVID-19 presents for people this winter. It focuses on the Scottish concept of ‘coorie’, which is all about comfort, family, nature and home. The booklet looks at the things people can do to look after their mental health and wellbeing from the comfort of their homes.

It includes resources to help people cope with the unique challenges that they are facing, like grief, loneliness and staying connected. It also brings together a range of helpful contacts and has some festive recipes and craft ideas that people across Edinburgh have contributed.

Wendy Bates, Chief Executive at Health in Mind, said: ‘The festive period can be a really tough time of year. But this year, it’s going to look and feel different. It might be the first year we can’t celebrate it in person with our friends and family and are coming to terms with what a digital Christmas and New Year period will look like, we might be facing additional financial pressures, or feeling alone. That’s why we wanted to create this booklet to offer some additional help as we find our way through these tough times. It’s a reminder to try to find comfort in the little things, and to make time to look after yourself.’

Judith Proctor, Chief Officer for the Edinburgh Health and Social Care Partnership: ‘It’s important we reach out to one another at this time of year. Simple acts of kindness and consideration can make a huge difference. “Coorie in for Christmas” is full of advice and ideas, we really hope it will be useful for people who may be finding this festive season a bit of a challenge.’

The guide is being distributed by Thrive Edinburgh supported by Network Rail colleagues. An online version can be downloaded from iThrive Edinburgh and Thrive Edinburgh - visit www.ithriveedinburgh.org.uk and www.edinburghthrive.com

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Notes to Editor

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Health in Mind is a Scottish charity with your mental health at heart. It’s been promoting positive mental health and wellbeing in Scotland since 1982 by providing a wide range of services to support people and enable them to make a positive difference in their lives www.health-in-mind.org.uk

Thrive Edinburgh is the city's innovative strategy for improving the mental health and wellbeing of all citizens in Edinburgh. Thrive Edinburgh is underpinned by the values of kindness, respect and love. Through the Thrive Assembly, chaired by our Lord Provost, we have mobilised the city to ensure that mental health is everybody's business, infused through our collective efforts in housing, education, culture, health and justice. We are committed to listening and learning from each other, making the invisible visible, focusing on social networks, connectivity and relationships, creating a city where every individual realises their own potential. You can learn more at www.edinburghthrive.com

The Edinburgh Health and Social Care Partnership is responsible for delivering community and bed-based health and social care services for adults in Edinburgh. It is made up of people employed by both the City of Edinburgh Council and NHS Lothian who work in health centres, GP Practices, community hospitals, care homes, nursing homes and communities across the city. Edinburgh Health and Social Care Partnership staff provide care and support for people with mental health problems, long term physical conditions, as well as substance misuse problems. The Edinburgh Health and Social Care Partnership also work with many charities, third sector and independent organisations to provide support.