



Let's coorie in for Winter

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 up once again to launch its wellbeing booklet: **Coorie in for Winter**

The free booklet focuses on the things we can all do to look after our mental health and wellbeing in our homes during the winter months whilst also encouraging us to get outside and embrace the benefits of nature.

It includes a range of resources to help people through the darker months. This includes recipe ideas, stories from Edinburgh's citizens, top tips for keeping well and useful contacts.

Dr Linda Irvine Fitzpatrick, Strategic Programme Manager at Thrive Edinburgh: 'We understand that winter and the festive period can be challenging for people. This booklet is designed to help you during these tough times with help from the people who know best – your fellow Edinburgh citizens. We are excited to share this uplifting resource throughout the city and encourage everyone to coorie in, stay connected and take some time to think about their mental health and wellbeing.'

Alana Genge from Health in Mind said: 'During the winter months, some of us might experience a dip in our mental health and wellbeing. That's why we are so glad to be teaming up with Thrive Edinburgh again to bring you Coorie in for Winter. It is full of ideas that can provide some extra help during this time. We hope that it will give you a boost, help you discover the different ways you keep well and be a source of much-needed information. It's been lovely putting it together and reading the contributions from citizens in Edinburgh.'

An online version can be downloaded from ithrive.org.uk and you can order a paper copy of the book by emailing ithrive@health-in-mind.org.uk

ENDS

Notes to Editor

For interviews and information, please contact Alana Genge, Communications Manager on: alana.genge@health-in-mind.org.uk or 07760 752996

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.