

TERTIARY PREVENTION:

“Minimising the negative consequences (harm) of a health issue through careful management.”

PLUS is a member-led mental health charity and social movement in Perth and Kinross. Working to values of trust, honesty, equality, justice, community spirit, partnership working, love and compassion.

PLUS PERTH, PERTH & KINROSS

PLUS is known for its local work related to recovery from mental distress and its significant contribution to the see me campaign, eradicating stigma in mental health. PLUS's awareness raising of recovery and wellbeing and community arts projects such as 'One Leaf- One Link' have been commended and used in other parts of the UK.

PLUS receives funding from a range of local and national sources, including from Perth and Kinross Council for collective advocacy and mental health promotion.

Membership

PLUS has around 400 members, four staff and 14 volunteers. Members are people who have experienced mental distress. However, the organisations

also has a Friends of PLUS membership so anyone who agrees with PLUS's values and principles can join.

How PLUS contributes to tertiary prevention

PLUS works on the founding principle that every single person is valuable and assists people in making better lives for themselves, providing the scaffolding for people to begin building a future for themselves upon.

Projects are identified by members, who decide on the most important priorities aligned to PLUS's vision and mission. One of the main reasons people get in touch with PLUS is to gain a sense of belonging and to find purpose after experiencing a hopeless period in their lives, often brought on by periods of mental distress.

These case studies were developed as part of a joint statement on prevention from Edinburgh Community Health Forum, Health and Social Care Alliance Scotland (the ALLIANCE), Scottish Community Development, and Voluntary Health Scotland.

They show what preventative approaches by the third and community sector look like in action.

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Many say they want to give back and help others who are in a similar situation that they once found themselves in.

Examples of projects include:

- Ropemakers Heritage Project, where members have led on the development of a heritage project focused on ropemaking workshops and historical walks.
- Horners Plot, a market garden in the centre of Perth. This is PLUS's flagship project, offering peace and tranquillity next to the busy South Street.
- A Poetry Group, an enjoyable weekly appreciation of poetry which has been running for many years, and offers time to slow down.
- Artvantage, an art group which emerged several years ago when PLUS members got together and did art. Artvantage have an impressive track record of exhibitions, installations and making art accessible to everyone.

- Loon Braes, a PLUS nature garden on the outskirts of Blairgowrie. Vibrant with flora and fauna it is set in the beautiful Scottish countryside. Volunteers learn about plants, birds and other creatures that visit the garden, and the area has a relaxed community feel to it.

By focusing on shared membership – being part of a 'club' – as opposed to providing a 'service' PLUS is growing a movement of people that agree with the same principles, that want to do the same things that they are actively pursuing. There's a sense of shared purpose.

Members therefore support each other similar to how it would be in any other close knit club. In PLUS founder and Manager, Susan Scott's words:

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"You know, if you're in a Rotary Club, University of Third Age, Women's Club, if you've got a group of people that all are of the same purpose, they'll help each other. They won't go "oh you're nothing to do with me. You're having a hard day. Well, just get on with it yourself." They'll rally round because that's what human do when they're part of the same club."

PLUS works for positive change for all citizens in Perth & Kinross, such as improving mental health and social services, ensuring people are equipped with the knowledge and information they need for good mental wellbeing, offering training to tackle stigma and prejudice and undertaking grass roots community regeneration projects.

The key to tertiary prevention, for PLUS, is valuing people as being able to contribute and take control of their own recovery.

"You're looking at people from a different lens. You're looking for people who have talents and who have abilities, gifts, and who can give something back. It was always the main thing was that people would come and they would say 'I want to give something back'"

[Find out more here.](#)