



Issue 8: December 2021

Upcoming awareness dates:

- 16 Days of Activism against Gender-based Violence: 25th November – 10th December
- Grief Awareness Week: 2nd – 8th December
- Human Rights Day: 10th December

NEWS

NEW COMMUNITIES FUND FOR MENTAL HEALTH AND WELLBEING FOR ADULTS

We are delighted to announce that this fund in the south of Scotland is now open for Dumfries and Galloway and the Scottish Borders. You can find Application Guidance and the link to the application form at www.tsdg.org.uk/cmhwf/

The new Scottish Government £15 million Communities Mental Health and Wellbeing Fund aims to support adult community-based initiatives across Scotland and is open to grass roots community groups and organisations to re-connect and revitalise communities.

Two online webinars will be held on Tuesday December 7th and Thursday December 9th from 2pm-3.30pm. The webinars will go through the high level detail of the funds guidance document, look briefly at the application form, and will include some tips on completing the application form.

To book a place at the webinar of your choice, please click here:

<https://www.eventbrite.co.uk/e/communities-mental-health-and-wellbeing-fund-webinar-tickets-215572843177>

16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE

The [16 Days of Activism against Gender-Based Violence](#) is an annual international campaign that started on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.

To pledge your support, please find following the link for the pledges online :

www.scotborders.gov.uk/whiteribbon Please can you ensure on any social media posts that you signpost to this link. If you would like a white ribbon to support the campaign please contact nikki.allman@berwickshirehousing.org.uk who will arrange for these to be posted to you.

SELF HELP AND SUPPORT DURING THE FESTIVE SEASON

NHS Borders Wellbeing Point – www.nhsborders.scot.nhs.uk/wellbeingpoint

NHS24 Mental Health Hub – Tel: 111 (**for urgent mental health support**)

NHS Inform – [resources for looking after your mental health](#)

Togetherall – [online community where people support each other](#) for over 16s

Samaritans – 24 hour helpline Tel: 116 123

Breathing Space – NHS24 emotional support helpline (evenings and weekends) Tel: 0800 83 85 87

SHOUT – 24 hour crisis textline 85258 www.giveusashout.org

Childline – online, on the phone, anytime - Tel: 0800 1111 www.childline.org.uk

Kooth – online support service for young people aged 11-18 www.kooth.com

Stay Alive App – www.stayalive.app for those at risk of suicide and people worried about someone

Brothers in Arms – ‘Thrive’ App for men’s mental health www.brothersinarmsscotland.co.uk

EVENTS

Saturday 4th December – 2.00pm at The Haining, Selkirk

BEREAVED BY SUICIDE MEMORIAL EVENT

The Memorial Event for People Bereaved by Suicide is the third annual memorial event for people in the Scottish Borders who have lost a loved one to suicide. This year people will be invited to walk together around the Haining Loch, stopping at the Cloutie Tree, a special place where people can remember their loved ones and celebrate their lives, and tie a ribbon or a wooden heart to the tree in their memory.

Please meet at the Haining car park at the front of the house. We will begin walking at 2pm round the loch. The full walk around the Haining Loch is 2 miles/2.5km, and is estimated to take around one hour to walk round, with additional time for stopping at the tree.

To let us know you're coming, please register here: <https://bbsmemorialevent.eventbrite.co.uk>

For further information or any queries please email health.improvement@borders.scot.nhs.uk

Monday 6th, 13th and 20th December - 7-9pm at Gala RFC (not meeting 27th Dec / 3rd Jan)

ANDY'S MAN CLUB

Last month the first Andy's Man Club in the Borders opened its doors in Galashiels. Andy's Man Club is a peer to peer support group for men (aged 18+) who have either been through a storm, are currently going through a storm or have a storm brewing in life. Andy's Man Club meets every Monday from 7pm (excluding English Bank Holidays) at Gala RFC Hospitality Suite (to the right when you enter through the gate). Find out more at <https://andysmanclub.co.uk/>

For support throughout the holidays you can signpost to the Brothers Thrive App to help men in Scotland to self-manage their mental health and you can connect with others through their community support options. Download the App for free here: <https://www.brothersinarmsscotland.co.uk>

Thursday 16th December – 2.00pm

QME CARE LIGHTING CERMONY

This year QME Care is creating a tree powered by memories this Christmas, to remember loved ones and friends who are no longer with us. The lighting ceremony will be held as part of the Christmas Carol Service. If you have made a memory tree donation and would like to join QME in lighting the tree, you are welcome to join the outdoor event at QME Care, Angraflat Road, Kelso, TD57NS.

To dedicate a light on our memory tree and help us light up QME Care with memories this Christmas visit: <https://www.justgiving.com/campaign/QMECareMemoryTree>

Tuesday 28th December, 6-9pm, Cafe Recharge (Galashiels)

CAFÉ POLARI – LGBT BORDERS

Cafe Polari is a drop in café for LGBT people and their friends. Break the social isolation, meet friends, chat and make new connections. Food and refreshments are available free or by donation. This is an alcohol free zone. If finance for transport stops you from attending email lgbtborders@gmail.com to find out more about financial support available.

RESOURCES

NEW Wellbeing College bitesize video – Mindful Stretching

Health in Mind has added a new video to the series of bitesize recordings released by the Wellbeing College that explore practical ways of looking after your mental health.

In the video ‘Mindful Stretching’, Health in Mind worker Anna takes you through a sequence of mindful stretches that you can do while lying down, and another sequence which is seated.

Other videos in the series cover breathing, sleep, food and mood, coping skills and conversations about mental health.

To view the videos [click here](#) and please share them with the people that you work with.

Togetherall resources

While the holiday season can represent joy, gratitude, and togetherness, it can also be associated with family and financial pressure, loneliness, anxiety and tension. Even if you look forward to the holidays, it’s normal to experience periods of stress or difficulty. If you’re not feeling festive and need some support to cope during the holiday season, Togetherall has some great resources that are available anytime.

Togetherall is also focusing on Grief Awareness Week in their social media this month, posting snippets of their advice and highlighting the support they have available. If you’re struggling with grief and need support, Togetherall has a free online course dedicated to coping with Grief & Loss.

‘Togetherall’ is a safe, online community where people support each other anonymously to improve mental health and wellbeing – it is a community for shared experiences and mutual support which is free to all residents aged 16+ in the Borders. Togetherall is supported by trained professionals and has a number of online programmes, courses and resources that are free to access.

To register you just need your postcode – visit <https://togetherall.com/en-gb/> to find out more.

TRAINING

WELLBEING COLLEGE COURSES

There are spaces left on the following courses in December:

- What is mental health recovery? – Wednesday 8th December (online)
- Winter wellbeing crafts – Tuesday 14th December (in person, Galashiels)

All courses are free of charge and open to anyone aged 16 or older, living in the Scottish Borders.

For more information and booking visit: <https://www.tickettailor.com/events/thewellbeingcollege>

MENTAL HEALTH AWARENESS TRAINING

Support in Mind Scotland – funded mental health training opportunities

Places available to anyone living or working rurally on the upcoming ‘An Insight into Mental Health’ awareness courses.

- 7th and 9th December: 10.00-12.00pm (must attend both days)
- 11th and 13th January: 10-30-12.30pm (must attend both days)

Find out more about the course and register: <https://www.supportinmindscotland.org.uk/training>

INFORMED LEVEL TRAINING with Borders Care Voice

Two x 90 minute sessions delivered via MS Teams (must attend both sessions)

Wednesday 12th and Wednesday 19th January

This course will help you understand mental health and how to look after your mental health, support you to have compassionate conversations with people who may be experiencing mental distress or who are at risk of suicide and to learn more about suicide prevention and keeping people safe.

Training delivered by Borders Care Voice - to register email training@borderscarevoice.org.uk

E-LEARNING – access anytime

LIVING WORKS START SUICIDE PREVENTION MODULE self- directed learning (60 – 90 mins)

This online course is a good introduction to learning suicide prevention skills, from the provider of the ASIST course. LivingWorks Start teaches you to recognise when someone is thinking about suicide and connect them to help and support. Using a four-step model to keep someone safe from suicide, you will have the chance to practice your skills with simulated conversations. Links to safety resources and support are available throughout.

To register for a licence email health.improvement@borders.scot.nhs.uk

ENHANCED LEVEL TRAINING

Public Health Scotland and NHS Education for Scotland (NES) have developed a series of masterclasses for people working at the 'Enhanced Level' of the [mental health improvement and suicide prevention framework](#). The 'Enhanced Level' focuses on the knowledge and skills required by **staff working in health and social care, and wider public services**, who have **regular and intense contact with people experiencing mental distress, mental ill health, and may be at risk of self-harm or suicide**, and whose **job role means they can provide direct interventions**.

All these one hour sessions will be managed through MS Teams. Booking via this link: [Mental Health Improvement, Self-Harm and Suicide Prevention Masterclasses \(office.com\)](#). Sessions will also be recorded and available on TURAS to watch at a later date.

10-11, December 14th 2021

RISK FACTORS, MOTIVATION TO COMPLETE AND SAFETY PLANNING - Professor Rory O'Connor, Professor of Health Psychology, University of Glasgow and President of the International Association for Suicide Prevention

10.30-11.30, February 23rd 2022

BEREAVEMENT BY SUICIDE - Dr Sharon McDonnell, Managing Director, Suicide Bereavement UK.

11-12, March 16th 2022

RECOVERY IN MENTAL HEALTH - Louise Christie, Director, Scottish Recovery Network.

GET IN TOUCH

This information bulletin was produced by:

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If you'd like to join our mailing list or talk to us about any of the news, events, resources or training above, you can get in touch with us by emailing health.improvement@borders.scot.nhs.uk



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VISIT NHS BORDERS WELLBEING POINT

Find out more about improving your wellbeing at www.nhsborders.scot.nhs.uk/wellbeingpoint

VISIT NHS BORDERS SUICIDE PREVENTION HUB

Find out more about suicide prevention resources at www.nhsborders.scot.nhs.uk/suicideprevention

