

Creating Hope in the Scottish Borders

Mental Health Improvement and Suicide Prevention



Information Bulletin – News / Events / Resources / Training

Issue 25: June 2023

Upcoming awareness dates:

5 – 11 June: [National Carers Week](#)

12 – 18 June: [Men's Health Week](#)

25 June: [Armed Forces Day](#)

NEWS

NEW BREATHING SPACE BENCH

A new 'Breathing Space' bench at the Cloutie Tree at the Haining in Selkirk was launched on 24th May, in partnership with NHS24 and the After A Suicide Working Group. The bench is located where the annual memorial event for people bereaved by suicide takes place. The bench provides a special place to pause, breathe, and embrace nature. Click [here](#) to find directions if you'd like to visit the Cloutie Tree and Breathing Space bench.



MENTALLY HEALTHY COMMUNITIES AND SUICIDE SAFER COMMUNITIES WORKSHOP

We had some lively discussions at the initial workshop for developing the Mentally Healthy Communities and Suicide Safer Communities parts of the Mental Health Improvement and Suicide Prevention Action Plan at Melrose Corn Exchange during Mental Health Awareness. Thank you to everyone who came along – over 50 people attended from over 20 organisations and groups so we are confident that there is an appetite for taking this work forward. The information from the workshop is still being processed but from the feedback given by each group, the ideas were themed around:

- The need for a better directory to enhance connectivity and information sharing;
- The need for better public visibility – something like a brand or a badge/sticker (like Dementia Friendly) that links what we are doing and identifies safe spaces / supportive people;
- Working in partnership better – e.g. integrated support at physical hubs people can go to;
- Training and resources we can all use and share – sharing good practice, sharing across services;
- Acknowledge and support groups in communities that support people well – celebrate existing activity.

HEALTHIER, HAPPIER STRONGER FUND OPEN FOR APPLICATIONS

The new Scottish Borders fund to support voluntary, community and charity organisations and groups organise projects and activities that provide health and wellbeing benefits to adults is open for applications. Organisations can apply for up to £5,000 towards the cost of creating or running an activity or project that provides nutritional, social, physical, emotional and/or mental wellbeing support to adults. There will be regular decision panels about the funding throughout the year.

Further information: [Healthier, Happier, Stronger Fund | Scottish Borders Council \(scotborders.gov.uk\)](#)

SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2023

Talking Heads Project volunteering opportunity at the festival

The Mental Health Foundation is seeking volunteers to take part in their Talking Heads project, which creates opportunities to engage in the arts and mental health, and produce creative responses to their

events including written articles, interviews, audio and video content, photography, illustrations and more. Training will be provided in having conversations about mental health and developing the skills you need to get the most out of the project. This project is open to anyone aged over 18 who is living in Scotland and has experience of mental health issues in some way. No experience is required but applicants should be able to demonstrate an interest in mental health and the arts or creative activities.

The deadline for applications is Friday 9th June.

If you would like further information about the project please contact Rob Dickie at rdickie@mentalhealth.org.uk.

Festival submissions

The annual Scottish Mental Health Arts festival will take place between 4th – 22nd October. The theme for the festival is 'Revolution'. We are working with Live Borders and Health in Mind to plan some events including a day of festival activity at the Melrose Corn Exchange on Saturday 21st October. If any local organisations or groups would like to include an event in the national programme please get in touch – the early event submission deadline is 7th July with final submissions on 21st July.

If you'd like to find out more please email steph.mackenzie@borders.scot.nhs.uk

BERWICKSHIRE HOUSING ASSOCIATION 'BE WELL' PROJECT

We were pleased to receive an update recently from Dougie Paterson at Berwickshire Housing Association (BHA) about the 'Be Well Project' which provides early intervention support to BHA tenants. The partnership project with Penumbra is funded jointly by BHA, various trusts and the Communities Mental Health and Wellbeing Fund. Support is given to tenants within a few days by Penumbra who provide quick and effective support. The support is aimed at people at most at risk of losing their tenancy.

For further information about the project email Dougie.Paterson@berwickshirehousing.org.uk

ARMED FORCES SUICIDE PREVENTION STRATEGY AND ACTION PLAN

As it is Armed Forces Day at the end of the month, we thought it was a good opportunity to inform you of the Armed Forces Suicide Prevention Strategy for the UK which has recently been launched by the Ministry of Defence.

- **Link to Armed Forces suicide prevention strategy – [CLICK HERE](#)**

In the Borders Veterans First Point (V1P) are able to offer confidential help and assistance to Veterans, whatever their needs may be. V1P support physical health and psychological well-being, are there to listen and can provide a one-stop source of information and signposting to other services where appropriate. For more information please contact: T: 01896 668551 or Email: V1P@borders.scot.nhs.uk

EVENTS

Thursday 15 June, 9.30-11.00 am on MS Teams

SUPPORTING MENTALLY HEALTHY WORKPLACES: NATIONAL LEARNING NETWORK FOR EMPLOYERS – BOOK NOW PLACES ARE LIMITED

The Scottish Government, Public Health Scotland and See Me recently established the '**Supporting Mentally Healthy Workplaces: National Learning Network for Employers**'. Employers of any size across the whole of Scotland are invited to join for free. The network complements the 'Supporting mentally healthy workplaces' employer platform, which signposts employers to a wide range of free mental health and wellbeing resources and information.

Through the network you can learn what employers across Scotland are doing to support mental health and wellbeing in the workplace, and share your experiences with others in a dedicated peer learning space. Anyone who has leadership responsibility within their organisation for supporting and promoting mental health and wellbeing in the workplace is encouraged to join.

The next Network event will take place on Thursday 15 June, 9.30-11.00 am on MS Teams. This will have a focus on supporting men's mental health in the workplace. To sign up for the event click [HERE](#)

Mondays - 7-9pm at Gala RFC

ANDY'S MAN CLUB

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/>**

Tuesday 27th June, 6-9pm, Cafe Recharge (Galashiels)

CAFÉ POLARI

Café Polari is a monthly drop in café for LGBT people and their friends to meet up and make new connections. All welcome in this safe and supportive space run by Scottish Borders LGBT Equality. Alcohol free zone.

1st Tuesday of the month, 6:30 - 8:30pm, Old Gala House.

SURVIVORS OF BEREAVEMENT BY SUICIDE LOCAL SUPPORT GROUP

Contact the local Co-ordinator on 0770 4691 111 or email scottishborders@uksobs.org

RESOURCES

SUPPORTING MENTALLY HEALTHY WORKPLACES RESOURCES

For guidance and support on creating a mentally healthy workplace visit www.healthyworkinglives.scot/mentalhealth and for information on See Me in Work visit www.seemescotland.org/workplace/see-me-in-work

RESOURCES FOR SOCIAL WORKERS: POETRY FOR WELLBEING

The Binks Hub recently launched a new 'Poetry for Wellbeing' toolkit for social workers. The toolkit offers a practical guide to running your own poetry group, with an emphasis on how reading and writing poetry can support positive mental health, and is available for anyone to use and download. Although the toolkit was developed for social workers, the exercises will work well for anyone who works with people, addressing the challenges that come with that and offering a way to come home to ourselves.

Access the toolkit [HERE](#) - [Running Your Own Poetry for Wellbeing Workshops - Projects - Scottish Poetry Library](#)

SUICIDE BEREAVEMENT SUPPORT FOR WORKPLACES

Cruse Scotland is funded by the Scottish Government to provide free bereavement support for workplaces affected by suicide. They are highly trained and experienced in dealing with grief following a suicide.

Contact info@cruseScotland.org.uk to access this support.

More information about Cruse Scotland Bereavement Support is available [HERE](#)

TRAINING

BORDERS CARE VOICE MENTAL HEALTH TRAINING

All courses below can be booked via Borders Care Learning Network. To book a place for any of the courses below please fill out and submit the booking form at this link: [Training Booking Form \(office.com\)](#)

Course	Description	Date	Time	Platform
Scotland's Mental Health First Aid	Basic information about mental health problems, aimed at building confidence in approaching and supporting someone in distress.	Monday 5th and Monday 12th June	9.30am – 5.00pm	Face to face - Galashiels
Wave After Wave Suicide Bereavement training	Understanding grief and suicide bereavement, providing a compassionate response.	Wednesday 28th June	9.00am – 1.00pm	Face to face - Galashiels

MENTAL HEALTH AND SUICIDE PREVENTION TRAINING INFORMATION

A catalogue is available on the Wellbeing point that sets out the training available at the Informed, Skilled and Enhanced Levels of the Knowledge and Skills framework for Mental Health Improvement and Suicide Prevention. **You can download the PDF [HERE](#)**

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

GET IN TOUCH

This information bulletin was produced by Charlotte Jones, Health Improvement Specialist (Mental Health and Suicide Prevention) and Steph MacKenzie, Health Improvement Specialist (Mental Health) Joint Health Improvement Team, Public Health.

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

