

Creating Hope in the Scottish Borders

Mental Health Improvement and Suicide Prevention



Information Bulletin – News / Events / Resources / Training

Issue 26: July/August 2023

Upcoming awareness dates:

24th July (24/7): [Samaritans Awareness Day](#)

NEWS

NATIONAL SUICIDE PREVENTION CREATING HOPE ACTION PLAN - BORDERS 'GO-LIVE' EVENT

On Wednesday the 28th June various partners joined individuals from the Scottish Government and COSLA (Convention of Scottish Local Authorities) in the Borders to attend the 'go-live' event for the national suicide prevention 'Creating Hope Together' strategy and action plan. The Borders was chosen in recognition of the work done locally by partners on suicide prevention including developing our own local action plan. Many thanks to Borders College for hosting the event and to everyone who attended.

Haylis Smith was announced as the new National Delivery Lead for Suicide Prevention Scotland and the organisations leading the outcomes for the national Strategy were also announced – they included Samaritans, SAMH, Penumbra, Change Mental Health and Public Health Scotland. Claire McElroy and Charlotte Jones spoke about our local plan and how this links to the national plan. Angela and Doug from Quarriers spoke about Quarriers Resilience for Wellbeing Service and the Rugby Partnership, and Ross, Helen and Andrew spoke about Peer Support in the Borders.

A new film about some of the local work was produced by the Scottish Government, you can watch the film [HERE](#).

To find out more about the recent Suicide Prevention Scotland announcements click [HERE](#).

NEW MENTAL HEALTH AND WELLBEING STRATEGY FOR SCOTLAND: PREVENT, PROMOTE, PROVIDE

A new strategy to improve the mental health and wellbeing of people across Scotland has just been published. The Mental Health and Wellbeing Strategy, published in partnership with the Scottish Government and the Convention of Scottish Local Authorities (COSLA), is built around three pillars of "Promote, Prevent, Provide":

- promoting positive mental health and wellbeing
- preventing mental health issues occurring or escalating while tackling underlying causes
- providing mental health and wellbeing support and care.

The strategy reflects views from more than 18 months of consultation (which we contributed to as a partnership), with a particular focus on the voices of lived experience and the role of inequalities. It details the standard of help people can expect, and outlines that it should be available locally where possible. It also recognises that specialist services are a crucial part of a high-functioning mental health system.

Social determinants and underlying causes of poor mental health have shaped the new approach, with a renewed focus on prevention and early intervention. There will also be a Delivery Plan and Workforce Action Plan which will be published in the Autumn.

Download the new strategy: [Improving mental health and wellbeing - gov.scot \(www.gov.scot\)](#)

SEEKING VIEWS ABOUT LIVE BORDERS SERVICES

Live Borders and the Council is currently undertaking a joint review of the future of public sport, leisure and cultural services and facilities and is seeking views from the public and a wide range of stakeholders. As key services and facilities for supporting good mental health and wellbeing across the Borders we are encouraging everyone to get involved.

Timetable of engagement events:

- Coldstream Community Centre - Thursday 27 July
- Peebles Burgh Hall - Monday 31 July
- Jedburgh Town Hall - Tuesday 1 August
- Hawick Town Hall - Thursday 3 August
- Gala Volunteer Hall - Monday 7 August
- Eyemouth Community Centre - Tuesday 8 August
- Selkirk Victoria Hall - Monday 14 August
- Kelso Tait Hall - Tuesday 15 August
- Duns Southfield Community Centre - Thursday 17 August

Each event will include a drop-in session, open to all, from 2.30pm to 6pm, and a structured discussion from 7pm to 8.30pm which will include a short presentation. The latter will be aimed at invited stakeholders, however places will be available to book for anyone else interested in attending. Further details of how to book will be available from the Council and Live Borders websites and social media channels in due course.

The public survey can be accessed via www.scotborders.gov.uk/jointreview

CASH FIRST PILOT TO ADDRESS GROWING DEMAND FOR FOODBACK SUPPORT

The consortium of Scottish Borders Citizen Advice Bureaux (CAB) is taking part in a six month Scottish Government pilot to address the growing demand for foodbank support, called Cash First. The pilot launched on 12 June 2023. They are asking all partners and organisations working directly with people living in the Scottish Borders to raise the profile of this support over the coming months.

There is no target audience for this pilot. It aims to support anyone who is experiencing food insecurity by providing an immediate payment of £25 per person in the household and is offered in place of a foodbank referral. This offering is to address the emergency need for food to then allow the CAB to offer income maximisation advice and support to address the root cause of the issue.

Should you need to refer anyone into the service, a referral form can be obtained and sent back to the closest CAB office to the client's home address:

Central Borders enquiries@centralborderscab.casonline.org.uk

Peebles manager@peeblescab.casonline.org.uk

Roxburgh & Berwickshire enquiries@roxburghcab.casonline.org.uk

ANNUAL SAMARITANS AWARENESS CAMPAIGN – TALK TO US

24 July (24/7) is Samaritans Awareness Day, because they're there to listen 24/7. On this date and throughout July, Samaritans will be running the awareness-raising campaign Talk to Us, to remind people of their listening services. Did you know that in addition to their helpline 116 123, the Samaritans also has an email and letter writing service for people who prefer to write things down, and a self-help App so you can keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.

If you'd like to help raise awareness for #TalkToUs and #SamaritansAwarenessDay then please share the [downloadable social media assets throughout July](#). You can also order printed signposting materials, such as leaflets and posters, [please sign up to access our online Brand Centre](#).

NATIONAL LOTTERY FUNDING FOR ARTS AND MENTAL HEALTH

New funds are available to help groups and organisations increase and improve participatory arts and mental health provision in Scotland's local communities.

Launched by Creative Scotland in a new partnership with the Baring Foundation and the Mental Health Foundation, the new **Participatory Arts and Mental Health Fund** is backed with £145,000 from The National Lottery through Creative Scotland and The Baring Foundation. The application deadline is 18th July.

For further information, visit:

[Reimagining Arts and Mental Health - Groups invited to apply for new funding | Creative Scotland](#)

EVENTS

Health in Mind groups – various dates

Group Work, Workshops and Walks

Health in Mind is currently running a series of group workshops about 'Your 5 Ways to Wellbeing' in Duns, Galashiels and Peebles. They are also running gentle summertime walks throughout July and August at The Haining, Abbotsford and Harestanes which are easy paced and peer led by trained walk leaders.

For more information visit: [Health in Mind | Groups and Workshops in the Scottish Borders \(health-in-mind.org.uk\)](#)

Listening Space peer support groups

Listening Spaces are safe spaces where you can explore your mental health recovery with peers and are facilitated by a member of staff or trained volunteer. They take place in Peebles, Eyemouth, Duns, Tweedbank, Hawick, Kelso, Galashiels, Jedburgh and online.

Find out more at: [Health in Mind | Listening Spaces in the Scottish Borders \(health-in-mind.org.uk\)](#)

Serendipity Recovery Community Network – various dates

The Serendipity Recovery Community Network has a variety of activities at their wellness and recovery hub in Galashiels. These include a walking group, music and mindfulness, fitness classes and more.

Further information is available by joining their private Facebook group at:

<https://www.facebook.com/groups/SerendipityRecovery/>

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 25th August, 6-9pm, Cafe Recharge (Galashiels)

CAFÉ POLARI

Café Polari takes place on the last Tuesday of every month. It 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

Wednesday 23rd August, 11am to 1pm, on Zoom

RURAL MENTAL HEALTH FORUM

The next Rural Mental Health Forum, hosted by Change Mental Health, will be held on 23rd August and will feature the Scottish Government's Wellbeing and Prevention Unit speaking about supporting people with money worries and mental health. Inspiring Scotland will also be speaking about access to mental health support and services for autistic people and people with learning disabilities.

To sign up visit: [National Rural Mental Health Forum Seminar Tickets, Wed 23 Aug 2023 at 11:00 | Eventbrite](#)

To find out more about the Forum visit: [National Rural Mental Health Forum - Change Mental Health \(changemh.org\)](#)

RESOURCES

TOGETHERALL DIGITAL SUPPORT FOR SUMMER

A reminder that everyone aged 16 plus in the Borders has access to Togetherall, the digital mental health support service. Togetherall is a safe, anonymous space where people can share their feelings and support each other, as well as access practical tools and resources. You can gain access in minutes by registering and the site is available all day, every day, and monitored round the clock by mental health professionals.

Find out more and register here - [Togetherall](#)

SELF-HARM NETWORK SCOTLAND

The Self-harm Network Scotland is supported by Penumbra and has an excellent website with compassionate support, resources and information for people who self-harm as well as their friends, families and professionals.

Find out more: [Home - Self-Harm Network Scotland Penumbra \(selfharmnetworkscotland.org.uk\)](#)

WITH US, FOR US – LIVED EXPERIENCE ENGAGEMENT PROGRAMME

With Us, For Us is a lived experience engagement programme delivered by Scottish Recovery Network and VOX Scotland to support Healthcare Improvement Scotland's work on the Personality Disorder Improvement Programme. There is lots of learning and free resources to help make lived experience a key driver for projects, services or organisations, including a free practice learning workbook and an animation about putting people at the heart of mental health support.

Find out more by clicking here - [With Us, For Us - Scottish Recovery Network](#)

TRAINING

RURAL CONNECTIONS MENTAL HEALTH AWARENESS TRAINING

Rural Connections is fully funded introductory mental health awareness training for rural organisations and businesses with fewer than 50 members of staff. Change Mental Health (previously known as Support in Mind) is offering the training to support businesses to implement and strengthen workplace wellbeing policies and activities. The course is a 4-hour session online and is next available on Wednesday 5th July.

To find out more visit: [Rural Connections - Training - Change Mental Health \(changemh.org\)](#)

CHANGES TO MENTAL HEALTH FIRST AID TRAINING

We have received an update about a change within the Scottish Mental Health First Aid programme (SMHFA), following recent engagement with MHFA International (Owners of the licenced Product). Public Health Scotland as a Licence Holder of the Mental Health First Aid Programme has been instructed to make changes to the ALGEE Action Plan in Scotland Mental Health First Aid Programme. This is to ensure that Scotland is in line with all other International Programmes.

The changes in the ALGEE Action plan are:

<p>Change from Current text on the Scottish Mental Health First Aid ALGEE Model:</p> <ul style="list-style-type: none"> • Ask about Suicide • Listen and communicate non-judgementally • Give reassurance and information • Encourage the person to get appropriate help • Encourage self-help strategies 	<p>Change to MHFA International Standard ALGEE™ Action Plan change to:</p> <ul style="list-style-type: none"> • Approach, Assess and Assist with any crisis • Listen and communicate non-judgementally • Give support and information • Encourage the person to seek appropriate professional help • Encourage other supports
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The change will come into effect on the **1st July 2023**.

All SMHFA Trainers have been alerted to the change and engagement sessions have been held throughout June and all trainer materials updated in time for 1st July 2023. All training from this date will follow the international standard.

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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For our updates on Instagram please follow [@small_changes_nhs_borders](#)



VISIT NHS BORDERS SUICIDE PREVENTION HUB
Find out more about suicide prevention resources at www.nhsborders.scot.nhs.uk/suicideprevention

VISIT NHS BORDERS WELLBEING POINT
Find out more about improving your wellbeing at www.nhsborders.scot.nhs.uk/wellbeingpoint

