

Creating Hope in the Scottish Borders

Mental Health Improvement and Suicide Prevention



Information Bulletin – News / Events / Resources / Training

Issue 27: September 2023

Upcoming awareness dates:

[World Suicide Prevention Day](#): 10 September 2023

[Self Management Week](#): 18 - 23 September 2023

NEWS

SUICIDE PREVENTION AWARENESS WEEK

We will once again be marking the Suicide Prevention Awareness Week with several activities linked to the international theme 'Creating Hope Through Action'.

These include:

- An information and awareness stand with Police Scotland at the **Galashiels Transport Interchange** on **Thursday 7th September** – please come along and say hello if you're in the area;
- 'Creating Hope' and 'Be Suicide ALERT' **training sessions** with the Recovery Forum, Eildon Housing and the NHS Borders Allied Health Professionals team;
- Distribution of **Time, Space, Compassion posters** and corresponding information about the approach - please get in touch if you'd like copies;
- A '**Hopeful Steps**' walk on **Friday 15th September**. The walk will take place from 2-3pm starting and finishing at Gala Rugby Club. See the events listing below for details of how to register;
- A webinar hosted by **Kooth** on Tuesday 12th September where you can hear more about the support they provide and how young people can access this.

SCOTTISH RECOVERY NETWORK – BE PART OF PEER SUPPORT IN ACTION

The Scottish Recovery Network has started a campaign to support and showcase all the peer support activity that is happening across Scotland. There are several ways to connect with the campaign:

- Join one of the participatory online events – the first one is on Thursday 21st September and is about Peer-led learning and the difference it makes.
- Tune into the 'Peer Chat Live at Lunch' session which is a 30 minute online discussion and Q&A, broadcast on both Facebook and Twitter.
- Check out the resources at the Peer Recovery Hub – there are Peer Group Facilitation Guides, resources for running Peer2Peer courses and a podcast series. The Peer Recovery Hub is being refreshed and relaunched, in the meantime there are still lots of resources on their Resources page, including a free toolkit for Peer Support at Birth, Baby and Beyond.
- There are also two new guides which the SRN has created with United to Prevent Suicide and the Suicide Prevention Scotland Lived Experience Panel. The guides are to support the sharing and gathering of experiences of mental health and suicide and can be downloaded [HERE](#).

To find out more about the Peer Support in Action campaign click here: [Be part of Peer Support in Action! - Scottish Recovery Network](#)

SUICIDE PREVENTION SCOTLAND'S LIVED EXPERIENCE PANEL

The Lived Experience Panel is recruiting new members. They are looking for people from across Scotland with experience of suicide to share their views to help shape suicide prevention work in Scotland. Closing date for applications is Tuesday 5th September. For more information, click [HERE](#).

SUICIDE PREVENTION SCOTLAND'S YOUTH ADVISORY GROUP

The Youth Advisory Group is recruiting new members. The group is for young people aged 16-24 who have tried to take their own life, or who have suicidal thoughts. It is also for people who have experienced suicide and those who suffer from poor mental health. Young people must have a supporting adult / referring organisation for support. Applications are due by 7th September. To find out more click [HERE](#).

EVENTS

Thursdays 7, 14, 21 and 28 September, 10am – 1pm, Galashiels

CYCLE RIDES WITH HEALTH IN MIND AND HIKE & BIKE HUB

In partnership with Hike & Bike Hub (Galashiels), Health in Mind are pleased to offer led cycle rides. The sessions will cover familiarisation with the bikes (moving off, controlling speed & direction and stopping safely), before a short led ride along the Boleside cycle route. All abilities and fitness welcome – no one gets left behind!

Dates: Thursdays 7, 14, 21 and 28 September

Time: 10am-1pm

Group size: 4-6 (dependent on participants' ability and cycling confidence).

Cycling lessons for people who have not cycled before, or who need to remember how to cycle, can be offered on a 1-to-1 basis, outside of the sessions listed above. Please contact for more information. Bikes will be provided. You can use your own bike provided it passes safety checks.

To access all of Health in Mind's groups and workshops visit [Health in Mind | Groups and Workshops in the Scottish Borders \(health-in-mind.org.uk\)](#) or telephone 0131 225 8508.

8 – 9 September: Edinburgh and online

FLUSHFEST MENOPAUSE FESTIVAL

The world's first Menopause Festival returns to Edinburgh for its fifth year. Entertainment, interactive workshops, arts & wellbeing and talks.

To find out more visit www.flushfest.net

Tuesday 12th September 2-3pm

KOOTH WEBINAR

Kooth are a mental health support website who provide support to 10 - 18 year old's in the Scottish Borders. Kooth are holding a webinar information session on Tuesday 12th September 2 - 3pm where you can hear about the support they provide and how young people can access this. Click below to register for the information session:

[Scottish Borders Kooth Information Session Tickets, Tue 12 Sep 2023 at 14:00 | Eventbrite](#)

Friday 15 September: 2 – 3pm meet at Gala Rugby Club 1.45pm

HOPEFUL STEPS WALK FOR SUICIDE PREVENTION AWARENESS WEEK

A 'Hopeful Steps' walk has been organised in partnership with 'Walk It' to bring people together for Suicide Prevention Awareness Week. The walk will take place from 2-3pm with time for refreshments afterwards at Gala Rugby Club. Support information will also be available. The walk will be low-level and led by walk leaders. Please feel free to bring any friends and family. Whether you've been affected by suicide in any way or you've not, everyone is welcome to come along and join us to walk and talk about what gives you hope.

To register for the walk please click [here](#) or visit: <https://hopefulstepssuicideprevention.eventbrite.com/>

Further details:

- ✓ **When:** Friday 15th September 2023 2pm (registration from 1:45pm)
- ✓ **Where:** Meet inside Gala Rugby Club, Galashiels, TD1 3HE.

If you'd like more information, please get in touch with Charlotte.

18 – 21 September: Glasgow and online

SELF MANAGEMENT WEEK 2023 – programme of events

The ALLIANCE (Health and Social Care Alliance Scotland) hosts a Self Management celebration annually, celebrating self management across Scotland. In 2023, Self Management Week will run from 18-21 September with online, in person and hybrid events. The aim of the week is to bring people together and share learning across the Self Management Network Scotland, the Self Management Fund projects and the wider ALLIANCE membership.

To view the programme of events, click [HERE](#)

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

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 26 September, 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.

4 – 22 October 2023

SCOTTISH MENTAL HEALTH ARTS FESTIVAL

The Scottish Mental Health Arts Festival will be happening in October and the full programme is being launched on Monday 4th September. You can download the full programme for events across Scotland at www.mhfestival.com

There are some local events happening which we'd love to see you at!

- **Saturday 7th October, doors 7pm, performance 7.30 – 8.30pm at Melrose Corn Exchange**
'HYSTERICAL' – A NEW PLAY FROM KOI COLLECTIVE

This play has been commissioned by Live Borders for the arts festival and is a freefall through a categorically inaccurate history of mad women.

Subsidised tickets are £5

For further information and to book visit the [Live Borders website](#)

- **Saturday 21st October – between 10.00am – 6.00pm at Melrose Corn Exchange**
'CREATE' AND RISE UP!

Join us for a day of free relaxed and creative workshops, music and live performances - discover how getting creative can help prevent and improve mental health. The day will include uplifting music and art workshops led by Health in Mind, Health in Harmony Choir, the NHS Borders Arts Therapies Team with Live Borders Arts & Creativity. Our free workshops are informal, fun, creative and a great way to connect, and immerse yourself in something different.

There will be opportunities to meet new people, have a cuppa and to join in a relaxed performance and exhibition at the end of the day. No previous musical or arts skills are needed!

For further information visit the [Live Borders website](#) – free tickets coming soon.

RESOURCES

A MANUAL FOR ME - A SUICIDE PREVENTION TOOLKIT AIMED AT THE LGBT+ COMMUNITY

The resource is intended for people to use to help plan for times when they might start to struggle with mental health. This could include times when they might be thinking about suicide.

Access the LGBT Health toolkit [here](#)

SUPPORTING MENTAL HEALTH AND MONEY WORRIES – ADVICE FOR FRONTLINE STAFF

A new advice pack has been developed by Change Mental Health and other partners to support people with mental health and money worries. The purpose of the pack is to provide advice on how to best support people experiencing mental health and wellbeing challenges as a result of increased money worries and ensure people (advisers and those they support) are able to access information on relevant sources of available support. It also highlights a range of training opportunities available to develop and improve awareness of mental health and wellbeing issues.

You can access the pack by downloading the PDF at [this link](#).

HELP TO TACKLE MONEY WORRIES

NHS Borders also has a resource for tackling money worries. The Money Worries App contains a digital directory with information about support services available nationally and locally in the Scottish Borders. The user-friendly design and content are divided into four key areas; Money, Health, Housing and Work. Once you have downloaded the app, just click on one of these sections to obtain valuable advice and relevant contacts that can help you access support. There is also useful information on a variety of issues ranging from advice on energy saving, debt and health problems or disabilities at work; to more urgent help with emotional distress and social care services.

The app can be downloaded by searching for NHS Borders Money Worries App on either the Apple App store or Google Playstore or directly at:

- Android: <https://play.google.com/store/apps/details?id=com.mtcmobile.nhsbordersapp>
- Apple: <https://apps.apple.com/gb/app/nhs-borders/id1548685536>

SUPPORTING NHS STAFF AFTER THE DEATH BY SUICIDE OF A COLLEAGUE

Postvention guidance for supporting NHS staff following the death by suicide of a colleague was launched recently. The guidance covers sections on Preparation, Immediate Respond, Ongoing Response and Review and includes a range of resources, signposting information and tools to aid postvention response.

Access the guidance [here](#).

SHARING AND GATHERING EXPERIENCES OF MENTAL HEALTH AND SUICIDE

Two new resources have been developed as a result of a collaboration between Scottish Recovery Network, Lived Experience Panel and the United to Prevent Suicide social movement. Guide 1 is for people preparing to share their lived experiences (individuals) and includes information about why we share our experiences, safety, wellbeing and where we can share our experiences. Guide 2 is for people who support people to share their lived experiences (organisations and services).

To access these resources click [here](#).

TRAINING

Scottish Mental Health First Aid (SMHFA)

This 2-day training course does not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress. It also helps mental health first aiders to assist those with mental health problems and mental illness, to enable them to get help and to help themselves and to support people in recovery.

Dates	Monday 18th & Monday 25th September 2023
8.55 – 5pm	You must be able to attend both dates
Venue	Borders Care Voice Office, Bridge Street, Galashiels
Contact	training@borderscarevoice.org.uk

Wave after wave suicide bereavement training

Training covers:

- Statistics and context - the prevalence and impact of suicide bereavement in the Scottish Borders
- Understanding grief and suicide bereavement
- Providing a compassionate response to suicide bereavement
- The impact of working with suicide bereavement on staff and strategies to manage wellbeing.

Dates	Thursday 28th September
Time	9am-1pm
Venue	Borders Care Voice Office, Bridge Street, Galashiels
Contact	training@borderscarevoice.org.uk

NEW! MENTAL HEALTH AND SUICIDE PREVENTION TRAINING INFORMATION

There are now two catalogues available on the Wellbeing point that set out the training available at the Informed, Skilled and Enhanced Levels of the Knowledge and Skills framework for Mental Health Improvement and Suicide Prevention, one for adults and one for people working with children and young people. **You can download the Adults catalogue (PDF) [HERE](#) and the new Children and Young People's catalogue (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



For our updates on Facebook please follow [NHS Borders Small Changes, Big Difference](#)



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

