

Creating Hope in the Scottish Borders

Mental Health Improvement and Suicide Prevention



Information Bulletin – News / Events / Resources / Training

Issue 28: October 2023

Upcoming awareness dates:

[Challenge Poverty Week](#): 2nd – 8th October

[World Mental Health Day](#): 10th October 2023

[Scottish Mental Health Arts Festival](#): 4th – 22nd October 2023

[World Menopause Day](#): 18th October 2023

NEWS

SUICIDE PREVENTION AWARENESS WEEK

We marked Suicide Prevention Awareness Week in September with several activities linked to the international theme 'Creating Hope Through Action'. These included an information and awareness stand with Police Scotland at the Galashiels Transport Interchange; 'Creating Hope' and 'Be Suicide ALERT' training sessions with the Recovery Forum, Eildon Housing and the NHS Borders Allied Health Professionals team; and, a 'Hopeful Steps' walk which over 50 people came along to. **If you'd like to access our resources for suicide prevention you can find them at nhsborders.scot.nhs.uk/suicideprevention**



COMMUNITIES MENTAL HEALTH AND WELLBEING FUND – ROUND 3

The Communities Mental Health and Wellbeing Fund for adults opened for applications on Friday 29th September 2023. In round three, a further £15 million is available to community organisations across Scotland for 2023/24 with £319,680 allocated to the Scottish Borders.

The Fund is open to projects supporting those aged 16 and over and has a strong focus on prevention and early intervention. It aims to help tackle the impact of social isolation, loneliness and mental health inequalities made worse by the cost of living crisis.

Applications for funding should once again be made via the Third Sector Interface in Dumfries and Galloway, the email address for queries is wellbeingfund@tsdg.org.uk and further details can be found on the TSDG website at www.tsdg.org.uk/cmhwf/cmhwf-r3/

MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT

World Mental Health Day 2023 is on the 10th October and the international theme this year is 'Mental health is a universal human right'. The day is an opportunity to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health and this is why, in our local action plan, we are striving to promote the conditions that protect against poor mental health and also to reduce mental health inequalities. We're encouraging everyone to take action this World Mental Health Day and here are three suggestions for what you could do:

1. **Find out 'what works' to protect mental health and prevent problems.** Check out these [evidence based tips from the Mental Health Foundation](#);
2. **Find out where to get help.** This page on the [Mental Health Foundation website](#) is useful or find out more about our local service [HERE](#)
3. **Join in with the Mental Health Foundation's campaign** by talking about mental health – hold a 'Tea and Talk' event, spread the word on social media or check out their tips for talking about your own mental health or talking to someone else about their mental health. Find out more [HERE](#)

EVENTS

4 – 22 October 2023

SCOTTISH MENTAL HEALTH ARTS FESTIVAL

The Scottish Mental Health Arts Festival is happening in October and you can download the full programme for events across Scotland at www.mhfestival.com

There are local events happening too:



- **NOT, INTERRUPTED: A SERIES OF FILMS THAT EXPLORE MENTAL HEALTH ON THE BIG SCREEN – ALL SHOWING AT THE HEART OF HAWICK**
 - **The Night of the Iguana** – 2.00pm on Wed 4th October
 - **Girl, Interrupted** – 5.00pm on Wed 4th October
 - **The Snake Pit** – 2.00pm on Wed 11th October
 - **Donnie Darko** – 5.00pm on Wed 11th October
 - **Persona** – 2.00pm on Wed 18th October
 - **Virgin Suicides** – 7.00pm on Wed 18th October

Afternoon films £3 / Evening films £5 – for further information and bookings - [Live Borders website](#)
- **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! FREE WORKSHOPS AND PERFORMANCES

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!

Morning creative workshops (10.30am – 12.30pm):

 - **Body, Breath and Creativity taster session** with Vicky Inam
 - **Creative Writing workshop** with Health in Mind - relaxed and friendly poetry writing for all levels of reading and writing, exploring the Six Ways to Wellbeing
 - **Drop in craft workshop** with Health in Mind - beginner’s macramé, origami, felting and many more. Join us to explore different ways to relax using simple arts and crafts

Afternoon creative workshops (1.00pm – 3.00pm):

 - **Rise Up! Art Workshop** with NHS Borders Art Therapist Manny
 - **Rise Up! Song writing workshop** with NHS Borders Music Therapist Rory
 - **Rise Up! Singing workshop** with composer and choir leader Moira Morrison and the NHS Borders Health in Harmony choir

Afternoon performances:

 - **3.00pm – 4.00pm: Rise Up! A performance** that brings together the three afternoon workshops in a celebration of creativity and wellbeing
 - **4.15pm – 5.15pm: Pieces of a Jigsaw – Script Reading** A reworked play written in 2006 by Ross Mackie and Evelyn Hood. Includes new monologues from people with lived experience from the Borders. Developed with support from NHS Borders mental health services and Health in Mind.

For further information and to book tickets for each session please visit the [Live Borders website](#).

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 31st October, 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.

Tuesday 14th November, 10.30am – 2.00pm, Focus Centre, Galashiels

CONVERSATION CAFÉ – MENTALLY HEALTHY COMMUNITIES AND SUICIDE SAFER COMMUNITIES

Borders Care Voice and the Mental Health and Wellbeing Forum has kindly agreed to host a Conversation Café for us to look at planning the next stage of the Mentally Healthy Communities and Suicide Safer Communities work, shaping a new scheme for the Borders. The café is aimed at people with lived experience. **To book your place contact Borders Care Voice by email at admin@borderscarevoice.org.uk or call 01896 757 290.**

RESOURCES

MENOPAUSE AND MENTAL HEALTH

Wednesday 18th October, is World Menopause Day. This World Menopause Day the ALLIANCE, in partnership with the Scottish Government, is hosting a World Menopause Day Panel covering topics from signs and symptoms to the importance of talking about menopause.

This session is for anyone who would like to know about menopause – with a particular focus on the needs of women and those experiencing symptoms of menopause. To register please click [here](#) to complete the short booking form.

You can find lots of information on menopause on the [NHS Inform Women's Health Platform](#). This includes information about symptoms and treatments as well as a section about menopause and mental wellbeing, which can be found [HERE](#).

There is also an excellent booklet from the Balance website which is about [Mental Health and emotional Wellbeing in the Perimenopause and Menopause](#)

CHALLENGE POVERTY

Challenge Poverty Week (October 2 to 8), arranged by the Poverty Alliance charity, inspires communities every year to work together, support each other and find new ways to change attitudes. The themes for this year's activities are: Communities and Volunteers; Adequate Incomes, Food, Housing and Transport. For more information visit: <https://www.povertyalliance.org/>

For Challenge Poverty Week we are once again sharing three resources that can help you support people who are experiencing both money and mental health worries:

1. SUPPORTING MENTAL HEALTH AND MONEY WORRIES – ADVICE FOR FRONTLINE STAFF

An advice pack developed by Change Mental Health and other partners to support people with mental health and money worries. Provides advice on how to best support people experiencing mental health and wellbeing challenges. **You can access the pack by downloading the PDF at [this link](#).**

2. MONEY AND MENTAL HEALTH

Clear and practical advice and support for people experiencing issues with mental health and money. Includes top tips and advice, a money and mental health toolkit and useful tools and calculators such as a budget planner and Universal Credit Money Manager. This website has Scotland specific information – it was developed by Mental Health UK and commended by the BMA.

[Clear, practical advice for Scotland : Mental Health & Money Advice \(mentalhealthandmoneyadvice.org\)](http://mentalhealthandmoneyadvice.org)

3. 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. **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>

TRAINING

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) 21st & 22nd November - Langlee

Community Centre

Applied Suicide Intervention Skills Training ASIST is a 2 day intensive, interactive and practice dominated course, aimed at enabling people to spot the risk of suicide and provide immediate help to someone at risk of suicide. In the same way that skills are needed for physical first aid, ASIST develops the skills necessary for suicide first aid.

To book onto the next course click [here](#). Places book up quickly so if the course is full contact <mailto:health.improvement@borders.scot.nhs.uk> to be added to the waiting list and be the first to hear about opportunities to be trained in ASIST.

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

