

Creating Hope in the Scottish Borders

Mental Health Improvement and Suicide Prevention



Information Bulletin – News / Events / Resources / Training

Issue 31: February 2024

Upcoming awareness dates:

[Breathing Space Day](#) – 1st February

[Time to Talk Day](#) – 1st February

Children's Mental Health Week – 5th – 11th February

NEWS

£319,680 AWARDED TO BORDERS GROUPS TO SUPPORT MENTAL HEALTH AND WELLBEING

We are delighted to be able to share with you the news that 20 groups and organisations in the Borders will receive project funding from Round Three of the Scottish Government's Communities Mental Health and Wellbeing Fund. The fund has once again been administered by Third Sector Dumfries and Galloway and supported by a local Steering Group and Scoring Panel. The successful applicants were:

ORGANISATION NAME	PROJECT NAME	GRANT
Duns Senior Citizens Club	Summer Trip to Eyemouth + Meal	£600.00
Leitholm, Eccles and Birgham Community Council	Let's Move!	£2,709.00
Gavinton Village Hall Association	Gavinton Village Hall Hearing Loop & Caster	£4,387.50
Nomad Beat	Recollective	£4,954.56
Innerleithen, Traquair & Walkerburn Parish Church of Scotland	3 Communities Craft & Chat	£5,600.00
Allanbank Arts, Social Enterprise	Berwickshire community arts and information project	£5,630.00
Peebles Old Parish Church of Scotland	Grand Hands, Hearts & Minds	£7,200.00
Interest Link Borders	New Learning Disabilities Groups 2024	£8,965.00
Nature Unlimited CIC	Connect in Nature	£8,998.00
ParentSpace (SCIO)	Getting it Right for Every Parent	£9,996.00
Central Borders Citizens Advice Bureau	CAB Wellbeing Project	£10,667.74
PND Borders	Funding for Counsellor	£14,560.00
Clubsport Borders	Headstrong - Evolution	£15,500.00
Outside the Box Development Support Ltd	Borders Queer Chosen Families (working title)	£17,049.00
Recovery Coaching Scotland CIC	Recovery Coaching - Self Coaching - Additional Support for Learning Group	£17,339.00

Nature Unlimited CIC	Thrive in Nature	£20,088.00
Greener Peebles	Greener Wellbeing	£25,520.00
Borders Additional Needs Group	ASN Peer Hubs Parents	£26,774.43
LGBT Youth Scotland	LGBT Youth Scotland - Scottish Borders	£31,300.00
Quarriers	Quarriers 'Breaking Down Barriers' – Supporting emotional wellbeing of rugby club players aged 16+, across the Scottish Borders.	£36,429.00
Borders Disability Sport	Physical Activity Intervention for Adults with Disability	£45,413.00

BREATHING SPACE 20TH ANNIVERSARY

February 1st (Breathing Space Day) marks a significant moment for mental health support in Scotland as Breathing Space, the free, confidential telephone service, celebrates its 20th anniversary.

Breathing Space is delivered by NHS 24, which is Scotland's provider of digital and telephone-based health and care services. Launched in 2004, the service has grown to become a vital lifeline for countless individuals across the country, offering a listening ear, practical advice, and essential support during times of emotional distress. In the Borders we work in close partnership with Breathing Space in various projects such as the rugby partnership, the installation of various Breathing Space benches and they are supporting our work around creating Mentally Healthy and Suicide Safer Communities.

To find out more about the support they provide click [here](#).

TIME TO TALK DAY

Thursday 1st February is also 'Time to Talk Day' which is the UK's biggest mental health conversation. It is a day that friends, families, communities, and workplaces come together to talk, listen and change lives. For Time to Talk Day, we're encouraging people to have more honest conversations about how we're feeling to help combat the stigma that still exists around mental health. The theme for this year's campaign is 'what I really mean', highlighting that the words we say don't always reflect what's going on beneath the surface.

To download materials for this campaign click [here](#).

WOULD YOU LIKE TO VOLUNTEER TO BE A WALK IT WALK LEADER?

The theme for the upcoming Mental Health Awareness Week in May is physical activity so it seems like a good time to think about training to become a Walk It Walk Leader! The course helps you to gain the skills and confidence to lead safe, short local health walks – maybe your group or organisation could even start up a new Walk It walk for your participants or colleagues. Walk It is the Scottish Borders Council and NHS Borders walking project.

The next course is on Tuesday 13th February 2024, 10.30am – 2.30pm in person at SBC Training Rooms and is free to attend.

If you are interested or require further information contact Denise Carmichael on 01835 826 702 or email denise.carmichael@scotborders.gov.uk

TAKE PART IN THE ALISS SURVEY

The Health and Social Care Alliance is carrying out a survey of people's experiences of using ALISS for finding, claiming and adding information. The survey is open to all users of ALISS and responses will help to evaluate the directory.

To take part in the survey follow this link <https://www.smartsurvey.co.uk/s/youreexperienceusingALISS/>

DYNAMIC COMMUNITY FUSION SERVICES WITHIN THE SCOTTISH BORDERS

Dynamic Community Fusion is now offering two services within the Borders:

- **Borders Brain Injury Service (BBIS)** assists people aged 16-65 who have an acquired or traumatic brain injury to live independently and to help reintegrate them into the community. We do this by providing one to one rehabilitation support, group support and peer engagement opportunities.
- **Borders Cognitive Advice and Support Service (BCASS)** supports those aged 16 or over who have cognitive impairment, brain injury or other neurological condition. Even if a formal diagnosis has not been made. The main aim of BCASS is to help overcome isolation and loneliness by helping those we support stay included in their community. We do this by one-to-one inclusion support, group activities, peer support and befriending.

Dynamic Community Fusion is based in Galashiels and can be contacted by telephone: 01896 558 411 or email: support@dynamiccommunityfusion.co.uk

NEW MEMBERS WELCOME AT THE MENTAL HEALTH AND WELLBEING FORUM

Professionals and people with lived experience are working together in the Borders to set priorities for local mental health and social care services. The Mental Health and Wellbeing Forum meets six times a year and aims to give a voice to people with lived experience – and their carers, friends and families. Members of the forum are proactively involved in improving local health and social care services as their views are raised with NHS Borders, Scottish Borders Council and the Mental Health Board, which includes managers and decision makers from across the sector.

We receive requests for co-production from NHS Borders and Scottish Borders Council. The forum produced a [Co-production Charter](#) that sets out how people with lived experience of mental health issues and their carers would be involved in co-production.

For more information: [Mental Health and Wellbeing Forum – Borders Care Voice](#)

REMEMBERING TOGETHER: SCOTTISH BORDERS COVID MEMORIAL PROJECT

Remembering Together is a project taking place across Scotland, co-creating ways to mark the very varied experiences of the covid-19 pandemic. In the Scottish Borders, the project is being run by artists at Two Destination Language and after much public engagement it has been decided that our local memorial will take the form of a new tartan design, developed with people from across the Borders.

Proposals are now being sought for creative community projects that make use of the new tartan. The deadline for proposals is Friday 16th February at midday. To find out more [CLICK HERE](#)

EVENTS

28 February 2024, 10am – 4pm, The Studio in Glasgow

THE FUTURE IS PEER

The Future is Peer will showcase the positive impact of peer support in mental health recovery. It's a chance to connect with others to celebrate and champion peer support. On the day they'll be welcoming services and groups from across Scotland and hearing about innovation from further afield.

The event is for:

- People involved in developing, managing and delivering peer support including peer workers and volunteers
- Those involved in mental health and wellbeing strategy development and implementation at national and local level
- Mental health service providers and Health and Social Care Partnership service commissioners

For more information and to book your place click [here](#).

Various dates

HEALTH IN MIND GROUP WORK AND WORKSHOPS

Health in Mind's groupwork programme offers a safe and comfortable environment to learn more about wellbeing, reflect and consider new possibilities for the future. There are a range of different programmes from art and music to personal development and relaxation. Groups coming up include:

- Powerful Thinking Workshops
- Mindful Movement sessions
- Well Good Art Sessions

Find out more about the group programme here: [Health in Mind | Groups and Workshops in the Scottish Borders \(health-in-mind.org.uk\)](https://health-in-mind.org.uk)

Health in Mind also has their [Listening Spaces](#) which are safe spaces where you can explore your mental health recovery. These run both online and at locations across the Borders.

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/>

Thursday 7 March - Grand Central Hotel, Glasgow on

CREATING HOPE TOGETHER CONFERENCE 2024

Suicide Prevention Scotland would like to invite you to their inaugural conference to focus on the delivery of the vision in Creating Hope Together – Scotland's Suicide Prevention Strategy and Action Plan - to reduce suicide deaths, whilst tackling the inequalities associated with suicide. The free conference will provide an opportunity to come together, to enhance knowledge, build connections and share practice, supporting this vision. The conference will be of relevance to individuals, organisations and communities driving change in suicide prevention in Scotland. Join us for engaging speakers, discussions, workshops, and networking.

Full details on the conference and how to register are available on Eventbrite: [Creating Hope Together Conference Tickets, Thu 7 Mar 2024 at 09:30 | Eventbrite.](#)

RESOURCES

CHILDREN'S MENTAL HEALTH WEEK 5th – 11th February

The theme this year is 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. This year, the campaign aims to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing. The aim for Children's Mental Health Week, is for all children and young people to be able to say – and believe - "My Voice Matters."

Families, parents and carers can get involved too: Download resources [HERE](#)

KOOTH

Kooth is an online emotional wellbeing support service for young people aged 11 – 18. Kooth provides helpful articles, personal experiences and tips from other young people. Young people can start or join a discussion topic, write in a daily journal or chat with the Kooth team.

Find out more: <https://www.kooth.com/>

BLOOM AND CLIC

Run by Mental Health UK and supported by Change Mental Health in Scotland, 'Bloom' is the largest free UK-wide programme for 14–18-year-olds which focuses on supporting young people's mental health resilience. Delivered in schools and colleges, Bloom equips young people with the tools and knowledge to maintain their mental health through life's transitions.

You can sign up on the website to access the Bloom resources [HERE](#)

Mental Health UK also has a peer-to-peer support platform for teaching staff which enables teachers to access mental health support online for themselves and the young people they support.

You can find out more and sign up to Clic [HERE](#)

TRAINING

MASTERCLASS 'INEQUALITIES IN MENTAL HEALTH IN SCOTLAND – EXPLORING THE CHALLENGES'

14th March 2024 10:30-11:30 via MS Teams

NHS Education for Scotland and Public Health Scotland invite you to join a masterclass led by Dr Sarah Couper, Consultant in Public Health Medicine at Public Health Scotland Dr Trevor Lakey, Health Improvement and Inequalities Manager in NHS Greater Glasgow and Clyde, / Suicide Prevention Coordinator for Glasgow City.

'Inequalities in Mental Health in Scotland – Exploring the Challenges' is a 1-hour online session, which will be hosted via **MS Teams on Thursday 14th March 2024 - 10:30am – 11:30am**

For further details and registration please [CLICK HERE](#)

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

26th and 27th March 2024 – Langlee Community Centre, Galashiels

[Click here to book a place](#)

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.

For more information email health.improvement@borders.scot.nhs.uk

SELF-HARM AND SUICIDE PREVENTION FOR CHILDREN AND YOUNG PEOPLE - SKILLED LEVEL

All dates are in-person at Scottish Borders Council HQ, Newtown St Boswells

- Wednesday **6th March 2024**: 9.00am - 1.00pm
- Thursday **14th March 2024**: 1.00pm - 5.00pm
- Tuesday **11th June**: 1.00pm - 5.00pm
- Thursday **13th June**: 9.00am - 1.00pm

This is a bespoke half day training session facilitated by Health Improvement Specialists from the NHS Borders Public Health Team. It is aimed at anybody working with children and young people who are likely to have direct and/or substantial contact with those who may be at risk of self-harm or suicide. The content is drawn from the NHS Education for Scotland Skilled Level packages for Self-harm and Suicide Prevention.

The session covers:

- Facts and trends associated with self-harm and suicide in young people;
- Common risk, protective and stress factors related to self-harm and suicide in young people;
- An awareness of the impact a sensitive, compassionate approach can achieve when discussing self-harm and suicide (using the principles of Time, Space and Compassion);
- The links between self-harm, suicidal thoughts and trauma informed practice and;
- Approaches to support including the steps involved in safety planning.

Anyone attending this training must first complete the Informed Level e-module 'Promoting children and

young people's mental health and preventing self-harm and suicide' on the NHS 'TURAS' website. Email health.improvement@borders.scot.nhs.uk to register for one of the dates at SBC HQ:

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



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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

