

Creating Hope

Scottish Borders

Information Bulletin – News / Events / Resources / Training

MARCH 2024

Upcoming awareness dates:

[Self Injury/Harm Awareness Day 2024](#) – 1st March

[International Women's Day](#) – 8th March

[World Sleep Day](#) – 15th March

[Spring Clean Scotland](#) – 15th March – 28th April

NEWS

NEW! CREATING HOPE SCHEME AND AWARDS

You may remember that last year we held a workshop about developing mentally healthy and suicide safer communities in the Borders. One of the recommendations that came out of the workshop was to develop a new awards scheme for local groups and organisations, to better recognise, support and promote mentally healthy and suicide safer communities that are caring, compassionate and inclusive. Following a period of engagement with people with lived experience, the Mental Health Improvement and Suicide Prevention Steering Group has now agreed the voluntary awards scheme which will be called 'Creating Hope Scottish Borders'. We have some new branding for the scheme (see the top of the newsletter) and we are planning a launch in May 2024 so watch this space!

If you are interested in finding out more about the scheme we are compiling a list of 'expressions of interest' so please get in touch and register your interest by emailing

health.improvement@borders.scot.nhs.uk

SUPPORT FOR CARERS

Being a carer can be rewarding but we know it can have an impact on mental health and can make you feel isolated and alone. Borders Carers Centre runs Carer Support Groups across the Borders and they are a great opportunity to meet other people in similar situations. For information about the support groups in Galashiels, Berwickshire, Kelso, Peebles and Hawick, and to find out the dates for 2024 please visit the Carers Centre website [HERE](#)

Borders Carers Centre also has ongoing support for carers caring for someone in hospital. The Hospital Liaison Worker can be found on the wards at Borders General Hospital from 2pm to 4pm every Thursday. If someone you care for is currently in Hospital, please call Heather on 01896 808208 to arrange a time to meet for a chat. She will help you with every aspect of both your caring role, and the journey of your loved-one whilst in hospital.

SPINAL INJURIES SCOTLAND NEWS

[Spinal Injuries Scotland](#) (SIS) is the national voluntary organisation concerned with helping new and long-term spinal cord injured people, their relatives and those involved in their care and rehabilitation to see the possibilities of living life beyond the injury. Peer Support is at the heart of everything SIS does, provided by individuals who are living with a spinal cord injury themselves.

Contact with SIS can be done via [email](#) or by calling their freephone no 0800 0132 305. They also host monthly coffee meets in various locations across the Scottish Borders. The next is being held on 12 March 2024 (12.30 – 2.30pm) at the Heart of Hawick Cafe, Kirkstile, Hawick, TD9 0AE. All are welcome!

BORDERS IN RECOVERY FAMILY GROUP

Borders in Recovery runs weekly Recovery Cafes across the Borders run by people who have lived experience of recovery, for people aged 16+ who are in recovery. It also has a Family Group that meets at Burnfoot Hub in Hawick on Wednesdays from 4.00pm – 5.30pm and a family friendly Saturday morning Breakfast Club at the Focus Centre in Galashiels.

For the most up to date information, search for Borders in Recovery on Facebook.

ORAL HEALTH AND DENTAL SERVICES STRATEGIC PLAN

We have been asked by colleagues in Public Health to circulate the Health and Social Care Partnership's draft Strategic Plan for Oral Health and Dental Services. The document has been created using Sway to maximise accessibility and has an embedded survey which we would encourage you to complete to help us gather feedback on the plan and help shape its implementation. There is a connection between mental illness and poor oral health and it's important to be aware that there is a link. Some of the main issues can be neglecting oral hygiene which can result in gum disease and tooth decay, anxiety which can stop people from seeing their dentist, and the adverse oral effects of some medications.

To access the draft plan and the survey, please click here:

[Scottish Borders Health & Social Care Partnership Oral Health Strategic Plan 2024-2036 \(cloud.microsoft\)](#)

EVENTS

Saturday 9th March, 11am

GROW, COOK, INSPIRE

Head along to Peebles Library for an inspiring session with Scottish author Helen Cross!

Discover insights from her newest book 'Grow, Cook, Inspire' to help encourage more of us to grow our own and cook seasonally for the health of our planet as well as our own mental and physical health. All ages welcome!

Limited spaces available. For bookings, email: libpeebles@liveborders1.org.uk or call 01721 726 333

14th of March, 10am – 3pm, Tweed Horizons, near St Boswells

SCOTTISH BORDERS CLIMATE ACTION TEAM: GREEN SUMMIT

The Green Summit aims to increase the knowledge of Green projects/ Climate Action in the Scottish Borders area, discover opportunities to work together and improve feelings of motivation and inspiration around climate action in the Scottish Borders. Change Mental Health be presenting on "climate change anxiety". **Please register here - <https://www.eventbrite.com/e/green-summit-tickets-825033977837>**

Wednesday 27th March, 11am – 1pm

NATIONAL RURAL MENTAL HEALTH FORUM ONLINE

Hosted by Change Mental Health. Topics covered this time are Stigma of Mental Health, SeeMe & Money Advice Scotland. Follow this link to register.

<https://www.eventbrite.co.uk/x/national-rural-mental-health-forum-tickets-835625507387>

Various dates

NEW FOR 2024 PRE AND POST DIAGNOSIS WORKSHOPS FOR PARENT CARERS: BANG

These sessions will take place in March and will include Pauline, BANG CEO & Autism Community Coordinator, Shona, Family Liaison Worker, collaborative working partners and Parent Carers.

Join BANG for focussed discussions in a relaxed, informal environment & take part in the sessions in the Hayward Room and alongside there will be the regular Parent Group Cuppa & Chats as normal in the lounge. There will be learning sessions with guest speakers and creative Art & Crafts sessions with the Transform Arts CIC team.

For more information and to register 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 including 'Taking Notice – social photography for everyone' which is an eight week programme starting on Thursday 14th March

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 – add in online groups

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/>

3rd April 3pm – 4:30pm, Committee Room 4, Scottish Borders Council

After a Suicide Working Group

Have you or someone you know lost a family member or friend to suicide? If you feel ready and able to contribute to improving the support and information available to others going through a similar experience come and join the After a Suicide Working Group. The working group are a group of people with lived experience of bereavement by suicide. The group is not a support group, but offers members the opportunity to use our lived experience to contribute to the local suicide prevention strategy.

Contact Charlotte for more information: charlotte.jones2@nhs.scot

April – May 2024

A WALK OF HOPE 2024

Andy, Mike and Tim are '3 Dads Walking' in memory of their daughters Sophie, Beth and Emily. Their walks have generated over £1 million for POPYRUS Prevention of Young Suicide and they are once again putting their boots on to raise another £100,000. Their Walk of Hope 2024 is from Stirling to Norwich and they are once again passing through the Borders on their way. We joined them on one of their previous walks and they are once again welcoming people to come and support them on their route.

For further info visit [A Walk of Hope 2024 – 3 Dads Walking](#)

RESOURCES

RESOURCES FOR BETTER SLEEP

Sleep is essential to mental health and as World Sleep Day is coming up we thought we'd share some resources on how to get better sleep. Try the tips on NHS Inform or sign up to Sleepio if you are suffering from insomnia.

[Tips on sleep hygiene from NHS Inform](#) including a self-help guide for sleep problems and insomnia.

[Sleepio – a six week clinically proven programme to treat insomnia](#). Clinically recommended by NHS Inform in Scotland.

CHILD BEREAVEMENT UK

Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. They support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying. They also offer free, confidential bereavement support for individuals, couples, children, young people, and families, by telephone, video or instant messenger, wherever you live in the UK. We also offer face-to-face support from a number of locations.

To find out more visit [Child Bereavement UK](#)

INTERCULTURAL YOUTH SCOTLAND (IYS) MENTAL HEALTH SERVICE

IYS Mental Health Service counsellors and practitioners are made up of a majority of BPOC individuals with a wealth of specialist knowledge and lived experience. Anti-Racist Mental Health care is at the heart of the services on offer. All our counsellors and practitioners centre Race and Racism in their practice and have a racialised trauma informed approach. The service is culturally informed and provides compassion, kindness, and a tailored approach to support. The service is available to Black and People of Colour (BPOC) children and young people, aged 12-25 based in Scotland and can be accessed through the self-referral form.

Click here for more information interculturalyouthscotland.org

CRUSE SCOTLAND - SUPPORT FOR WORKPLACES AFFECTED BY SUICIDE

Cruse are funded by Scottish Government to deliver specialised support for any workplace across Scotland who has been affected by suicide. If this is something your team could benefit from, please make contact and they will make arrangements to provide their tailored support package to meet your workplace's needs. Email info@crusescotland.org.uk for more info or visit crusescotland.org.uk

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

- 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



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

