

Caring Connected Communities



Autumn 2020

Supporting better mental health in the Scottish Borders

The Coronavirus pandemic has brought worrying and uncertain times to us all and it has changed daily life in the Scottish Borders over the last few months. It has also had a real impact on how many of us are feeling and has affected many people's mental health.

We have put this newsletter together to highlight some of the things you can do to look after your mental health and also bring together information about where you can find more help and support if you need it.

Our main message is that **you don't have to get through things all on your own**. There are many places where you can find someone to listen. Sharing your worries and knowing that someone cares can help you to cope. There are also many positive things you can do!

During lockdown there was an incredible response from individuals and groups all over the Borders, pulling together to make sure that people who were unable to leave their homes had food and medicine, supporting neighbours, friends and family in many different ways.

You showed that caring and being connected to the people around us are two of the most important things we can do to protect our mental health. As Covid-19 rates rise again we will need each other more than ever.



World Mental Health Day 2020 10th Oct

This year, World Mental Health Day recognises the Covid-19 global health emergency and increased levels of anxiety, fear, isolation and emotional distress. It's important that we prioritise mental health and the World Federation for Mental Health is calling for **'Mental Health For All'**.

Caring and making sure that we connect with other people are two really important things that we can all do as individuals. Care about your own mental wellbeing and take notice of how you are feeling. It's important to actively plan to do things that are good for you such as being physically active, enjoying your hobbies and talking to friends and family.

For more info about World Mental Health Day and what you can do, visit www.mentalhealth.org.uk

Take some Breathing Space

You Matter, We Care - Don't go it alone

NHS
24



This year, Scottish Borders is teaming up with Scotland's emotional support phoneline to promote the service and the theme 'You Matter, We Care - Don't go it alone'.

The team from Breathing Space came along to the virtual Welcome Fair at Borders College and launched their new booklet, '**The Little Book of Caring Ways**' which is full of tips and ideas for promoting kindness for better mental wellbeing. You can download the booklet at <https://breathingspace.scot/news/2020/new-booklet-available-now/>

Breathing Space aims to provide:

- an alternative and easily accessible 'first stop' service
- assistance at an early stage in order to stop problems escalating
- empathy, understanding and advice through active listening
- hope when none exists
- direction for those who do not know where to seek help



Rather than letting problems get out of hand, phone Breathing Space, where experienced advisors will listen and offer information and advice.

Breathing Space is part of NHS24 and you can call free on 0800 83 85 87

Mon - Thurs from 6pm - 2am and Friday 6pm - Monday 6 am.

NHS24 has also recently introduced a new 'Mental Health Hub' within the 111 service, staffed by Psychological Wellbeing Practitioners. This new service aims to improve access to mental health services in Scotland and has been expanded to cope with extra demand due to Covid-19. The NHS24 **111** service provides urgent health advice out of hours, when your GP practice is closed.

Self-help guide
for young people
Mental health and wellbeing
in the Scottish Borders



New Young People's guide - coming soon!

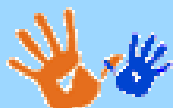
Work has been underway over the summer to refresh and update the 'Self-Help Guide for Young People' - existing guide pictured here. The work has been carried out by the Joint Health Improvement Team along with Youth Borders and Quarriers and has involved young people in its development. All high school pupils will receive a copy of the booklet later in the year and it will also be available to download at

www.nhsborders.scot.nhs.uk/wellbeingpoint

Hands On Scotland

Hands On Scotland is a toolkit of helpful information to encourage children and young people's emotional wellbeing and deal with troubling behaviour. The toolkit has been developed by CAMHS practitioners in Fife and has virtual workshops for parents and carers covering a variety of mental health and wellbeing topics.

www.handsonscotland.co.uk



NURTURE

BELONG

BE
AWARE

ENJOY AND
LEARN

BE
KIND

BE
ACTIVE

Taking Care of Me



The Borders Carers Centre provides support for anyone in the Borders who cares, unpaid, for a friend or family member who, due to illness, disability, mental health problem or an addiction cannot cope without their support.

They offer a wide range of support and although the groups and workshops can't be offered face-to-face at the moment, the Centre is still offering a weekly Virtual Support Group, free CBT counselling by phone and online and the 'Taking Care of Me' free workshops are all now also taking place online – find out more at <https://www.borderscarerscentre.co.uk/taking-care-of-me.html>

There is also a carer led representation group, Carers First, open to any unpaid carers who are interested in supporting, representing and voicing the needs and rights of unpaid carers in the area.

For more info visit the [website](#) or Facebook page [@BordersCarersCentre](#)



Get help to get connected!

Would you like help to keep in touch, shop online, fill in forms or learn new skills?

If you're an older person who would like to feel more confident using digital technology then help is at hand from a new Digital Buddies scheme.

If you are interested in being part of digital buddies or know someone who you think would benefit please get in touch with Christine:

Email: Christine@otbds.org

Tel: 07921 265515



Red Cross Borders continues to offer support throughout the Borders to people with low to moderate level support needs who would benefit from local services or social contact.

Find out more from the local office:

Email: CommunityServices@redcross.org.uk

Tel: 01896 751 888

Feeling lonely, worried or can't access essential supplies?



Call us any day between 10-6pm
Free and **confidential**



ROYAL VOLUNTARY SERVICE

If you are looking for something to do at home, visit the RVS Virtual Village Hall, a programme of themed online activities.
www.royalvoluntaryservice.org.uk/virtual-village-hall

Clear Your Head

The Scottish Government launched a new website during lockdown with lots of tips to help you keep mentally well, covering the topics below.

Visit www.clearyourhead.scot for more info



Keeping active



Supporting each other



Looking after yourself



Creating routine



Feeling calmer

A special memorial for people who are bereaved by suicide

In the Scottish Borders the After A Suicide Working Group (AASWG) is made up of volunteers who have lost someone to suicide. The group is not a support group, but offers members the opportunity to use their lived experience to contribute to the local suicide prevention strategy.

In December 2019 the AASWG held a Memorial Event for People Bereaved by Suicide, to commemorate and celebrate the lives of those who have been lost, connect with others with similar experiences and find out about support that is available.

The Memorial Event was held at the Haining in Selkirk. A poem was read that had been written for the occasion and a piper led a procession to a 'Cloutie Tree' which was dedicated to those lost to suicide. Guests were able to tie a tartan ribbon to the tree in memory of their loved one. The tree now stands as a permanent memorial for people to visit whenever they wish.

To find out more about the After a Suicide Working Group or to get involved contact health.improvement@borders.scot.nhs.uk

If you've lost someone to suicide you can also contact:

Survivors of Bereavement by Suicide national helpline between 9am-9pm on 0300 111 5065
Scottish Borders SOBs coordinator Gwen on 07561 319 864



The Cloutie Tree is located at The Haining in Selkirk. You can visit the tree by taking the path to the left of the house and walking round for about 5 minutes, the tree and ribbons are up the banking on the left.




Don't go it alone.

Being listened to, and knowing that someone cares, can help you through a difficult time.

Open up when you're feeling down.

0800 83 85 87

www.breathingspace.scot

 [#youmatterwecare](https://twitter.com/youmatterwecare)



SAMARITANS

**Borders branch
(Selkirk)**

Contact us



116 123 free from any phone

0330 094 5717 local call charges apply

Autumn learning opportunities



Health Improvement Team

Bitesize information sessions

Session 1: Look After Your Mental Health (40 mins)

Lunchtime session - 12.30pm on Wednesday 11th November

Twilight session (repeat) - 5.30pm on Wednesday 11th November

Session 2: Give yourself some Breathing Space with NHS24 (40 mins)

Twilight session - 5.30pm on Wednesday 18th November

Lunchtime session (repeat) - 12.30pm on Thursday 19th November

Session 3: Be Suicide ALERT (40 mins)

Lunchtime session - 12.30pm on Thursday 26th November

Twilight session (repeat) - 5.30pm on Thursday 26th November

Open
to ALL

All sessions are FREE and held on MS Teams so you can join from anywhere.

Email: health.improvement@borders.scot.nhs.uk to register for a place.

Borders Care Voice Learning Network

Mental Health Awareness Training

Thursday 29th October, 10am—12noon

To reserve your place(s), email training@borderscarevoice.org.uk

or telephone 01896 802 351

Borders Care Voice provides a free training programme for people who work or volunteer in health and social care in the borders, and unpaid carers www.borderscarevoice.org.uk



Wellbeing College courses - What's coming up?

Visit the Health in Mind Website for more information about courses wellbeingcollege.org.uk

Let's Talk About Sleep

Single session on 20th October

Food in Mind

This four session course is due to start in mid October on Zoom

Recognising and Responding to Stress

This six session evening course is due to start on 27th October on Zoom

Let's Talk About Social Anxiety

Live on Zoom from mid November.
Interactive over four sessions

Aromatherapy Taster Sessions

Live on Zoom in December

Let's Talk About Resilience

Live on Zoom throughout Oct / Nov / Dec

What is Mental Health Recovery

Available to access online

View our selection of online self-study sessions on our [website](http://wellbeingcollege.org.uk)

Wellbeing College

Exploring Resilience & Recovery in the Borders



Keeping connected during Covid-19

The Health & Social Care Partnership's Local Area Co-ordination (LAC) team has three services that work across the Borders - Adult Mental Health, Learning Disability & Older Adults. Our aim is to encourage and enable individuals who are experiencing mental health issues or mental illness, have a learning disability or are isolated due to old age to live an active more connected and purposeful life in their local community.

To keep our service users and staff safe during the pandemic, all face to face meetings have been on hold since March. However, our staff continue to work very hard to find other ways of keeping in touch and providing support during these difficult times. These are just some examples of what they have been doing:

- Keeping regular contact with service users and family carers by phone, text and email.
- Using online platforms such as MS Team, Skype and Zoom for Coffee and Chat and organised quizzes.
- Sending out newsletters and other information.
- Delivering quizzes, books, jigsaws and other activities to older adults who have no access to digital technology.

Getting in touch with the LAC team

- If you are an existing client, please continue to stay in touch using your normal channels.
- If you think you might benefit from the service, you can refer yourself by contacting us on 01896 664 155 or at: LAC@scotborders.gov.uk
- Referrals can also be made by your GP, health professional, social worker or a family member.
- You can also find us on Facebook – search for @lacborders or visit: www.scotborders.gov.uk/lac



The LAC Team also delivered these amazing craft packs to their mental health clients in Tweeddale and Eildon



This is Elliot, one of the LAC clients we have been supporting and encouraging over the phone. During the lockdown Elliot and his mother have been baking, and Elliot has been leaving the baking at people's gates in his village. Elliot has also continued to deliver kindling for the Green Team, especially important to older people in his small remote, rural community who have been shielding.

A good example how one of our clients has been helping out, during the lock down.



SCOTLAND'S NEW APPROACH TO SUICIDE PREVENTION

Together we can save lives so let's talk suicide

Get involved! When it comes to suicide prevention we need everyone to play a role. As part of Scotland's new movement to prevent suicide, we need people to take action in three key areas:

1. **SUPPORT OTHERS** You can help by being suicide ALERT - learn the steps.
2. **TACKLE STIGMA** Go to www.unitedtopreventsuicide.org.uk and pledge your support.
3. **LOOK AFTER YOURSELF** Go to www.nhsborders.scot.nhs.uk/six-ways-to-be-well and learn more about how to look after your mental wellbeing.

Steps to be suicide ALERT

ASK if you think someone is thinking about suicide.

LISTEN carefully and show that you care.

ENCOURAGE them to talk further and to get help.

RIGHT NOW contact emergency services or a crisis line if you think someone has immediate suicide plans and the means to carry it out.

TALK to someone. Supporting someone who is suicidal can be a difficult experience.

Six Ways to Be Well in the Scottish Borders



www.nhsborders.scot.nhs.uk/six-ways-to-be-well

Learn life-saving skills

We currently have a 90 minute online suicide prevention course available called 'Living Works Start'. To register, email health.improvement@borders.scot.nhs.uk



If you work in health or social services then you might be interested in the new website and helpline to help look after the emotional and psychological wellbeing of Scotland's health and social services workers.

Visit www.promis.scot for resources or for emotional support ring the National Wellbeing Helpline on **0800 111 4191**



National Wellbeing Hub
For people working in Health and Social Care



www.promis.scot



Support to improve your wellbeing



NHS Borders Wellbeing Service offers support to people who are wishing to improve their health and wellbeing in one or more of the following areas:

- Being more active
- Eating more healthily
- Quitting smoking
- Mental health and wellbeing

For more information visit the website or phone your GP surgery.

www.nhsborders.scot.nhs.uk/wellbeing



Wellbeing Point

If you have web access, visit NHS Borders Wellbeing Point for links to resources and information to help you look after your mental health and wellbeing

www.nhsborders.scot.nhs.uk/wellbeingpoint

If you need help to find the right information you can email wellbeing.point@borders.scot.nhs.uk

Six Ways to Be Well resources - look after your own wellbeing

NHS Borders self-help booklets on a range of topics

Make an appointment to see a Wellbeing Adviser

Search ALISS for support in communities

Your local Mental Health Services

CRISIS?
Samaritans
116 123
Breathing Space
0800 83 85 87

For emotional support in and out of normal working hours:

Samaritans (24 hours) Tel: 116 123

Email: jo@samaritans.org or visit www.samaritans.org

Breathing Space (NHS 24) Tel: 0800 83 85 87

Mon - Thurs: 6pm - 2am, Fri 6pm - Mon 6am

www.breathingspace.scot

Borderline 0800 027 4466

Freephone helpline for adults in the Scottish Borders who are experiencing emotional distress.

7pm - 10pm every day

SHOUT 24 hour crisis textline 85258

www.giveusashout.org



Citizens Advice bureaux are still here to help you.

Central Borders area -
01896 753 889

Hawick - 01450 370 119

Eyemouth - 01890 750500

Duns - 01361 883 340

Kelso - 01573 223 516

Peebles and District

01721 721 722

This newsletter has been produced by the Joint Health Improvement Team, Public Health
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