

Creating Hope

Scottish Borders

Information Bulletin – News / Events / Resources / Training

APRIL 2024

Upcoming awareness dates:

[Stress Awareness Month](#): April 2024

[Mental Health Awareness Week](#): 13 – 19 May 2024

NEWS

FOURTH ROUND OF COMMUNITIES MENTAL HEALTH AND WELLBEING FUNDING

We have had confirmation that the Scottish Government will make available £15 million in 2024/25 for a fourth year of the Communities Mental Health and Wellbeing Fund for Adults. This recognises the importance of prevention and early intervention in protecting peoples' mental health and wellbeing and the vital role of communities in delivering this. The fund will continue to be administered by the Third Sector Interfaces across Scotland. We will share further information on Year 4 guidance and grants as soon as we hear anything.

For more information about the Adults fund and the Children and Young People's fund which has also been renewed for Year 4, please see the news release linked [here](#).

STRESS AWARENESS MONTH

April is Stress Awareness Month and The Stress Management Society want to emphasise how even the smallest steps taken each day towards self-care and stress reduction can yield significant improvements in mental health over time. The theme is #LittleByLittle which highlights the impact of consistent, small positive actions on over-all wellbeing. The campaign encourages people to focus on making manageable adjustments to daily routines.

You can find the campaign materials and stress management resources at [this link](#).

MENTAL HEALTH AWARENESS WEEK

The Mental Health Foundation is once again leading Mental Health Awareness Week 2024 which will take place from 13th to 19th May, on the theme of "Movement: Moving more for our mental health". Being active is important for our mental health and this Mental Health Awareness Week the campaign is to help people to find moments for movement in their daily routines.

Further information is available on [this page](#). If you have movement related activities taking place or are planning an activity, please let us know so we can share the information in the May newsletter and help with promotion.

NEW ANDYS MAN CLUB LAUNCHED IN EYEMOUTH

ANDYS MAN CLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. They want to end the stigma surrounding men's mental health and help men through the power of conversation. In March a new Andy's Man Club launched in Eyemouth. **This takes place every Monday (exc English bank holiday at 7pm) at Eyemouth Parish Hall, TD14 5JD. To find your nearest Andy's Man Club click [here](#).**

HEADSTRONG

Headstrong is a mental health in sport project based in the Scottish Borders. It aims to raise awareness and reduce stigma around mental health, mental wellbeing and suicide. Headstrong involves everyone within a

sports club and encourages those who attend to create a lasting legacy of mental health support to those who are part of a club and also reaching beyond that to the external community, such as family and friends out with the club. Delivery of Headstrong is through two informed level interactive workshop presentations.

If you're part of a sports club and are interested in finding out more about Headstrong, click [HERE](#).

EVENTS

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 'Upbeat!' drumming workshops starting on Friday 19th April in Peebles and Painting and Poetry workshops starting on 3rd April in Kelso.

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

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.

Various dates

BORDERS IN RECOVERY GROUPS

Borders In Recovery is a Lived Experience Recovery Community and a member of the Scottish Recovery Consortium. The group run weekly Recovery Cafés in Galashiels, Eyemouth, Kelso, Hawick and Peebles and are open to anyone over 16 years and is run by people with lived experience of recovery. The café offers recovery support, meaningful activities, socialisation opportunities and health and wellbeing activities as well as many other leisure and personal development opportunities. Borders in Recovery also have a Weekly Music Group on a Friday afternoon and Recovery Coaching groups all day on a Friday, there is also a Breakfast Club on Saturday mornings. **To find out more 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

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).

Where:

- Gala RFC Hospitality Suite (to the right when you enter through the gate), Netherdale, Nether Road, Galashiels TD1 3HE
- Eyemouth Parish Hall, Victoria Rd, Eyemouth TD14 5JD

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

Wednesday 24th April, 11am – 1pm

NATIONAL RURAL MENTAL HEALTH FORUM ONLINE

Hosted by Change Mental Health. Topics covered this time include a presentation about 'Plough On' by Rural Support (Northern Ireland). Follow this link to register.

<https://www.eventbrite.co.uk/e/national-rural-mental-health-forum-tickets-835799949147>

Tuesday 14th May, 9.30am – 1.30pm, Focus Centre, Galashiels

BORDERS PEER SUPPORT TOGETHER

This networking and discussion event is aimed at people who are involved in peer support for mental health and addictions in the Borders. Hosted by Borders Care Voice, Health in Mind, Scottish Recovery Network, Peer 2 Peer Mindfulness, NHS Borders and Scottish Borders Council, the morning event will be for sharing experiences, connections and ideas. We'd like to talk about having a collaborative peer support network so please come along so we can work together to shape our peer support community in the Borders.

Find out more and book your place [HERE](#)

RESOURCES

FARMSTRONG SCOTLAND WELLBEING HUB

Farmstrong Scotland is a relatively new rural wellbeing programme for the farming and crofting sector in Scotland, sharing peer-to-peer tips and advice. The resources on the Farmstrong Scotland website are being developed and its worth having a look at the 'Wellbeing Hub'. One of the recent resources added was a downloadable 'Wellbeing Bank Account'. Based on the Five Ways to Wellbeing, it provides a framework for recognising the 'withdrawals' (things that can make you feel drained) and 'investments' (ways to make you feel refreshed and energised).

You can access the Wellbeing Hub [HERE](#)

BRAIN HEALTH RESOURCES

We recently came across the '[Brain Health Scotland](#)' website which is hosted and supported by Alzheimer Scotland. Their mission is to inspire and empower people to protect their brain health and reduce the risk of diseases that lead to dementia. Brain health is closely connected to mental health and many of the things we can do to keep our brains healthy are the same things that help to keep us mentally healthy. It's never too early to start looking after your brain!

The website includes:

Free brain health resources for 8-12 year olds, this includes resources for parents and teachers:

<https://www.brainhealth.scot/amazingbrain>

And if you are interested in learning more about your own brain health, please find a link to an online quiz app from Brain Health Scotland: <https://www.alzscot.org/news/my-brain-health-plan>

IF IT'S OKAY CAMPAIGN – SEE ME

The 'If It's Okay' campaign aims to tackle the negative impact that shame has on those with mental illness. The impact of feeling shame means many people hide a mental illness, even from those closest to them. This can stop people from getting the help and support they need, make people feel alone and lead those living with a mental illness to withdraw from opportunities others may take for granted.

The See Me website has tips about what do if you think someone you know is feeling shame, if you are feeling shame and how to promote the campaign and tackle shame for everyone.

For more information click [HERE](#).

TRAINING

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

- 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. **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 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



We all have a role to play
in suicide prevention

