

Creating Hope

Scottish Borders

Information Bulletin – News / Events / Resources / Training MAY 2024

Upcoming awareness dates:

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

NEWS

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".

One of the most important things you can do to help protect your mental health is regular movement and this Mental Health Awareness Week the campaign is to help people to find moments for movement in their daily routines. Here's a summary of their tips:

- Find 'moments for movement' e.g. marching on the spot while you're waiting for the kettle to boil
- Set small achievable goals
- Take a break from sitting – stand up, walk around and stretch your body
- Find the fun – the best option for movement is the one you enjoy the most
- Don't compare yourself to others
- Be kind to yourself – moving more is self-care
- Don't forget to rest!

Further information is available on [this page](#).

3 DADS WALKING - WALK OF HOPE 2024

In April we joined 3 Dads Walking as they made their way through the Scottish Borders. The 3 Dads who lost their daughters to suicide have raised more than £1 million for PAPHOS Prevention of Young Suicide. On route, they will, or have visited, some of the newly opened, or soon-to-open, PAPHOS offices and hubs in Stirling, Newcastle, Leeds, Hull and Norwich.

For further information about their walk visit

[A Walk of Hope 2024 – 3 Dads Walking](#)

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact PAPHOS HOPELINE 247 for confidential support and practical advice. HOPELINE is also a Debrief Service for any professional who has had an experience supporting with suicide.

Call: 0800 068 4141 **Email:** pat@papyrus-uk.org **Text** - 07860039967



WELLBEING ACTIVITIES IN THE SCOTTISH BORDERS

The Health and Social Care Partnership are keen to develop their understanding of the services and activities that promote people's emotional, social and/or physical needs. They would welcome your support with this by completing their mapping survey. Mapping services will help identify areas where resources are most needed, allowing to collectively better identify gaps in services, support collaboration, coordination and partnership, support community engagement, support them to better plan, develop and commission services and funding allocations and, support more efficient, effective and streamlined allocation of resources

To complete the survey click [HERE](#). Please submit the response by 5pm on Monday 20th of May 2024.

EVENTS

Mental Health Awareness Week events



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 Mindful Movement in Galashiels from 15th May and Nature Walk and Storytelling Session in Selkirk on 14th May. **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.

10th – 18th May, Peebles

INSPIRING LIFE WEEK

A week of activities designed to take a creative approach to health and wellbeing. This year's workshops are focused around themes of recovery and renewal – exploring things in our lives that we might want to understand better, change, re-boot or re-think.

For more about the activities for Inspiring Life Week (10th – 15th May) click [HERE](#)

For more about the activities for Inspiring Life Day (18th May) click [HERE](#)

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](#)**

Wednesday 15th May, 10am – 12.30pm, Mayfield Garden Centre, Kelso

INFORMATION STATION FOR MENTAL HEALTH AND WELLBEING at the WHAT MATTERS HUB

Drop-in service where you can find out more about the advice, information and support that's available to help mental health and wellbeing. **Find out more [HERE](#)**

Thursday 16th May, anywhere and everywhere

WEAR IT GREEN DAY

The Mental Health Foundation is once again encouraging schools, workplaces and communities to wear green to raise awareness and funds for mental health. **Find out more [HERE](#)**



Thursday 16th May

SPINAL INJURIES SCOTLAND (SIS) MONTHLY COFFEE MEET

SIS helps 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 they do – upcoming get-togethers on 16th May, 20th June, 18th July, 27th August and 19th September. **For further info and to RSVP please contact kevin.hanlon@spinalinjuriescotland.org.uk or freephone 0800 0132 305.**

Other events

Thursday 23rd May 2024 at either 10am – 12pm or 1 – 3pm at Inspire, Tweedbank

TOGETHERALL – GET TO KNOW THE SERVICE – NETWORKING EVENT

Togetherall & Scottish Borders Council are holding a networking opportunity to connect, collaborate and magnify awareness of Togetherall, a mental health resource for any 16+ resident across Scottish Borders. This is a chance to learn more about the service, signpost effectively and help reach those who need support. There are two service demonstrations you can join at either 10am or 1pm. You can learn more about Togetherall [here](#) or visit [togetherall](#)

To register for the event, please complete the form by following the link:

<https://forms.office.com/e/D2hWTiAEbS>

29th May 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

29th May 10am – 3pm, Hawick Town Hall

BORDERS OLDER PEOPLE'S FORUM EVENT

Ability Borders and the Borders Older People's Forum in association with ISPA (led by the University of Stirling) are hosting an information-sharing event for older people and those living with a disability or long-term health condition at any age.

For more information 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

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](#).**

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/>

RESOURCES

MOVING MORE FOR YOUR MENTAL HEALTH

As the theme for Mental Health Awareness Week is about moving more – we thought it was the perfect time to share two of our favourite NHS Apps.

- ‘Active 10’ is an app that tracks brisk walking, helps you to set achievable ten minute goals and shows you your achievements
- ‘Couch to 5k’ is a running programme for absolute beginners and has helped millions of people to start running at their own pace.

Find out more here and download the Apps here - [NHS Better Health Apps](#)

SAMARITANS MENTAL HEALTH AWARENESS WEEK TOOLKIT

This Mental Health Awareness Week, Samaritans are talking about the stigma around suicide. For someone who is having suicidal thoughts, stigma can prevent them asking for help. Stigma around suicide can also prevent others from offering support, for fear of saying or doing the wrong thing. But if someone feels suicidal, talking about it could be the first step in finding support. Samaritans have created a toolkit with tips on how to have a conversation with someone you’re worried about, as well as ways you can help raise awareness on social media. **To access the toolkit click [HERE](#).**

SCOTTISH RECOVERY NETWORK - PEER RECOVERY HUB

Scottish Recovery Network has launched their new online resource full of free tools, events, and opportunities to inspire you to develop and champion peer support for mental health recovery.

It’s a space where they’ll be shining a spotlight on your fantastic peer support projects, services, and organisations and a place to share ideas and learning from people planning and delivering peer support activities, to help you do the same.

For more information click [HERE](#)

TRAINING

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

ASIST is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Dates: Tuesday 18th & Wednesday 19th June 2024 (you must be able to attend both days fully)

Time: 8:50am – 5pm

Venue: Hawick High School, Hawick, TD9 0EG

To book a place click [HERE](#)

If the training is full please email health.improvement@borders.scot.nhs.uk to be added to the distribution list for ASIST to be informed when the next course is open for booking.

WAVE AFTER WAVE - SUICIDE BEREAVEMENT TRAINING

Wave after Wave training covers:

- The prevalence and impact of suicide bereavement in the Scottish Borders
- Understanding grief and suicide bereavement
- Providing a compassionate response to suicide bereavement
- The impact of working with suicide bereavement on staff and strategies to manage wellbeing

Date: 21st May

Time: 9am – 1pm

Venue: Borders Care Voice, Galashiels

To book a place click [HERE](#)

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



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VISIT NHS BORDERS WELLBEING POINT
Find out more about improving your wellbeing
at www.nhsborders.scot.nhs.uk/wellbeingpoint

VISIT NHS BORDERS SUICIDE PREVENTION HUB
Find out more about suicide prevention resources at
www.nhsborders.scot.nhs.uk/suicideprevention

