

Creating Hope

Scottish Borders

Information Bulletin – News / Events / Resources / Training

June 2024

Upcoming awareness dates:

- 3rd – 9th June: [Volunteers Week](#)
- 10th – 16th June: [Men's Health Week](#)

NEWS

LAUNCH OF THE NEW CREATING HOPE AWARDS

We are pleased to be able to share with you that the Mental Health Improvement and Suicide Prevention Steering Group has now launched the new 'Creating Hope Awards' scheme for mentally healthy and suicide safer communities. You may remember that there was a workshop in May 2023 where we began the engagement about how we could better recognise, promote and support mentally healthy and suicide safer communities that are caring, compassionate and inclusive. Over the past year we have developed the awards alongside partners and those with lived and living experience.



We are grateful for all the contributions and enthusiasm in developing the awards. Many groups have been testing parts of the process and feeding back - particular thanks go to Lynsay and Borders Care Voice who worked with us every step of the way to make sure the application process for the awards is as smooth as possible. Congratulations to Lynsay, Jenny and the team at Borders Care Voice who have received the first Creating Hope Award! They are pictured above with Steph, Charlotte and Claire from the Public Health Team on the right and Natalie and Lisa-Jane from NHS24 Breathing Space on the left. We are delighted that Breathing Space has lent their support to the awards scheme.

There are two awards in the scheme – The Creating Hope Award and the Creating Hope Champions Awards. The aims of the scheme are to:

- Engage local groups and organisations in promoting good mental health
- Nurture positive environments within communities and create hope
- Enable our local communities to have a clear understanding of suicide and its prevention, and be able to respond in helpful and informed ways when support is needed
- Connect people to the information and support they need to be mentally healthy and suicide safer
- Recognise, support and promote mentally healthy and suicide safer communities that are caring, compassionate and inclusive

For those of you who have already expressed an interest in signing up to the award, we will be in touch shortly. We're keen to encourage all groups, teams and organisations who receive this newsletter to work towards an award and help us to build more mentally healthy and suicide safer communities in the Borders.

To find out more about the awards and how to apply please visit www.nhsborders.scot.nhs.uk/creating-hope

WORLD SUICIDE PREVENTION DAY – THEME FOR NEXT THREE YEARS ANNOUNCED

The International Association for Suicide Prevention (IASP) sets a global theme for World Suicide Prevention Day every three years, the theme for 2024-2026 is, "Changing the Narrative on Suicide" with an associated call to action: "Start the Conversation". The aim of the theme is to raise awareness about the importance of changing the narrative surrounding suicide and transforming how we perceive this complex issue. Changing the narrative requires systemic change. It's about shifting from a culture of silence and stigma to one of openness, understanding, and support. IASP is issuing a call to action: "Start the Conversation." This call encourages individuals, communities, organisations and governments to engage in

open, honest discussions about mental health and suicide. The theme and call to action fits well with what we've been working on locally in the Borders. The Creating Hope awards and the delivery of suicide prevention training is encouraging people living and working across the Borders to have those supportive and compassionate conversations.

Keep an eye out in our next newsletter for our plans around the time of Suicide Prevention Awareness Day (10th September). If you have any events or plans that you'd like us to help publicise or would like to talk to us about then please get in touch.

EVENTS

Wednesday 19th June, 10am – 12.30pm, Mayfield Garden Centre, Kelso

Wednesday 26th June, 10am – 12:30pm, ASDA Café, Galashiels

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](#)**

Monday 24th June 10:30am – 2pm, Langlee Community Centre, Galashiels

LOCAL AREA COORDINATION SERVICE REVIEW – CONVERSATION CAFÉ

The Local Area Coordination (LAC) service has recently been reviewed and suggestions have been made on how this service could be improved; the commissioners would like to work alongside people who have accessed this service and people who this service is designed to support. [Local Area Co-ordination | Local area co-ordination | Scottish Borders Council \(scotborders.gov.uk\)](#)

24th July 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

1st Tuesday of the month, Galashiels

SURVIVORS OF BEREAVEMENT BY SUICIDE LOCAL SUPPORT GROUP

For more information 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

FC UNITED TO PREVENT SUICIDE

FC United to Prevent Suicide has launched a few new campaign videos recently aimed at football fans, please feel free to share these on your social media platforms or with your networks.

- 'The world's longest minute's applause' has been created to commemorate every one of the 762 people who lost their life in 2022. The idea of a minute's applause is something that football fans often take part in to celebrate the life of someone gone. If there was to be a minute of applause for every person who died by suicide in 2022 it would take 12 hours and 42 minutes. There's been huge traction for the campaign, which has been widely shared by football clubs across Scotland. The video can be accessed [HERE](#).
- 'Talking Tactics' features Partick Thistle striker and women's team manager Brian Graham 'talking tactics' about how to have a conversation with a football pal you're worried about. The video can be accessed [HERE](#).

SUPPORTING PEOPLE BEREAVED BY SUICIDE WHO ARE NEURODIVERGENT

For those who are neurodivergent, accessing support after a bereavement by suicide can be hard. The Support After Suicide Partnership has produced a new guide to help professionals support people who are, or may be, neurodivergent.

Written by neurodivergent writer, Maxine Roper, alongside a working group of lived experience advisors and specialist organisations/SASP members: Ambitious About Autism, ADHD Foundation and Autistica, it offers practical advice to lower barriers to support.

To download the guide click [HERE](#)

You can watch an introductory webinar about the guide including a panel discussion [HERE](#)

TRAINING

MENTAL HEALTH IMPROVEMENT AND SUICIDE PREVENTION TRAINING – BORDERS CARE VOICE

This informed level training is the foundation level of the Knowledge and Skills Framework for mental health improvement and the prevention of self-harm and suicide which was co-produced by NHS Health Scotland and NHS Education for Scotland.

Date: Thursday 13th June and Monday 17th June

Time: 10am – 12pm over Teams.

More information about the training can be found in the [Borders Care Voice Training Programme](#). To book a place click [HERE](#).

LOSS AND BEREAVEMENT TRAINING – BORDERS CARE VOICE. FACE TO FACE, GALASHIELS

Date: 18th June, Time: 9:30am – 4:30pm

Carers are often at the face of supporting people at the end of their life. Having a better understanding and greater awareness of the impact of bereavement on people they support, families, other carers and themselves, is a positive way of self-management.

More information about the training can be found in the [Borders Care Voice Training Programme](#). To book a place click [HERE](#).

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.

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.

INEQUALITIES IN MENTAL HEALTH IN SCOTLAND

A series of masterclasses are available from The Mental Health Improvement, Self-harm and Suicide Prevention programme at NHS Education for Scotland in partnership with Public Health Scotland. The most recent NES Masterclass 'Inequalities in Mental Health in Scotland' is now available to access on TURAS (link below, registration may be required)

<https://learn.nes.nhs.scot/73663>

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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CREATING HOPE WEB PAGES

We are building new web pages, you can find them here:

www.nhsborders.scot.nhs.uk/creating-hope

