

Creating Hope

Scottish Borders

Information Bulletin – News / Events / Resources / Training
July / August 2024 – Summer edition

Upcoming awareness dates:

- [Samaritans Awareness Day – 24/7](#)

NEWS

CREATING HOPE AWARDS

In case you missed it, we have now launched the new ‘Creating Hope Awards’ scheme for mentally healthy and suicide safer communities. There are two awards in the scheme – The Creating Hope Award and the Creating Hope Champions Awards. We are delighted to announce that last month [Gala Fairrydean Rovers Football Club](#) received the Creating Hope Scottish Borders Award and [Scottish Borders Rape Crisis Centre](#) received the Creating Hope Scottish Borders Champions Awards! Congratulations to both and thank you for being part of the scheme!

We’re keen to encourage a wide range of groups, teams and organisations 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. If you have any questions then please don’t hesitate to get in touch.

SCOTTISH MENTAL HEALTH ARTS FESTIVAL (SMHAF)

This year’s festival will take place across Scotland from 10th – 27th October, exploring the theme of ‘In/Visible’. SMHAF provides a platform where everyone in Scotland can create and share art about mental health and explores how the arts and creativity can support people to live mentally healthier lives.

SMHAF EVENT SUBMISSION

Organisations, communities and artists are invited to develop events for their local area as part of the festival programme. This can include exhibitions, creative workshops, performances, live music, film screenings, discussion events, and much more – anything that uses the arts or creativity to engage people in mental health!

The deadline for submitting events to the programme is Friday 19th July. If you are interested in submitting an event please email health.improvement@borders.scot.nhs.uk for a submission form and checklist.

PERFORMING ANXIETY

Performing Anxiety is a new resource for people who want to make audience facing or participatory arts projects about mental health. It draws on interviews with over 30 people – writers, performers, directors, producers and programmers – across the UK, many of whom have done pioneering work in this field in recent years. For more information and to access the user-friendly good practice guide click [HERE](#).

SMHAF WRITING COMPETITION

The annual writing competition is now open for entries! The theme this year will consider what it means to be ‘visible’ or ‘invisible’ when we think about our mental health. SMHAF are seeking new writing that

addresses mental health in all its diversity and explores the theme of 'In/Visible'. Closing date is Monday 19th August. For more information and to submit your entry click [HERE](#).

MEN DON'T TALK

Men Don't Talk is a new play by Clare Prenton which explores masculinity, mental health and Men's Sheds as part of its Scottish tour this Autumn. Inspired by real men's stories, Men Don't Talk invites audiences into a fictional men's shed to address the importance of men coming together to talk about their emotions, feelings, trials and tribulations to promote positive masculinity.

As well as being spotlighted in the Scottish Parliament at Holyrood, in October *Men Don't Talk* is coming to Hawick and Peebles the Scottish Borders! For ticket information click [HERE](#)

SUICIDE PREVENTION AWARENESS WEEK (8th Sept – 14th Sept)

This year's theme for World Suicide Prevention Day is, "Changing the Narrative on Suicide" with an associated call to action: "Start the Conversation".

STEPS TO CREATING HOPE – WALK A MILE EVENT

A week prior to Suicide Prevention Awareness Week, on Saturday 31st August, we are joining [See Me, Inspiring Life](#), [Survivors of Bereavement by Suicide \(SOBS\)](#), [Andy's Man Club](#), [Quarriers Resilience for Wellbeing Service](#) and [Samaritans](#) in Peebles to connect, talk about mental health, walk and create hope through conversation.

For more information and to register for the event please click [HERE](#).

Please share details of the event with anyone who might be interested in attending, a flyer will be available to download in the coming weeks on the page above.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

We are running ASIST during Suicide Prevention Awareness Week on 9th and 10th September at Langlee Community Centre, Galashiels. This training books up very quickly and is now full but please email health.improvement@borders.scot.nhs.uk if you'd like to be added to the cancellation list or the distribution list for any future dates. ASIST is delivered in the Borders 4-5 times per year.

To keep up to date with any further plans for Suicide Prevention Awareness Week and the latest news visit: <https://www.nhsborders.scot.nhs.uk/creating-hope/latest-news/>

SAMARITANS AWARENESS DAY – 24/7

Samaritans Awareness Day is on 24 July (24/7) and they have a campaign to raise awareness throughout July, to let people know that the support service is available, day or night, 24/7.

Samaritans can be contacted:

- By telephone: 116 123
- By writing a letter to: Freepost SAMARITANS LETTERS
- By emailing: jo@samaritans.org
- By visiting a local branch (check before visiting)

You can find out more about getting involved with the awareness day by visiting this web page: [Samaritans Awareness Day - 24/7 | Samaritans Campaigns | Previously Talk to Us](#)

BORDERS IN RECOVERY – LIVED EXPERIENCE SUPPORT

Borders In Recovery is a lived experience recovery community offering free peer support, meaningful activities, trips to national dry events, facilitated groups, recovery cafes, signposting and volunteering opportunities. They now provide weekly recovery cafes, SMART meetings, music group, Saturday breakfast club and family support. The support is free to access for anyone who is 16+ and in recovery (substances

and/or mental ill health, isolation, loneliness) and family & friends. There is an active Facebook page plus accounts on Instagram and X.

Get in touch if you would like more information or if you would like support to engage with us via our peer support team. For more info visit <https://bordersinrecovery.org>

#makingrecoveryvisible

X (Twitter): @BorderRecovery

Instagram: Borders_in_Recovery

Facebook: Borders_Recovery (@bordersrecoverycommunity)

EVENTS

Wednesday 17th July, 10am – 12.30pm, Mayfield Garden Centre, Kelso

Wednesday 24th July, 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](#)**

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 runs weekly Recovery Cafés in Galashiels, Eyemouth, Hawick and Peebles, open to anyone over 16 years and in recovery (substances and/or mental ill health) or supporting someone who is (friend/family). 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 Tuesday and Recovery Coaching Training is available. There is also a Whatsapp group and SMART meetings in Peebles and Gala including a Womens SMART meeting in Gala. **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

WAYS TO BE WELL IN THE SCOTTISH BORDERS

You may remember the 'Six Ways to Be Well' booklets that we have been using to promote mental health and wellbeing for last few years. The booklets are having a makeover and a new version will be available shortly, full of ideas for self-help and signposting to support. We have kept some of the original themes and added some others – the 'Nurture' theme has been broken down more to allow a more specific focus on self-care issues such as healthy eating, sleep, alcohol and smoking, all of which have associations with mental health. The new themes are:

- **Eat Well** – food affects our brains and mood as well as our bodies
- **Connect with Nature** – spend time outdoors and bring nature into your everyday life
- **Be Active** – exercising regularly can make you feel more confident, happier, less stressed and sleep better
- **Sleep Well** – follow a good night time routine, sleeping well is vital for good mental health
- **Be Creative** – creative activities and being involved in culture can help you to stay well and feel better
- **Enjoy and Learn** – learning new things can help you to be more satisfied and fulfilled
- **Be Mindful** – being mindful can help you to de-stress. Give yourself some 'me time'
- **Be Kind** – giving and receiving from others helps to build a support network
- **Be Connected** – connect with other people in a way that is good for your wellbeing
- **Limit Alcohol** – cut down your drinking to within the low risk guidelines
- **Stop Smoking** – find healthier ways to cope with stress
- **Manage Money Worries** – get help for financial difficulties, money problems are a common trigger for mental health problems

You can read more about the new 'Ways to Be Well' here: nhsborders.scot.nhs.uk/creating-hope/ways-to-be-well/

TOGETHERALL – SUPPORT OVER SUMMER

Don't forget that digital mental health support at Togetherall is available all day, every day, for all Scottish Borders residents over the age of 16. Peer support is available as people share their experiences in a safe, anonymous space, moderated by mental health professionals. The website also has practical wellbeing tools and resources.

Find out more at <https://togetherall.com>

SOLIHULL APPROACH – ONLINE COURSES

'In Our Place' is an NHS website that has online courses dedicated to improving the emotional health and wellbeing in parents, children, teenagers, adults and grandparents. The courses have all been developed by psychologists at the Solihull Approach in partnership with health experts, schools, psychotherapists and parents. Many of the courses have free access via the NHS Education for Scotland TARTAN Access Plan.

Find out more here:

[Online courses for emotional health and wellbeing \(inourplace.co.uk\)](https://inourplace.co.uk)

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 29th October 2024:** 1pm – 5pm
- **Thursday 21st November 2024:** 9am – 1pm

- **Thursday 5th December 2024:** 9am – 1pm
- **Tuesday 4th March 2025:** 9am – 1pm
- **Thursday 27th March 2025:** 9am – 1pm
- **Tuesday 27th May:** 9am – 1pm

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

SCOTLAND’S MENTAL HEALTH FIRST AID (SMHFA) – BORDERS CARE VOICE in DUNS

Date: Thursday 15th August and Thursday 22nd August

Time: 9.30am – 5.00pm

This 2-day face-to-face training course in Duns offers basic general information about mental health problems and is aimed at those working with adults. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress.

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

MENTAL HEALTH IMPROVEMENT AND SUICIDE PREVENTION TRAINING – BORDERS CARE VOICE

Date: Monday 16th September and Monday 23rd September

Time: 10am – 12noon over Teams.

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.

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)

9th & 10th September 2024 – Langlee Community Centre, Galashiels – **NOW FULL**

[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

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](#)



CREATING HOPE WEB PAGES

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

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



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