

# Creating Hope

## Scottish Borders

### Information Bulletin – News / Events / Resources / Training September 2024

#### Upcoming awareness dates:

- Suicide Prevention Awareness Week and [World Suicide Prevention Day – 10 September](#)
- [Self-Management Week – 23-26 September](#)
- [World Mental Health Day – 10 October](#)

## NEWS

### SUICIDE PREVENTION AWARENESS DAY (10<sup>th</sup> September)

This year's theme for World Suicide Prevention Day is, "Changing the Narrative on Suicide" with an associated call to action: "Start the Conversation". The aim is to 'shift from a culture of silence and stigma to one of openness, understanding and support'. We'd encourage you to start these conversations within your own organisations, networks and with friends and family.

Suicide Prevention Scotland have produced a social media toolkit for the build up to World Suicide Prevention Day which we would encourage you to use. Within the folder below there's a document that explains each asset. To access the toolkit click [HERE](#)



During Suicide Prevention Awareness Week we will be attending a number of events including Borders College Freshers Fair and the Kelso Ram Sales, as well as delivering Applied Suicide Intervention Skills Training. Please see below for more details of all.

### CREATING HOPE AWARDS

We recently visited [Scottish Borders Rape Crisis Centre](#) to present them with the first Creating Hope Scottish Borders Champions Award. Susie and the team at the Centre have been committed to their suicide prevention work for many years now and we're delighted that we're able to recognise their contribution with this award.

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](http://www.nhsborders.scot.nhs.uk/creating-hope). If you have any questions then please do get in touch.**

*Susie Stein and colleagues at Scottish Borders Rape Crisis Centre receiving their Creating Hope Champions Award*

## **WAYS TO BE WELL IN THE SCOTTISH BORDERS**

We are marking Self-Management Week in September by doing a launch and promotion of the new 'Ways to Be Well in the Scottish Borders' booklet, full of ideas for self-help and signposting to support for mental health and wellbeing. The new 'Ways to Be Well' 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

Printed copies are available by emailing [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

Read more about the new 'Ways to Be Well': [nhsborders.scot.nhs.uk/creating-hope/ways-to-be-well/](https://nhsborders.scot.nhs.uk/creating-hope/ways-to-be-well/)

Download a PDF version here: [Reading-Version-Ways-to-be-well-August-2024.pdf \(scot.nhs.uk\)](https://nhsborders.scot.nhs.uk/creating-hope/ways-to-be-well/ways-to-be-well-reading-version-august-2024.pdf)

## **BE PART OF THE BIG SCOTTISH PEER SUPPORT SURVEY!**

**Are you a group, service or activity that hosts one-to-one or group mental health peer support?**

Scottish Recovery Network want to work with you to make sure mental health peer support gets the positive recognition it deserves.

The Scottish Government and COSLA Mental Health and Wellbeing Delivery Plan includes a commitment to champion peer support. To feed into this and to inform the Scottish Recovery Network's work they are carrying out a survey to get a fuller picture of what peer support looks like in Scotland – where it's happening, who's doing it and what's needed to help it grow.

**You can take part in the survey via this link:**

<https://www.surveymonkey.com/r/peer-support-service-survey>

## **SCOTTISH MENTAL HEALTH ARTS FESTIVAL (SMHAF)**

This year's festival will take place across Scotland from 10<sup>th</sup> – 27<sup>th</sup> 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. Please see the events section of this newsletter to see what is coming up locally at the festival.

## **SUICIDE BEREAVEMENT SUPPORT FOR WORKPLACES**

Cruse Scotland is funded by the Scottish Government to provide free bereavement support for workplaces, sports teams or community groups affected by suicide. Cruse Scotland recognise how devastating it can be when a colleague, client or patient dies by suicide. The feelings can be overwhelming - some people may experience shock and overwhelming feelings of sadness, others report feelings of guilt and blame - and managers are often unsure how to navigate the aftermath.

Cruse Scotland are highly trained and experienced in dealing with grief following a suicide.

**Contact [info@crusescotland.org.uk](mailto:info@crusescotland.org.uk) to access this support.**

**More information about Cruse Scotland Bereavement Support is available [HERE](#)**

## LAUNCH OF THE CALEDONIAN CREDIT UNION IN THE BORDERS

We know that having financial difficulties can have a big impact on mental health so we're delighted to see that the Caledonian Credit Union has now been officially launched in the Borders! The Credit Union offers members online banking, savings and the opportunity to apply for a pre-paid debit card and affordable loans to help them manage their money.

Find out more at: [Credit Union Services: Our Range of Financial Solutions \(caledoniancu.co.uk\)](https://caledoniancu.co.uk)

Or by emailing: [siobhan@caledoniancu.co.uk](mailto:siobhan@caledoniancu.co.uk)

## EVENTS

### INFORMATION STATION FOR MENTAL HEALTH AND WELLBEING at the WHAT MATTERS HUBS

PEEBLES - Wednesday 11th September, 10am – 12:30pm, Costa Coffee

HAWICK - Thursday 12<sup>th</sup> September, 10am – 12:30pm, Heart of Hawick

KELSO - Wednesday 18th September, 10am – 12.30pm, Mayfield Garden Centre

GALASHIELS - Wednesday 25th September, 10am – 12:30pm, ASDA Café

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

### 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](mailto:scottishborders@uksobs.org)

### Friday 13th September

#### **RAM SALES AT SPRINGWOOD PARK, KELSO**

On Friday 13th September we are attending the Border Union Kelso Ram Sales at Springwood Park in Kelso. We will be there alongside [The Wellbeing Service](#), [RSABI Health Hut](#) who will be there providing health and wellbeing expertise and also in attendance is [Farmstrong](#) Scotland. Farmstrong Scotland help farmers, crofters and their families to cope with the ups and downs of farming and crofting by sharing things they can do to look after themselves and the people in their business. If you are attending please come and see us to say hi and to pick up information about how to look after your mental health and wellbeing.

### Saturday 14th September, 12:00 – 18:45, Royal Concert Hall, Glasgow

#### **SIDE BY SIDE AFTER SUICIDE**

Suicide Prevention Scotland are hosting Side by Side After Suicide, an opportunity for people bereaved by suicide to come together, to commemorate those they have lost to suicide, to hear from people bereaved by suicide about projects which have helped them and to meet others who are part of the suicide community. The hope is that this event will help to build connections for people who have been bereaved by suicide and help to break down the stigma associated with suicide.

Full agenda and the booking link are here:

[Side by Side After Suicide Tickets, Sat, Sep 14, 2024 at 12:00 PM | Eventbrite](#)

### 18th September 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](mailto:charlotte.jones2@nhs.scot)

### **Starting Wednesday 18th September, Old Gala House, Galashiels**

#### **MINDSENSE – CULTIVATING MENTAL AWARENESS FOR YOUNG ADULTS**

This free 8 week course aims to develop emotional resistance, wisdom, confidence, creativity, self-awareness, and compassion, as a benefit to your potential well-being and inner peace. A toolbox of skills and techniques which can support self-actualisation will be built throughout the course.

This course is specifically designed for young adults between the ages of 18 and 30. An experienced course tutor will guide each session.

To find out more and apply click [HERE](#)

### **Thursday 26<sup>th</sup> September, 10.30am – 1.00pm, The Station House, Stow**

#### **HEALTH, WELLBEING AND CLIMATE CHANGE IN THE SCOTTISH BORDERS**

We will be talking about 'Ways to Be Well' at this climate Change event. Hosted by Scottish Borders Climate Action Network, Change Mental Health and NHS Borders, this session at The Station House will be filled with insightful discussions, interactive workshops, and networking opportunities. Learn about the impact of climate change on our health and explore ways to promote wellbeing.

To book a free ticket from Eventbrite click [HERE](#)

### **Friday 27<sup>th</sup> September, 12-3pm at Galashiels Volunteer Hall**

#### **'DIVERSE BORDERS' FAMILY FUN DAY**

Scottish Borders Rape Crisis Centre is holding a family diversity and inclusion event called Diverse Borders to showcase their progress on ensuring services are accessible and inclusive. There will be family friendly activities including a bouncy castle and games. There will be lots of information stalls from local organisations and food will be provided. Join them for a fun afternoon!

**Wheelchair accessible, all ages welcome, no need to book.**

### **Saturday 28<sup>th</sup> September – Kelso High School**

#### **KELSO COMMUNITY WELLNESS FAYRE**

Kelso Medical Group Practice is again hosting a Community Wellness Fayre, this time at Kelso High School. This will be a free event showcasing the health and wellness projects happening in and around Kelso.

**For more information contact the practice on 01573 224 424 or visit their Facebook page**

### **Various dates**

#### **CENTRAL BORDERS CAB OUTREACH SESSIONS**

Central Borders Citizens Advice Bureau is holding drop in outreach sessions at community locations across central Borders:

- First Monday of the month: Yarrow Hall (9am – 12 noon)
- First Tuesday of the month: Newtown St Boswells Community Wing (9.30am – 11.30am)
- First Thursday of the month: Philiphaugh Community Larder, Selkirk (10.30am – 12.30pm)
- Second Tuesday of the month: Lauderdale Hotel, Lauder (11am – 2pm)
- Second Wednesday of the month: Earlston Community Café (10.30am – 12 noon)
- Third Monday of the month: Open Door – Parish Church Hall, Selkirk (10am – 1pm)
- Third Thursday of the month: Kirkhope Parish Hall (9am – 12 noon)
- Last Thursday of the month: Philiphaugh Early Years Centre, Selkirk (9.30am – 11.30am)

### **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/>

## **Coming up in October**

### **SCOTTISH MENTAL HEALTH ARTS FESTIVAL EVENTS**

#### **Free dance / theatre workshop for young people**

'SHED A Layer' is a touring workshop that runs alongside the dance / theatre performance of [SHED](#) at Melrose Corn

Exchange. Join Northern Rascals for an exclusive 90 minute

workshop to explore the method behind the making of their dance theatre show. As a participant, you will experience the method behind the creation, learn dances from the show and discover creative techniques to devise your own dance.

To find out more and book a place visit:

['SHED A Layer' Free Workshop @ Melrose Corn Exchange - Events - Live Borders](#)



#### **Other events include:**

- ['Shed' by Northern Rascals](#) – dance / theatre performance about young people's mental health (Wednesday 9<sup>th</sup> October, 7.30pm, Melrose Corn Exchange, tickets £8)
- ['Can I be a Butterfly?' by Clare's Many Threads](#) - semi-autobiographical solo play about Chronic Fatigue and its effects (Wednesday 16<sup>th</sup> October, 7.00pm, Heart of Hawick, £8)
- ['Crossing Borders to Visibility: Exploring Present Experience and Past Lives through Creative Heritage'](#) an event aimed at uncovering the shared history between the two regional asylums in the South of Scotland – Dingleton and the Crichton. Includes a series of 'provocations' with the aim of developing a joint proposal for an artists'. (Thursday 17<sup>th</sup> October, 2pm – 4pm, Corn Exchange Melrose, Free)
- ['In/Visible' new drama workshops – eight week programme](#) - theatre course for writers and actors to create a new piece of theatre based on the festival theme of 'In/Visible,' (Every Tuesday from 22<sup>nd</sup> October – 3<sup>rd</sup> December, 7pm, Heart of Hawick, £10 for eight weeks)
- ['Men Don't Talk' by Clare Prenton](#) – new theatre performance presented in conjunction with the Scottish Men's Sheds Association – includes banter, bird boxes and biscuits in an exploration of the myth that men don't talk (Friday 25<sup>th</sup> October, 7pm, Heart of Hawick, £8)

## **RESOURCES**

### **WORKING HEALTH SERVICES SCOTLAND**

If any of your employees has a health condition which is impacting on their work, they could benefit from Working Health Services Scotland (WHSS).

The service aims to help employees manage their condition and remain at work and help facilitate a return to work if a short period of absence occurs.

Where necessary, the programme can provide quick access to counselling and physiotherapy.

Employees can self refer themselves. To be eligible for this service your employee must be self-employed or employed by a company of 250 employees or less; at work or absent for any length of time.

A case manager will be assigned to help you through the process.

Please call 0800 019 2211 to self-refer, or go online at <https://referrer.salus.co.uk>



## **NHS INFORM CBT RESOURCES – SILVERCLOUD, DAYLIGHT AND SLEEPPIO**

NHS Inform has some excellent resources for helping with mental wellbeing. These include:

- **SilverCloud** – a website with courses you can do to improve mental wellbeing and learn new ways to deal with challenges;
- **Daylight** – a digital programme to improve anxiety based on Cognitive Behavioural Therapy;
- **Sleepio** – a digital sleep improvement programme based on Cognitive Behavioural Therapy.

**You can sign up for these programmes at this page on the NHS Inform website:**

[Get help with your mental health and wellbeing | NHS inform](#)

## **ALISS – A LOCAL INFORMATION SYSTEM FOR SCOTLAND**

We are increasingly using ALISS to support signposting to community-based activity that supports mental health and wellbeing – lots of groups and organisations are already on ALISS and it would be great to increase the coverage! If you have an old record on ALISS, it is worth checking to make sure it is up to date.

**You can access ALISS here:** [ALISS - A Local Information System for Scotland | ALISS](#)

**If you need help to get started with ALISS, video guidance is also available – the Health and Social Care Alliance has recently developed a range of video and other written guides which can all be accessed through the ALISS Help Centre page:** <https://www.aliss.org/aliss-help-centre/>

## **GAMBLING AND SUICIDE – NEW BRIEFING**

Public Health Scotland have published a new illustrated resource that provides background information on the links between suicide and gambling, and their relationship with health inequalities, as well as providing recommendations for healthcare workers and decision-makers.

Emerging international and UK evidence has begun to establish strong links between suicide and people experiencing gambling harm. By using a public health approach, gambling harm and suicide risk can be addressed through preventative measures, early intervention and access to support.

To access the briefing 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 29<sup>th</sup> October 2024:** 1pm – 5pm (nearly fully booked)
- **Thursday 21<sup>st</sup> November 2024:** 9am – 1pm (nearly fully booked)
- **Thursday 5<sup>th</sup> December 2024:** 9am – 1pm
- **Tuesday 4<sup>th</sup> March 2025:** 9am – 1pm
- **Thursday 27<sup>th</sup> March 2025:** 9am – 1pm
- **Tuesday 27<sup>th</sup> 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](mailto:health.improvement@borders.scot.nhs.uk) to register for one of the dates at SBC HQ

### **MENTAL HEALTH IMPROVEMENT AND SUICIDE PREVENTION TRAINING – BORDERS CARE VOICE**

**Date:** Monday 16<sup>th</sup> September and Monday 23<sup>rd</sup> 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)**

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.

Next available training dates coming up in November 2024 & January 2025.

**To be added to the distribution list to be informed when the booking goes live please email:**

[health.improvement@borders.scot.nhs.uk](mailto: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](mailto: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](mailto: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](http://www.nhsborders.scot.nhs.uk/creating-hope)



# **Creating Hope**

## Scottish Borders

