

Creating Hope

Scottish Borders

Information Bulletin – News / Events / Resources / Training

October 2024

Upcoming awareness dates:

- [World Mental Health Day – 10 October](#)
- [Scottish Mental Health Arts Festival – 10th – 27th October](#)

NEWS

WORLD MENTAL HEALTH DAY 2024

This year's theme for World Mental Health Day is **workplace mental health**, to highlight the importance of addressing mental health and wellbeing in the workplace. Work has a huge impact on our mental health – both in a good way by giving us a sense of purpose, a chance to connect with others and learn new things, but it can also be a source of stress and anxiety – mental health is the 5th most common reason for sickness absence. The Mental Health Foundation has lots of ideas for getting involved in World Mental Health Day and some downloadable resources. It also has an excellent guide about how to support mental health at work. **Visit the MHF World Mental Health Day page [HERE](#)**

We have been gathering some resources for workplace mental health onto a new webpage that you can find here - nhsborders.scot.nhs.uk/creating-hope/resources/workplaces/. The new page includes the [Healthy Working Lives](#) resources, Working Health Services Scotland (see more below), the mental health support available through the UK Access to Work Scheme, the UK Disability Confident Scheme, and Helix, which has local support for both job seekers and employers.

Working Health Services Scotland

NHS Borders hosts the local Working Health Services Scotland (WHSS). If any of your employees has a health condition that is affecting their work, including a mental health condition, they could benefit from the support the service offers. Where necessary, the programme can provide quick access to counselling and physiotherapy. Employees can self-refer. To be eligible for this service the person must be self-employed or employed by a company of 250 employees or less; at work or absent for any length of time. **Please call 0800 019 2211 to self-refer, or go online at <https://referrer.salus.co.uk>**

SCOTTISH MENTAL HEALTH ARTS FESTIVAL (SMHAF)

This year's festival is taking 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.

You can find the full national programme [HERE](#)

Locally in the Borders there are a number of events taking place:

- **'SHED A Layer'** - free dance/theatre workshop for young people. An exclusive 90 minute workshop to explore the method behind the making of the Northern Rascal's dance theatre show. (Tuesday 8th October, 7.00pm – 8:30pm, Melrose Corn Exchange)
- **'Shed' by Northern Rascals** – dance / theatre performance about young people's mental health (Wednesday 9th 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 16th 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’ residency. (Thursday 17th 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 22nd October – 3rd 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 25th October, 7pm, Heart of Hawick, £8)

SUICIDE PREVENTION AWARENESS WEEK

Suicide prevention awareness week took place in September and around this time a number of events and training took place.

- The Steps to Creating Hope event took place in Peebles which was supported by a number of local and national support services. The day invited people to come together to connect, talk about mental health, walk and create hope through conversation.
- Applied Suicide Intervention Skills Training (ASIST) was delivered in Galashiels, we now have another 22 trained ASIST caregivers in the Scottish Borders, helping us to achieve Suicide Safer Communities! Thank you everyone who attended for all your hard work and commitment over the 2 days.
- In partnership with [RSABI’s](#) Health Hut initiative, alongside the Wellbeing Service we attended the Border Union Ram Sales in Kelso with information about looking after your mental health and wellbeing and suicide prevention resources. We spoke to many people on the day and gave out a number of resources. For more information about the support that RSABI offer see the Resources section.



EVENTS

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

PEEBLES - Wednesday 9th October, 10am – 12:30pm, Costa Coffee

HAWICK - Thursday 10th October, 10am – 12:30pm, Heart of Hawick

KELSO - Wednesday 16th October, 10am – 12.30pm, Mayfield Garden Centre

GALASHIELS - Wednesday 23rd October, 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

Wednesday 23rd October 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

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

HOW TO SUPPORT CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING: A DIGITAL LEARNING MAP

A digital learning map based on the [Children and young people's mental health & wellbeing: A knowledge and skills framework for the Scottish workforce](#) has recently been launched which sets out what people should know and be able to do to support children and young people's mental health and wellbeing. The Map is for all people who work with children and young people, whether in a paid role, or as a volunteer. The Map contains learning resources that cover the knowledge and skills you need to support children and young people's mental health and wellbeing. You can use the map to:

- Enhance your skills to feel more confident to support children and young people's mental health and wellbeing.
- Have confidence that a learning resource is quality assured.

NES has created a series of Sways for everyone supporting children and young people which you can find [HERE](#). These Sways cover topics including "How to be a good adult"; How to support children and young people when they first ask for help; Mental health and wellbeing for early years professionals, Learning resource to help keep the promise, and a directory of community supports for children and young people.

ROYAL SCOTTISH AGRICULTURE BENEVOLENT INSTITUTION (RSABI)

RSABI provides confidential practical, emotional and financial support to all people involved in the Scottish agricultural industry. They support people of all ages, including those affected by illness, accident, bereavement and those struggling with their mental wellbeing. The support is available to those previously and currently involved in farming, crofting and occupations related to agriculture in Scotland. RSABI offer the following support:

- [Helpline and Web Chat](#) - 24 hours a day, every day of the year
 - Call: Freephone 0808 1234 555
 - Web Chat: Accessed through RSABI website <https://www.rsabi.org.uk/>
- [Regular Telephone Support](#) – flexible support that offers a listening ear.
- [Counselling](#) - RSABI can provide financial support to help with the cost of counselling sessions. They can usually fund up to 10-12 sessions with a qualified counsellor. They know that many challenges are unique to agriculture so that's why we have partnered with counsellors that understand the sector.
- [Help for Heating Grants](#) - is to help alleviate fuel poverty within the agricultural community
- [Financial Support for Essential Items](#) - Personal finances can take an unexpected hit due to illness, redundancy, poor trading, relationship breakdown and other life events. RSABI can issue grants to help cover the cost of essentials items like food, toiletries and clothes. They may also be able to help with the cost of replacing household goods that are in poor condition, such as washing machines.
- [Information on Benefits, Debt and Employment](#) – RSABI can also provide some guidance on benefit entitlement, debt solutions and employment queries.

SUICIDE PREVENTION SCOTLAND YOUTUBE CHANNEL

Suicide Prevention Scotland have recently launched a new YouTube channel! The channel includes a range of films, including a new series of powerful features with people working in suicide prevention. Check it out, subscribe and share. <https://www.youtube.com/@SuicidePrevScot>

TRAINING

BORDERS CARE VOICE TRAINING

To book any of the Borders Care Voice training below click [HERE](#)

MENTAL HEALTH IMPROVEMENT AND SUICIDE PREVENTION - INFORMED LEVEL

The training covers:

- Mental health and how to maintain it
- The factors that can lead to mental distress or mental ill-health
- Having compassionate conversations to support people who are experiencing mental distress and may be suicidal, and help them to seek help
- Suicide prevention.

Monday 7th October & Monday 14th October 10am – 12pm, Online (Teams)

SCOTTISH MENTAL HEALTH FIRST AID (SMHFA)

This training covers:

- How to apply the 5 steps of SMHFA
- How to respond if you believe someone is at risk of suicide
- How to give immediate help until professional help is available
- What to say and do in a crisis

- The importance of good listening skills
- Practise listening and responding
- Understanding recovery from mental health problems
- Understanding the connection between mental health problems and alcohol and drugs
- Understanding the connection between mental health problems and discrimination
- Some basic information about common mental health problems
- Self-help information.

Thursday 14th November & Thursday 21st November, 9:30am – 5pm, Galashiels

EMERGENCY FIRST AID AT WORK

Training covers:

- Responsibilities and reporting
- Dealing with an unresponsive casualty
- Resuscitation
- Bleeding control
- Other first aid scenarios

Tuesday 5th November, 9:30am – 4:30pm, Galashiels

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 (FULLY BOOKED)
- **Thursday 21st November 2024:** 9am – 1pm (nearly fully booked)
- **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

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 (currently fully booked) & 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

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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