

**Upcoming awareness dates:**

[Breathing Space Day](#): 1<sup>st</sup> February

[Children's Mental Health Week](#): 3<sup>rd</sup> - 9<sup>th</sup> February

[See Me – Time to Talk Day](#): 6<sup>th</sup> February



### CREATING HOPE AWARDS SUCCESS

We are delighted to welcome six new groups and organisations to the Creating Hope Awards Scheme for mentally healthy and suicide safer communities. **Newcastleton and District Community Trust, Borders Additional Needs Group and Peer 2 Peer Mindfulness** have all been awarded the Creating Hope Award recently. **Borders in Recovery, Teviot and Liddesdale Together** (schools cluster) and **LGBT Youth Scotland** in the Borders have all completed the ASIST (Applied Suicide Intervention Skills Training) and the Trauma Skilled Practice training and have achieved the Creating Hope Champions Award.

We're grateful to all of the new Mental Health and Wellbeing Advocates and Suicide Prevention Champions who are helping to make the Borders mentally healthy and suicide safer. We're planning a networking event later on in the year for award holders to come together and share their practice. If you're interested in becoming part of the scheme please visit our web page to sign up here -

[Creating Hope Awards](#)

**Photo: Scott Fobister and Lynn Hodgins (Teviot and Liddesdale Cluster Headteacher), being presented their Creating Hope Champions Award certificate by Steph MacKenzie**



### TIME TO REFLECT: A SUPPORTIVE EVENT FOR PEOPLE BEREAVED BY SUICIDE – NEW DATE

Due to the weather conditions we had to make the decision to cancel the event in November and have rescheduled this to take place on Saturday 8<sup>th</sup> March at the Haining in Selkirk. The reflection event is the sixth annual event for people in the Scottish Borders for those who have lost someone to suicide.

The event will provide an opportunity to remember those who have been lost to suicide and will offer space, solidarity and the opportunity to connect for those touched by suicide.

The event has been organised jointly by the local After a Suicide Working Group who are a group of volunteers with lived experience of bereavement by suicide and NHS Borders. The event is being supported by the local Samaritans branch, Quarriers Resilience for Wellbeing and Survivors of Bereavement by Suicide (SOBS). Volunteers from each will be available during the event to provide support and will be on hand with resources and support information.



At 2pm we will leave from Haining House car park and walk to the Clootie Tree. The event will be led by an interfaith minister, there will be time to reflect and tie a ribbon to the tree as well as songs from the Health in Harmony Choir and poetry.

**Please help us spread the word about this event by sharing the poster and information about this event with your networks and anyone who might be interested.**

For more information and to register click [HERE](#)

## NEW ANDYS MAN CLUB IN INNERLEITHEN

Andys Man Club are a men's suicide prevention charity, offering free to attend peer-to-peer support groups. They want to end the stigma surrounding men's mental health and help men through the power of conversation by offering a place for men to come together in a safe and open environment to talk about the issues or problems they have faced or are currently facing. Groups currently run in Galashiels and Eyemouth and on 17<sup>th</sup> February a new group will start in Innerleithen (further details in Events below). No registration or referral is required, the groups meet every Monday at 7pm.



## #ANDYSMANCLUBPLAY @ HEART OF HAWICK - 21<sup>ST</sup> MARCH

Genesis Theatre Productions Ltd & Clare Prenton with Live Borders Arts & Creativity presents #ANDYSMANCLUBPLAY. #ANDYSMANCLUBPLAY is a life affirming rock/pop musical based on the work of the suicide prevention charity ANDYS MAN CLUB. Come along to Heart of Hawick on 21<sup>st</sup> March for this showcase – a sharing of a new work in development with six of Scotland's finest actor musicians. Don't miss it!

**Time:** Doors at 19:10 - Performance 19:30 - 20.30 approx.

**Price:** £5 – [CLICK HERE](#) for more info and to book a ticket.

## EVENTS

### Mondays - 7-9pm

#### ANDYS MAN CLUB

Andys 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. Andys 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
- Vale of Leithen Social Club, 2 Leithen Crescent, Innerleithen, EH44 6JL

Find out more at <https://andysmanclub.co.uk/>

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

PEEBLES - Wednesday 12<sup>th</sup> February, 10am – 12:30pm, Costa Coffee

HAWICK - Thursday 13<sup>th</sup> February, 10am – 12:30pm, Heart of Hawick

KELSO - Wednesday 19<sup>th</sup> February, 10am – 12.30pm, Mayfield Garden Centre

GALASHIELS - Wednesday 26<sup>th</sup> February, 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)

## **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 and to join the group email: [charlotte.jones2@nhs.scot](mailto: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](#).**

## **RESOURCES**

### **LEARN TO LISTEN – BREATHING SPACE DAY LISTENING TIPS**

As listening is the heart of Breathing Space’s service, this Breathing Space Day NHS24 is promoting the transformative impact that listening—and truly hearing someone—can have on mental wellbeing.” Breathing Space is encouraging everyone to practice their active listening skills by using these tips.

#### **‘Learn to listen’ tips**

##### **Be attentive**

Focus entirely on the speaker by eliminating distractions, maintaining eye contact, and demonstrating genuine interest in what they have to say.

##### **Listen without judgement**

Allow the speaker to share their thoughts and feelings openly by creating a safe space and withholding judgement and criticism.

##### **Reflect and clarify**

Repeat what the speaker has said to show you grasp what they truly mean. Ask more questions if needed to confirm your understanding.

##### **Validate feelings**

Demonstrate empathy and support by acknowledging the speaker’s emotions and experiences, whether you agree with them or not.

##### **Use non-verbal cues**

If you are speaking face-to-face, nod and smile where appropriate and use open body language to signal attentiveness.

##### **Be patient and allow for silence**

Allow the speaker to express themselves at their own pace and understand that silence can also be a powerful tool when talking. Avoid interruptions or rushing the chat to allow the speaker to gather their thoughts and fully share their feelings.

##### **Ask open-ended questions**

Encourage the speaker to expand on their thoughts by asking questions that require more than a yes or no answer.

##### **Offer support, not solutions**

Instead of jumping to provide solutions, simply offer your support and understanding. Sometimes, just being there to listen is the most helpful thing you can do.

## **CHILDREN'S MENTAL HEALTH WEEK RESOURCES**

Place 2 Be is once again hosting Children's Mental Health Week between 3<sup>rd</sup> – 9<sup>th</sup> February. The theme is 'Know Yourself, Grow Yourself' and there are free resources on the website for schools and families to take part. The resource pack includes tips for encouraging children and young people to express their emotions.

Visit the website [HERE](#)

## **TIME TO TALK DAY RESOURCES**

Time to Talk Day is the UK's biggest mental health conversation – taking place on 6<sup>th</sup> February. See Me is encouraging everyone in Scotland to take the time to have a conversation about how they're feeling, to help combat the stigma that still exists around mental health. This year's theme for the campaign is 'get comfortable and start talking about mental health'. The campaign webpage has lots of resources available to download as well as activity packs to give you ideas about what you can do.

Find out more [HERE](#)

# **TRAINING**

## **BORDERS CARE VOICE TRAINING**

### **MENTAL HEALTH IMPROVEMENT AND SUICIDE PREVENTION**

**Wednesday 19th February 2025 & Wednesday 26th February 2025 – online**

This is Informed Level training for staff and volunteers in health and social care settings and beyond. It aims to help them develop their abilities in recognising and responding to people they meet who may be in distress and require additional support.

The training will cover:

- 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

To book click [HERE](#)

### **WAVE AFTER WAVE SUICIDE BEREAVEMENT TRAINING**

**Tuesday 25th February 2025 9am – 1pm - Borders Care Voice, Triest House, Bridge Street, Galashiels TD1 1SW.**

The training will cover:

- Statistics and context – 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

To book click [HERE](#)

### **SAFETALK**

**Monday 3rd March 12:30pm – 4:30pm - Borders Care Voice, Triest House, Bridge Street, Galashiels TD1 1SW.**

Training that will help you, regardless of prior experience or training, to become suicide alert

- Access to support
- TALKsteps: tell, ask, listen and KeepSafe
- Hands-on skills practice and development

To book click [HERE](#)

## **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 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

## **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.

**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 two catalogues available 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.

**Download the Adults catalogue (PDF) [HERE](#)**

**NEW – download the updated Children and Young People's catalogue (PDF) [HERE](#)**

## **SELF HARM NETWORK SCOTLAND TRAINING**

The Self-Harm Network Scotland, run by Penumbra, has a number of free training opportunities coming up about self-harm.

**1-hour Self-Harm Awareness Session** - for anyone in Scotland who is interested in learning more about self-harm. This includes professionals, parent's, carers and loved ones. It is delivered in a webinar/seminar style with a presentation and time at the end for questions. The topics covered in this session include:

- What is self-harm?
- Who self-harms?
- How do people self-harm?
- Functions of self-harm
- Starting the conversation about self-harm
- Resources and support available

**3 hour Self-Harm Awareness Training (for professionals)** - will dive deep into the underlying reasons for self-harm and give information, tools and resources that can be used to support people who self-harm.

These sessions will cover topics including:

- Underlying causes of self-harm
- Functions of self-harm
- Practical guidance in supporting people who self-harm

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

## 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

