



# CONNECT4LIFE

The community's plan for  
mental & emotional wellbeing



## INTRODUCTION

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People with long standing mental health issues felt there was something missing in terms of ongoing support for their mental health and wellbeing, this led to further discussions between COPE Scotland, the local community and voices of lived experience and the Lead for the GP cluster, which informed a funding application which went onto become the Jigsaw Pilot supported by Glasgow City Health and Social Care Partnership and primary care transformation funding.

Following conversations COPE Scotland suggested the name Jigsaw for the project. The name Jigsaw not only helped us think about the pieces of a puzzle, but also created an opportunity to think about Jigsaw Lids. Were all the pictures on the lids around what good mental health looked like the same, or did different groups have a different picture, and how could we acknowledge the differences and work together on areas in common.

There were many successes in the Jigsaw pilot and there are other reports which share these; however, it was a pilot and it came to an end. The Community and voices of lived experience, however, were still on that journey and wanted to continue to explore what would help create a mentally healthy environment for them and their families, the pieces still needed to be connected.

This action plan evolved from an event held on World Suicide Prevention day 2019, informed by what people shared mattered to them. This is a working, breathing document which shall be amended, adapted and evolve as we move forwards together looking and building the connections which sustain and improve life for all.

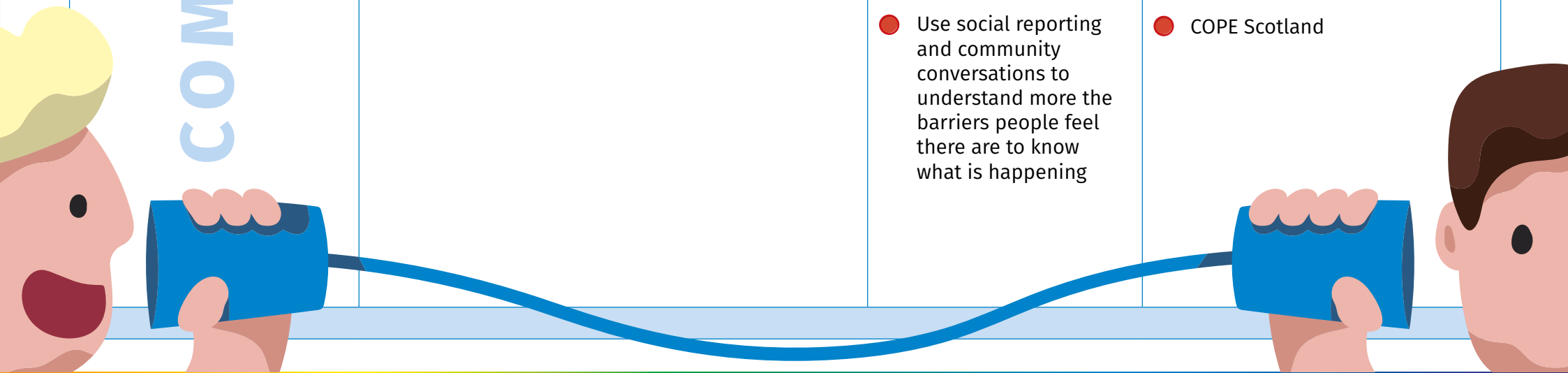
This is a simple action plan; things people have said need done to help make things better which evolved from the connect 4 life event 10th September 2019. None of us can do this alone, which is why we were delighted Men Matter Scotland, G15 Youth Project, See Me, Parent networking Scotland, Chest Heart and Stroke Health defence team, Lifelink Glasgow, Axis Health Hubs, Drumhub, Lorna the local community links practitioner, Local Councillor Elspeth Kerr, Tracy from Thriving places and 3 D Drumchapel were all present with local people including Drumchapel Community Council to begin to make a plan driven by the community which aims for a better healthier future for all.



“This works when we work together, and working together we can do more than any of us can ever achieve alone.”

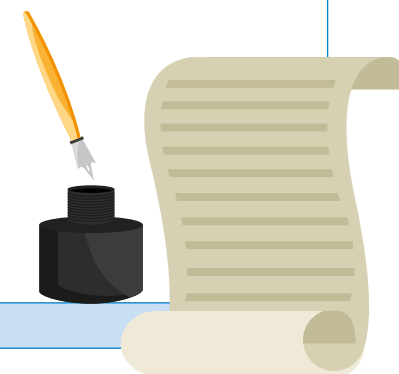
# COMMUNICATION

AREA FOR ATTENTION	WHAT DOES SUCCESS LOOK LIKE	POSSIBLE SOLUTIONS	WHO WILL HELP MAKE THIS A REALITY?
	<ul style="list-style-type: none"> <li>● There is increased uptake of services and opportunities as more people are aware of what is happening</li> <li>● There is a decrease from the public and partners of issue no one knows what is happening</li> </ul>	<ul style="list-style-type: none"> <li>● Thriving places newsletter Housing offices newsletters The LOOP Identified communication hubs people can drop in find out what is happening Communication event to promote the art of communication</li> <li>● Use social reporting and community conversations to understand how people find out what is happening and remember to know it is on</li> <li>● Use social reporting and community conversations to understand more the barriers people feel there are to know what is happening</li> </ul>	<ul style="list-style-type: none"> <li>● COPE Scotland</li> <li>● COPE Scotland</li> <li>● COPE Scotland</li> </ul>



# CHANGES IN LEGISLATION

AREA FOR ATTENTION	WHAT DOES SUCCESS LOOK LIKE	POSSIBLE SOLUTIONS	WHO WILL HELP MAKE THIS A REALITY?
	<ul style="list-style-type: none"><li>● ASIST and MHFA training are routinely available as part of school curriculum</li><li>● ASIST and MHFA is requirement in law same as general first aid</li><li>● Life skills training is part of education at school</li><li>● Communities and primary care inform commissioners investment in services and are more involved in what money allocated for mental health is spent on</li></ul>	<ul style="list-style-type: none"><li>● Share the action plan with Local suicide prevention group, city wide Choose Life group, National Suicide prevention leadership group</li></ul>	<ul style="list-style-type: none"><li>● COPE Scotland</li></ul>



# SERVICE RESPONSES

AREA FOR ATTENTION	WHAT DOES SUCCESS LOOK LIKE	POSSIBLE SOLUTIONS	WHO WILL HELP MAKE THIS A REALITY?
	<ul style="list-style-type: none"> <li>● Services are holistic and reflect the needs of the individual</li> <li>● Mental health services sit within GP practices in primary cares and GP's make better use of local community groups and clubs</li> <li>● There is no fear of talking about suicide, instead there is compassion</li> </ul>	<ul style="list-style-type: none"> <li>● Services adopt and adapt what local people have shared through Jigsaw and other events about what a holistic service means for them and better connections exist between services who work more closely together</li> <li>● Service providers have the skills and training, support and supervision needed to offer effective interventions to individuals where suicide is an issue</li> <li>● Training needs assessment carried out with people offering support to individuals where suicide is an issue around what else they would find helpful to be of support to others and also for their own self care</li> </ul>	<ul style="list-style-type: none"> <li>● COPE Scotland</li> <li>● Partners in house good practice standard</li> <li>● COPE Scotland</li> </ul>




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<h1>SERVICE RESPONSES</h1>	<ul style="list-style-type: none"> <li>● Family's affected by a member's mental ill health feel supported and included where appropriate</li> <li>● People feel safe to talk about wanting to die and suicide and also following an attempt why they wanted to die without fear of having their children taken away or judged</li> <li>● Places exist which people can walk into and talk to someone if they need to</li> <li>● Everyone feels they matter and are valued and respected as unique individuals</li> <li>● Service providers have the skills and training, support and supervision needed to offer effective interventions to individuals where suicide is an issue</li> <li>● Everyone knows about the Samaritans and other helplines and places people can just walk in and talk to someone if they need to</li> <li>● Young people have access to supports to meet their mental health needs including improved networks within schools</li> </ul>	<ul style="list-style-type: none"> <li>● Partners in house good practice standard</li> <li>● Partners in house good practice standard</li> <li>● Partners in house good practice standard</li> <li>● Promote helplines everywhere possible</li> </ul>	<ul style="list-style-type: none"> <li>● COPE Scotland</li> <li>● COPE Scotland</li> </ul>




# COMMUNITY

AREA FOR ATTENTION	WHAT DOES SUCCESS LOOK LIKE	POSSIBLE SOLUTIONS	WHO WILL HELP MAKE THIS A REALITY?
	<ul style="list-style-type: none"><li>● Community members care about each other and don't use stigmatising language</li><li>● Within communities is a feeling of hope and connectedness</li><li>● Individuals feel confident to be emotionally available to listen to a friend or family member who is distressed and offer simple self-management tips where appropriate</li><li>● An infrastructure which supports the conditions for people to thrive exists including opportunities to connect with others, have a decent job, sense of purpose, enough money to meet living requirements and cope with unexpected costs if arise, access to ongoing education and learning, hobbies and interests and time to spend in nature and to feel safe</li><li>● There is an understanding that sometimes life can be challenging and resilience to manage distress and access to supports where more formal interventions are needed</li></ul>	<ul style="list-style-type: none"><li>● Existing initiatives connect with See Me and explore a local campaign to promote kindness and compassion for each other and the message 'its okay, not to be okay'</li><li>● Capacity training available delivered by multiple partners</li><li>● Formal and informal learning and personal development opportunities to acquire new skills and insights to support resilience</li></ul>	<ul style="list-style-type: none"><li>● COPE Scotland</li><li>● COPE Scotland</li></ul>


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<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 2em;">INVESTMENT SUGGESTED BY COMMUNITY ENTERTAINMENT</p> 	<ul style="list-style-type: none"> <li>● Affordable entertainment available locally for families at weekends including day trips</li> <li>● Parents have time to enjoy something they like as children are being entertained by others</li> <li>● There are regular festivals and events like street parties as well as opportunities to connect with nature</li> <li>● People have enough money to go on holiday</li> </ul>		



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<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 2em;">INVESTMENT SUGGESTED BY COMMUNITY LEARNING</p> 	<ul style="list-style-type: none"> <li>● Parents have skills in first aid, physical, mental and emotional so more able to support their children if distressed</li> <li>● Parents are more aware of dangers for children and young people and create a culture in the home where everyone is safe</li> <li>● Schools, in the home and wider community are more aware of the issues of bullying, how to prevent it and address it should it arise</li> <li>● There are workshops for all ages around emotional intelligence, caring for your mental health and how to speak to someone if you are feeling sad or anxious</li> </ul>	<ul style="list-style-type: none"> <li>● Capacity training delivered by multiple partners</li> </ul>	<ul style="list-style-type: none"> <li>● COPE Scotland</li> </ul>

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">INVESTMENT SUGGESTED BY COMMUNITY INFRASTRUCTURE AND ENVIRONMENT</p>	<ul style="list-style-type: none"> <li>● Young people are involved in decisions around how funds are spent on issues which matter to them</li> <li>● There is a local radio station which shares local news as well as offering opportunities for people to learn new skills</li> <li>● There are opportunities for decent jobs which offer an acceptable standard of living</li> <li>● There are local repair café and recycling projects to help reduce waste and promote recycling, upcycling and possible income generation through social enterprise</li> <li>● There are facilities community groups can access without hall charges to run their own groups</li> <li>● There are places people can go and bump into other people and relax over a cup of tea</li> </ul>		



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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">INVESTMENT SUGGESTED BY COMMUNITY INFRASTRUCTURE AND ENVIRONMENT</p> 	<ul style="list-style-type: none"> <li>● There are classes teaching skills people can apply to improve their life e.g. cookery</li> <li>● There are symbols of hope which remind people to look at finding solutions and being kind to each other</li> <li>● There are quiet reflective spaces people can go to when they need to remember someone, they have lost</li> <li>● There is learning available for community supporters on skills they identify as important</li> </ul>	<ul style="list-style-type: none"> <li>● Multiple partners work collectively on spreading messages of hope and joy</li> <li>● Capacity training delivered by multiple partners</li> </ul>	<ul style="list-style-type: none"> <li>● COPE Scotand</li> <li>● COPE Scotand</li> </ul>

