

'WHIT'S HAPPENING!'

HAE A WEE KEEK INSIDE TAE SEE WHITS GAUN ON

SELF MANAGEMENT
TIPS FOR COPING WITH
REDUNDANCY
P.17

FEATURE PIECE ON
FATHERS NETWORK
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TIPS FOR WINTER
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P.19

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PROTECT.SCOT

GAMBLING HARMS
REPORT FROM
ALLIANCE 2020 P.4

If you are a British Sign Language user www.contactscotland-bsl.org offers a service which enables contact with public bodies and third sector services through Video Relay. If affected by sight loss, please contact www.rnib.org.uk

Produced by COPE Scotland www.cope-scotland.org @COPEScotland
During the COVID19 Pandemic its more important than ever, we all look out for each other wherever we live. Due to changes in funding some services maybe changed, please contact them directly for their current position, thank you.

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If you notice any errors or omissions please email admin@cope-scotland.org and we shall change in the next edition thank you

Information on the Coronavirus and where to find latest updates

Guide to Services

Because of COVID-19 (coronavirus) getting help for a health concern is different. If you need help, remember your NHS is open and is there for you.

NHS inform

1. Latest information and guidance about coronavirus
2. Advice about illnesses and conditions, including symptom checkers
3. Find local services and opening times

Pharmacist

With **physical distancing** measures in place:

1. Provide repeat prescription request/collection service
2. Dispense your prescription
3. Help if you run out of your repeat prescription
4. Give advice about medicines and treating many minor complaints

GP Practice

A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues. Most practices are offering telephone consultations if appropriate.

NHS 24

General information about coronavirus when you are well **0800 222 2254**

Advice about coronavirus symptoms – NHS 24's 111 service has dedicated COVID-19 support.

Other health concerns – consult GP during the day but when your GP and pharmacy are closed and you are too ill to visit call NHS 24 on 111.

Dentist

For urgent dental care during the day telephone your usual dental practice.

If you are not registered, visit www.nhsinform.scot to access your Health Board's Dental Advice Line telephone number.

Outside normal working hours, if you feel you have an URGENT dental need call NHS 24 on 111.

Social Care

Your local authority can help advise with all aspects of social care. If you're looking after children during lockdown you can find useful tips here www.parentclub.scot

Mental Well-being

For tips on looking after your mental wellbeing during these uncertain times: www.clearyourhead.scot

Information about mental health services visit NHS inform/wellbeing or call Breathing Space on **0800 83 85 87**

A&E or 999

- Severe injury
- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

If you're not sure where to go or who to see visit: NHSinform.scot

Remember **FACTS** for a safer Scotland

F Face coverings

A Avoid crowded places

C Clean your hands regularly

T Two metre distance

S Self isolate and book a test if you have symptoms

nhsinform.scot/coronavirus
#WeAreScotland

Healthier Scotland
Scottish Government

**STAY SAFE
PROTECT
OTHERS
SAVE LIVES**

NHS
SCOTLAND

Information on being tested for COVID19

If you are confused about what is Test and Protect, then please watch this video as it explains what is it, the process and how to book a test, if you have COVID 19 like symptoms. To find out more, please visit the link below and this will take to you the Scottish NHS Inform website.

www.nhsinform.scot/campaigns/test-and-protect
www.gov.scot/publications/coronavirus-covid-19-getting-tested

www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/arrange-a-test/

Coronavirus (COVID-19): advice for employers and employees

www.acas.org.uk/coronavirus

Route Map for moving out of Lockdown in Scotland

www.gov.scot/news/route-map-for-moving-out-of-lockdown/

Guidance for the safe use of places of worship

www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/

Up to date information about COVID19 Scotland

Social distancing and measures to control the COVID19 pandemic are still in place and can vary in different parts of the UK and even Scotland itself. For updates in Scotland please follow reputable news including the daily COVID19 Scottish Government update on radio and television or visit: www.gov.scot/coronaviruscovid-19/

Useful information for parents and families during COVID19 pandemic

www.parentclub.scot/topics/coronavirus

The Scottish Government has developed a framework for how recovery and rehabilitation services will support people affected by the pandemic.

For more information:

www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic

Protect Scotland

The Protect Scotland app from NHS Scotland's Test and Protect is a free mobile phone app designed to help us protect each other, reduce the spread of coronavirus and avoid further lockdowns. Please if you can, download the Protect Scotland App:

protect.scot

Gambling Harms

We are delighted to share the report from the zoom session held during Alliance 2020 Annual Conference.

Report from Alliance Conference Event 2020 'Encouraging community conversations in reducing gambling harms'

BACKGROUND

This event was planned in response to a growing recognition that more needs to be done to reduce Gambling harms and that this requires the involvement of many individuals, groups, agencies, and policy makers as well as the gambling industry itself and regulators. This session, which was part of the ALLIANCE 2020 conference and co planned and designed with COPE Scotland, sought to bring parties together to share information, hear ideas and help inform next steps to reduce gambling harm in Scotland. The session was held by Zoom due to COVID-19 and opened with a short video on how to use zoom and the chat box functions to support people share their reflections as well as provide an opportunity to raise questions.

ATTENDEES

The attendees brought a wide range of backgrounds and interests to the event, which helped promote a rich discussion. The attendees included people from:

- Nursing
- Digital Health
- Recovery services
- Social reporters
- Community Links practitioners
- Gambling harms specific recovery services
- National voluntary sector bodies



OVERVIEW OF SLIDES

Safe Space

In recognition people come with their own experiences, time was taken to support the session as a safe space and to raise awareness of supports for anyone affected by what we were discussing:

Gamblers Anonymous Scotland

T: 0370 050 8881

Gambling Helpline

T: 0808 8020 133

Gambling with Lives

Set up by the families and friends of young people who have taken their own lives as a direct result of gambling www.gamblingwithlives.org

Gamcare Find Local Treatment www.gamcare.org.uk/get-support/find-localtreatment

Help for Problem Gambling

www.nhs.uk/live-well/healthy-body/gamblingaddiction

Fast Forward

Gambling education hub exists to support young people's health and wellbeing by promoting gambling education and prevention across Scotland.

www.gamblingeducationhub.fastforward.org.uk

GamStop

GAMSTOP lets you put controls in place to restrict your online gambling activities. You will be prevented from using gambling websites and apps. Run by companies licensed in Great Britain for a period of your choosing www.gamstop.co.uk

Scotland Reducing Gambling Harms

An overview was presented by William Kløverød Griffiths Programme Manager – Scotland Reducing Gambling Harm Health and Social Care Alliance Scotland (the ALLIANCE). The programme has the following core aims:

- People with lived experience contribute to policy and practice to reduce gambling harms as part of the National Strategy to Reduce Gambling Harm.
- Gambling harms are recognised as a public health issue, embedded in core Public Health Scotland policy, and increasing recognition by Scottish Government.

A co-created evidence base for gambling harm is strengthened from a lived experience perspective to achieve these aims the programme is working to deliver three key milestones:

- Establish the Lived Experience Forum to determine the priorities for reducing gambling harm in Scotland.
- Establish a PhD position to explore engagement with people with lived experience of gambling harm, especially amongst seldom heard groups.
- Create a suite of resources sharing people's stories of gambling harms

For more information on Scotland reducing Gambling Harms please contact Will:

William.Griffiths@alliance-scotland.org.uk

Self-management and Gambling Harms

COPE Scotland's perspective was shared on self-management and gambling harms. Self-management touches on so many areas of our life, including how we manage stress, life challenges, distress, and the myriad of experiences we can find ourselves facing. There are times we can adopt unhelpful coping strategies, and gambling can be viewed through a lens of an unhelpful coping strategy and the need to understand more the issues a person maybe facing leads them to this choice e.g. loneliness, isolation, escape from feelings of loss and more.

COPE Scotland has recognised issues of unhelpful coping strategies and challenges of gambling since it was raised as concern by one of the communities we serve. We are delighted to see the National programme emerge as this is something which has been needed for some time, a banner to help bring stakeholders together. For real change to happen it needs us to work together. Change is needed on so many levels as this is not just an individual issue, but one for society, and how we view and legislate gambling. This is beyond the reach of one project alone and requires more than simply a person to change their behaviour. This was echoed by participants who saw change needed to happen included:

- a. **understanding and dealing with gambling harm as a cause and/or as a consequence of other/deeper issues**
- b. **distinguishing among those for whom excessive/harmful gambling is: (mainly) a choice; or, a form of compulsion driven by underlying stresses/problems; or, essentially beyond their control because of neurodevelopmental conditions, e.g. FASD; and,**
- c. **The value of a three-way, relatively equal focus on strategies about the individual, the community, and the industry**

The work going forwards will include the perspective of many stakeholders, however, the voices of lived experience need to be heard not only in identifying issues, but helping find what needs to change and solutions. Engaging with social reporters to help us connect with the voices of lived experience we put together a wee tips sheet, looking at gambling as an unhelpful coping strategy and as a tool to help support the beginning of conversations to raise awareness of Gambling Harms in a non-judgemental way which can lead to people reviewing their habits where they can themselves, or seeking professional support where more is required. A copy if this can be downloaded from:

www.cope-scotland.org/index.php/latest-blog/gambling-harms-safer-families-communities-and-cities



wee changes can make a **big difference**

tips to find healthier ways to feed the 'Hungry ghost'

What is the 'Hungry Ghost'?

Sometimes we feel there is something missing inside ourselves, or in our lives. We have a need to constantly seek relief from the emptiness even fear this causes, this can often lead to unhelpful coping strategies, which do not feed the need, we have at all, and in some ways can make us feel even more empty. No matter how much effort we put into feeding this unhelpful habit, we return to feeling empty inside. Unhelpful coping strategies won't replace what is missing, it will only take even more from us. Like a hungry ghost, never satisfied, always wanting more.

What can lead to unhelpful coping strategies?

Sometimes it's a past hurt or trauma, a painful experience which leaves an ache, which can lead to unhelpful coping strategies. Feelings such as stress, depression, loneliness, fear, and anxiety can trigger a gambling problem, or other unhelpful strategies like misuse of drugs or alcohol to try and manage these feelings. Believing the unhelpful strategy will take the pain, stress, anxiety away, but sadly often, only bringing more.



Know when it's no longer fun and stop!

When life is challenging we may seek diversion, entertainment as we are bored, or lonely and turn to gambling. It is so important when the fun stops, we stop and to know when it has stopped being fun. The challenges start when it stops being a diversion, begins to be a coping strategy and then becomes a way of life. Chasing the next big win. But as gambling can become a hungry ghost, no win is ever big enough, it never is satisfied and will push you more and more to risk losing more and more, maybe till you lose everything.



How do I know my gambling is a problem?

If gambling has become more important than other things in your life, if you are ignoring all the warning signs, of stress associated with feeding your habit, finding money to feed your habit, maybe spending money that was for bills, or using a money lender, you have a problem.

Ask for help

If you are finding it difficult, you don't have to handle your issue with gambling on your own. There are some excellent groups who can really help you, and your family, face the problems you have with gambling.

Self-awareness

A part of us knows when our habits are getting out of control, but sadly we often ignore it. Those who try to point out we may have a problem we become angry at, or secretive with. Part of us is ashamed at what we are doing, but we just don't know how to stop. We may even think about suicide, and if gambling has you thinking of suicide, please speak to someone now.

Talk about it

Talking about gambling problems with somebody you trust and someone who won't judge you can really help. It can also reduce the stress that can cause you to continue to gamble.



You matter

Sometimes lack of compassion for ourselves, can lead to gambling. Somewhere in our heads we have hit a self-destruct button, we see where this is going and feel powerless to stop, a part of us knows we should, but we don't think we can and we continue to cause ourselves further pain by not knowing how to stop, or, ask for help and show ourselves compassion.

Face the feelings and the fear

Admitting you have a problem can sometimes leave you feeling ashamed and guilty. This is totally normal and by acknowledging the problem and asking for help, you can change your life for the better.



Look for alternative ways to feel fulfilled



People can fall into gambling through boredom. Try and find a new hobby or try voluntary work, learn a new skill, explore a new job. If not having enough company is an issue join a community group, find others with the same interests as yourself. If there is something missing in your life, you feel gambling is replacing, maybe speak to someone about how you feel. Gambling isn't a healthy coping strategy to a life challenge.

Be kind to you

Admitting you have a problem is a big hurdle to overcome, so well done! Focus on the positive changes you are making and keep reminding yourself of them. Find new ways to have self-compassion and remember, people can help you. Sometimes we all need help to remember to be kind to ourselves.

"No society can understand itself without looking at its shadow side."

Gabor Maté, In the Realm of Hungry Ghosts: Close Encounters with Addiction

Who will help?

Citizens' Advice Bureaux Scotland W: www.citizensadvice.org.uk/scotland/debt-and-money/get-help-with-gambling-problems/#!/

GamCare T: 0808 8020 133 W: www.gamcare.org.uk

GambleAware W: about.gambleaware.org

Gamblers Anonymous: W: www.gamblersanonymous.org.uk

RCA Trust T: 0141 887 0880 W: www.rcatrust.org.uk

Samaritans T: 116 123 W: www.samaritans.org

The Scottish Illegal Money Lending Unit
W: www.tsscot.co.uk/illegal-lending/loan-sharks

COPE Scotland Tips on kindness to the self, others and the planet W: www.cope-scotland.org

You matter, your wellbeing matters

Produced by COPE Scotland
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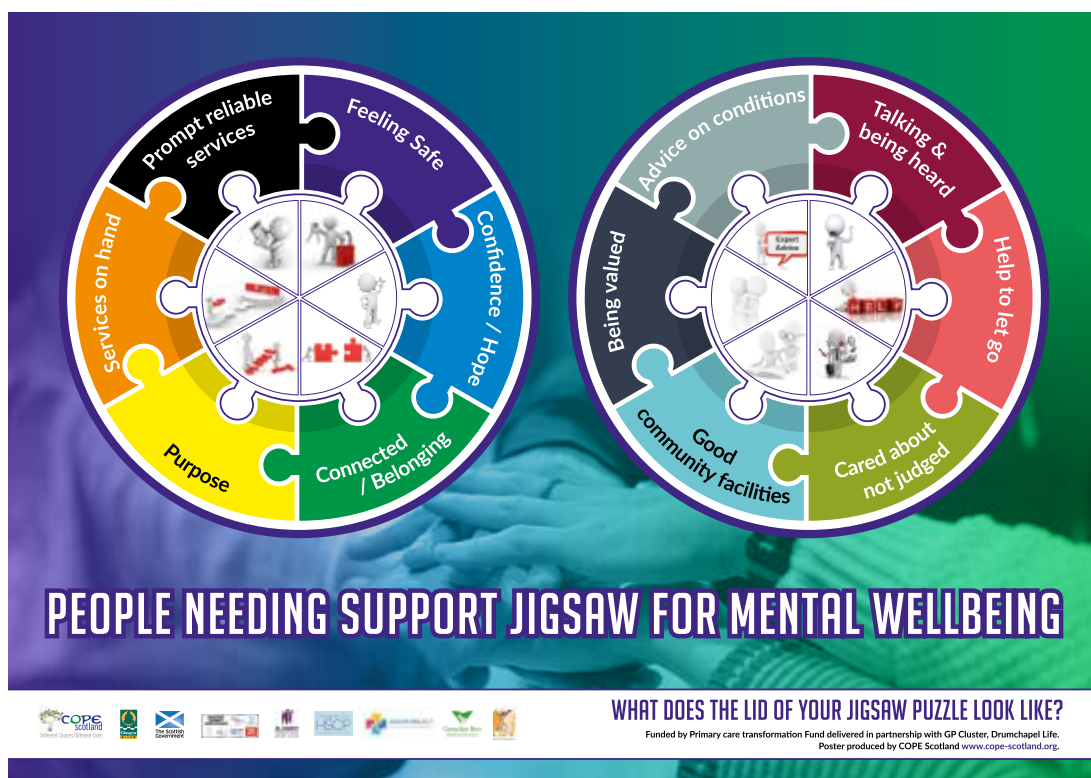
This doesn't replace the more formal interventions by specialists in this area, it's simply a wee tool for people to use themselves which may help them recognise it's okay to seek support and also to help others become more aware this is an issue and how they can perhaps begin to have conversations with people they know so it makes it easier for people to share there is a problem and seek support, or, make changes themselves. This includes how services become more aware of the issues of Gambling Harms and how to create safe spaces for people they work with to share if this is a challenge for them.

Jigsaw Lid

One outcome from the session is creating a Jigsaw lid of the vision attendees shared around what may support Gambling harms safer communities. The idea of the Jigsaw lid which has evolved into the Jigsaw toolkit was that often we face challenges as complicated and complex as a 5000 piece Jigsaw with no clear idea of what the actual lid of the Jigsaw looks like, or we have the lid, but don't know where we will find the pieces we need. When we work with others this becomes even more complicated as they too have their own 5000 piece Jigsaw or Lid with no pieces and a lot of time can be spent either trying to convince each other why the vision on our lid is the correct one, or, these are the pieces which are missing, and the chance to see what each other's vision, where there are areas of commonality exist, is often lost.

Jigsaw lids are a remarkably simple tool which enables us to see the pieces and vision of each other's lid and originated from work COPE Scotland did with partners around mental wellbeing. This is an example of one of the Jigsaw lids COPE Scotland put together as part of work with the community, voices of lived experience, primary care and third sector to understand each other's vision of the pieces needed for wellbeing, to see what we shared in common and where there were differences and the results were used to help inform what happened next. This link offers more information on the Jigsaw project if anyone wants to know more:

www.cope-scotland.org/index.php/latest-blog/the-jigsaw-continues



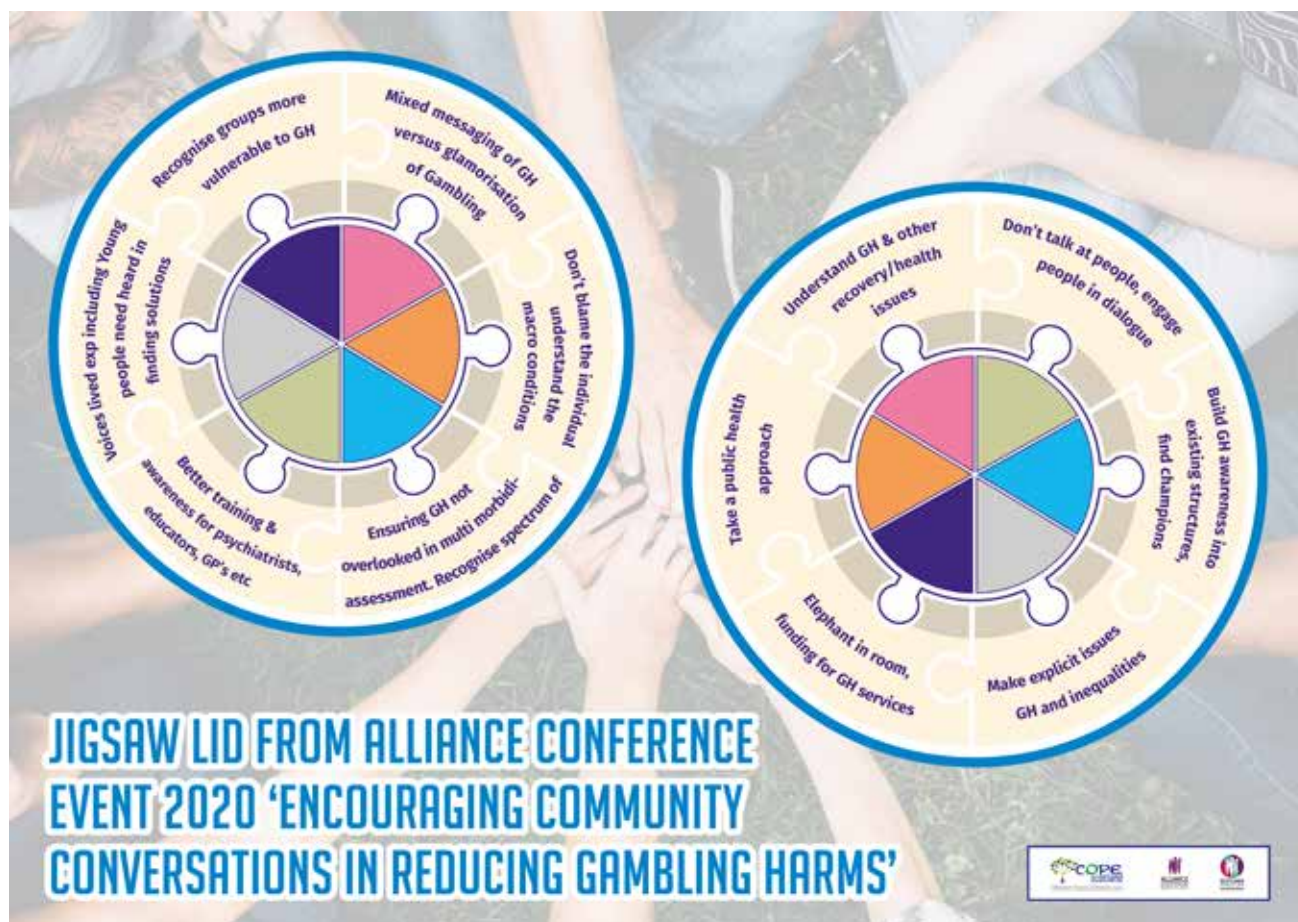
Working with different stakeholders to develop their Jigsaw lids (vision of a gambling harms safer city, community, family) offers us diversity of priorities while also looking for area of commonality. This approach enables an action plan to emerge which reflects those different perspectives, while also offering a common vision we can sign up to and take forward.

Each lid has 12 pieces, with any Jigsaw you need to start somewhere and build from there, you can't do it all at once. 12 pieces helps focus on priorities. The more stakeholder lids you have, the more Jigsaw pieces may emerge, some pieces maybe the same, but some maybe different. This commonality gives a good starting point for courageous conversations between stakeholders on the diversity of opinions who maybe in other circumstances find it takes time to find common ground.

The following lid was created from the results of a survey of over 800 people looking at the impact of unhelpful coping strategies in individual, families, and communities. Drugs and alcohol misuse were rated as having the biggest impact followed by Gambling Harms. For more information on this work contact hilda@cope-scotland.org



This is the lid which emerged from the Alliance 2020 session:



For more information on the Jigsaw lids, toolkits, or wee tips sheet please contact:
hilda@cope-scotland.org

QUESTIONS AND INTERESTS' ATTENDEES SHARED AT THE BEGINNING OF THE SESSION

- Have the connections between gambling harms and people with Foetal Alcohol Spectrum Disorders (FASD) been explored? If not, will it be in the foreseeable future?
- Has the role of community nurses across Scotland been considered?
- Interested in how lockdown has potentially increased gambling harm due to further isolation for many
- Interest in digital health and digital gambling.
- Support anyone affected by someone else's substance use. However, interested in how substance use can intersect with gambling.
- The health impact and inequalities

OBSERVATIONS

The format for the session was a stream of consciousness discussion, we have tried to capture that in the notes to follow. The Jigsaw lid for Alliance 2020 came from the themes which emerged from these notes. This lid, with others, will help inform the action plan which will follow. This is a living breathing process. If anyone who was present feels a key point was missed please email Hilda hilda@cope-scotland.org or Will William.Griffiths@alliance-scotland.org.uk as this is an evolving process which can be added to and amended .

There was a conversation recognising that self-management alone is not an answer. There are wider issues to consider around how gambling products are designed and regulated. Including advertising which may appeal to a younger audience (e.g. with cartoonish characters, etc...) or at-risk groups (e.g. suggesting this is an opportunity to feel socially connected which may appeal to someone lonely and isolated)

Labelling someone a 'problem gambler' or 'addict' is limiting and needs unpacking. That deglamourizing gambling through ads, and more emphasis on products designed for addiction would help, realising it wasn't all the individual's fault. We need to move from a blame culture to understanding if we want things to change. A challenge being the normalisation of gambling in so many areas of society.

We need to explore stakeholders' beliefs around gambling harm as a cause and/or as a consequence of other/deeper issues. Addressing the other harms that eventually can result in gambling harm seems like one key to better communities

There was also a reflection around lack of support and do other services including recovery for drugs and alcohol need to be doing more around gambling related harms, including family support or is this the remit by organisations exclusively focused on gambling harms? Recognising the challenges at the moment with funding cuts to support services has been significant, nevertheless there is a need for greater understanding of gambling/substance use intersections.

There was a recognition that an overhaul in referral criteria for many services is needed in order to allow individuals with multi-morbidity issues to receive the correct support. This may help reduce the risk of people being passed from service to service and growing increasingly frustrated that their needs were not being met. That recognising where someone had gambling issues, alongside other issues, their care pathways needed to be improved, to consider their needs in a holistic way. That often-underlying conditions may lead to other challenges for the person so we needed to get better at looking at gambling alongside questions about mental health and substance use as well as other conditions which make someone more vulnerable e.g. FASD, bipolar affective disorder, compulsive disorders.



A W A R E N E S S

There was a recognition if more people were aware of the issues of Gambling Harms, this may result in more referrals to gambling treatment. Specifically, organisations asking the question about gambling harm in initial assessments and how can this become the norm? Including more GP screening perhaps Recognition also of need for a broader awareness as many people only think of people with serious problem gambling rather than thinking of wider consequences on individual, family, and their community, we need to look at:

- Prevention before it gets to more serious harm. Like many things there is a slippery slope. Need to identify what starts someone gambling and then triggers and holistic factors that then result in 'problem' gambling and understanding of steps along the way where interventions may help.
- Identify what prevention measures are effective. Education about gambling harms needs to begin in school and access to organisations who offer support easily accessible in their local community and online too.
- Adopt an age specific approach building on what is already exists in National plans. Specifically, work being done that targets younger /teenage gambling also female gambling
- Focus on the needs of young people, consider the issue of smartphones, it's all too accessible. It can appear almost as not even being real. Understanding what young people are exposed to, the impact that has and sharing learning from that widely may help reduce Gambling Harms.
- How do we raise awareness across many areas?
- Explore deeper understanding of conditions which may put people more at risk of Gambling Harms. E.g. FASD is a lifelong, life-limiting condition that includes impairment of the brain's executive functions, e.g. ability to plan, learn from experience and control impulses. These are relevant to understanding/preventing gambling harm. Not blaming the victim.
- Promote where there are protections for people who have disabilities or conditions that impact their susceptibility to gambling in a harmful way – e.g.: brain injuries. Consider the needs of people with learning disabilities, people who may struggle with addictive behaviours and people made vulnerable by inequalities, or, loneliness.

Whatever evolves has to involve the voices of lived experience and the target groups so if seeking to target young people, engage them in the dialogue to help support change.

We need to work out how we raise awareness across many areas, as there already are training and awareness programmes out there? Education is offered but it was felt this alone, is not the only answer.

Tension needs to be recognised in how some of the work around gambling harms is funded by the gambling industry. There was a recognition we need to talk about the elephant in the room around the industry which can lead to gambling harms funds gambling harms interventions.

WHAT CAN BE DONE TO HELP RAISE AWARENESS

Set up adverts to go on the tv right after any gambling adverts.

Find ways to mobilise the many grassroots, 'ordinary people', as individuals, networks, organisations who link to politicians, media, regulators. One example is 'The Big Step' which marches between football grounds on match days. Suggested 27 September an Australian and Scottish walk will coincide with the English one.

It was felt there was a need for a social movement on reducing gambling harm. Similar to other campaigns around Adverse Childhood Experiences and Trauma informed practice, community champions in the prevention of suicide. But rather than a message or campaign talking at people we create spaces for conversations about gambling harms. This could maybe feed into wider discussions about money and other things sometimes we are not good at talking about?

Take a public health approach. The tobacco companies' industry once was the main sponsorship of all sport, now the gambling industry have taken over, but no ads no sponsorship has saved lives and offered better treatment for addiction to tobacco. Learn from colleagues tackling other challenges and action which was taken to change conditions around smoking, minimum pricing.

Raise awareness among opinion leaders especially in media, and offer training events for health professionals, including gambling awareness as a part of GP, psychiatrist, and nursing training. To see this integrated in training and education for a range of health professionals, to increase awareness and promote the value of appropriate screening would be a significant step forward. With the increased awareness health professionals would be more able to recognise when people maybe struggling with gambling harms and associated issues e.g. issues with money lenders, and be more confident to have conversations about this with individuals.

Alliance integrated cross-area promotion would help.

Regulation is needed and legislation that makes gambling organisations more responsible for their actions and how they target and market gambling to others and have a responsibility to warn people about gambling harms and to intervene in those who they identify as having a problem.

In offering interventions need to recognise there seems to be a multitude of interconnected concerns that are related with gambling such as alcohol and substance abuse and other health related concerns that may overshadow those who have an issue with gambling.

WHO ELSE TO INVOLVE?

It was agreed it would be helpful to engage others in this work Alison Douglas at Alcohol Focus Scotland and Sheila Duffy at ASH Scotland. They are also the joint secretariat for a CPG on health at the Scottish Parliament. Alison and Sheila have a lot of (successful) experience dealing with these larger issues from the alcohol and tobacco contexts in Scotland. VHS are the secretariat for the CPG on Health Inequalities and would welcome future discussions on this also:

Educational establishments such as schools, University, Health Training pre & post qualification

Contact the **anti-poverty charities and organisations** who may be able to help to explore how gambling harms disproportionately affect people in areas where poverty is more prevalent and how this impacts and can lead to further health inequalities both at individual, family and community level.

Stakeholders should come from as wide a group as possible as gambling crosses over all age, gender and demographics and is so well hidden

From Grassroots, lived experience and families to **Policy makers** (grabbing the good fairy's in Gambling)

Minoritized communities - LGBTQ+, women, BAME communities, those who are experts by experience

WHAT NEXT?

COPE Scotland and the Alliance co produce a Jigsaw lid and report from event for circulation by the Alliance and through the Whit's Happenin.

Report is used as part of the other Jigsaw lids to inform Scotland's Gambling Harms action plan moving forwards.

Explore early wins to act against points raised

Work together to help achieve the changes we want to see around reducing the incidence of gambling harms

Further reading and updates

The Alliance website

www.alliance-scotland.org.uk/blog/news/new-alliance-partnership-programmes-on-reducing-gambling-harms

www.alliance-scotland.org.uk/blog/case_studies/gambling-education-hub-delivers-during-covid-19

www.alliance-scotland.org.uk/blog/news/glasgow-brings-experts-by-experience-on-board-to-tackle-gambling-harms

www.alliance-scotland.org.uk/blog/news/westminster-all-party-group-launches-final-report-into-online-gambling-harms

Ongoing updates on this work will be available in the Whit's Happening which has a dedicated section on Gambling harms Copies are available on www.cope-scotland.org there are already pieces on work being done so please visit for more information here are the links:

www.cope-scotland.org/index.php/latest-blog/whit-s-happening-and-resource-directory-issue-8

www.cope-scotland.org/index.php/latest-blog/whit-s-happening-issue-5

www.cope-scotland.org/index.php/latest-blog/whit-s-happening-issue-6

www.cope-scotland.org/index.php/latest-blog/whit-s-happening-and-resource-directory-issue-7

GENERAL FEEDBACK

Thank you everyone who attended, and feedback suggested this was a useful discussion. This is the beginning of the conversation; we still have a road to go and in reading this new things may come to mind. Please stay in touch, for things to change, we need to work on this together, involving many stakeholders, led by the voices of lived experience.

For more information on Scotland reducing Gambling Harms please contact Will:
William.Griffiths@alliance-scotland.org.uk

For more information on the Jigsaw lids, toolkits, or wee tips sheet, please contact Hilda:
hilda@cope-scotland.org

We shall continue to update on what is happening around reducing Gambling Harms, if you want to share anything in editions of what's happening please email them to **admin@cope-scotland.org** by the 17th of the month, thank you.



These resources may also be helpful :

Gamblers Anonymous Scotland

T: 0370 050 8881

Gambling Helpline

T: 0808 8020 133

Gambling with Lives

Set up by the families and friends of young people who have taken their own lives as a direct result of gambling

www.gamblingwithlives.org

Gamcare Find Local Treatment

www.gamcare.org.uk/get-support/find-local-treatment

Help for Problem Gambling

www.nhs.uk/live-well/healthy-body/gambling-addiction

Fast Forward

Gambling education hub exists to support young people's health and wellbeing by promoting gambling education and prevention across Scotland. **gamblingeducationhub.fastforward.org.uk**

GamStop

GAMSTOP lets you put controls in place to restrict your online gambling activities. You will be prevented from using gambling websites and apps run by companies licensed in Great Britain for a period of your choosing
www.gamstop.co.uk

Consultations, what do you think?

The Inclusive Public Space Research Project

Do you find some streets in Glasgow difficult to use because of how they are designed or managed?

The Inclusive Public Space research project at the University of Leeds wants to hear about your experiences! We are working to deepen understanding of what aspects of streets are experienced as exclusionary and by whom, how this affects the lives of the people concerned, and how well law and politics are responding. We realise that disabled people, older people and parents of young children are particularly likely to be affected. Please spread the word and, if you have had problems with streets in Glasgow, please take part.

Taking part would involve:

- being interviewed
- choosing a street journey to be filmed by a professional photographer (with the option of featuring in it); and
- describing experiences of street exclusion and its impact in the form of a personal story.

If you are interested in taking part, please let us know by submitting your details via <https://leeds.onlinesurveys.ac.uk/expression-of-interest-2020>, or emailing us at IPS.Project@leeds.ac.uk, or phoning us on **0113 343 6873** or **0113 343 7490**.

Twitter: @IPS_Leeds

Facebook: @IPS.Leeds

Website: <https://inclusivepublicspace.leeds.ac.uk>



Drawings are courtesy of Louise McCann

Call for help: COBELT

CO-DESIGN OF A BIORESOURCE AND EARLY-DETECTION LUNG CANCER TEST

Are you aged 55 or over?

Do you smoke or have you smoked in the past?

Researchers from the University of St Andrews are looking to hear your views about a future lung screening programme.

Would you take a test that could help find lung cancer early?

What would stop you from taking the test, or what would help?

We are asking that you spare 30 minutes of your time to have a quick chat with us over the phone or online, whichever suits you best. We understand your time and input is valuable and want to let you know you will receive a £30 voucher as way of Thanks.

Lung cancer is the biggest cancer killer in the UK. Finding the cancer early can improve the outcome, especially as treatments are improving. This blood test could help find lung cancer early. For this to work, we must ensure it reaches those who will benefit most, and we need your help to do this.

If you are interested in helping us shape this new service, we would love to hear from you. Equally if you feel uneasy about this service or taking this test, we would love to hear from you too. We need to hear from all perspectives to develop something that will work for everyone.

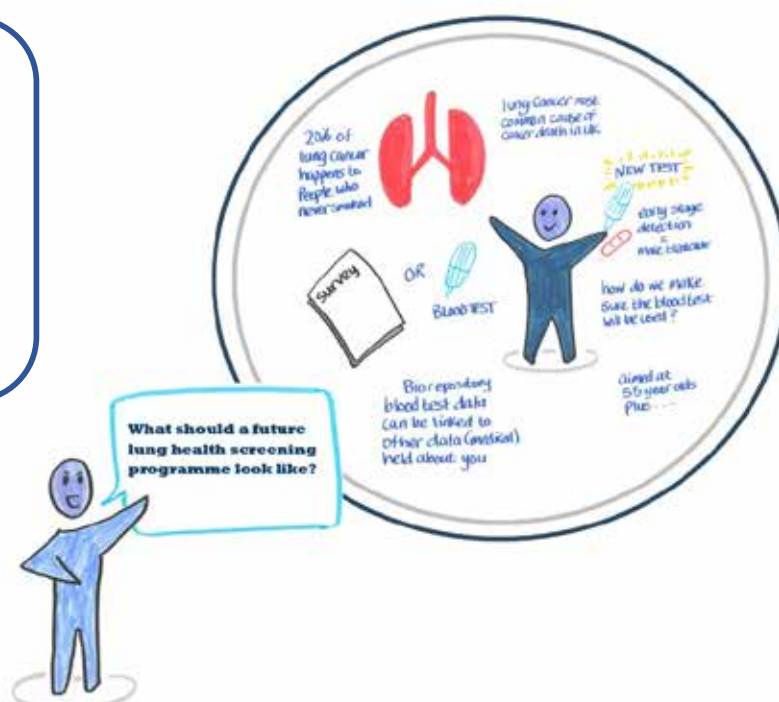
If you have any questions, would like more information or would like to arrange a time to talk with us, please contact us.

Contact Us

Lynsey Brown

Email: cobelt@st-andrews.ac.uk

Telephone: 07472470274



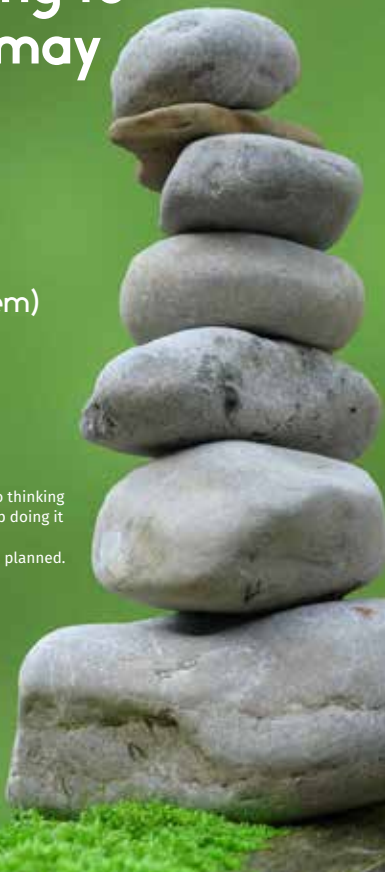
Awareness Days, Weeks, Months

Reprogramming the RAS by changing routines leading to habits which may leave our life feeling more in balance

(Reticular Activating System)

The issue can be, we have become so locked into thinking patterns, or routines, sometimes we find we keep doing it without even really thinking about it.
Or, if we do try to change, it doesn't always go as planned.

To Regain Our Balance, we first need to recognise when we have lost it



Self-Management Week

Self-Management Week 2020 will take place 28 September – 2 October and a new toolkit has launched to support you to get involved, which can be downloaded at www.alliance-scotland.org.uk/blog/news/self-management-week-2020-toolkit-available-for-download “Everyone has a self-management story” is the message that Self-Management Week 2020 aims to share. This year, Self-Management Week is themed ‘My Wellbeing, My Life’.

COPE Scotland recognise there are many challenges in life which we may need to seek advice to manage or overcome. However, we also have our own personal strengths and assets to draw on when life is challenging. Working with the voices of lived experience we continue to produce wee tips sheets which can help build further our awareness of things which may help reduce suffering improve our wellbeing and provide other information which may be useful.

As part of self-management week, we co designed a wee tips sheet on coping with redundancy. This doesn't replace professional advice; it may offer some tips to help decide what next at what can be an incredibly stressful time. We are also launching our new guided self-help workbook on practical ways to create new routines which lead to improved wellbeing. This will be shared digitally and people can also email: admin@cope-scotland.org for further advice on how to use this tool.



wee changes can make a **big difference**

tips for dealing with redundancy

Take a minute

On hearing bad news, we naturally can have a flood of emotions which can cause us further distress. If just for a moment we do nothing, like a wave, let it wash over us, we may find, that initial flood of negative feelings dissipates, and we are in a calmer place. www.psychologytoday.com/us/blog/the-right-mindset/202004/the-90-second-rule-builds-self-control

Risk of suicide



Sometimes the shock of redundancy can lead people to think of suicide, if you are having thoughts of suicide, please speak to someone. **Samaritans** Free Phone Tel: 116 123. This wee piece may also be helpful: www.cope-scotland.org/index.php/latest-blog/coping-with-loss

Know your rights

You do have rights and it's worth knowing what they are. This link take you to a place where you can find out more: www.mygov.scot/help-redundancy (PACE) is the Scottish Government's initiative for supporting people dealing with redundancy. PACE can provide free, confidential advice to help you with your next steps. You can phone them on **0800 917 8000**. For financial advice and signposting to services have a look at moneyadvicescotland.org.uk particularly, 'get help' drop down.



It's the post that has been made redundant

It can be hard for it not to be personal if we are made redundant after all, it's us who have lost our job. Remember this isn't you that's at fault, it's that the post doesn't exist anymore as your employer has lost funding, or a contract or business isn't doing well. It's important at this time we don't lose our confidence. This wee piece maybe helpful: www.cope-scotland.org/index.php/latest-blog/self-confidence-and-personal-leadership Also take time to update your CV, it's amazing the skills and experience that we have, we take for granted.

Discrimination and redundancy

If you believe you have been unfairly treated or experienced discrimination in the redundancy process, these sites may be helpful: www.citizensadvice.org.uk/work/leaving-a-job/redundancy/check-if-your-redundancy-is-fair/discrimination-during-redundancy and www.acas.org.uk/your-rights-during-redundancy

Look after you

Seems common sense, amazing how as soon as we are challenged we find self-care goes out the window, yet we need to be in a calmer place with more energy to work out how to get out of this situation which is causing distress. Wee video maybe of use: www.cope-scotland.org/index.php/videos/video/6-easy-tips-to-manage-stress

Manage the what ifs

It is natural on becoming redundant to begin to worry about the 'what ifs' as we may have very practical things to consider, mortgages, rent, debt, financial commitments already made, fear we may not work again. This wee piece may offer some ideas of keeping the 'what ifs' at bay so you can put your energy into solving the challenges which may lie ahead: www.cope-scotland.org/index.php/latest-blog/dealing-with-the-what-if-s



Talk about how you feel

Life happens and sometimes it can take the feet away from under us. If we try to deal with this alone it can be even more challenging. It's important we have a support network round us at this time, that can be informal, with friends and family maybe colleagues who also find themselves redundant. It may also be speaking to a professional advisor about how you feel and what you are thinking. This wee piece offers tips on how to share when we don't feel okay and also to identify what makes a good listener:

www.cope-scotland.org/index.php/latest-blog/the-art-of-conversation

Face the challenges

It is understandable when faced with redundancy we may want to avoid listing the challenges we now face as we are already feeling pretty distressed. Redundancy can cause real issues though and recognising what they are and taking steps to deal with them can go a long way to reducing the distress that procrastinating can cause. Sometimes we do need space to reflect what next, sometimes we avoid what next as we don't know if we can cope with it, which is why seeking support is essential, you don't need to go through this alone. Delaying dealing with the fall out of redundancy only puts your wellbeing more at risk.

www.psychcentral.com/lib/10-good-and-10-bad-things-about-procrastination

Don't fear to fail

It maybe you need to retrain for a new job or career path, and this can feel daunting, but we all have to learn and that means sometimes in the road to learning we don't get it right first time. This wee piece may offer some useful tips and inspiration: www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time



This job was made redundant, there are other jobs out there. We can focus on why we may not get one as there are more people looking for work, than work available, or we can focus on securing that new job, even if it takes time, means retraining. This wee goal setting tool may offer some ideas which help in planning what next: www.cope-scotland.org/index.php/latest-blog/have-fun-achieving-what-matters-to-you

Find a hobby

You may think you don't have time or money for a hobby, but it's important to remember this is a point in your life and not let it overwhelm every aspect of your life. If you were so busy working all the time you forgot to make time for you and hobbies, this wee piece maybe of interest:

www.cope-scotland.org/index.php/latest-blog/ideas-for-how-creativity-can-improve-our-mental-health

Volunteering may also become a hobby and could even offer experience which may help return to paid work.

Plan what next

Get help to find a new job, these resources maybe helpful:

- www.indeed.co.uk
- www.reed.co.uk
- www.s1jobs.com
- www.swifthires.com
- www.mygov.scot/find-job
- www.myjobscotland.gov.uk
- Turn2us.org.uk
- www.scotland.org/work/career-opportunities
- www.gov.scot/policies/employment-support/fair-start-scotland-employment-support-service
- Fair Start | Tel: 0800 804 8108
- Business Support Scotland | Tel: 0300 303 0660
- www.myworldofwork.co.uk | Tel: 0800 917 8000
- Employersdirect.org.uk/redundancy-advice
Tel: 0800 464 0966

Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland



Challenge Poverty Week 5th-11th October

Hundreds of organisations across Scotland will take part in Challenge Poverty Week, and there's still time for you to get involved too! Challenge Poverty Week is a practical opportunity to help build a stronger movement against poverty and demonstrate our values of justice and compassion. For more information: www.challengepoverty.net

You can follow on Twitter: twitter.com/PovertyAlliance

Sign up to the newsletter: direct.itsacinch.co.uk/h/y/069BA2AA3575EAE4

During Challenge Poverty week COPE Scotland will be exploring how we take forward our winter dignity programme in the light of COVID19. We begin this in this edition of what's happening by sharing the tips to winter wellness sheet:

wee changes can make a big difference to help keeping you warm over winter

Clothes

May seem obvious but layering clothes and wearing a hat and socks can help keep you warm, including wearing a hat indoors if very cold and slippers.

Block Draughts

Check if you have any draughts and block them up with draught excluders, find local sewing or craft group and make your own can be cheaper and get you out and meet people. Use curtains ideally with a thermal layer, open them during the day to let sunlight in and close them in the evening. Maybe think about installing a door curtain if your front door is very draughty, or put a flap over the letter box inside the house.

Diet

It's important during a cold spell you eat well, if money is tight this can also be a challenge. Look for deals in supermarkets like 2 for 1 on porridge, this is a healthy meal to help keep you warm and can be eaten any time of day. Also soups even cuppa soups are something to warm you up or make your own with stock cubes, vegetables, noodles, chicken stock and noodles cheap and cheerful chicken noodle soup. For more ideas on cooking on a budget look out for local cookery classes these are often free.

Being warm in bed



If your home is cold wear a hat to bed to help keep the heat in, try if possible to have a warmer tog quilt, this can also be brought into the living room to snuggle in if the weather is cold. Throws and fleece blankets add another layer of warmth to your bed as well as being something else to use to stay warm if wrapped around you in the living room.

Staying warm across the generations

We feel the cold differently depending on age and physical health, it's important to make sure any younger or older family member's needs are also met as well as anyone with a health condition. Make sure you receive the benefits you are entitled to, speak to Citizen's Advice. If someone has poor circulation in their hands and feet, heated insoles and gloves could be a good choice.

Gizmos which can help

You can get meters which tell you how much energy you are using. Become aware of items which are high cost e.g. kettles, only boil what you need or if you boil more keep it in a flask till the next time you need it. If you have radiators, explore with advice centres or housing providers using foil or radiator reflectors to stop wasting heat from the back of the radiator, if your radiator is under the window maybe explore putting a shelf above it to stop heat being wasted. But don't put anything on the shelf.



Poverty Alliance Annual Conference Online 9th October

The conference this year will be a series of online sessions to explore different aspects of the impact of the pandemic on poverty. They are designed to open up and contribute to discussions about what we have learned during the pandemic and, most crucially, how we move forward, in the months and years ahead. In addition to an opening plenary with community activists and the Cabinet Secretary for Communities and Local Government (tbc), they will also have workshops on paid employment and coronavirus; social security in the pandemic, and the community response. There will be a roundtable discussion on prospects for change after the pandemic to close the event that will feature Julia Unwin, Chair of the Independent Inquiry into Civil Society, Sabir Razai, CEO of the Scottish Refugee Council, Dr Katherine Trebeck of the Wellbeing Economy Alliance, and Mary Senior, Vice President of the STUC.

To take part in the conference they would ask you to register for each session separately - please attend as many sessions as possible in order to take full advantage of the discussions for more information and to register www.povertyalliance.org/events

Anti-Bullying Week 2020 16th and 20th November

Anti bullying Week 2020 is being held between the 16th and 20th November and is organised by Anti-Bullying Alliance. This year the theme is 'United Against Bullying'. Follow the events on social media using **#antibullyingweek** and **#abw20**. For more information: www.bullying.co.uk/anti-bullying-week/anti-bullying-week-2020/



Services and Support

Autism

Autism Advice Line (Scotland)

T: 01259 222 022

www.scottishautism.org

Differabled

www.differabledscotland.co.uk/about

National Autistic Society Helpline

T: 0808 800 4104.

www.autism.org.uk.

www.autism.org.uk/services/helplines/coronavirus/resources/how-nas-can-help.aspx

Carers

Advice and Information Carers Hub

www.rethink.org/advice-and-information/carers-hub/

Advice for Unpaid Carers

www.gov.scot/publications/coronavirus-covid-19-advice-for-unpaid-carers/

Carers Scotland

www.carersuk.org/scotland/help-and-advice/factsheets/coronavirus-covid-19-sources-of-advice-and-help

T: 0808 808 7777

Carers UK has published a Recovery Plan for carers, a list of recommendations that prioritise and support unpaid carers as restrictions are eased and the risk of Covid-19 is managed by society over the next 12 months. For more information visit www.carersuk.org/help-and-advice/technology-and-equipment/99-for-professionals/policy-eng/6506-a-recovery-plan-for-carers

Carers Voices Project

www.alliance-scotland.org.uk/people-and-networks/carers-voices/keep-well-with-carer-voices/

Citizens Advice Bureau

www.citizensadvice.org.uk/scotland/family/help-for-adults-in-the-community-s/carers-help-and-support/



Dementia UK

Dementia Helpline

T: 0800 888 6678

www.dementiauk.org/get-support/coronavirus-covid-19/



Friends and Family of Someone with Cancer

www.macmillan.org.uk/cancer-information-and-support/supporting-someone/emotional-support-for-family-and-friends

Glasgow Association for Mental Health

www.gamh.org.uk/carers-information-line

Mainstay Trust

Provide care services to the people of Glasgow
www.mainstaytrust.org.uk/

Take Break Scotland

takeabreakscotland.org.uk/applications/

Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right

Host Family Supported Carers Needed

Glasgow cares for their future - can you?

The role of the Host Family Supported Carer Service (HFSCS) is to offer safe and supportive accommodation for Unaccompanied Asylum-Seeking Young People (UASYP) aged 16-18 years.

The HFSCS grew out of Glasgow's humanitarian response to the civil war in Syria in 2017. Glasgow City Health and Social Care Partnership now have a Team Leader and three qualified Social Workers in post to grow this service to help to meet the needs of UASYP arriving in Glasgow. Many, if not all these young people will have experienced trauma on their long journey and certainly all of them will be dealing with issues of separation and loss.

Since the beginning of March 2020, we have placed four UASYP with HFSC; two of these are newly approved placements by way of tele-conferencing the Host Family Carer Panel and with the support of Senior Management as the Agency Decision Makers. Three of the young people are from Vietnam and the other young person is from New Guinea. Trafficking is prevalent amongst this group and two of the young people have definitive decisions that they have been trafficked.

We link very closely with the Asylum / Roma Team who are the responsible team for the young people and work collaboratively to make sure that each young person feels safe and has access to health, education and legal support through the maze that is making an Asylum application.

During lockdown all of this has continued, and we appreciate the great work of our carers. They have been creative about how to help the young people learn English, making use of on-line resources. In a couple of cases, the HFSC have people in their network who are qualified to Teach English as a Foreign Language doing frequent 'Facetime' lessons. They cook and eat meals together, exercise and garden together; all learning about each other in a family setting.

In times ahead, the HFSC will help each of the young people access all the great opportunities that Glasgow has to offer. The Host Family Supported Carer will help each young person work towards independence when it is right for them. We have learned that, even though they have moved on our young people keep in touch with the carers and they themselves offer friendship and advice to new arrivals.

Glasgow is proud of the support that we offer displaced and disadvantaged young people and we are keen to grow this service.

If you would like to find out more about becoming a Host Family Supported Carer, please email us: HostFamilyService@glasgow.gov.uk

Criteria for Prospective Host Family Carer:

- Must be over 21 years old.
- Spare bedroom.
- Smoker – willing to smoke outside.
- Need to have cohabited with partner for a minimum 2 year period to evidence stability.
- Need to live within Glasgow Boundary or just over the boundary; important regarding access to services and for ongoing planning.

Frequently Asked Questions Regarding Host Family Carer Service:

How long does the full assessment take?

Based on the experience of our colleagues in the Fostering and Supported Carer service, we anticipate that an assessment should take 5 months. We understand that in some situations this may take more, or less time. The Assessing Social Worker will ensure the prospective carer is aware of the progress being made.

Tell me a bit more about the Supported Carer/Host Family Carer Panel and the recommendations they make?

The Supported Carer/Host Family Carer Panel meets monthly and is chaired by a Social Work Service Manager from one of our 3 locality areas in Glasgow Health and Social Care Partnership (GHSCP). The total number of people on the panel shall be between, 4-7. For our Host Family Carer's panel, we hope to have a Young Person with experience of being Unaccompanied and Asylum Seeking.

Who is the Agency Decision Maker and what is their role?

The Agency Decision Maker (ADM) is one of the Senior Managers in GHSCP; Head of Service. They receive the minute of your panel meeting with a recommendation about approval as a Host Family Carer. The ADM ultimately makes the decision and signs the paperwork to ratify the decision. (If they do not agree with the recommendation, further discussion will take place.)

How are YP and Host Family Placements matched?

Given the limited information we are likely to have, we will do our best to match a Young Person with a family; we will address gender, ages of any children in the household and the geographical area (access to places of worship, education and health). If we know more about the Young Person's likes, dislikes and personality, these will also be taken into consideration.

How do we communicate if the YP does not speak English?

For introductory meetings, we will have an interpreter present. We can also access interpreting services for a number of extra face to face sessions to enable the YP and the Host Family to have the opportunity to communicate. Some carers have used "Google Translate" and other similar services. If the communication issue was making things difficult for the YP or family we would try our best to assist with this.

What will Host Family Carers know about the UASYP at the start of any placement?

Our aim is to try to place UASYP as quickly as possible with a Host Family. This means that we may know very little about them. One of the main reasons for moving quickly is that we have learned that Unaccompanied and Separated Young People who have been on a long precarious journey tend to seek sanctuary wherever they are first placed. However, there will be exceptions to this; if the child is under 16, they may be placed in a children's house and then we can have a more planned approach to a Host Family Carer. This will mean that we have learned more about their likes, dislikes and have some understanding of their experiences to date. However, there will always be information that we are unable to check or verify.

What do we do to protect the Young Person living in our home and our family members?

Prior to placing any Young Person, we will ask you to set up a “Safer Caring Policy”; this is the plan for how the household runs and what is expected of the Young Person placed within your family. Eg: Bedrooms within the family home are private and the Young Person should not go into any bedroom other than their own. If anyone else wants to go into the YP’s room, they will knock the door and ask to go in.

What caring responsibilities are expected of me as a Host Family Carer?

Each of the Young People that will be placed with a Host Family Carer will be between the ages of 16-18. This means that they may be young people who will have a degree of maturity and need minimal support. However, each young person will be assessed in their own right. From experience, the first few weeks of any placement are busy; this is when the YP and the family are getting to know each other, GP, Optician, Dentist need to be secured and Guardianship/ Legal/Home Office appointments may also be happening. When the new household routine is established; the young person should be independently travelling to their education placement, participating in appropriate aspects of family life but also having opportunities to make friends and take up hobbies or interests.

Is there a fee/allowance for caring for a UASYP?

There is a Fortnightly Payment of £573.20. This works out at £236.60 weekly allowance to the Host Family Carer and an additional weekly fee of £50.00. The allowance is to support the Host Family Carer with house costs, utility bills, food and basic toiletries and to meet the Young Person’s day to day needs. The fee is £50.00 for the carer. This amount only is taxable and HF carers need to declare this to the Inland Revenue.

There are additional amounts for birthday, summer holiday and Christmas.

Host Family Carers should not give cash to the young people or vice-versa. If the young person has any financial issues, they are expected to speak to their worker about this.

Will the YP have access to monies of their own?

Yes; there are 3 amounts available and linked to education, employment and training. A Young Person in Full Time Education is given approximately £90.00 weekly and someone who is not engaged in any way receives approximately £50.00 weekly. The young people are expected to pay for, transport, entertainment, social expenses and any meals that they choose to eat out-with the host family placement.

Will the YP have access to health, education and other support services?

All UASYP can register with a GP, Dentist and Optician. If they require emotional/mental health support, there are a number of different services that can help with this; Anchor Project, Freedom from Torture and other services. Each YP will have a social worker of their own who will continue to assess their changing needs and seek appropriate supports.

What support can I expect from the Host Family Service?

When you are an approved Host Family Carer, you will be assigned a Supervising Social Worker from the team. They will visit you on a regular basis to support and monitor the placement. We have a programme of training, access to some on-line training and quarterly HF Carers Support Groups. We will have some speakers at the Support Groups and also some time for carers to talk to each other.

What do we do if the placement is not going well?

Meetings will be arranged to allow for discussion and if both HF Carer and YP are in agreement, we will mediate and make a plan to support the placement. However, if at any time either the YP or the HF Carer does not wish the placement to continue, there is scope to bring the placement to an end. The preferred way to do this would be on a planned basis' notice of 28 days can be given. However, all information will be taken into consideration and if there are worries or risks identified the placement could be ended more quickly.

Host Family Experience

When lockdown happened, I thought that the process of becoming a host family carer for a young asylum seeker would be on hold. I was surprised and delighted when the host family service in Glasgow got in touch to check I was ok and to ask if I was comfortable to continue with the process during this difficult time, embracing the digital age! I was, and it was only a few weeks before I went to panel and became an approved host family carer.

The ink was barely dry before I got another call one lunchtime, this time to tell me of a young person in dire need; a teenage boy from Vietnam, escaped from traffickers, physically abused and terrified of being found by them, with no family or friends in the UK, and nowhere to go. Three hours later he arrived with a toothbrush, a mobile phone and a change of clothes. After a brief introductory call with a very helpful translator, the two very kind social workers left us to it and our 2 weeks of quarantine began. It may not have been a conventional start, but that time together helped us to get to know each other; to communicate, to cook for each other, to garden and to bond with the dog. Meanwhile support networks rallied round bringing clothes, games, movies, food and ice cream!

Six weeks on and though things are still new for us, there have been many rewarding moments already. There's nothing like watching as your young person begins to feel more secure, sleep better and have fewer nightmares; feeling proud of him when he chooses to go out to the shop himself for the very first time; welling up a little as he chases after the dog up a grassy hill, arms outstretched and whooping for the sheer joy and freedom of it. I consider myself lucky to have a great kid sharing my home, and urge anyone interested in hosting a young asylum seeker to find out more - I am certainly glad I embraced the challenge and am excited to see where it leads.

Charity Advice

Worth joining Wren Greyhound mailing list which includes regular free useful resources us19.campaign-archive.com/e/?u=775c51c6f1955813188a5d5b2&id=67324628a8 for more info www.wrenandgreyhound.co.uk

Creative Approaches to Problem Solving

This was a tool shared by Q Community and may be of interest :

<https://s20056.pcdn.co/wp-content/uploads/2017/08/Q-community-CAPS-toolkit-2017.pdf>

GCVS Glasgow Council for Voluntary Services

www.gcv.org.uk

Generations Working Together

Directory of intergenerational resources to use during COVID19 pandemic generationsworkingtogether.org/news/directory-of-intergenerational-resources-to-use-during-pandemic-27-05-2020

Glasgow Social Enterprise Network

www.gsen.org.uk

Impact Funding Partners

T: 01383 620 780

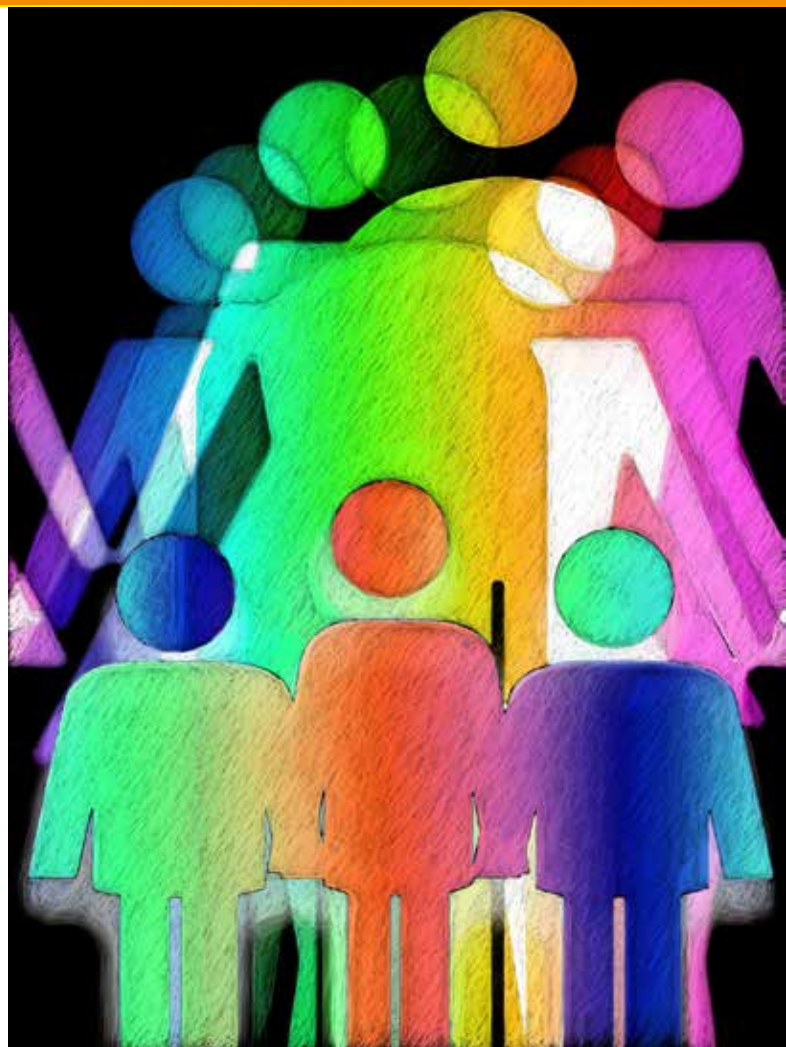
www.impactfundingpartners.com

Independent Age Grants Fund Reaching older people most likely to be missing out – now and beyond the coronavirus pandemic www.independentage.org/community/grants-fund

Just Enterprise

T: 0300 302 3333

justenterprise.org/events/event/charitable-trading/



Scottish Council Voluntary Organisations

scvo.org.uk

Smarter Choices, Smarter Places Fund

supported by Transport Scotland, and funds projects that encourage walking, cycling and using sustainable transport. The fund is open to public, community and third sector organisations.

www.pathsforall.org.uk/open-fund

Third Sector Lab Consultancy, training, and strategy to help charities get the most out of digital, useful resources:

- thirdsectorlab.co.uk/covid-19/
- www.facebook.com/ThirdSectorLab/videos/b.53154337720/801038073737494/?type=2&theater
- open.spotify.com/show/5x2s9GleJufexYgm5JZ20X

National Lottery Community Fund Update

Posted by Christie McAlpine on 4th Sept. 2020

The National Lottery Community Fund have announced upcoming changes to ensure they can continue to support the sector to recover from the impact of the pandemic. Some of the programmes will remain the same while others will become more focused on Covid-19 recovery. Here are the key changes:

Headlines:

National Lottery Awards for All and **Young Start** funds will remain open and unchanged. They are particularly interested in hearing from new projects for Young Start funding.

Improving Lives grants remain open, but will be shorter, quicker to access, and will fund a wider range of work focused on recovery from COVID-19.

Community-Led Activity grants remain open. They are currently reviewing these and will make any changes before the end of 2020. COVID-19 response is still a priority across all funds– but they remain open to non-COVID-19 related work too.

There will be some further changes to priorities for both Improving Lives and Community-Led Activity before the end of 2020, but there will be no other large-scale changes to the main grants programmes until at least 2022.

Detail and Deadlines:

Improving Lives

From October 1, 2020 the maximum available Improving Lives grant will be £200K over one to three years. It will be a single stage application.

They will only accept applications for more than £200k or more than 3 years until noon on Wed 30 September.

New priorities are in development, but these will expand the types of work they can currently fund rather than replace them.

Community-Led Activity Grants

Community-Led Activity grants remain open. They are reviewing the fund to make sure it's relevant for current situation, and will make any changes before the end of 2020.

They plan to increase the maximum grant to £200K.

More details will be available on the changes to Improving Lives and Community-Led Activity in the next few months, they will let you know what these are once they have been confirmed.



How to Provide Workplace Support When an Employee Passes Away
www.cruse.org.uk/get-help/about-grief/bereavement-at-work/when-a-staff-member-dies

Petal Bereavement Support
www.petalsupport.com

SOBS Bereaved by Suicide
T: 0300 111 5065

Sudden Death
(Bereavement support for sudden death)
www.suddendeath.org/about/about-sudden-death

Supporting Bereaved Parents and Their Families
T: 0345 123 2304
W: www.tcf.org.uk

The Good Grief Trust
www.thegoodgrieftrust.org

The Lullaby Trust
T: 0808 802 6868
(Bereavement support/ following the death of a baby/young child)

Digital Inclusion

Click to Connect Training Programme

This introduction to computing course will offer a qualification at SCQF level 3. It will be run online and will look at the basics required to start using a computer, laptop, i-pad or notebook and will include how to set up your own e-mail address and tips on word processing.

The course is delivered online, but if participants are not confident to access online or they need support to create an email or/ and Zoom accounts, they can access a one off socially distanced class with a tutor from college to help them with this. Participants will receive support from a tutor and build their confidence using online resources, covering IT essentials and safety online.

To sign up for the course, contact Alan Milson at Clyde College amilson@glasgowclyde.ac.uk or **07889363205**. Alternatively, contact Martina martina.northwestglasgowvsn@outlook.com. (We would need your permission to send your information to Glasgow Clyde College tutors so they can contact you directly regarding starting dates, how to access and to enrol in the course)

The course will be run online on Tuesday's mornings from 10am to 12, starting Tuesday 22nd September. The course length is 10 weeks and participants will get support from a college tutor.

Connecting Scotland: Glasgow Kit and Connectivity Programme

The Connecting Scotland programme aims to connect digitally excluded people, allowing them to access services and support and to connect with friends and family during the pandemic.

People on low incomes who are at greater risk of isolation due to coronavirus will be provided with:

- Access to kit –an appropriate internet enabled device (Chromebook or iPad)
- Access to connectivity –a mobile hotspot and 12 months of data
- Support to develop skills and confidence online

This first phase of Connecting Scotland will be offered as a grant programme. Building on learning from existing activity to tackle digital exclusion, the programme will work through organisations (particularly local authorities and local third sector organisations) who are already providing support to the target groups.

In Glasgow, the Programme will be administered by Glasgow Life in partnership with SCVO. The city has been allocated 780 devices in the first phase of the Programme (330 Chromebooks and 450 iPads) each device will come with a Mifi hotspot/dongle and SIM with 12 months of data with a 20Gb per month allowance.

If you would like to know more about the programme in Glasgow please contact **digitalskills@glasgowlife.org.uk**

Digital Support Freephone Helpline

https://www.google.comh?q=glasgow+life+logo&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiW7c-7_-rAhXRasAKHacAuwQAUoAXoECA0QAw&biw=2400&bih=1171#imgsrc=aC2azZyqog7NRM
T: 0800 158 3974

Monday- Thursday 9.30am-4.00pm
Friday 9.30am-1.00pm



Digital support and guidance will be delivered over the phone and provided by our Digital Champions on the following issues. Customers

must have access to a digital device and Internet connectivity so that support can be given.

- Getting to know your device
- Using the keyboard, touchpad or touch screen
- How to use controls for easier use
- Homescreen interaction with Apps
- Connecting to the Internet
- Creating a secure password

GDA Connects

If you, or someone you know, is shielding from Covid-19 with no internet access and would like to hear more about GDAConnects – please get in touch with **hannah@gdaonline.co.uk**

For more information about GDA's wider COVID Response contact **info@gdaonline.co.uk**

Glasgow Life

www.glasgowlife.org.uk/glasgows-learning/digital-skills

NWVSN Network IT Recycling Project

NWVSN Network has formed a partnership with Glasgow Clyde College and their Gifttech project, that recycles college PCs. They will now be able to offer PCs to members to give to people they work with that they know are in need. They will also be offering prepaid WIFI, which should last a few months with light/moderate use. To express an interest or get a referral form email **martina.northwestglasgowvsn@outlook.com**.

Please note they do not have a huge supply but will offer what they can, the project is here to fill the gaps if other options aren't available.



Drugs and Alcohol

Al Anon (for families affected)

T: 0800 0086 811

Al A Teen (for teenagers affected)

al-anon.org/newcomers/teen-corner/alateen/

Alcoholics Anonymous

0800 9177 650

Cocaine Anonymous

T: 0141 959 6363

Drink Wise Age Well

drinkwiseagewell.org.uk

Drinkline

T: 0800 917 8282

Family Addiction Support Service

T: 0141 420 2050

Gamblers Anonymous

T: 0370 050 8881

Glasgow Council on Alcohol

T: 0808 802 9000

Due to the COVID 19 pandemic, GCA are currently unable to carry out Alcohol Brief Interventions (ABI) as usual within community settings. Therefore, they have launched a new online ABI chat service via the Glasgow Council on Alcohol Facebook page where people can send a private message if they have concerns about their own or someone else's drinking. The online service will be covered at specific times by GCA ABI practitioners who will be able to screen people for harmful drinking and offer advice on how to manage or reduce their alcohol consumption, as well as refer people to counselling and other services. **en-gb.facebook.com/GCAGlasgow/**

Glasgow Helping Hero's

T: 0800 731 4880

Homeless Addiction Team

T: 0141 552 9287

How to Help an Addicted Parent

www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent

Kinder Stronger Better

This website has been developed for and by members of the Glasgow LGBTQ+ community and substance use professionals to provide information and advice to LGBTQ+ people about alcohol and drugs, as well as where to get help and support in Glasgow (and beyond)

W: kinderstrongerbetter.org

Marie Trust Counselling Service

T: 0141 221 0169

Narcotics Anonymous

T: 0300 999 12 12

North West Recovery Communities

www.nwrc-glasgow.co.uk

Recovery Simon Community

T: 0800 027 7466

Re-solv

If you live anywhere in England, Northern Ireland, Scotland or Wales and are worried about your solvent abuse or someone else's – we're here to help. Even if it's just a quick question you want to ask, please get in touch. You can call us on **01785 810 762**, text **07496 959 930**, email **info@re-solv.org** **www.re-solv.org**

Scottish Families affected by Drugs and Alcohol

T: 08080 101011

Turning Point (Homelessness Service)

T: 0800 652 3757

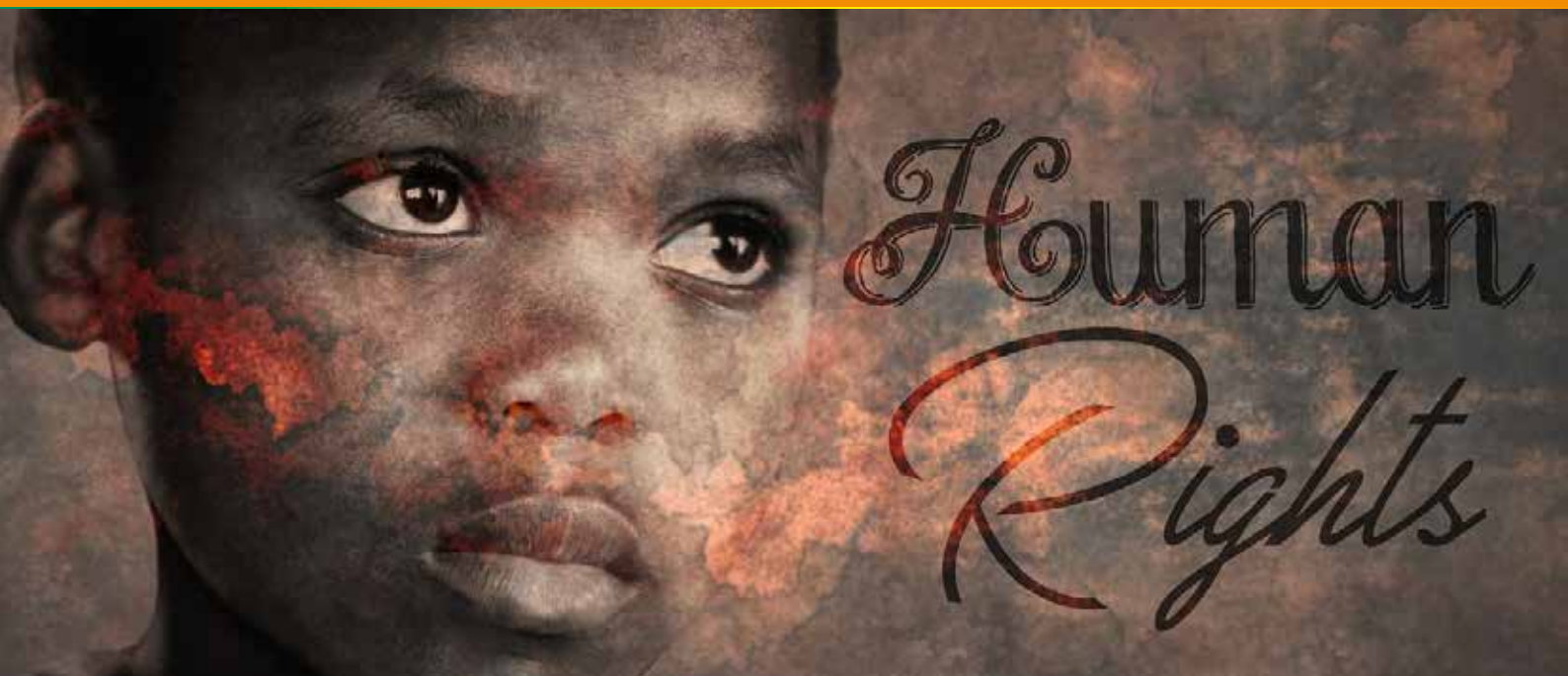
www.turningpointscotland.com/glasgow

We are with you

Support for people who have issues with drugs, alcohol and mental health, and their families and friends. We know our communities and understand the challenges they face.

www.wearewithyou.org.uk





Equality and Diversity

GDA Podcast - Our LGBT Histories is available now at anchor.fm/GDA

"In Glasgow, a lot of LGBT spaces are really inaccessible. So, we can't meet each other and gather there and that makes finding other people like ourselves really difficult."

From LGBT history month in February, throughout Pride month in June - our **LGBT disabled people's network** have been supporting each other to speak out about life as a disabled LGBT+ person in Scotland – and have put together GDA's very first podcast!

Now with Covid-19 restricting opportunities to meet other people in person, our LGBT group has moved online. Inequalities disabled people already faced have been supercharged by the pandemic – poverty, mental health challenges, and increased isolation mean that an inclusive, supportive community is a lifeline that is now more vital than ever before.

GDA's LGBT network was founded by a small group of GDA members who highlighted the need for greater accessibility and inclusion in LGBT spaces. Empowered to challenge inequalities, they sought GDA's support to create a safe space to improve the wellbeing

of this intersectional community. GDA listened and responded, working in partnership, and putting our LGBT members in the driving seat of this work for equality.

GDA has for many years been a supporter of Glasgow's Free Pride events. At the 2017 event GDA members hosted a jam-packed workshop discussion on disability inclusion within the LGBT community – following which, with support from LGBT health and wellbeing, the Equality Network and Glasgow Equality Forum, our LGBT Disabled People's Space was founded.

Hear all about it on our first ever podcast! Also available on:

- Spotify
- Apple
- Pocket casts
- Radio Public
- Breaker

Accessibility

If you are a British Sign Language user **www.contactscotland-bsl.org** offers a service which enables contact with public bodies and third sector services through Video Relay.

If affected by sight loss please

www.rnib.org.uk

Age UK

www.ageuk.org.uk/scotland

Autism

www.autism.org.uk

The ChoiceWorks Programme aims to support people to move forward to tackle their offending behaviour through individual support, groupwork sessions and training and employability opportunities. If you are interested or would like to find out more information, please contact them in one of the following ways:

T: 0141 276 7400

Web: www.glasgow.gov.uk/choiceworks

Email: CommsafetyChoiceworks@glasgow.gov.uk

Facebook: GlasgowCC

Twitter: @GlasgowCC

Coalition for Racial Equality and Rights

www.crer.scot

Deafness and Dementia

Full report available on their website:

www.deafscotland.org

admin@deafscotland.org

T: 0141 248-2474

SMS: 07925 417 338

Deaf Awareness

deafscotland.org/support-communication-for-all
deafscotland.org/cycling-safely-for-deaf-people

West of Scotland regional equality unit

For various helpline numbers during COVID19 please visit www.wsrec.co.uk

Disability Equality Scotland are a membership organisation for disabled people and disability groups/organisations
disabilityequality.scot



Discrimination Claims Risk

The Equality & Human Rights Commission is reminding organisations of their legal responsibilities as employers may face discrimination claims if they unfairly treat disabled or pregnant staff because of the coronavirus situation. The EHRC has issued new guidance to help make the right and lawful decisions around dismissing and furloughing staff. The guides give organisations information about their duty to make reasonable adjustments for staff with underlying health conditions and how to support pregnant women and those on maternity leave. For more information www.equalityhumanrights.com/en/advice-and-guidance/coronavirus-covid-19-guidance-employers

Dyslexia Awareness

www.bdadyslexia.org.uk

EACH (Educational Action Challenging Homophobia)

EACH provides a free and confidential, homophobic, biphobic or transphobic bullying reporting service for children and young people up to 18 years of age. If you have been a target of this bullying you can call their freephone Helpline on **0808 1000 143** (Monday to Friday, 9:00am – 4:30pm) **W: www.each.education/**

Early Warning System E-Bulletin

Latest findings from the Early Warning System
The Early Warning System was set up by CPAG in Scotland to collect and analyse case evidence about how social security changes are affecting the wellbeing of children, their families and the communities that support them. Case studies are collated from queries dealt with through our second tier advice line and submissions from frontline workers. The briefing summarises the emerging issues received between the beginning of July and mid-August 2020 For more information on how to register for the e bulletins visit:
www.cpag.e-activist.com/page/24788/subscribe/1?locale=en-GB

Equality and Diversity Advice Centre
www.equalityadvisoryservice.com
Advice Line T: 0808 800 0082

Glasgow Disability Alliance
gda.scot

Guide Dog
www.guidedogs.org.uk/Covid19/Support-for-people-with-sight-loss

Health and Social Care Alliance
www.alliance-scotland.org.uk
www.alliance-scotland.org.uk/blog/news/covid-19-and-communication-for-people-living-with-sensory-loss/

Inspiring Scotland
www.inspiringscotland.org.uk

LGBT Foundation
lgbt.foundation/coronavirus/impact
T: 0345 3 30 30 30

LGBT Health and Wellbeing
www.lgbthealth.org.uk Helpline
T: 0300 123 2523

LGBT Youth
www.lgbtyouth.org.uk/news/2020/covid19-announcement

Modern Slavery Helpline Scotland
If you need help, advice, or information about any modern slavery issue you can contact them confidentially 24 hours a day, 365 days a year. For more info:
www.modernslaveryhelpline.org/scotland
T: 0800 0121 700

Poverty Alliance, Working Together to End Poverty
www.povertyalliance.org

Saheliya
Specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area
www.saheliya.co.uk

Scottish Council on Deafness
www.scod.org.uk

Scottish Refugee Council
www.scottishrefugeecouncil.org.uk/covid-19

Sign Health
Health video library on range of conditions and issues for people who use British Sign Language
signhealth.org.uk/videotags/covid-19

Ubuntu is a new charity based in Glasgow, set up to provide emergency support for women with no recourse to public funds, facing destitution and violence, check their site for more info: www.ubuntu-glasgow.org.uk

Please find below information from the V&A Dundee on their accessible events:

V&A Dundee reopened on the 27th August 2020 and while our previous programme of accessible tours and events has had to be put on hold until current restrictions allow, we are still really keen to make our content as accessible as possible to as many people as possible. Mary Quant – our latest major exhibition – is proving a huge hit and we hope that as many people as possible can visit it before it closes on the 17th January 2021.

A number of our public events linked to this exhibition are to be broadcast digitally will now include live BSL interpretation from two local BSL interpreters and live closed captions provided by Stagertext. The first of these will be on the 23rd September, with the others on the 15th and 28th October. The events will be recorded and made available via our website following the event.

Links to these events are below.
www.vam.ac.uk/dundee/event/255/quant-an-ongoing-legacy
www.vam.ac.uk/dundee/event/272/online-making-up-the-1960s-mary-quant-cosmetics
www.vam.ac.uk/dundee/event/269/online-quant-and-bazaar

We believe that museums have a role to play in providing respite and enjoyment to people who might now - more than ever – be feeling isolated and anxious, and we hope that by sharing events such as these, they can bring a little joy during these challenging times.

Visibility Scotland
visibilityscotland.org.uk

West Scotland Regional Equality Council WSREC
www.wsrec.co.uk
T: 0141 337 6626



Families Outside Group Work and Peer Support

Do you know a child with a family member in prison? We Can Help!

Every year in Scotland it is estimated that more than 20,000 children and young people are affected by parental imprisonment, this figure does not include those with another family member in prison.

Despite all the challenges that the Coronavirus has brought, we are still supporting families through our Glasgow based Peer Support Group 'Our Voice'. The group offers therapeutically based peer support to children and young people aged between 8-18 years affected by imprisonment. The group is delivered via Zoom online (during lockdown) and is for all children, young people and families whether they have regular contact with their family member in prison, or no contact at all. This will be running on Thursday 24th September, 6 – 7.30pm (poster attached).

Families Outside partnering with Music Broth to deliver 'Our Voice' a creative song writing and music project for children and young people supported by Families Outside and Streetsport affected by imprisonment. Need some space to get things off your chest? What do you want to shout about? What is your story? 'Our Voice' participants will work with Music Broth tutors online in groups to write about their experience of having a family member in prison during lockdown. They will be able to tell their stories through brand new songs created by their group from scratch.

If you know of any children or young people who are affected by imprisonment and would be interested in coming to our Peer Support Groups please share the group details and contact us to make a referral. If you know of any children or young people who are unable to come to the group but would still like support please contact us to discuss this further.

Families Outside are also still supporting families through our:

Helpline: 0800 254 0088

Webchat: www.familiesoutside.org.uk

Text: FAMOUT to 60777

Email: support@familiesoutside.org.uk

Our Regional Teams are also providing support, albeit remotely. Please note our operating times are Monday - Friday 9am - 5pm.

If you or someone you are working with needs support, please contact us.



families outside
supporting families through group work & peer support


Our Voice Peer Support Group

Do you have a family member in prison?

Our peer support group has given children and young people the chance to come together and support each other.

- ✓ Thursday 24th September
- 🕒 6 – 7.30pm
- 📍 Zoom - Online
- 🗨 Tracey Burns, Group Work & Peer Support Manager
tracey.burns@familiesoutside.org.uk / 07384 469 640

Come and join us for a chat & fun activities with friends.



families
outside

supporting
families affected
by imprisonment

MUSIC BROTH / FAMILIES OUTSIDE / STREETSPORT

OUR VOICE: CREATIVE SONGWRITING

Online creative songwriting focusing on creating songs from your experiences; lyric writing techniques, chord progressions and melody lines to bring your stories to life.

15TH SEPT - 20TH OCT 2020

EVENINGS VIA ZOOM

TWO GROUPS: 6-11 YRS AND 12+YRS

With support from Scottish Government Supporting Communities Fund



**MUSIC
BROTH**

families
outside

supporting
families affected
by imprisonment



Homelessness

Emergency Homelessness:

T: 0800 838 502

Glasgow City Mission

www.glasgowcitymission.com

Glasgow Helpline

T: 0800 027 7466

Homeless Addiction Team

T: 0141 552 9287

Salvation Army

www.salvationarmy.org.uk/homelessness

Shelter Scotland (Glasgow Hub) Scotland

shelter.org.uk/about_us/local_services/glasgow

The Marie Trust

www.themarietrust.org

The Simon Community

www.simonscotland.org

The Wise Group

Offer a range of services worth visiting the site to find out more: www.thewisegroup.co.uk

Emergency Services Websites and COVID19

Central and Southern Scotland

Phone Scottish Power Energy Networks on:

T: 0800 092 9290 (from landlines)

T: 0330 1010 222 (from mobiles)

Electricity

Who you need to contact depends on where you live

Emergency Homelessness

0800 838 502

Gas

National Gas Emergency Service

If you smell gas phone the National Gas Emergency service

T: 0800 111 999

Help for the Elderly and People with Disabilities or Long-term Illnesses

Utility companies work with local councils to make sure vulnerable people get support during disruptions.

You should tell your supplier if you have:

- a disability
- a long term illness
- a visual impairment
- hearing difficulties
- any other specific requirements

Medical or Mobility Equipment

Tell your supplier if you depend on a continuous power supply. For example, for stair lifts or hoists.

North of Scotland's Central Belt

Phone Scottish and Southern Energy (SSE)

T: 0800 300 999

Police Scotland

www.scotland.police.uk/about-us/covid-19-policescotlandresponse

Scottish Ambulance Service

www.scottishambulance.com

Scottish Welfare Fund

0141 276 1177

SGN Manage the Network that Distributes Gas Across Scotland

T: 0800 912 1700

Social Work Direct

0141 287 0555 (Office Hours)

0300 343 1505 (Out of Hours)

Water

Phone Scottish Water

T: 0845 601 8855





Employment and Business

Access to work scheme

www.gov.uk/access-to-work

New help on offer for disabled people working from home during the pandemic for more information visit: www.gov.uk/government/news/new-help-on-offer-for-disabled-people-working-from-home-during-the-pandemic

Business Support in Scotland

findbusinesssupport.gov.scot

COVID 19 Support for Employers and Employees

www.acas.org.uk/coronavirus

Employability in Scotland

www.employabilityinscotland.com

Employment Support Information

www.gov.scot/policies/employment-support

Farm Advisory Service

www.fas.scot/rural-business/coronavirus

T: 0300 323 0161

Farming Sector Employment Opportunities

www.pickforbritain.org.uk/jobs

Health and Safety

www.hse.gov.uk/news/coronavirus.htm

Home Working Health and Safety

www.hse.gov.uk/toolbox/workers/home.htm

Jobs and Business Glasgow

www.jbg.org.uk/business-support-covid-19

Information for employers

Kickstart

If you are an employer looking to create jobs placements for young people, apply for funding as part of the Kickstart Scheme for more information visit: www.gov.uk/guidance/apply-for-a-grant-through-the-kickstart-scheme Also GCVS www.gcvs.org.uk/blog/kickstart

Information for People Seeking Work

Employability in Scotland

www.employabilityinscotland.com

Returning to Work, Preparing to Manage Risk of COVID 19

www.cardinus.com/insights/covid-19-hs-response/returning-to-work-after-lockdown/

www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm

RIDDOR Reporting COVID19

www.hse.gov.uk/news/riddor-reporting-coronavirus.htm

Mind Tools Useful COVID19 Support Pack

www.mindtools.com

My World of Work

www.myworldofwork.co.uk

Working Safely During COVID19

www.gov.uk/guidance/working-safely-during-coronavirus-covid-19?utm_source=govdelivery&utm_medium=email&utm_campaign=coronavirus-hse&utm_term=tnt-4&utm_content=digest-28-may-20

Healthy Working Lives have been working with Scottish Government and other occupational health and safety partners to develop a resource to support SMEs to plan to return to work safely and to stay safe on their return to work during COVID.

Their website is full of resources including sample and template risk assessments, guidance on engaging with your employees about returning to work and links to other partner sites that include guidance and legal requirements.

They understand that some organisations may be particularly worried and anxious about returning back to work and keeping themselves and their staff as safe as possible. They also appreciate that some smaller organisations won't have an in-house person with a good understanding of occupational health and safety and therefore they might be unsure about the steps they are putting in place. They have considered all of this and with the help of professionals in a wide range of sectors have developed a mentoring programme. The mentoring programme will allow organisations to ask us at Healthy Working Lives for support and guidance and if they can't answer your query they will pass it to one of their many Mentors, who will assist you within 48 hours of you requesting support.

To view information on returning to work or to request support visit:

<https://covid19.healthyworkinglives.scot/planning-return-to-work>

If you are interested in becoming a mentor, register here:

<https://covid19.healthyworkinglives.scot/planning-return-to-work/mentoring>

For more general information on COVID visit: covid19.healthyworkinglives.scot/

The following is a guest blog on the COPE Scotland website on Healthy Working Lives: www.cope-scotland.org/index.php/latest-blog/guest-blog-tammy-wells

The Wise Group

Offer a range of services worth visiting the site to find out more: www.thewisegroup.co.uk

Education and Skills Attainment

Brush up on Reading, Writing and Numbers

www.glasgowlife.org.uk/libraries/learning-opportunities/reading-writing-and-numbers

Guidance for Home Learning COVID 19

www.gov.scot/news/guidance-for-home-learning

Thinkuknow

Thinkuknow is the education programme from NCACEOP, a UK organisation which protects children both online and offline.

Families can download a pack according to their child's age, each pack will contain simple 15-minute activities parents can do at home with their child using Thinkuknow resources. The packs will be renewed fortnightly. The site also has advice for parents and carers. www.thinkuknow.co.uk

Tips on Writing a Job Application

knowhow.ncvo.org.uk/how-to/how-to-write-a-compelling-job-application

Check out this piece by **COPE Scotland** includes affirmation cards for learning

www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time

Virtual mental health & wellbeing training



On behalf of the NHS GG&C 5 year mental health strategy, prevention and early intervention sub-group, SAMH are taking forward a mental health improvement capacity building programme across the 6 HSCP areas within Greater Glasgow and Clyde.

The virtual training offered within this contract will be Maintaining Wellbeing, Building Resilience, Mental Health in the Workplace – A Guide for Managers and an Introduction to Suicide Prevention. This training **is in addition** to existing Mental Health and Wellbeing training offered in HSCP areas.

Training courses will be delivered via Zoom for courses highlighted on this flyer. However, we have other dates available on MST.

Please see below for more information on dates for the above mentioned courses.



HOW TO BOOK

*To book onto courses offered on this flyer (see below), **please email;** training@samh.org.uk with your name, job role, organisation and HSCP area. If you are based in Glasgow, please specify if it's the North East, North West or South. For bookings for Introduction to Suicide Prevention, please also provide your managers name and email address in addition to the above.*

If you have any additional support needs, please advise when booking onto courses.

Course	Date	Time
Introduction to Suicide Prevention (90 mins)	06/10/2020	10-11.30am
	21/10/2020	2-3.30pm
	26/10/2020	10-11.30am
	27/10/2020	10-11.30am
	05/11/2020	10-11.30am
	13/11/2020	10-11.30am
	18/11/2020	2-3.30pm
	25/11/2020	2-3.30pm
	01/12/2020	10-11.30am
	10/12/2020	10-11.30am
	15/12/2020	10-11.30am
Building Resilience (90 mins)	07/10/2020	10-11.30am
	23/10/2020	2-3.30pm
	28/10/2020	2-3.30pm
	10/11/2020	10-11.30am
	12/11/2020	2-3.30pm
	20/11/2020	10-11.30am
	24/11/2020	10-11.30am
	27/11/2020	10-11.30am
	08/12/2020	10-11.30am
	14/12/2020	10-11.30am
Maintaining Wellbeing (90 mins)	06/10/2020	10-11.30am
	26/10/2020	2-3.30pm
	27/10/2020	2-3.30pm
	02/11/2020	2-3.30pm
	06/11/2020	10-11.30am
	17/11/2020	2-3.30pm
	20/11/2020	2-3.30pm
	03/12/2020	10-11.30am
	07/12/2020	2-3.30pm
	18/12/2020	10-11.30am

Mental Health in the Workplace- A Guide for Managers (3 hours)	03/11/2020	10-11.30am & 2-3.30pm
	04/12/2020	10-11.30am & 2-3.30pm
	21/12/2020	10-11.30am & 2-3.30pm

Please note, all courses will run for the duration outlined above, so please only book on to these courses if you are able to stay for the full duration. Please also only book on to Mental Health in the Workplace if you are a manager/have line management duties within your role and can attend both am & pm sessions.

Maintaining Wellbeing **Course duration: 1.5hr**

This session:

- Begins by looking at creating a mentally healthy work-from- home environment
- Stress- what this looks like for participants, stress vs pressure, and ways to manage stress
- Sources of support to maintain wellbeing during lockdown, including videos, websites, apps and handouts
- A take home workbook which includes individual, reflective exercises for participants to do in their own time

Building Resilience **Course duration: 1.5hr**

This session:

- Begins by looking at the relationship between wellbeing and resilience
- Discusses one definition of resilience, what it means, and the key elements included
- Group activities on ways to build resilience
- A take home workbook which includes individual, resilience-building exercises for participants to do in their own time

Introduction To Suicide Prevention **Course duration: 1.5hr**

This session:

- Begins by looking at the statistics around suicide
- Spotting the signs and asking about suicide
- Listening and supports available
- Looking after yourself

*****Please note that this session is only an introduction to suicide prevention, and does not go into lengthy detail around carrying out a suicide intervention. The use of virtual platforms cannot guarantee a confidential safe-space. Please refer to our classroom taught courses for more information on Suicide Prevention training.***

Mental Health in the Workplace – A Guide for Managers

Course duration: 3hr (x2 1.5 hour sessions over morning and afternoon)

This session:

First 90 minute slot

- Introduction to mental health
- Creating a mentally healthy workforce
- Understanding the most common mental health problems (part 1 Stress)

Second 90 minute slot

- Understanding the most common mental health problems (part 2 Depression & Anxiety)
- Employers legal duties and responsibilities
- Managing mental health at work
- Having a conversation

NHS Greater Glasgow and Clyde Mental Health Improvement Team
Healthy Minds Mental Health Awareness Resource



Our Healthy Minds awareness resource and has been successfully delivered to a wide range of participants across NHS Greater Glasgow & Clyde since 2018. The resource aims to promote a basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing such as Loneliness & Isolation, Sleep and Body Image for example.

The resource pack has been developed to support implementation of the NHSGG&C mental health improvement and early intervention frameworks for children and young people and adults. The demand for mental health training combined with the lack of face to face training during these challenging times highlight a clear need to explore alternative options that offer flexibility and accessibility to those wishing to increase their knowledge in mental health. It is with this in mind that we have developed online guidance to support the delivery of the Healthy Minds awareness sessions. The sessions last approximately 60 - 90 minutes to minimise the time participants need to spend online. The guide can be accessed [here](#).

The awareness sessions are a menu based approach and include a series of topic based sessions relating to MH&WB. No prior experience or qualifications required to deliver any of the sessions. These are basic awareness sessions and there are follow-on support information and web links within the pack. These sessions are also appropriate for Education staff as part of a CPD programme as well as a range of partner agencies including Housing, youth orgs, third sector orgs etc. and anyone with an interest in Mental Health. All sessions are aligned to KSF, CFE, GIRFEC, PHKSF and Youth worker Outcomes.

The suite of sessions includes the following: Basic Mental Health Awareness (child and youth), Basic Mental Health Awareness (Adult), NHSGG&C Healthy Minds Adult Mental Health Improvement Framework, NHSGG&C Child and Youth Mental Health Improvement and Early Intervention Framework, Maternal Mental Health, One Good Adult, Sleep, Loss and Grief, Loss and Grief during Covid-19, Resilience, Emotional Literacy, Body Image, Loneliness and Isolation, Stigma and Discrimination.

The resource can be accessed freely on our team micro-site [here](#); Healthy Minds Resource you will also find a range of further information including a Q&A document. We are delivering information sessions where you can find out more about delivering the sessions online on the following dates:

Thursday 29th October – 10am-11.30am via MS Teams

Tuesday 10th November – 2pm – 3.30pm via MS Teams

Wednesday 25th November – 10am - 11.30am via MS Teams

Thursday 3rd December – 2pm-3.30pm via MS Teams

Places are limited and can be accessed by emailing; michelle.guthrie@ggc.nhs.scot.uk

If affected by redundancy these maybe useful contacts

- www.indeed.co.uk
- www.reed.co.uk
- www.s1jobs.com
- www.swifthires.com
- www.mygov.scot/find-job
- www.myjobscotland.gov.uk
- Turn2us.org.uk
- www.citizensadvice.org.uk/work/leaving-a-job/redundancy/check-if-your-redundancy-is-fair/discrimination-during-redundancy
- www.acas.org.uk/your-rights-during-redundancy
- www.scotland.org/work/career-opportunities
- www.gov.scot/policies/employment-support/fairstart-scotland-employment-support-service
- Fair Start | Tel: 0800 804 8108
- Business Support Scotland | Tel: 0300 303 0660
- www.myworldofwork.co.uk | Tel: 0800 917 8000
- Employersdirect.org.uk/redundancy-advice
Tel: 0800 464 0966

Also please look at the tips to help manage the distress of redundancy on page 17-18

Mortgage Payment Assistance Line

T: 0808 145 0437 (Bos Halifax & Lloyds)

One Parent Families Scotland are launching an Energy Support Grant for Single Parent Families, The OPFS Coronavirus Emergency Energy Fund can provide a one-off payment of £50 to single parent families in Scotland who need help with their energy bills.

More information available: opfs.org.uk/coronavirus-emergency-energy-fund/

Scottish Housing Advice

scotland.shelter.org.uk/get_advice/scottish_housing_advice_coronavirus_COVID_19

Scottish Illegal Money Lending Unit

www.tsscot.co.uk/illegal-lending/loan-sharks/

Social Security Scotland and COVID 19

www.socialsecurity.gov.scot/what-we-do/stakeholder-resources/coronavirus-covid-19

Telephone Banking

T: 0345 300 0000 (Lloyds)

T: 0345 721 3141 (Bos)

T: 0345 720 3040 (Halifax)

If you are experiencing any challenges with finances at this time, please seek advice from your own bank, or lender or one of the money advice services to see what support maybe available to you at this time

Universal Credit Support

T: 0808 169 9901

Food

Change for Life Recipes Ideas

www.nhs.uk/change4life/recipes/dinner

Community Pantries

Community pantries operate differently to food banks or community fridges by offering choice and dignity as well as preventing the waste of surplus food. Those using a Pantry pay a nominal membership fee and then pay a small amount each time they use it (e.g. £2) to buy from a range of foods available.

The first community pantry in Scotland opened in Brechin in 2019, and more have started up. Most recently, Cyrenians, Greener Kirkcaldy, the Langtoun Larder, as well as Parkhead and Shettleston Pantries and the People's Pantry, all in Glasgow, have opened, with Tollcross Pantry due to open shortly.



#CommunityFoodNearMe

During the height of restrictions and now as we live with ongoing risk of Covid-19, the places we can walk or cycle to have become more important to us. Community support around food has played, and will continue to play, a vital role.

#CommunityFoodNearMe is a social media campaign to recognise our local community food activity. Walk or cycle to one of your local initiatives, take a photo, then post it on twitter or facebook, using the hashtag above. Also tag CFHS and the organisation if they are on social media.

To start us off, CFHS team members will be sharing posts about community food activity near them. Please join us and celebrate community food activity across the country (and beyond).

twitter.com/P_H_S_CFHS
www.facebook.com/likeCFHS

Food for Life Scotland

Working with public and private sector caterers, growers and producers, cooks, and communities to transform food culture, by serving food that is good for people and the planet

www.foodforlife.org.uk/about-us/ffl-scotland

GCVS hosted two events on food provision, which were attended by a variety of third sector organisations. The report from the events outlines the discussions and identifies some of the issues going forward the report is available **www.gcv.org.uk/blog/glasgow-third-sector-food-events/**

Information on a Healthy Balanced Diet

www.nhsinform.scot/healthy-living/food-and-nutrition

Keep Cooking and Carry on

www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/episode-guide/

Also visit places offering help, who can share information on other supports in your neighbourhood, you are not alone, and people

are helping each other, get through this. From local foodbanks, to parents' groups, to neighbours helping out, we are stronger when we help each other. All of us sometimes need help, if you find your struggling, please reach out, people care.

Locations on Food Banks

This has an online map which will direct you to foodbanks, meals (community and emergency) and fruit and veg barras in Glasgow.

All foodbanks and meals are free or pay what you can unless stated otherwise

www.urbanroots.org.uk/freefood

The Food Train

Deliver food shopping for elderly people or people in isolation. £5 delivery fee. They will contact the individual to get a list of what shopping they want and drop off for them.

T:0141 423 1722 all areas

Tips on Eating Well During COVID 19

www.nhs.gov.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/general-advice-and-guidance/eating-well-during-covid-19/

Nourish Scotland is an NGO campaigning on food justice issues in Scotland

www.nourishscotland.org



Fuel

Home Energy Scotland

Energy suppliers have started to open their Warm Home Discount Schemes.

Eligible clients could get £140 off their winter electricity bill.

Call **0808 808 2282** or email **adviceteam@sc.homeenergyscotland.org** for more information.



£ Competition

Win £500 towards your energy bills!
A competition from Home Energy Scotland

Win £500 towards your energy bills with Home Energy Scotland!

How good is your energy saving knowledge? Take Home Energy Scotland's quiz to find out. You'll pick up tips to help you save energy and money at home –and if you leave your details, you'll be in with the chance of winning £500 towards your energy bills!

Home Energy Scotland is the free, impartial energy advice service, funded by the Scottish Government. If you're looking for advice and funding to help you make your home warmer, cheaper to run and more energy efficient, give them a call free on **0808 808 2282** or check out the website below.

Take the quiz: <http://bit.ly/energy-bills-quiz>

Help share the chance to win

Social media posts

Facebook 1

Fancy winning £500 towards your energy bills?

Take **@HomeEnergyScotland**'s quiz to be in with a chance – you can test your energy saving knowledge and pick up tips to help you save energy and money along the way.

Enter here: <http://bit.ly/win-energy-bills>

Facebook 2

How good is your energy saving knowledge?

Take **@HomeEnergyScotland**'s quiz to find out. You'll pick up tips to help you save energy and money at home – and if you leave your details, you'll be in with the chance of winning £500 towards your energy bills! Enter here: <http://bit.ly/win-energy-bills>

Twitter 1

Fancy winning £500 towards your energy bills?

Take **@HomeEnergyScot**'s quiz to be in with a chance – you can test your energy saving knowledge and pick up tips along the way. Enter here: <http://bit.ly/win-energy-bills>

Twitter 2

How good is your energy saving knowledge?

Take **@HomeEnergyScotland**'s quiz to find out. You'll pick up tips to save you energy and money – and you could win £500 towards your energy bills! Enter here: <http://bit.ly/win-energy-bills>

Beat the chill this winter with funding and support from Home Energy Scotland

If you're worried about your bills, or if your home is cold and difficult to heat, Home Energy Scotland can help you access funding and support to improve things.

Home Energy Scotland is an energy advice service funded by the Scottish Government that provides free, impartial advice to help people stay in control of energy use and save money on their bills. The service has no affiliation with energy suppliers and the team never cold call.

Home Energy Scotland can help with:

- Clear advice on ways to save energy and reduce fuel costs including the importance of taking regular meter readings
- Help with making sure you are getting the best energy deal
- Support for households with prepayment meters who are worried about topping up
- Advisors can check eligibility for discounts from energy suppliers and funding and grants available for new boilers, insulation and heating systems.

How to get in touch

If you are, or someone you know is worried about energy bills, call **0808 808 2282** or email adviceteam@sc.homeenergyscotland.org and a friendly advisor will be in touch.

Calls are free and lines are open Monday to Friday 8am to 8pm and Saturday from 9am to 5pm.



Top tips on ways to save energy and lower energy bills

1. Understand your bill

The information on a typical energy bill can be confusing, but understanding it can go a long way to helping you get to grips with your energy usage at home.

This video from Home Energy Scotland provides a helpful guide:

<https://www.homeenergyscotland.org/reduce-home-energy-bills-tips-support-funding/>

2. Switch off standby

You can save around **£35 a year** just by remembering to turn your appliances off standby mode. Almost all electrical and electronic appliances can be turned off at the plug without upsetting their programming. You may want to think about getting a standby saver which allows you to turn all your appliances off standby in one go.

Check the instructions for any appliances you aren't sure about. Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record.

3. Take control of your heating

More than half the money spent on fuel bills goes towards providing heating and hot water.

Installing a room thermostat, a programmer and thermostatic radiator valves and using these controls efficiently could save you around **£75 a year**.

If you already have a full set of controls, turning down your room thermostat by just one degree can save around **£60 a year**.

Whatever the age of your boiler the right controls will allow you to:

- Set your heating and hot water to come on and off when you need them
- Heat only the areas of your home that need heating
- Set the temperature for each area of your home.

4. Draught proofing

Unless your home is very new, you will lose some heat through draughts around doors and windows, gaps around the floor, or through the chimney.

Professional draught-proofing of windows, doors and blocking cracks in floors and skirting boards can cost around **£200**, but can save around **£25 a year** on energy bills. DIY draught proofing can be much cheaper.

Installing a chimney draught excluder could save around **£19 a year** as well.

5. Switch to LEDs

You can now get LED spotlights that are bright enough to replace halogens, as well as regular energy saving bulbs ('compact fluorescent lamps' or CFLs). They come in a variety of shapes, sizes and fittings.

If the average household replaced all of their bulbs with LEDs, it would cost about **£100** and save about £40 a year on bills.

6. Turn off lights

Turn your lights off when you're not using them. If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light. This will save you around **£15 a year** on your annual energy bills.



HOMEENERGYSCOTLAND.ORG
0808 808 2282
FUNDED BY THE SCOTTISH GOVERNMENT

Help During the COVID 19 Outbreak

Glasgow City Council has been working hard to provide urgent services for its citizens in response to the COVID19 pandemic, for more detail on these services please visit their website www.glasgow.gov.uk and www.glasgow.gov.uk/coronavirus

Glasgow Disability Alliance GDA If you or someone you know are not able to get food shopping, or if you are going out when you should really be staying safe at home, please contact their new Freephone helpline: **0800 432 0422** for help or email: lifeline@gdaonline.co.uk

Glasgow's Golden Generation
www.glasgowgg.org.uk

Glasgow Helps as lockdown and shielding restrictions are lifted, they are changing their response as of 31st July the helpline will move online. Anyone needing assistance can email helpline@gcvs.org.uk or text **07451 289 255**, if people have no phone credit then please text, someone will call back.

Glasgow Housing Association
Home comforts team www.gha.org.uk/ways-we-can-help/at-home/home-comforts

Glasgow Life Community Information list of sites that are good sources of information regarding bereavement, health & wellbeing, financial and more. libcat.csghlasgow.org/web/arena/community-information

Need Help Getting to Places?

Taxis can prepay with debit card

Hampden Cabs 0141 429 1122

Glasgow Taxis www.glasgowtaxis.co.uk

Community Transport Glasgow

www.ctglasgow.org.uk T: 0845 605 5955

Other Information on Support

www.readyscotland.org/coronavirus

**GDA** Glasgow Disability Alliance
Confident Connected Contributing

How can we help?

Covid-19 Resilience Response: Leaving no one behind

GDA Wellbeing:
Support on the phone & online. Help to cope, feel better & improve mental & physical wellbeing.

GDA Lifeline:
Sourcing, coordinating and delivering shopping, medication and other essential resources.

GDA Connects:
Providing IT devices, equipment, support and coaching so disabled people can get online and stay connected.

GDA Learning:
Online & phone peer support and free, fun learning, with the necessary support to get involved.

GDA Rights Now:
Online and by phone Welfare Rights info, support and representation.

GDA Voices:
Sharing our lived experience so Government and decision makers understand impact & respect disabled people's rights.

Support for disabled people, older people and those with long term conditions, living in and around Glasgow.

Call free: 0800 432 0422 Text: 07958 299 496
Email: info@gdaonline.co.uk www.gda.scot
[@GDA__online](#) [Glasgow Disability Alliance](#) 



Helplines

Alcoholics Anonymous

T: 0800 0086 811 / 0800 9177 650

Advice. Scot

T: 0808 800 9060

Alzheimer's Scotland

T: 0808 808 3000

Autism Helpline

T: 0808 800 4104

Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

Breathing Space

T: 0800 83 85 87

Bullying

www.nationalbullyinghelpline.co.uk

T: 0845 22 55 787

CAB

T: 0800 328 5644

Campaign Against Living Miserably CALM (Men)

T: 0800 585858

Child Bereavement UK

T: 0141 352 9995

Childline

T: 0800 1111

(Help prevent) Childhood abuse

T: 0808 1000 900

CHSS Advice line Nurses

T: 0808 801 0899

Combat Stress

UK charity for Veterans Mental Health

T: 0800 138 1619

CRUSE Bereavement support Bereavement support helpline

T: 0808 808 1677

Dementia Helpline

T: 0800 888 6678

Digital Support Freephone Helpline

T: 0800 158 3974

Domestic abuse and forced Marriage Helpline

T: 0800 027 1234

Drinkline Scotland

T: 0800 7314 314

Emergency Homelessness

T: 0800 838 502

Families Affected by Murder and Suicide (FAMS)

T: 07736 326 062

Families Outside Peer Support Group

(supporting families affected by imprisonment) Text FAMOUT 60777 or

Freephone 0800 254 0088

Gamblers Anonymous Scotland

T: 0370 050 8881

Gambling Helpline

T 0808 8020 133

Glasgow Disability Alliance helpline

T: 0800 432 0422

Glasgow Helping Hero's

T: 0800 731 4880

Hopeline UK (people under 35)

T: 0800 068 41 41

LGBT Helpline

T: 0300 123 2523

LGBT Youth

Text: 07786 202 370

Mind Info Line

T: 0300 123 3393

Modern Slavery Helpline Scotland

T: 08000 121 700

NA

T: 0300 999 1212

NHS 24

T: 111

OCD Helpline

0845 390 6232 or 020 7253 2664
www.ocdaction.org.uk

One Parent Families Scotland Helpline

0808 801 0323

Pandas (perinatal mental illness)

T: 0808 1961 776

Parent Line

T: 08000 28 22 33

Rape Crisis

T: 0808 802 999 national number Glasgow and
Clyde number T: 0808 800 0014

Report a Consumer Issue

Advice Direct Scotland T: 0808 164 6000

Report a Loan Shark

T: 0800 074 0878

Sexual Health Info Line

T: 0800 567 123 but changing to
T: 0300 123 7123

Silverline (older people)

T: 0800 4 70 80 90

Shelter Helpline

T: 0300 330 1234

Shout (an affiliate of crisis text line)

Text: SHOUT to 85258 in the UK to text with a
trained Crisis Volunteer

SOBS (Bereaved by Suicide)

T: 0300 111 5065

The Lullaby Trust

T: 0808 802 6868 Bereavement support/
following the death of a baby or young child

The Macmillan Support Line is open 7 days a
week between 8am-8pm

T: 0808 808 00 00

The Samaritans

Free Phone T: 116 123

The Spark Relationship Counselling and Support

T: 0808 802 0050

Universal Credit Helpline

T: 0808 169 9901

Victim Support

T: 0345 603 9213

WSREC Hate Crime Helpline

T: 07497 187 992

Young Minds

T: 0800 018 2138

Mental Health, Well-Being and Stress Management

Anger Management

[www.nhsinform.scot/illnesses-and-conditions/
mental-health/mental-health-self-help-
guides/problems-with-anger-self-help-guide](http://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/problems-with-anger-self-help-guide)

Anxiety UK (formerly National Phobics Society) Helpline

T: 03444 775 774

Text service: 07537 416 905
anxietyuk.org.uk

Association for Child and Adolescent Mental Health

www.acamh.org

Bipolar Scotland

www.bipolarscotland.org.uk/newsblog

Breathing Space

If you need to talk about your anxiety
or mental health in general

T: 0800 83 85 87

Brothers in Arms Thrive App

www.brothersinarmsscotland.co.uk/apps/brothersthive

Campaign to Look After your Mental Health

www.clearyourhead.scot

Combat Stress

UK charity for Veterans Mental Health

www.combatstress.org.uk T: 0800 138 1619

Compassion Fatigue

compassionfatigue.org

COPE continues to care



Phone wellbeing support because you matter

T: 0141 944 5490

Email: admin@cope-scotland.org will be replied to within 24 hours where possible.

Website offers online wellbeing information:

www.cope-scotland.org

COVID-MINDS is a network of longitudinal studies on the global mental health impact of Covid-19 covidminds.org

CRUSE Bereavement support Bereavement support helpline

T: 0808 808 1677

GCHSCP

Online self-help modules on stress, resilience and sleep problems

W: glasgowcity.hscp.scot/publication/online-self-help-modules-stress-resilience-and-sleep-problems-23-june-2020

Healing for the Heart

www.healingfortheheart.co.uk

Health and Social Care Alliance (The Alliance)

Opinion piece on looking at COVID through a trauma informed lens

www.alliance-scotland.org.uk/blog/opinion/after-covid-19-am-i-normal

Health in Mind Trauma Counselling

www.health-in-mind.org.uk/services/trauma_counselling_line_scotland/d15/

How to Look After your Mental Health

www.mentalhealth.org.uk

Information on Self-Harm

SAMH

www.samh.org.uk/about-mental-health/mental-health-problems/self-harm

SAMH download maybe helpful

www.samh.org.uk/documents/SAMH_Understanding_Self_Harm.pdf

Lifelink Glasgow Counselling Service

Also have a young people's service

T: 0141 552 4434

W: www.lifelink.org.uk

Due to COVID 19 restrictions at the moment all counselling will be delivered via telephone or video sessions

Maternal Mental Health Scotland

maternalmentalhealthscotland.org.uk/resources/links-to-charities-and-support-groups

Mental Health Foundation

Please visit the Mental Health Foundation Scotland website for information around looking after your mental health during the COVID19 pandemic

www.mentalhealth.org.uk/coronavirus

this may also be of interest

www.mhfestival.com/exhibition

Mind Info Line

Open Monday to Friday 9am-6pm

T: 0300 123 3393

E: info@mind.org.uk or text 86463

Don't know where to start? www.mind.org.uk

Mind Tools a lot of useful information and tools
www.mindtools.com

Mindfulness

www.freemindfulness.org/download

Mindfulness Resource

waysofthinking.co.uk

Moira Anderson Foundation

Supporting children and adults affected by childhood sexual abuse

moiraanderson.org

NHSGG&C Glasgow Psychological Trauma Service

www.nhsggc.org.uk/your-health/health-services/glasgow-psychological-trauma-service/

Panda Foundation

The PANDAS Foundation is there to help support and advise any parent and their networks who need support with perinatal mental illness. They are also there to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering Pandas FREE helpline

T: 0808 1961 776

E: info@pandasfoundation.org.uk

www.pandasfoundation.org.uk/help-and-information/pre-ante-and-postnatal-illnesses/dad's-and-depression.html

Perinatal and Infant Mental Health Third Sector Service Directory

Find Support Near You

www.inspiringscotland.org.uk/perinatal-mental-health-services

Phobic Awareness

Their website, forum, and chat room are all completely free! They are a community composed of people from all over the world who are suffering from panic, phobias and anxiety. They believe in support through the exchange of ideas information and coping skills. Phobias, anxiety, depression, and panic attacks can be chronic and incredibly damaging conditions, affecting not only the individual struggling, but loved ones as well. Even if you are not suffering with anxiety, if you are a loved one or family member of someone who is, you may find the support offered here of incredible value.

W: phobics-awareness.org/phobias

SAMH - Let's Talk

SAMH's Let's TALK project is here to help during these unprecedented times. Whether for your staff, volunteers or the people you support in your local communities (service users, members or patrons) they offer support to those adults across Glasgow and Lanarkshire who may be experiencing poorer mental health.

The next time you have a team meeting, coffee catch up or wellness webinar why not have them 'drop in' to chat about mental wellbeing? They also have a range of workshops that can be offered through Zoom that look at mental health conditions, support and self care.

Please contact Emma Straughan by email **Emma.Straughan@samh.org.uk** or by mobile **07595 244761** if you have any queries about this free support

Scottish Recovery Network

www.scottishrecovery.net/staying-connected-what-people-are-doing-to-stay-well

Shout (an affiliate of crisis text line)

Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

Silver Cloud

wellbeing.silvercloudhealth.com/signup/

As part of the national digital programme to support the health and wellbeing of staff in response to the impact of Coronavirus (COVID-19) and increase access to digital forms of self-help and psychological therapies, SilverCloud has released a number of online self-help modules. Everyone is now able to self-refer to CBT modules on Stress, Resilience and Sleep Problems, and there is one to help with managing mental health during the COVID-19 pandemic. This is independent of the computerised CBT service; the modules are not monitored, and no information is shared with their GP. Previously these modules were only available to staff, and they are now available to the wider public so that staff can signpost their patients and service users to them.

How to access the modules:

- The modules can be accessed free of charge through the website **wellbeing.silvercloudhealth.com/signup/**
- Visitors will be asked to sign up and identify what health board area they reside within.
- The pin '**Scotland2020**' should be used as the access code when signing up.
- More information about the modules can be found at SilverCloud's website at: **wellbeing.silvercloudhealth.com/onboard/nhsscotland/Staff**

Support in Mind Scotland

www.supportinmindscotland.org.uk

The Scottish Children's Services Coalition

(SCSC) is an alliance of leading independent and third sector service providers of care, support and education to vulnerable children and young people, as well as to their families. **www.thescsc.org.uk**

The Wee Retreat Meditation and Wellbeing Centre

www.theweeretreat.co.uk

Thinking of Suicide?

Sometimes when life feels overwhelming people can think of suicide, if you are having thoughts of suicide, please do speak to someone:

The Samaritans

Free Phone T: 116 123

SAMH Mental Wellbeing and COVID-19

www.samh.org.uk

We Are With You

Support for people who have issues with drugs, alcohol and mental health, and their families and friends. We know our communities and understand the challenges they face.

www.wearewithyou.org.uk

Wheatly-care.com

T: 0800 952 9292

Offer support around:

Addictions
Alcohol related Brain damage
Homelessness
Learning disabilities
Mental Health
Older Adults
Young people and families



Woodlands Community Mental Health Support

One to one support for people experiencing stress or anxiety. The Woodlands Community Outdoor Listening Service was piloted during June and July and will now be continuing through the rest of the summer and into the autumn.

If you are suffering from anxiety, stress or feeling isolated, then their mental health specialist Judy will be happy to meet with you in Woodlands Community Garden or other nearby green spaces. Text or call Judy on **07545 659 636** to arrange a free and confidential appointment at a time that suits.

Nature Earth and Health

Nature in Autumn

Coming into Autumn Nature has new wonders to offer. Walking in the woods during autumn and seeing the changes in the leaves on the trees is a great way to spend an afternoon. For more information on woods near you please visit:

www.woodlandtrust.org.uk/visiting-woods/find-woods

Coorie is that snugly feeling we get when we are drinking a warm cup of soup having come in from a brisk walk in the cold. It's the feeling of wellbeing we get listening to the crackling of a log fire. It's the feeling of calm we get when curled up in a warm blanket and getting lost in a good book and so much more. Being in contact with nature then cooring in when we get home can help improve feelings of wellbeing.



For more information please consider reading **www.cope-scotland.org/index.php/latest-blog/coorie-whits-that-got-tae-dae-wi-gettin-fitter** or watching this wee video **www.cope-scotland.org/index.php/videos/video/the-coorie-the-scottish-way-to-wellbeing** We have also included some ideas to bring more coorie into your life, on this wee postcard



Coorie for wellbeing



- ♥ Have one room as the cosy room
- ♥ Enjoy a warm drink, snuggled with a good book
- ♥ Embrace the outdoors, snuggle with a cuppa when you get home
- ♥ Find a way to bring cuddles into your life, even try a weighted blanket
- ♥ Use colours which promote warmth, maybe invest in a salt lamp?
- ♥ For that crackling log fire effect? check out YouTube videos & DVD's
- ♥ Enjoy music which promotes the 'feel good factor'
- ♥ Layer clothes; including hat and socks, even indoors if you feel cold
- ♥ Pack stews out using vegetables to offer hearty warming meals



There are opportunities to connect with other people, sometimes we just need to explore options in our communities. Maybe try volunteering? Kindness to others, creates warm feelings of wellbeing for us too. Even dropping into see a neighbour who is on their own for a cuppa can help create a community cuddle.

Some useful contacts to help promote Coorie

These are only some tips, for more advice contact:

- ♥ **Home Energy Scotland:** 0808 808 2282
- ♥ **Compare energy deals:** www.energycompare.citizensadvice.org.uk/
- ♥ **Citizens Advice Bureau:** www.citizensadvice.org.uk/scotland/consumer/energy/energy-supply/get-helppaying-your-bills/grants-and-schemes-to-help-you-save-money-on-energy-bills-s/
- ♥ **Macmillan Cancer Care:** many local libraries have outreach services or visit www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support
- ♥ **Age UK:** www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/preparing-for-winter/

Maybe check out other local services and groups in your area including local money advice centres.

Maybe see if you can register as a priority services customer, for more info:

www.ofgem.gov.uk/consumers/household-gas-and-electricity-guide/extra-help-energy-services/priority-services-register-people-need

Sometimes worrying about money can affect our mental health, if this is an issue for you, see what services you can connect with locally. These helplines may also be useful. You don't need to be alone with this, there are people who care, sometimes it takes time to find them, but they are there:

- ♥ **The Samaritans:** free phone number is 116 123
- ♥ **Crisis Text Line:** www.crisistextline.uk or Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer
- ♥ **Breathing space:** 0800 83 85 87
- ♥ **Coorie Video** www.cope-scotland.org/index.php/videos/video/the-coorie-the-scottish-way-to-wellbeing



Useful websites and links for more information about how we can be kinder to the natural world. We will continue to add to this each issue, so please share if we have missed you and we will add next time.

Central Scotland Green Network

The CSGN is a national development within the National Planning Framework which aims to make a significant contribution to Scotland's sustainable economic development. It involved public agencies and stakeholders working together to align their policies, programmes and actions to achieve a common aim.

For more information:

www.centralscotlandgreennetwork.org

Community Energy Scotland

Community Energy Scotland is a membership-based organisation. Members can share knowledge and connect to other Member groups who are developing, or who have already developed, community energy projects.

For more information:

www.communityenergyscotland.org.uk

Community Resources Networks Scotland

Scotland's national reuse, repair, recycling charity. With members across Scotland, their network is all about connecting you with those who are delivering reuse, repair and recycling in your community. You can support your local community and environment by volunteering, donating items or purchasing from one of their members.

For more information: **www.crns.org.uk**

Energy Saving Trust

Visit their site to explore free advice and information for people across the UK looking to save energy, conserve water and reduce waste

For more information:

www.energysavingtrust.org.uk

Friends of the Earth Scotland

Vision of a world where everyone can enjoy a healthy environment and a fair share of the earth's resources: **www.foe.scot**

Glasgow Eco Trust

Glasgow Eco Trust is a local environmental charity and social enterprise based in west Glasgow that coordinates and delivers a range of environmental activities and services that enable local people to get active, get involved and make a difference. For more information:

www.glasgowecotrust.org.uk

Global Goals Scotland

SDG Network Scotland is an open coalition in Scotland. For anyone committed to achieving the UN Sustainable Development Goals (SDGs) in Scotland, which was one of the first nations to sign up to the Goals. An unfunded coalition that is built on an active membership of over 500 people and organisations including charities, universities, schools, public sector bodies, and businesses. For more information:

www.globalgoals.scot

Greener Scotland

You can sign up for a newsletter around ideas for Greener Living as well as visit the site which has a heap of info and resources:

www.greenerScotland.org

Greenspace Scotland

Since 2002, greenspace Scotland has provided a national lead on greenspace, working towards their goal that everyone living and working in urban Scotland has easy access to quality greenspace which meets local needs and improves their quality of life. For more information: **www.greenspacescotland.org.uk**



Growchapel

Growchapel is a community led project which is currently in the planning and development stage in Drumchapel, Glasgow West. The site aims to use horticultural therapy as a way of helping those members of the community struggling with mental health issues, addiction and isolation as well as offering the local community a welcoming place to meet their neighbours, socialise with new people and spend more time growing and planting. If you would like to get involved or if you would like any more information on Growchapel, please do not hesitate to get in touch with the steering group on: **growchapel@gmail.com** There are also feature pieces on Growchapel in issues 7 and 8 of what's happening

Keep Scotland Beautiful

A One Planet Picnic is a picnic that is good for you and good for the planet. It is a fun way to make your food and drink choices environmentally friendly. Look at the step by step guide in their website for inspiration and ideas. Register your One Planet Picnic to receive a support pack.
www.keeptoscotlandbeautiful.org/sustainable-development-education/food-and-the-environment/one-planet-picnic/

RSPB Give Nature a Home

www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/

Scottish Environment Link

Scottish Environment LINK is the forum for Scotland's voluntary environment community, with 38 member bodies representing a broad spectrum of environmental interests with the common goal of contributing to a more environmentally sustainable society.
www.scotlink.org

Scottish Wildlife Trust

From major species and landscape projects to managing wildlife reserves, education work and campaigning for nature, Scottish Wildlife Trust protect Scotland's wildlife for the future
scottishwildlifetrust.org.uk

Zero Waste Scotland

Zero Waste Scotland exists to lead Scotland to use products and resources responsibly, focusing on where we can have the greatest impact on climate change. For more information: **www.zerowastescotland.org.uk/content/who-we-are**

SUSTAINABLE DEVELOPMENT GOALS



Older Age

Alzheimer's Scotland
www.alzscot.org

Deafness and Dementia

Full report available on their website:

www.deafscotland.org
admin@deafscotland.org

T: 0141 248-2474

SMS: 07925 417 338

Dementia Helpline

T: 0800 888 6678

www.dementiauk.org/get-support/coronavirus-covid-19/

**Generations working together,
Directory of intergenerational resources
to use during COVID19 pandemic**
[generationsworkingtogether.org/news/
directory-of-intergenerational-resources-to-
use-during-pandemic-27-05-2020](http://generationsworkingtogether.org/news/directory-of-intergenerational-resources-to-use-during-pandemic-27-05-2020)

The next **Glasgow & East Dunbartonshire
Intergenerational Meeting** will take place in
October and is now open for bookings:
[https://generationsworkingtogether.
org/events-training/glasgow-and-east-
dunbartonshire-intergenerational-network-
meeting-23-10-2020](https://generationsworkingtogether.org/events-training/glasgow-and-east-dunbartonshire-intergenerational-network-meeting-23-10-2020)

Glasgow East Mattie Carwood Centre
T: 0141 766 0000

Glasgow's Golden Generation
www.glasgowgg.org.uk

They are delivering packages of food and essentials to older adults across Glasgow, including pictures, paintings and messages of hope from local children and young people. Parcels are being delivered to older adults' doorsteps to minimise contact. This free service is open to anyone over the age of 55. Please contact your nearest centre if you need essentials or have someone in mind who needs urgent assistance.

Glasgow North and West Fred Paton Centre
T: 0141 353 0720

Glasgow South David Cargill Centre
T: 0141 632 7391

Independent Age Grants Fund Reaching older people most likely to be missing out – now and beyond the coronavirus pandemic
www.independentage.org/community/grants-fund

Playlist for Life

Connect through music during isolation and build your loved ones' personal playlist
www.playlistforlife.org.uk/mp3-music-players-dementia/
[www.playlistforlife.org.uk/
connectthroughmusic/](http://www.playlistforlife.org.uk/connectthroughmusic/)



Roar

Connections for life is a charity with a mission to reduce loneliness and social isolation in older age by enabling people to stay mobile and connected.

<https://www.roarforlife.org/>

Scottish Pensioners Forum

www.scottishpensioners.org.uk

Silverline (older people)

T: 0800 4 70 80 90

The Age Scotland Helpline

is a free, confidential phone service for older people, their careers and families in Scotland

T: 0800 12 44 222

The Good Morning Service

T: 0141 336 7766

www.goodmorningservice.co.uk

WeekdayWOWFactor

Thanks to Funding from Big Lottery, GSEN and Foundation Scotland. Offering a 7 day free service at present using Zoom platform- Daily 5pm Daytime discos with chat and fun quiz. Mondays and Fridays Zooming at 3pm for Virtual Adventure walks in cities and natural wonders around the world as well as a chat and a fun quiz.

Weekdaywowfactor@gmail.com or

call 07717 732 542 for more information.

Active Facebook page: Weekday Wow Factor

Wheatly-care.com

T: 0800 952 9292.

Offer support around
Addictions

Alcohol related Brain damage

Homelessness

Learning disabilities

Mental Health

Older Adults

Young people and families

Physical Health

Alzheimer's Scotland

www.alzscot.org

T: 0808 808 3000

Asthma UK

T: 0300 222 5800

www.asthma.org.uk/coronavirus

Bladder and Bowel Community

This small community is growing so if you are looking to share stories, experiences or just simply chat with others with a bladder and/or bowel condition then head over to Facebook and join the Bladder & Bowel Community Support Group.

[www.bladderandbowel.org/news/new-](http://www.bladderandbowel.org/news/new-bladder-bowel-community-facebook-support-group/)

[bladder-bowel-community-facebook-support-group/](http://www.bladderandbowel.org/news/new-bladder-bowel-community-facebook-support-group/)

Brittle Bones

www.brittlebon.org

Charcot-Marie-Tooth Disease

Charcot-Marie-Tooth Disease is a genetic condition that damages peripheral nerves. These nerves are responsible for passing on commands from the brain to the muscles (motor nerves) and for passing information to the brain about sensations, such as pain, heat, cold, touch, importantly for balance – where your joints are in space (sensory nerves). When these are damaged, people are said to have a neuropathy. For more information visit:

www.cmt.org.uk

Charles Bonnet Syndrome

T: 0303 1239999

www.charlesbonnetsyndrome.uk

Chest Heart and Stroke Scotland

T: 0808 801 0899

www.chss.org.uk

Chronic Pain

www.nhs.uk/your-health/healthservices/painassociation.co.uk
www.youtube.com/watch?v=4l8dUJgCj0I&feature=youtu.be

Crohn's and Colitis UK

www.crohnsandcolitis.org.uk

Crohn's disease

www.crohnscolitisfoundation.org/what-is-crohns-disease

Cystic Fibrosis Trust

www.cysticfibrosis.org.uk

Diabetes UK

www.diabetes.org.uk

Epilepsy

www.epilepsyscotland.org.uk

Fibromyalgia

www.fmauk.org

Foetal Alcohol Spectrum Disorder

Foetal Alcohol Spectrum Disorders (FASD) is a term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol during pregnancy. FASD is a lifelong disability. Individuals with FASD have their own unique areas of difficulties and may experience challenges in their daily living and need support with motor skills, physical health, learning, memory, attention, emotional regulation, and social skills. They also have a unique set of strengths and many are showing talents, that when nurtured and supported, demonstrates their unlimited potential in those areas. For more information:

www.fasdnetwork.org

GUTSUK

Committed to fighting all digestive disorders
gutscharity.org.uk

HIV

Terrance Higgins Trust

www.tht.org.uk/centres-and-services/glasgow

Lynch Syndrome UK aims to ensure that for the public benefit, people and their families affected by Lynch Syndrome are provided with support in the form of information, signposting and listening, also to increase public awareness of the syndrome, educating members of the general public and healthcare professionals.
www.lynch-syndrome-uk.org

Macmillan Cancer Support



COVID-19 (coronavirus) update

In these extraordinary times, Macmillan's

priority is the health and wellbeing of people with cancer, Macmillan professionals, our staff, supporters and volunteers

Right now, Macmillan nurses, doctors and other health professionals up and down the country are continuing to support people living with cancer whilst doing all they can to help alleviate the immense strain put on the NHS by coronavirus. Many Macmillan services are having to take the difficult decision to change the way they operate or even close so we would advise you contact them.

The Macmillan Support Line is open 7 days a week between 8am-8pm

T: 0808 808 00 00

T: 0141 287 2903

www.macmillan.org.uk/coronavirus

Macular Society

www.macularsociety.org

T: 0300 3030 111

Menopause

www.nhs.uk/conditions/menopause

Menopause Café www.menopausecafe.net

Multiple Sclerosis National Therapy Centres

Find your nearest MS Therapy Centre

www.msntc.org.uk/find-a-centre

T: 01296 711 699

National Eczema Society

www.eczema.org

Primary Immunodeficiency UK

www.piduk.org

Sarcoidosis UK

www.sarcoidosisuk.org

Sign Health

Health video library on range of conditions and issues for people who use British Sign Language www.signhealth.org.uk

The Scottish Government has developed a framework for how recovery and rehabilitation services will support people affected by the pandemic. For more information:

www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic

Tips to Help Reduce the Suffering of Living with Chronic Pain

www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain

Ulcerative Colitis

www.crohnsandcolitis.org.uk/about-crohns-and-colitis/publications/ulcerative-colitis

Urology Foundation

The Urology Foundation a charity in the UK and Ireland that tackles all urology diseases. For more information:

www.theurologyfoundation.org

Useful information if recovering from COVID19

www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy

Versus Arthritis

www.versusarthritis

T: 0800 5200 520

Wheatly-Care.com

Offer support around

Addictions

Alcohol related Brain damage

Homelessness

Learning disabilities

Mental Health

Older Adults

Young people and families

T: 0800 952 9292.



Parents and Families

The Aberlour Family Support Service

Help some of the most disadvantaged children, young people and families living in Glasgow.
For more information: www.aberlour.org.uk

Action for Children

Launching Parent Talk – a new national online service which connects parents with trained parenting coaches

www.actionforchildren.org.uk/news-and-blogs/press-releases/2020/july/one-in-three-parents-out-of-their-depth-as-children-struggle-with-pandemic-fallout/

Association for Child and Adolescent Mental Health

www.acamh.org

Babies in Lockdown

New report from Best Beginnings, Home Start UK and the Parent Infant Foundation on the impact of COVID19 and subsequent measures on those pregnant, giving birth, or at home with a baby or toddler. For more information babiesinlockdown.info/download-our-report

Child Bereavement UK

T: 0141 352 9995

Childs Health Scotland

Children and young people, Families and carers, Schools, professionals

<https://www.childrenshealthscotland.org/>

Children's Health Scotland

A charity based in Scotland dedicated to informing, promoting and campaigning on behalf of the needs of all children and young people within the healthcare system. For more information: www.childrenshealthscotland.org

(Help prevent) Childhood Abuse

T: 0808 1000 900

Childline

T: 0800 1111

www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus

Dads Rock

Their aim is to improve outcomes for children in Scotland to ensure the best start in life by providing support to Dads and Families

www.dadsrock.org.uk

Differabled Scotland

Parent to parent, peer to peer support for parents whose children have additional support needs

www.differabledscotland.co.uk

www.facebook.com/differabledscotland

Down's Syndrome Scotland

www.dsscotland.org.uk

Fathers Network Scotland

Vision a safe and compassionate Scotland where all children, their families and communities are enriched and strengthened through the full and welcome involvement of their fathers.

www.fathersnetwork.org.uk

Families Outside

• T: 0800 254 0088

• Webchat www.familiesoutside.org.uk

• Text FAMOUT to 60777

• Email support@familiesoutside.org.uk

How to Help an Addicted Parent

www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent

Licketyspit is a family drama-led play and children's theatre charity based in Glasgow.

To take part: Families can join the Children & Families Network at:

www.licketyspit.com/families/network or

contact ruby at cfn@licketyspit.com or via text

07413 800 342. You can find all of Licketyspit's online content for imaginative play at home at

www.licketyspit.com/families/coronavirus

Notre Dame Child Guidance Clinic

Providing support for children, young people and their families. For more information:

www.notredamecentre.org.uk

One Parent Families Scotland

mylifeandme.opfs.org.uk

Parent Network Scotland

www.parentnetworkscotland.org.uk

Parenting Across Scotland

www.parentingacrossscotland.org

PNS Toolkit Registration

Follow link for anyone wanting to register for new PNS wellness toolkit learning targeting parents

docs.google.com/forms/d/e/1FAIpQLSeV8085eAxTtLa4x3xoGWPPcjlTKOCcVNWHLZ1uvrtKF4bOw/viewform?vc=0&c=0&w=1

Pregnant and New Parents

www.parentclub.scot

Scottish Families Information Services

Information for parents and carers of children and young people **scottishfamilies.gov.uk**

Solihull Approach Training Online

solihullapproachparenting.com/online-course-for-parents

Storm Break

Aim to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

www.stormbreak.org.uk

Summer Holiday Programme for Families

Each year GCC invest funds in food and activity programmes for summer, the following link offers more info on same,

www.gcvss.org.uk/blog/glasgow-summer-holiday-programme-2020/

Take a Break Scotland

takeabreakscotland.org.uk/applications/

Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right

The PANDAS Foundation is there to help support and advise any parent and their networks who need support with perinatal mental illness. They are also there to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering Pandas FREE helpline

T: 0808 1961 776

info@pandasfoundation.org.uk

Triple P

Online training **www.triplep-parenting.uk.net/uk-en/find-help/triple-p-online/**

Wheatly-Care.com

Offer support around

Addictions

Alcohol related Brain damage

Homelessness

Learning disabilities

Mental Health

Older Adults

Young people and families

T: 0800 952 9292.

With Kids

With Kids offers a range of therapeutic services to children, parents and carers

www.withkids.org.uk

Glasgow Tel: 0141 550 5770

Edinburgh Tel: 0131 453 9400

3D Drumchapel

3D Drumchapel is a charity based in Drumchapel in the West of Glasgow working with children and families providing a range of activities and support:

3ddrumchapel.org.uk

Father's Network Scotland

Kirsty Nicholls

Head of Digital Media & Research, Fathers Network Scotland

kirsty@fathersnetworkscotland.org.uk

2020 has proved to be a year to challenge all of our mental health, and never more have new parents needed more support. An important part of Fathers Network Scotland's work is to train professionals who regularly engage with dads, to make their practice father-inclusive to benefit children's wellbeing. Our 'Understanding Dad' sessions focus on the vital part health visitors, midwives, social workers, early years practitioners and any professional who works with families, can play in looking out for new dads when it comes to their mental health and wellbeing. Suicide is still the biggest killer of men under 45 in the UK.

Participants in our training are asked to consider:

How both parents' involvement improves children's wellbeing;
What can stop, and what can improve paternal engagement;
The importance of understanding paternal mental health;
How to identify small practice changes that will have a big impact;
How to improve dads confidence in parenting;
How to mainstream father inclusive practice;
What would boost staff confidence to engage more effectively with dads.

Those who have embarked on our 'Understanding Dad' training have said, "I feel much more comfortable in broaching mental health with fathers," and "I now share with my colleagues the importance of changing attitudes towards dads and I also try to make them aware of the impact this has on the family unit in the future." The positive impact of asking how a dad is, is described by a midwife we trained, who said:

"I asked a patient whilst at an antenatal appointment how her partner was at home and it really opened a whole can of worms - she voiced concerns around his mental health, she didn't know what to do, who she could speak to, she didn't want social work involved etc. The long and short is her partner ended up having a short inpatient stay and received help from mental health services and the outcomes so far are positive! All just from asking a small question."

Research carried out by Fathers Network Scotland this year shows that most dads are comfortable going into schools, but they don't always believe they are valued and well communicated to. Dads often don't believe that schools value their input or make an effort to involve them. Aurélien Calmes teaches 2 and 3 year olds in a private nursery. He remembers a single dad he regularly chatted to at drop-off and pick-up. "He opened up about feeling he didn't know how to do everything," he says. "I would talk to him and offer reassurance about looking after his child. Parents - both mums and dads - feeling able to be open about needing support is always useful."

When the pandemic took hold, the demand for Fathers Network Scotland's work became ever



more pressing, so we began to run our projects remotely. We continued our training sessions, but via Zoom. One of our most effective Covid19 resilience measures was to put together a resource for perinatal health professionals - specifically for dads who are becoming parents during the pandemic - which has been distributed widely to health boards across Scotland.

For all professionals who work with dads and their families, we grew a Facebook group, from which participants have access to our DADx series of Zoom talks, where we hear from experts from a variety of backgrounds with experience that is vital to our work. Directors of dads' organisations across Scotland have also been invited to frequently meet virtually to talk through their charities' challenges and achievements.

At the beginning of the year we were funded by Comic Relief through Corra to run an animation project with 3 groups of father-figures in Scotland with Nemo Arts. Participants are telling their own stories of fatherhood and sharing their lived experience through creating animated films. When lockdown started, we decided to run the animation sessions with the dads via Zoom and so far, the group has been led by Nemo Arts to develop a storyline, create storyboards, build armature figures and sets and start to film their scenes.

To directly offer support and signposting services to dads, we are continuing to respond to queries via social media and email. We now have a Dads' WhatsApp group, which can be joined by scanning a QR code using your smartphone's camera. We also run a free dads' SMS support service, which parents or guardians can join by texting DADS to **078600 65202**.

Find out about our 'Understanding Dad' training here:
https://www.fathersnetwork.org.uk/understanding_dad

Find out more about our education research here:
<https://www.fathersnetwork.org.uk/education>

Access our Covid-19 materials for dads here:
https://www.fathersnetwork.org.uk/covid_19_response

For more information about any of our work, please contact:
kirsty@fathersnetworkscotland.org.uk

**COPE Scotland are delighted to partner with
Father's Network Scotland to present
'How are you Dad?' Online Workshop**

Wed 7th October 9.30am till noon

To register please email: **admin@cope-scotland.org**



How are you Dad?

Paternal Mental Health Training

helping you make
big impact from small changes



Scottish Government
Riaghaltas na h-Alba
gov.scot



Pets

This can be a challenging time also for pets, the following websites may offer some advice. Please also at this time be extra considerate of someone who is using a guide or assistance dog. A guide dog has not been trained to know to keep people 2metres away from the person they are protecting and the person with sight loss may not be able to see you, so please, be considerate. If we treat others, the way we want treated more of us will come through this.

Advice for Animal Owners from the Government

www.gov.scot/publications/coronaviruscovid-19-advice-for-animal-owners/

Advice for People who use a Guide Dog

www.guidedogs.org.uk/coronavirus/Services

From Scottish Society for Prevention of Cruelty to Animals

www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets

Places of Worship

Places of worship are also subject to the guidelines on social distancing for more information www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/; if we have missed any places of worship please let us know and we shall add these to the next edition.

While we cannot list every single place of worship in every community, we wanted to share sources where you may find out what is happening in your local community:

Ahmadiyya Mosque

www.facebook.com/baiturrahmanmosqueglasgow/

Archdiocese of Glasgow

www.rcag.org.uk

Baptists Church

www.baptist.org.uk/Groups/337630/Coronavirus.aspx

Central Mosque Glasgow

centralmosque.co.uk/coronavirus-covid-19-announcement

Church of Scotland

www.churchofscotland.org.uk/resources/covid-19-coronavirus-advice/advice-for-churches-covid-19-coronavirus

Glasgow Buddhist Centre

www.glasgowbuddhistcentre.com

Glasgow City Free Church

www.glasgowcityfreechurch.org

Glasgow Gurdwara

www.glasgowgurdwara.org

Glasgow Reform Synagogue

www.grs.org.uk

Greek Orthodox Church Glasgow

www.greekcommunitystluke.scot

Hindu Temple Glasgow

www.hindumandirglasgow.org

Jehovah's Witnesses

www.jw.org/en

Methodist Church

www.methodist.org.uk/about-us/coronavirus/official-guidance

Orthodox Synagogue

www.jsn.org.uk/small-communities/garnethillsynagogue/

Quaker Religious Society of Friends

www.quakerscotland.org/glasgow

Salvation Army

www.salvationarmy.org.uk/glasgow-city-centre

MIND THE GAP

Relationship and Family Breakdown

Info Site

www.mygov.scot/relationship-counselling

Relate

www.relate.org.uk

Website also shares advice and tips on keeping relationships healthy during self-isolation and social distancing

Relationships Scotland (Family Mediation)

www.fmwest.org.uk

T: 0141 332 2731

The Spark

www.thespark.org.uk/relationship-support-for-couples-individuals/relationship-helpline

T: 0808 802 2088

Tips for successful communication within the family www.pubs.ext.vt.edu/350/350-092/350-092.html

Safety and Protection

Act Fast

Support to the protective parent/carer of sexually abused children. Acts Fast also support partners and family members affected by a loved one downloading indecent images online.

actsfast.org.uk

T: 01202 797217 Text or call 07468 694068

Anti-Bullying Alliance

The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying. For more information:

www.anti-bullyingalliance.org.uk

COVID19 Adults with incapacity guidance

www.gov.scot/publications/coronavirus-covid-19-adults-with-incapacity-guidance

Cyber Safety

www.neighbourhoodalert.co.uk

Disability Safety Hub

To raise awareness of disability hate crime, helping disabled people to understand what a hate crime is. The Hub also wants to help disabled people to report hate crime, and shows the different ways you can do this.

disabilitysafety.scot/

Domestic Abuse

It is recognised during lockdown and the social isolation measures, the increased incidence of domestic abuse. It is really important people feel safe. For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language

sdafmh.org.uk

Domestic Abuse and Forced Marriage Helpline

**T: 0800 027 1234 or email
helpline@sdaafh.org.uk**

GCA have been working with Inspiring Scotland and the other Survivor Scotland organisations to develop and present #NeverMoreNeeded video.

vimeo.com/430085213

Fearless Campaign

Fearless Scotland have launched a campaign encouraging children and young people to be alert to signs of abuse and neglect in their families and communities

www.fearless.org/campaigns/harm-neglect

Issues with Neighbours and Antisocial Behaviour

www.your-place.net

Male Victims of Domestic Abuse Helpline

T: 0808 800 0024

W: abusedmeninscotland.org

Moira Anderson Foundation

Supporting children and adults affected by childhood sexual abuse

moiraanderson.org

National Bullying Helpline

<https://www.nationalbullyinghelpline.co.uk/>

T: 0845 22 55 787

Progress Housing Group are a social housing provider with nearly 11,000 homes in England & Scotland, delivering homes, independence and opportunities to their tenants and communities
www.progressliving.org.uk/current-tenants/anti-social-behaviour-asb/hate-crime/

Redress for Abuse in Care

A scheme that offers recognition and acknowledgement to survivors of historical childhood abuse in care has made payments of £10,000 each to 417 people in its first year. The Advance Payment Scheme provides redress payments to those who were abused in care in Scotland and who are terminally ill or aged 68 or over. For more information:

www.gov.scot/news/redress-for-abuse-in-care

Respect Me (Scotland's Anti-Bullying Service)

Our vision is of a respecting, just, equal and inclusive Scotland in which all children and young people can live free from bullying and harassment and are encouraged to reach their full potential. Our work is driven by a focus on children's right.

respectme.org.uk

SAY Women offers safe semi-supported accommodation and emotional support for young women aged 16 to 25 who are survivors of sexual abuse, rape or sexual assault and who are homeless, or threatened with homelessness.

www.say-women.co.uk

Stop it Now Helping Prevent Childhood Sexual Abuse Helpline

T: 0808 1000 900

www.stopitnow.org.uk

The Survivors Trust Support

The Survivors Trust is a national umbrella agency for over 120 specialist voluntary sector agencies providing a range of counselling, therapeutic and support services working with women, men and children who are victims/survivors of rape, sexual violence and childhood sexual abuse

Advice & Info: 0808 801 0818

thesurvivorstrust.org

Trading Standards

Site alerts to latest scams

mailchi.mp/0029ab105224/scam-share



Police Scotland share, they are beginning to see evidence that fraudsters are increasingly targeting the public and organisations with emails, texts, telephone calls and WhatsApp messages offering advice and treatment for the coronavirus. For more information www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers

Ubuntu

Is a new charity based in Glasgow, set up to provide emergency support for women with no recourse to public funds, facing destitution and violence, check their site for more info www.ubuntu-glasgow.org.uk

UNICEF

How to keep your child safe online while stuck at home during the COVID-19 outbreak www.unicef.org/coronavirus/keep-your-child-safeonline-at-home-covid-19

We can all help protect each other, please wear a face covering if you can

www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/

Information for people exempt from wearing a facemask

disabilityequality.scot/news/face-covering/

Women's Aid

Have created an online resource for children and young people. check their site for more info

thehideout.org.uk

WSREC Hate Crime Helpline

With recent times WSREC would like to highlight that they are still running their hate crime project, within this Covid-19 epidemic. If you have been a victim or a witness of hate crime then they can help support you, within a safe environment by filling out forms, communicating with the police, providing an interpreter and answering queries. For further assistance, please phone **07497 187 992** (Mondays and Thursday 9am - 1pm) or email then for more info. www.wsrec.co.uk

It is also important at this time as always, that children are protected. This link maybe helpful www.celcis.org/news/news-pages/public-urgedlook-out-signs-child-abuse-or-neglect-duringcoronavirus-crisis

It is also important with children online more that they are safe NSPCC offer some useful tips www.nspcc.org.uk

Self-harm



Self Injury Support is still here for you Self injury Support has been running UK-wide emotional support services around self-harm for over 30 years and they've always wanted to run a complementary information/navigation service alongside.

The great news is that they now have funding to pilot this service and they really want to collect as many views as possible to make sure it does something useful and is easy to access.

They'd really appreciate it if you can take 5 minutes to fill in this survey and let us know what you think.

Please also feel free to send this survey on to anyone you think would be interested in responding - the service will be open to people who self-harm, friends and family who support them and people who are working to support people who self-harm.

For more information about the other support they offer please visit: selfinjurysupport.org.uk

Blogs About Self-harm and Coronavirus:

www.selfinjurysupport.org.uk/Blogs/coping-with-coronavirus-and-lockdown/Category/coping-with-covid-19

Dealing with self-harm in lockdown:

www.selfinjurysupport.org.uk/self-care-and-self-advocacy

Distractions and Displacement:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement

Exploring Alternatives:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives

First Aid for self-harm:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid

Harm Minimisation:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/harm-minimisation

Seeking Treatment and Self-Advocacy:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/seeking-treatment-and-self-advocacy

A range of other self-help and information:

www.selfinjurysupport.org.uk/Pages/Category/self-help-resources

They welcome all feedback on these pages and suggestions of things to add from your own experiences.

Self injury Support also wanted to let people know that during this very difficult time their text-based support services are still open and they are there to listen and support. Their TESS service offers emotional listening support for women and girls affected by self injury and a space where you can explore what is going on for you alongside a trained female volunteer with knowledge of self injury.

All of their services are open from 7pm -9.30, Tuesday-Thursday.

You can:

- Text them on **07537 432 444**
- Email them at **tessmail@selfinjurysupport.org.uk**
- Or start a webchat here **www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support**

Webchats are for up to half an hour.

If you don't know where to start just text or message 'hello' and they will be there with you.

All their services are confidential and anonymous.



Stuff to do

Elevator Programme

- Drumchapel L.I.F.E. are looking for referrals to their Elevator Programme starting in Drumchapel in early October.

The Elevator programme is built around four areas of activity, which are driven by a straightforward goal setting and review system. This system supports the participants to tailor the programme in the manner that will suit each individual the most. The approach comprises an appropriate combination of issue focussed group work, self-learn packs, outward-bound experience, and self-management guidance.

Find out more below or contact Michelle Oneill on **0141 952 101** or email **michelle@drumchapellife.co.uk** for more information or a chat
Knightswood Connects now has a new phone number and email address.

Tel: 077606 43553

Email: Ann.Harvey@wheatley-care.com

MindandDraw creative workshops by zoom

- **Wednesday 14th October**
Wednesday 21st October
Wednesday 28th October
Wednesday 4th November

All sessions from 6:30pm to 7:30pm

To register visit **www.facebook.com/events/the-space/mind-and-draw/1760711517306713/**

You may also find this of interest: **www.cope-scotland.org/index.php/latest-blog/ideas-for-how-creativity-can-improve-our-mental-health** which includes a MindandDraw creative ideas workbook

Check out GLASGOWLIFE Communities and Libraries Early Years, Children and Families Team **OCTOBER WEEK HOLIDAY ACTIVITY PACK**

Monday 12th to Friday 16th October, 2020 for more info email:

CommunitiesNorthWest@Glasgowlife.org.uk



Sexual Health Support and Advice

Sandyford Sexual Health Services
www.sandyford.scot

Sexual Health Info Line
T: 0800 567 123 but changing to
T: 0300 123 7123

Terrance Higgins Trust
www.tht.org.uk/centres-and-services/glasgow

Waverley Care
 Offers HIV, hepatitis C and sexual health support and advice. They will be continuing to provide support to people who need it by phone, text, and email, and through their live chat service.
www.waverleycare.org

Workers and Volunteer's Wellbeing

BASW
 Help for key workers during COVID19 pandemic
www.basw.co.uk/help-key-workers-scotland

COPE Scotland
www.cope-scotland.org offers a range of tools and tips for wellbeing

Compassion Fatigue
compassionfatigue.org

Iriss
 For tips and information for staff resilience as well as the wider public
www.iriss.org.uk/resources/reports/resilience-resources

Mental Health and Wellbeing for Staff
www.learn.nes.nhs

National Wellbeing Hub
www.promis.scot

NHS Greater Glasgow and Clyde has pulled together a number of resources to support the physical and mental health of staff.
www.nhsggc.org.uk

The Scottish Social Services Council
 For care providers who are providing support to people with palliative and end of life care needs
www.news.sssc.uk.com

★ **New Helpline for Staff**
Mental health hotline for social care staff in Scotland
 The health and social care workforce mental wellbeing support line (**0800 111 4191**) operated by NHS 24 on a 24/7 basis

5 Ways to Wellbeing at Work Toolkit
www.mentalhealth.org.nz/assets/5-ways-toolkit/Five-Ways-to-Wellbeing-at-Worknew.pdf

NHS Scotland recently partnered with Big Health to provide free access to self-help programmes Sleepio and Daylight for all health and social care staff in the public, private and third sector as well as their families to help protect their mental health throughout the COVID-19 response.

You can enjoy free access to these programmes by following the instructions below:



Sleepio is a highly personalised, digital sleep improvement

programme that is scientifically proven to help overcome poor sleep.

The programme is based on cognitive behavioural therapy (CBT) and led by a digital sleep expert - the Professor - who will teach you evidence-based skills and techniques in 6 weekly video sessions

How to access Sleepio:

1. Visit **www.sleepio.com/healthandcare-scot** on your laptop or desktop computer
2. Answer some sleep questions to tailor the programme to your needs
3. Provide your postcode
4. When it asks about 'Function' - select your relevant work area from the dropdown menu.
5. Sign up to get your sleep score and to get started.



Daylight is a smartphone-based app that will teach you ways to manage worry and anxiety in your life.

Through cognitive behavioural therapy (CBT) techniques Daylight offers audio-led guidance tailored to your unique problematic thoughts, behaviours, and responses to worry and anxiety. The programme introduces you to a range of techniques and guides you through daily practice sessions.

How to access Daylight:

1. Visit **<http://trydaylight.com/healthandcare-scot>** to access Daylight
2. Answer some questions to tailor the programme to your needs
3. Sign up for an account using your name and email address
4. Download the Daylight smartphone app (search 'Daylight -Worry Less')
5. Use your account login details to sign in to the app and get started.

Technical Support:

If you have any technical questions about these programmes, please contact:

hello@sleepio.com

hello@trydaylight.com



Youth

Al A Teen (for teenagers affected by others alcohol misuse)

al-anon.org/newcomers/teen-corner/alateen/

Article on COPE Scotland's website which maybe of interest

www.cope-scotland.org/index.php/latest-blog/being-young-in-lockdown

Child Bereavement UK

www.childbereavementuk.org

DRC Youth Project

Provides free activities and support for young people aged 8-26. Specialise in youth employability and use holistic methods with CLD at the core Twitter: [@DRCYouthProject](https://twitter.com/DRCYouthProject)

G15 Youth Project

Voluntary organisation based in Drumchapel Glasgow; support Youngsters aged 12-25
www.facebook.com/g15youth

How to Help an Addicted Parent

www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent

Lifelink Youth

T: 0141 552 4434
www.lifelink.org.uk

Papyrus

A specific young people's suicide prevention charity
papyrus-uk.org
T: 0800 068 41 41
Text: 07860 039 967

Parent Helpline

T: 0808 802 5544

Royston Youth Action

Provide facilities for recreation, education or leisure time for young people, children and families residing or working in their area of operation.
roystonyouthaction.co.uk

Storm Break

Aim to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

www.stormbreak.org.uk

Take Break Scotland

takeabreakscotland.org.uk/applications/

Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right

The Mix Helpline

Life's tough, we know that. It can throw a lot your way and make it hard to know what to do with it all. So, welcome to The Mix. Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome. We'll connect you to experts and your peers who'll give you the support and tools you need to take on any challenge you're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs. We're a free and confidential multi-channel service. That means that you choose how you access our support, without the worry of anyone else finding out. Whether it be through our articles and video content online or our phone, email, peer to peer and counselling services – we put the control in your hands. You can even volunteer with us too.

T: 0808 808 4994

themix.org.uk

Young Minds

T: 0800 018 2138

Young Minds' Parents Helpline

Available to offer advice to parents and carers worried about a child or young person under 25's behaviour, emotional wellbeing, or mental health condition

www.youngminds.org.uk



Glasgow City Youth Health Service

A Confidential* Holistic Service

For young people **12-19 years**

Evening service in 5 Venues across Glasgow

Additional wrap around support and care

Anxiety, Exam Stress

Alcohol / Drug Misuse

Low Mood

Weight

Employability Support

Sexual Health

Pregnancy

Bullying

Bereavement / Loss

Family Break Up



How we support:

- Weigh to Go - Weight Management for 12-18 year olds
- Skills & Support for parents (Teen Triple P)
- Counselling
- Seeing the Nurse or the Doctor
- Tailored programme for Multiple Risk - "Know Your Way"
- Youth volunteering opportunities for 16+
- Advice line 8am-4pm (Mon-Fri)

For further information or to refer call:

0141 451 2727

venues overleaf

* Except when there are safety concerns.

**Drumchapel
Health Centre**

80-90 Kinfauns Drive
Glasgow G15 7TS

Tuesdays 6:00–8:30pm



**Possilpark
Health & Care Centre**

99 Saracen Street
Glasgow G22 5AP

Wednesdays 6:30–9:00pm

**Maryhill
Health & Care Centre**

51 Gairbraid Avenue
Glasgow G20 8FB

Thursdays 6:30–9:00pm

**New Gorbals
Health & Care Centre**

2 Sandiefield Road
Glasgow G5 9AB

Thursdays 6:30–9:00pm

**Shettleston
Health Centre**

420 Old Shettleston Road
Glasgow G32 7JZ

Wednesdays 6:30–9:00pm

There are many challenges facing us just now with COVID 19 and sometimes it can feel very overwhelming, it may even reduce us to tears. Please if you are feeling its all getting a bit much just now, we hope some of the resources we have shared in this magazine is of help. If a wee wellbeing chat with one of the team at COPE sounds a good idea, then please get in touch by phoning **0141 944 5490** or emailing **admin@cope-scotland.org** for an appointment. We manage our waiting lists to zero so when you contact us an appointment time will be offered. Remember also, sometimes crying is a natural response to circumstances. We put together this wee tips sheet we hope you may find useful

wee changes can make a **big difference** it's okay to cry

We are all different, so, never judge your own feelings. If something is a big deal for you, even if its not for others, that doesn't matter, it's a big deal for you. Sometimes we really do need a genuinely good cry, these are wee tips to help you cry better, when you need to release your sadness.

When to cry

Cry whenever you need to. It doesn't need to be a traumatic event like the loss of a loved one, if something has you feeling you could cry.....cry.



Cry for your own pain as well as others

Sometimes its easier to cry over what is happening to someone in a film, or in a book, or listening to music, sometimes if we need to get started crying this can help release emotions which have maybe built up. BUT you may be avoiding what is hurting you. It's okay to cry for yourself too, you matter.

How long to cry for?



You can't set a time limit on tears. Avoiding having a good cry may result in you feeling sadder for longer. Trust your body, it will know when you have cried enough. If you do make the connection with where your pain is coming from and allow yourself to cry, you will find, your tears will come to a natural stop. There is no time limit on sorrow, it can be a sore time, but be patient as you will come through the other side. Its like the weather, sometimes it rains for days, weeks, but the sun eventually does come back.

Find a time and a place

Sometimes we need to stop crying and keep it together e.g. if you are a doctor and you are seeing a patient, that may not be the best time for you to continue to cry about your pain. However, later when you are alone or with people who you can share your tears with check; is the matter still unresolved and do you need to cry more? or, has the feeling of needing to cry passed. If it has, let it go, don't get stressed out if you can't recapture your pain, it may have gone of its own accord.



wee changes can make a **big difference** it's okay to cry

Use a kinder inner voice

Sometimes our inner voice is unkind and stops us crying. Telling us: We are overreacting, men don't cry, get a grip, it's no big deal. Or, we feel we are a burden crying so apologise and want to stop. Use a kinder inner voice, be compassionate to yourself as you would for someone you love and say; I matter, and I need to cry. Don't try and stop yourself, by allowing yourself to cry you will stop naturally.



Crying around other people

Sometimes we don't want to cry in front of others in case we upset them. The most helpful thing someone can do when you are crying is sit quietly with you, offering hankies if you need them, but not trying to make you stop crying, or offering advice. This may come later, but when we need a good cry, we need a good cry, its natural.

Tears of Joy and Laughing at something sad

Sometimes, we can be happy, receive great news, and, we burst into tears. These however, are tears of joy. There's a suggestion, that tears of joy may well be the body's way of restoring "emotional equilibrium". It's also suggested we can laugh at something sad, to restore equilibrium, or to build resilience in the face of potential trauma.

This is a general leaflet on the benefits of crying, if you are working through some issues which you need support with, or struggling with thoughts of suicide, then seek help from someone, don't cry alone. There are services as well as friends and family and local community groups who care, speak to your local health care providers about support near you.

It is suggested crying is good for you. Tears contain toxins and feel-good chemicals are released in the body whenever we cry tears of sadness. Think, maybe of our tears as a waterfall we need to pass through to get to a better place, so if they need to flow.....let them, remember they will eventually stop and the sun can shine again.



Remember consult with your GP before making any lifestyle changes. For more information contact **COPE** on our website: www.cope-scotland.org





Hast ye back fur mair stuff in issue 10 and fur the noo, may the wind be
aye at yer back an the sun shine warm upon yer face