

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 1

August 2024



Encouraging
Community
Activity



Building social
networks



Encouraging
Independence



Increasing
skills



Promoting
Wellbeing



The newsletter will provide information about our Young Adult Wellbeing Service (YAWS), as well as relevant updates, information and contributions from young people that promote mental health, wellbeing and connections with our community.

Call: 0141 552 5592 or email
YAWS@gamh.org.uk to make a referral

Social Isolation and Loneliness Project

The Young Adult Wellbeing Service YAWS is delivering a new project called SIAL (Social Isolation And Loneliness). The focus of this project will be to deliver workshops and activities to reduce social isolation and loneliness in young people. The staff, venue and timings will remain the same.

To make a referral for yourself or for a young person you work with call: 0141 552 5592 or email h.khan@gamh.org.uk



THE YOUNG ADULT WELLBEING SERVICE (YAWS) WILL BE ADAPTED IN 2024 TO DELIVER THE

SOCIAL ISOLATION AND LONELINESS PROJECT (SIAL)

This programme will continue to provide a safe space for peer support, opportunities to socialise and approaches for self-management. The group will still meet on Tuesday evenings at Nemo Arts and there will be no changes to the staff team.

SIAL is part of a research project that will contribute toward the development of two new workshops addressing social isolation and loneliness in young people experiencing mental health difficulties. Each workshop will be run across 4 weekly sessions, using a variety of collaborative activities to help you explore, recognise, express, process and manage feelings of loneliness and isolation.

SIAL is a fixed-term programme and will end on 26 March 2024. To thank you for your attendance and participation, you will be entered into a prize draw for a chance to win a £20 high street voucher.

- Group Social Activity
- Ice Breaker Activity
- Guest Speaker with Q&A
- Coping Strategies
- Reflections
- NHS Healthy Minds
- Recognising Loneliness
- Managing Loneliness
- Overcoming Loneliness
- Group Social Activities
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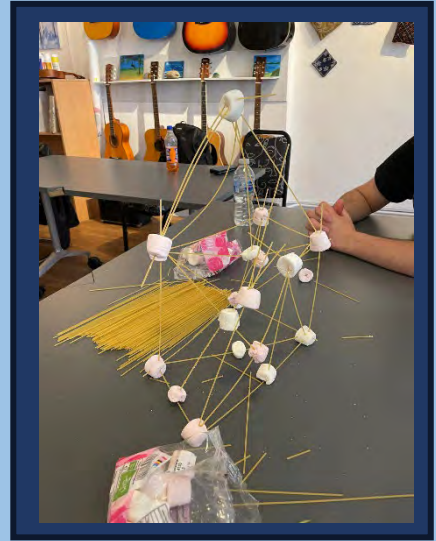
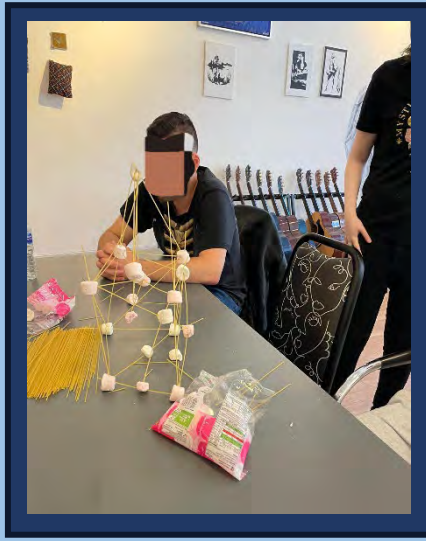
SIAL Timetable

The SIAL Project has 12 sessions, split up into 4 steps. These sessions are fun and interactive

Step 1	2 Social, Peer-based activities	cinema, bowling, a meal, games night, pizza night	Tuesday evenings Nemo Arts (or otherwise specified)
Step 2	Block A	4 Workshops on Peer Support and Mental Health	Tuesday evenings Nemo Arts
Step 3	Block B	4 Workshops on Awareness and Self-Management of Loneliness	Tuesday evenings Nemo Arts
Step 4	2 Social, Peer-based activities	cinema, bowling, a meal, games night, pizza night	Tuesday evenings Nemo Arts (or otherwise specified)

Updates from SIAL Project

YAWS took part in a fun, team-building activity with marshmallows and dried spaghetti to build sculptures.



YAWS Tackling Loneliness and Isolation

YAWS take part in various activities during the 12 SIAL sessions. Some examples include:

Bowling



Games
Nights

Pizza
Nights



Cinema

A Meal
Out



Peer Support- Tackling Loneliness

Peer support is an incredibly valuable and inspiring space. It allows individuals who have been through similar circumstances, to connect as a "peer". Peer support can bring insight into the value of connection to others.

When we hear other people's stories, it can encourage us and bring us hope into what we can achieve and to understand that recovery is possible.

In peer support, there is not the usual "professional-client" relationship. There are two people who are experts of their own experience who are trying to guide their way out of difficulties and dark patches together.

Reducing Loneliness and Social Isolation

Feeling Lonely

The feeling of loneliness can look differently for everyone. There are also different categories of loneliness. Once, we can identify which type of loneliness we are experiencing, it can make it easier to try to reduce the emotion.

Some examples of loneliness (NHS- Every Mind Matters)

- **Seasonal loneliness:** the experience occurs at certain times of the day, week or year. For example, Sunday evenings or around holiday seasons
- **Emotional loneliness:** Not feeling emotionally attached to those around us. This might feel like we can't express our true emotions
- **Social loneliness:** Not knowing people who have the same
- **Existential loneliness:** The feeling of being surrounded by people but still feeling alone and disconnected
- **Cultural loneliness:** Feeling disconnected to those within one's culture or not feeling connected with one's cultural identity
- **Situational Loneliness:** You have moved to a new place or have joined a new job and feel disconnected to those around you

This is not an exhaustive list but it can be just some of the ways that humans can experience loneliness. It is a normal but isolating experience and it helps to talk about it.

Some Symptoms of Loneliness

- Changes in sleeping pattern
- Changes in appetite
- Feeling low
- Isolation
- Feeling unable to concentrate
- Increased stress
- Continuously checking social media
- Feelings of hopelessness
- Low self-esteem

These are just some of many symptoms of loneliness. It is important to keep an eye on changes you see in yourself, your behaviour or your attitudes towards yourself and others.

How can we reduce the feeling of loneliness?

Often, our initial reaction is to shut ourselves away and isolate ourselves when we don't feel connected to others. However, it is important to reach out to others when we start to notice symptoms of loneliness. You can contact any of the numbers on the back page of this newsletter, reach out to loved ones, trusted professionals and your G.P.

Opportunities and Updates

Get Informed (Young Scot)

A free and confidential helpline for health services that are available to young people in the local area. Call: **0808 801 0338** (phoning from mobiles may apply)
Visit their website: <https://young.scot/campaigns/ayefeel/>

Lesbian, Gay, Bisexual & Transgender Youth Scotland

LGBT+ Helpline in Scotland is available for email, phone, live chat and BSL sessions. Call: **0800 464 7000**

Or visit: www.lgbthealth.org.uk

Lesbian, Gay, Bisexual & Transgender Youth Scotland

Range of services are provided to young people, families and professionals to increase awareness, confidence and to reduce isolation and intolerance. Call: **0141 552 7425**, email: info@lgbtyouth.org.uk

Self-Harm Strategy and Action Plan 2023 Survey

The Scottish Government are running a survey to understand potential barriers to support for those who self-harm. This survey is designed to be completed by those who support people who self-harm, rather than people who are service users/ self-harm themselves. The link can be found at:

[Self harm strategy and action plan 2023 to 2027 - gov.scot](https://www.gov.scot/self-harm-strategy-and-action-plan-2023-to-2027)
(www.gov.scot)

Hopeline UK- Suicide Prevention

A safe space to talk about thoughts of suicide and suicidal ideation. They take time to discuss someone's ability to stay safe. This helpline is available for anyone who is 35 or younger. Call: **0800 353 0859**, email: pat@papyrus-uk.org, or text **077860 039 967**



How we can help

Counselling

Counselling gives you the space and support to understand and manage feelings, thoughts and behaviour. We offer one to one confidential counselling via telephone and video sessions and anyone who has a Glasgow postcode can access this service, free of charge, by submitting a referral using our website. If you are attending a secondary school, you can speak to your teacher about accessing our free confidential services which are available in schools throughout Glasgow and the West of Scotland – for more information, please get in touch at the details below.

Wellbeing Classes and Group Therapy

For those that complete a referral and are assessed as being suitable, we run therapist led groups that are structured around helping participants who struggling with things like stress, anxiety and relationships. We also offer a range of interactive online wellbeing classes that focus on developing the life skills essential to lead a happy and productive life. You can attend as many of these one-off classes as you like and these are open to everyone. Take a look at our website to see what is currently available and to book your place. We can also offer wellbeing classes to secondary school aged young people focused around resolving conflicts, building confidence and managing emotions more effectively – for more information on these, please get in touch.

Get in touch

 0141 552 4434
 info@lifelink.org.uk
 lifelink.org.uk

 @LifelinkGlasgow
 @LifelinkScotland
Registered Charity (SC025643) Company
Registered in Scotland (17155)

Mental Health Contacts

Organisation	Contact	
		116 123 24/7
		jo@samaritans.org
		Glasgow Office: 210 West George Street, Glasgow. G2 2PQ
		0800 838 587 Mon-Thur (6pm-2am. Fri, Sat, Sun 6pm-6am)
		info@breathingspacescotland.co.uk
		http://breathingspace.scot/ Visit the Website to access their live, confidential Webchat service. Available Monday to Friday 6pm- 2am, Weekend: 4pm-
		0300 123 2523 / text: 07860039967
		pat@papyrus-uk.org
		0300 123 2523 For free on Tues-Wed 12-9pm/ Thurs-Sund 1-6pm
		helpline@lgbthealth.org.uk
		85258 Available 24/7 Text: "YM" if under 19
		0800 1111
		https://111.nhs.uk/
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If you or someone you love is in crisis, please call 999