

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 10

/03/22



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

General Updates

On the 8th of February 2022, the YAWS group attended bowling for a YAWS social event



On the 2nd of February Circus Starr very kindly provided free tickets for YAWS to attend the circus. YAWS were very impressed by the show!



Timetable for March

For the safety of our members and our staff please do not attend any groups if yourself or a member of your family test positive for Covid-19. Please see page 5 for advice or help when isolating with Covid-19 as well as up-to-date regulations.

Date	Session	Where
01/03/22	Health and Wellbeing Course run by Glasgow Clyde College	Theatre Nemo 6pm- 8pm
02/03/22	Drop in/ yoga	Zoom
08/03/22	Health and Wellbeing Course run by Glasgow Clyde College	Theatre Nemo 6pm-8pm
15/03/22	Health and Wellbeing Course run by Glasgow Clyde College	Theatre Nemo 6pm-8pm
22/03/22	YAWS event	Theatre Nemo 6pm-8pm
29/03/22	Soothe Toolbox	TBC

To make a referral for yourself or for a young person you work with call: 0141 552 5592 or email YAWS@gamh.org.uk to become involved in the YAWS community

General Updates

YAWS are currently working on a project for Glasgow Museum Resource Centre and had a tour around Kelvin Hall for a tour and to collect objects to aid in the projects. The topic chosen by YAWS was "Mental Health". YAWS were shown how the ECT machine was and how it currently works. YAWS also observed some art for inspiration that was created by individuals who have suffered from mental health difficulties.



YAWS 1st BIRTHDAY

On the 22nd of March 2022, YAWS will be celebrating its first year! We are very grateful to everyone that has attended groups and has been patient with us during a very difficult pandemic. It has been wonderful to see our members every week whilst we take part in different activities, make new friendships, support one another and learn a wide range of new skills. Talking about and reducing the stigma surrounding mental health is important and we couldn't have done it without your support- Thank you!

Keep an eye out for our next newsletter in April where we will look over our first year of YAWS. We hope to see you soon at our YAWS event!

Saying “No”

As children, we are often taught that saying “no” is rude or is a bad word. As a result, this often means that we, as adults, avoid saying no or feel an intense guilt or shame for saying “no” to a task or obligation. We learn that saying “yes” to everything will help people like us and will help us feel good about ourselves as we avoid these feelings of guilt.

What happens when we say yes to things that we simply can’t do or don’t have the time or mental capacity to do?

Often we start to slowly avoid doing the task in hand, we stop working towards other commitments too and sometimes stop looking after ourselves. This only leads to those same feelings of guilt and shame that we often feel when we say no because we have stretched ourselves too thin and set ourselves unrealistic expectations.

How can we avoid feelings of guilt or shame around saying no?

Recognise it as an opportunity to practice activities that make you feel good. This is time you wouldn’t have had if you had said yes. Recognise that “no” is not a bad word. It is an option. And it is an option you have every right to take. To avoid guilt, it can be helpful to practice a nice statement of saying “no”. Alternatively, you can offer a compromise that you feel comfortable with. Be clear and concise- you deserve to put yourself first too.

How do I choose which tasks to say no to?

Ask yourself: does this activity make you happy? Will you feel a sense of achievement in some way by working on this task? Look below for more questions to consider before answering.

How do I say no to the task?

Keep it simple. You don’t need thousands of reasons for saying no. One is more than enough. If you give an overly complicated “no”, people often think they can keep trying to convince you. Stick with your reasons and if comfortable, offer a compromise.

Questions to ask myself before saying “yes”

What are the benefits to me if I say yes?

What are the benefits to the other person if I say yes

How do I feel about doing this?

Will I feel good doing this action?

What am I feeling about the thought of saying “no”?

Connecting to your Community

Being part of a community

Connecting with your community can have mental health and physical health benefits and there are many different ways that you can get involved.



Volunteering

Volunteering is a great way to meet new people in an environment where people are passionate about their work. It is a great place to learn and a great way to boost your confidence, self-esteem and overall wellbeing by getting that hit of dopamine (our happy hormone).

There are so many places that young people can volunteer their time to. Visiting websites such as Govan Bank Volunteering and Project Scotland (both detailed on the Community Updates page) can open your eyes into various unique and creative areas to help volunteer in.

Joining Community groups to fit your interests

There are loads of community groups that are advertised over social media such as Facebook and Instagram or via leaflets and local newspapers in your area. Often, your local community centre will hold a variety of activities including: sports, crafts or tea and coffee groups. It is worth checking these out in person or visiting the webpages of these centres to find out what activities they hold.

It is natural to feel a little uncomfortable to go on your own the first time. Perhaps bring a friend, both pick a group that you want to go to and for the first few times, you both attend the groups the other wants to go to.

Reach out to elderly individuals in your area

Something as simple as knocking on doors, writing a letter and posting it through the letterbox or placing a small item outside of someone's door (such as a flower that has been picked or a chocolate bar) can really make someone's day- especially if they live on their own. Those who are elderly can often isolate themselves from their community. It can be a really positive part of your day and theirs to reach out in a small way to show that you care and you are there.

Attend fairs or fundraisers in your area

Regularly checking out your local community centre for any fundraisers or fairs is a great way to get involved and keep up-to-date with what is going on in your community. Another way is to be aware of charities in your area. Are there any fundraisers being advertised on their websites that are near you?

Book-swaps with your community

If you have a love of reading, whether that be comic books, fiction, non-fiction, blogs or anything else- sharing your passion with others and learning about other ways to invest in that passion from other like-minded people can be really beneficial for our wellbeing. Again, there are a lot of social media pages that make these shares possible, both physically, via the internet or via post. It is a great way to interact with others and learn more about your own passion.



Community Updates for Young People

Local Elections in Scotland

On Thursday the 5th of May, those who are a resident in Scotland and aged 16 or over can vote in Scotland's local elections. To register to vote, change your address or to make sure you are registered to vote, please visit:

<https://www.mygov.scot/register-to-vote-scotland>

Govan Bank Volunteering

If you are interested in volunteering, learning new skills and meeting new people, Govan Volunteer Bank are offering a range of volunteering opportunities and training opportunities. To view their page please visit:

<https://www.govanvolunteerbank.org/home-stella>

They also offer drop-in sessions that help improve confidence or skills and training opportunities that will allow you to help yourself and support your local community. For information please visit:

<https://www.govanvolunteerbank.org/training>

NHS Scotland Coronavirus Restrictions Updates

Until the 21st of March, face coverings MUST be worn in indoor places including transport, shops, bars and in communal areas in work. Please see below for up to date and accurate information regarding coronavirus restrictions:

<https://www.bbc.co.uk/news/health-51205344#:~:text=Under%20the%20current%20rules%2C%20masks,in%20communal%20areas%20and%20canteens>

If you are fully vaccinated and have received your Covid-19 booster jab, you no longer need to test before or after your arrival into Scotland. However, you still need to complete a passenger location form.

Project Scotland

Project Scotland provide a personal one-to-one plan for each young person to provide mentoring and ongoing support to those who are looking for a volunteering placement. To find out more about this organisation and to register visit: <https://www.projectscotland.co.uk/> or phone 0131 564 1951. You can also email info@projectscotland.co.uk for more information. Project Scotland also have an Instagram where they post about volunteering stories.

Mental Health Contacts

Breathing Space (Monday-Thursday 6pm-2am. Friday, Saturday, Sunday: 6pm-6am. FREE)



0800 838 587



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-12am



Samaritans (24hrs availability via phone service, 24hour response times for emails. FREE).



116 123



io@samaritans.org



Glasgow Office:

210 West George Street, Glasgow. G2 2PQ



NHS Living Life (for those over the age of 16, Monday-Friday:1pm-9pm)

Suitable for those experiencing depression, anxiety, or low mood. This is a FREE self-referral service that includes 6-9 sessions with a trained professional



0800 328 9655



<https://www.nhs24.scot/our-services/living-life/>



NHS 111 (FREE 24hour service)



111

If you or someone you love is in crisis, please call the phone numbers on this sheet instead of using the webchat or email addresses provided for immediate assistance