

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 11

14/04/22



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



Celebrating 1 Year of YAWS

Happy First Year of YAWS!

On the 22nd of March we celebrated one full year of YAWS! It was lovely to celebrate with all of you and we are so grateful to you all for the hard work, patience and kindness you bring each week to the groups. Below are some pictures that were taken during the YAWS event



Young People's Comments

The YAWS group has been really beneficial because it has brought a diverse range of people together, building a community. It's almost like a second home.

Love meeting new people!

Nervous, but confident!

I liked that the group is diverse and full with different kinds of people

I enjoyed the groups. So far, my favourite bit was the bowling and circus but it feels like we need more socials

It's been good to socialise with other people every week

Feel less alone and includes social skills

I like being able to be here and feel comfortable and safe with people my age and just enjoy hanging out here. Also I like the snacks

These sessions help me come out of my shell. Very supportive and encouraging. Thank you for always helping young people

I'm very introverted and anti-social but sometimes I enjoy getting out and doing fun activities like bowling or going to the circus

Has helped my confidence. This group has really helped me while I'm recovering

General Updates

Timetable for April

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
05/04/22	Easter Themed Activities	Theatre Nemo 6pm-8pm
12/04/22	Largs Beach	Meeting point: Theatre Nemo 11:45, Return by: 5pm
19/04/22	Mental Health Session: TAMH	Theatre Nemo 6pm-8pm
26/04/22	GMRC: Elaine Addington	Theatre Nemo 6pm-8pm

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

How to know when to take a break

Taking a break doesn't always mean stopping everything completely. It can mean cutting down on things that cause discomfort, distress, anxiety or a spike in emotions.

There are many signals that your body might give that are telling you that you need a break. Whether that means having a complete break from something or limiting its time consumption in your daily life. You don't need to go cold turkey on activities but it's important to be more mindful of their effect on us.

Some questions to ask yourself:

Am I feeling more tired?

Has my appetite changed a lot?

Am I feeling less motivated to start/ complete tasks?

Am I feeling a lot more physical aches/ pain/ discomfort?



There might be other signs that are unique to you- being self-aware of these signs are incredibly important

To-Do lists can be both useful and overwhelming. It can be helpful to break down our goals into items that **NEED** to be done that day, and items that can be done if there is time

Must- Do's	Can- Do's

Easter Colouring Sheet



YAWS Easter

For Easter, YAWS had a fun session decorating eggs, decorating easter bags, playing games like egg and spoon race and were given Easter eggs



Largs Day Out

Yaws went for a day out in Largs where they enjoyed skimming stones into the water, admiring the scenery and rides on the seafront, played games in the arcades, visiting local sweet shops and making their own tablet!



Community Updates for Young People

Young People's Mental Health and Wellbeing

Youthink Scotland, Young Scot, the Scottish Parliament and the Children's Parliament are collecting vital information from young people in Scotland to help inform policies and service deliveries in Scotland in relation to mental health and wellbeing. Young people who have or have not accessed mental wellbeing related services can participate and fill out the online survey. They are looking for a wide range of experiences across Scotland and your input is welcome!

Please visit: <https://survey.alchemer.eu/s3/90441313/Your-Mental-Health-and-Wellbeing>

NHS Scotland Coronavirus Restrictions Updates

By law, Scotland still requires individuals to wear a face covering in indoor spaces including pubs, cafes, shows, nightclubs, public transport and work.

You no longer need to wear a mask in places of worship, marriage ceremonies, civil partnership registrations, funeral services or memorial services.

Individuals are reminded to make sure that windows are open to increase ventilation and to frequently wash hands

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.

If you require accurate and helpful information regarding covid-19, please follow the links on the link attached:

<https://www.gov.scot/coronavirus-covid-19/#:~:text=you%20must%20wear%20a%20face,mouth%20if%20coughing%20or%20sneezing>

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