

# YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 14

15/07/22



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](mailto:YAWS@gamh.org.uk) to make a referral



# General Updates

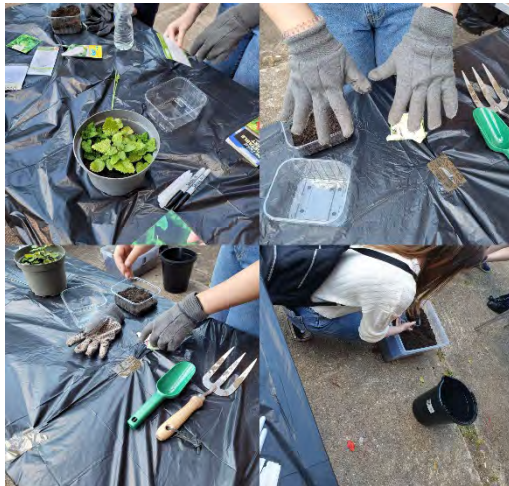
YAWS at Adventure-Golf



YAWS at the Acropolis



YAWS Gardening



YAWS Amusements



## Important Venue Update

Unfortunately, our usual venue, Theatre Nemo, has had a leak and so future sessions will be arranged elsewhere. Please check your texts for information about group sessions. Apologies for any inconvenience!

## Timetable for July

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
05/07/22	M&Ds	Strathclyde Park
12/07/22	Garden/ Higher Self-Learning	Kinning Park Complex
19/07/22	Garden/ Higher Self-Learning	Kinning Park Complex
26/07/22	The Peoples Palace Tour	The Peoples Palace at 2pm. Meet at Head office at 1:30pm

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

# Outdoors and Mental Health

## The Benefits of Fresh air for you mental health

- Green spaces are thought to positively impact your wellbeing. Taking a walk through a green space or sitting amongst this can positively impact your mental health.
- Next time you are in a green space- try to be purposefully present. Think of 5 things you can see around you, 4 things you can hear, three things you can feel, two things you can smell and one thing you can taste.

## Being Safe in the Sun (NHS website advice)

- If your shadow is shorter than you, head for the shade
- Drink at least 6-8 glasses of liquid a day. Opt for non-caffeinated (drinking water and juices are best)
- Wearing hats to keep the sun off your face and the top of your head (hair doesn't protect you from the sun)
- Choose sunglasses with a CE mark and UV 400 label to protect your eyes
- Wear SPF factor 30 for your skin and UVA 4- star protection
- Avoid peak sun times
- Be aware of heat exhaustion- be familiar with these symptoms.

## Free/ Low-Cost activities outdoors

- Throw/ kick a ball in a Victoria/ Kelvingrove/ Glasgow Green/Pollock Country/Queen's, Rouken Glen park
- Picnic in the park with friends (each person brings one food item)
- Visit the Necropolis
- Walk along the River Clyde
- Visit the Botanic Gardens and Kibble Palace
- Visit Hidden Lane in Finnieston

# Creativity and Mental Health

## What counts as “being creative?”

There are various ways to express creativity on a daily basis and this is by no means, an exhaustive list:

- Dancing
- Singing,
- Photography
- Painting nails
- Styling hair
- Pairing new clothes (or old clothes in a new way)
- Writing
- Gardening
- Problem solving



## What are the benefits of being creative?

Being creative can lead to positive effects on (Brosowsky et al. 2022):

- Our self-esteem
- Positive affect (view on the world and our experience)
- Ability to be optimistic
- Our sense of agency
- Our sense of control
- Healing
- Connecting with like-minded people
- Identity
- Being inspired by other’s work in galleries



Write an acrostic poem below with one line per letter

C  
R  
E  
A  
T  
I  
V  
I  
T  
Y

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# Community Updates for Young People

## Summer Food Skills Project

Learn how to make tasty, healthy meals from scratch with these 6 online lessons. There are 6 cook along videos, cooking techniques such as food hygiene and using a knife safely, additional resources with extra recipes and vouchers that can support with the cost of ingredients. To show your interest contact: 07595091942 or [vittoria@nutrionscotland.org](mailto:vittoria@nutrionscotland.org) or visit: [www.nutrionscotland.org](http://www.nutrionscotland.org) This is for all ages and can be done with the whole family

## Results Helpline 2022

On Tuesday the 9<sup>th</sup> of August, young people across Scotland will be getting their exam results from the SQA. The results helpline are there to offer support and advice on your options. They will have information regarding course vacancies, confirmation and clearing, advice about foundation, modern and graduate apprenticeship jobs, volunteering opportunities, training or staying in education. You can call them on: 0808 100 8000.

There is also support given on the My World of Work website.

Alternatively, there are various helpful resources on Skills Development Scotland which can be accessed here: <https://www.skillsdevelopmentscotland.co.uk/> There are lots of SDS centres based around Scotland for young people and families to drop in for an appointment.

## Free Sanitary Products

Free sanitary products have been introduced since the Period Products (Free Provision) (Scotland) Act was passed in November 2020. Free products are found in a number of council buildings, Glasgow Life buildings, Police Stations, HSCP office and a number of third-sector buildings. Importantly, these organisations are aiming to provide a wide range of sanitary products such as tampons and sanitary underwear. To identify places near you where you can access free sanitary products, you can download to PickupmyPeriod app on your phone.

## Screen Start Employability Program

If you are over the age of 16 and interested in being employed in the film industry. This program includes training, mentoring within the industry and work placements. You can be apart of this program if your postcode falls within the areas specified here:

<https://simd.scot/#/simd2020/BTTTTFTT/9/-4.0000/55.9000/> , are care experienced or estranged, are Black, Asian, or from any group that experiences racism, have a disability or are from the LGBTQ+ community. Registration closes at the end of June and full applications are submitted by mid-August with placements starting in September. To see if you are eligible for this program visit this website for more information:

<https://forms.office.com/pages/responsepage.aspx?id=Rq0mInRGt0mSmcsl8IVGu0D5wPd4esRHubk0au3AQLJUMUxiUEFNMDhJMlpFWFYxUkNVUEoxRjIYMC4u> or email:

[screenstart@qmacfilm.com](mailto:screenstart@qmacfilm.com)

## Mental Health Contacts

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



0800 838 587



[info@breathingspacescotland.co.uk](mailto: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



[jo@samaritans.org](mailto:jo@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)**

If you need free, urgent medical advice or need general health information and advice call or visit NHS 111



111



<https://111.nhs.uk/>



***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***