

# YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 17

18/10/22



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



## General Updates

### Triumph Fest

GAMH attended the Triumph Fest which celebrated young people's contribution to mental health research and activism. The festival was well attended and included information about events linked to young people and mental health.



Please find some of the events detailed below

#### **Relationships in Good Hands Trial (RIGHT) Youth Advisory Group**

A group looking for people who have experience in the care system or have been adopted and would be willing to join an advisory group for academic research at The University of Glasgow.

This opportunity is for those interested in research, are comfortable with attending zoom meetings and attending residential meetings with travel. Food and accommodation are expensed plus £140 for your attendance. Additionally, young advisors will receive a £20 Amazon gift card for every hour of a meeting they attend. If interested please contact: Christina McMellon at [christina.mcmellon@glasgow.ac.uk](mailto:christina.mcmellon@glasgow.ac.uk) for a chat

#### **Men Minds Project**

Are you 16-24 and identify as a young man? The MEN MINDS project seek to understand what mental health support is available to young men and what support is needed.

If you identify with any of the following please consider getting in touch:

- A young man who has been arrested/ contact with the justice system
- Young men identifying with LGBTQ+
- Young men from a different country who have moved to Scotland

This project starts from November 2022 and runs for two years.

If you want to find out more, contact Nina: [nina.vaswani@strath.ac.uk](mailto:nina.vaswani@strath.ac.uk)

#### **Mental Health Researcher Matters**

From the 10<sup>th</sup> of October to the 1<sup>st</sup> of December make sure to keep an eye out for @mcpinfoundation who will be regularly posting about how to take part in good and inclusive mental health research. Make sure to follow them on social media to see their work

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

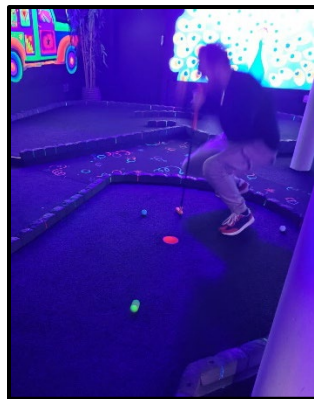
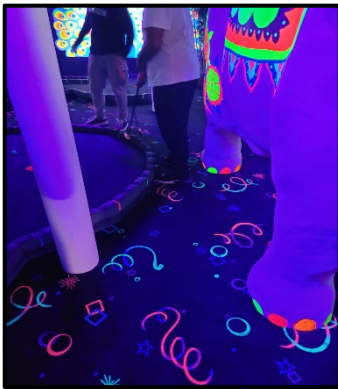
## General Updates

### Timetable for October

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
04/10/22	Social: Mini Golf	Jungle Rumble
11/10/22	Glasgow Museum Resource Session: Elaine Addington	Kelvin Hall- 6pm
18/10/22	The money house; MYBNK. to provide help with banking, bills, budgeting, tenancy agreements, evictions etc.	Nemo Arts- 6pm
25/10/22	Glasgow Museum Resource Session: Elaine Addington	Nemo Arts- 6pm

#### Adventure Golf



#### YAWS does Willow Weaving



## World Mental Health Day 10<sup>th</sup> October

**YOUNGmINDS**  
fighting for young people's mental health

Young Minds UK started a trend called [#HelloYellow](#) which aimed to acknowledge and provide a safe space to young people who struggle to voice their emotions and opinions. Check out their hashtag and website to read about Young people's experiences with mental health and stigma

**NHS**  
Greater Glasgow  
and Clyde

NHS Greater Glasgow and Clyde have developed a Mental Health Improvement Program which aims to provide support across all stages of life and has a range of information on mental distress. Please visit: <https://bit.ly/3SNEIFe>

**NHS**  
Greater Glasgow  
and Clyde

The Healthy Minds Project aims to promote awareness and knowledge of mental health difficulties and resources. Please visit their website to gain access to a kaleidoscope of resources: <https://bit.ly/3MdlAh2>



# The Benefits of Eating Well for Mental Health

## Eating Well for your Mental and Physical Health

Often, we are told to “cook in bulk” and “cook from scratch”. Whilst this is true for maintaining a healthy diet and eating a substantial meal, some of the advice on how to do this can be misleading/ inconsiderate to individual’s financial circumstances. [Nutricilicious.co.uk](http://Nutricilicious.co.uk) and the [British Heart Foundation](http://BritishHeartFoundation.org) provide some useful and reasonable tips to those living in lower-income households.



Tinned fruit, veg, beans and pulses can be used to bulk out porridge, curries, stews, stir-frys and more. Try to stick to tinned fruit that has lower sugar levels and tinned veg with lower salt. However, this can be difficult, so just try to keep this in mind when you can.

**Extra tip:** If you don’t want a meat free meal, just use less meat in the pack and bulk it out with pulses/ beans



Healthy breakfast cereals can be used as both a filling and nutritious breakfast and a snack. Porridge can also be used as a healthy breakfast ( bulked out with some tinned fruit or yogurt) and a healthy snack.

**Extra tip:** Use a recipe for “overnight porridge oats” to create a tasty, easy and cheap snack! Alternatively, looking up “porridge oat traybakes” are a delicious and sweet-tooth satisfying snack.

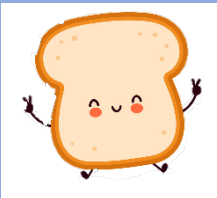


Replace meat in meals with pulses, beans and meat free alternatives. Alternatively, using tinned oil-rich fish can be a more filling alternative to meals. However, make sure to stick to oil-rich tinned fish only once a week and substitute fish tins that contain water instead of oil.



Using frozen veg and fruit is an excellent method to reduce food waste and to ensure that you are getting nutrients and energy from your meals. Try to go for mixed fruit and mixed veg frozen packs in supermarkets to get a larger variety of vitamins

**Extra tip:** Make use of the frozen fish section too! You can get large packs of frozen fish (rather than buying fresh or using the oil-based tinned fish) which is healthier than breaded/ battered frozen fish



Buying wholemeal bread isn't always more expensive than white bread but it is definitely healthier and more filling (as the sugars released from the bread are more gradual throughout the day compared to white bread).

**Extra tip:** make sure to freeze your bread- even freezing your bread in batches if you don’t want to have toasted bread all of the time is a great way to prevent it going mouldy!



Making soup is a great way to use those broccoli stalks and those vegetables that are just slightly soft. You can even use a tin of pulses or cannellini beans to make the meal more substantial.

## Reducing Food Waste Schemes

There are various charities and foundations that are aiming to reduce food waste and food poverty. Lots of local chains, restaurants and supermarkets are part of these schemes that allow members of the public to get food that is perfectly safe to eat for free as the company cannot sell it due to their own personal rules/ restrictions. Some companies are suggested below:



Olio is slightly different. Olio allows you to connect with your neighbours (within the same area or city) to collect items of food that they no longer want/ need. They snap a picture and you can go to collect it at an agreed time



Too Good To Go is an excellent app and website that shows you which companies are part of this scheme in your local area. The food that is sold here is food that is still edible but it is sold at a much cheaper price as the food would otherwise be thrown away.

# Cost of Living Crisis

## You are not alone

A lot of people are feeling the strain and anxiety around the cost of living crisis. It is normal to feel a sense of dread or worry when we hear about it constantly on the news, on social media or when we are in public, especially if we aren't hearing about resources and support. This page will include just some of the types of support that are available during this time. Please also refer to our last page for help with mental distress.

## Where can I seek support?

Contact your local council	Your local council can provide information and support on your loans and grant opportunities, food vouchers, fuel vouchers and more. Visit: <a href="https://www.mygov.scot/urgent-help-food-fuel-money">https://www.mygov.scot/urgent-help-food-fuel-money</a>
Contact your bank	You might be able to speak to money expert/ advisor to discuss your personal situation. Banks often have a "spending tracker" tool to understand where your money habits go, in order to budget better.
Welfare Rights and Debt Advice	The following link will provide useful information for Welfare Rights <a href="https://www.glasgow.gov.uk/index.aspx?articleid=17873">https://www.glasgow.gov.uk/index.aspx?articleid=17873</a>
National Debt Helpline	Call <b>0808 808 4000</b> (Mon-Fri 9am-8pm, Sat 9:30-1pm)
Citizens Advice Network	<a href="https://www.citizensadvice.org.uk/scotland/resources-and-tools/search-navigation-tools/search/?q=cost+of+living&amp;c=TOP-PUBLIC">https://www.citizensadvice.org.uk/scotland/resources-and-tools/search-navigation-tools/search/?q=cost+of+living&amp;c=TOP-PUBLIC</a>
Food Banks	The Trussel Trust are fighting food poverty across Scotland and have numerous foodbanks situated across Glasgow. Please visit: <a href="#">Find a Food Bank - The Trussell Trust</a>
Kinship	There are lots of useful resources for saving money on food this winter on Kinship's website. There are details on useful money saving apps, how to get cheap/free food and more: <a href="https://kinship.org.uk/advice-support/money-saving-tips-for-low-income-families/">https://kinship.org.uk/advice-support/money-saving-tips-for-low-income-families/</a>

## Cost of Living Crisis and the impact on daily life

NHS Scotland has shared a short survey that was created alongside young people to understand the impact of the Cost of Living Crisis on youth poverty. Please consider completing the following form to assist policy makers in understanding how this crisis is affecting young people experiencing poverty: <https://app.smartcrowds.com/GCHSCP/PublicSurvey/Index/7ea2cb1f-6fd0-4463-a099-dd1610b85fdf>

## Asking for Financial Advice and support in your local area

Renfrewshire	Call <b>0300 300 1238</b> (Mon-Thurs 8:45-4:45/ Fri 8:45-3:55) or email: <a href="mailto:adviceworks@renfrewshire.gov.uk">adviceworks@renfrewshire.gov.uk</a>
East Renfrewshire	Visit their website to access a range of helplines to gain access to information on credit, disability allowance and more: <a href="#">Contact the Money Advice and Rights team - East Renfrewshire Council</a>
East Dunbartonshire	Call <b>0141 775 3220</b> Monday to Thursday until 7pm
West Dunbartonshire	Call <b>01389 738 296</b> (Mon-Thurs 8:45- 4:45 and Fri 8:45-3:55)
Glasgow City	<b>0808 8011 011</b> (Mon-Fri 9:00-6:00pm)
Inverclyde	Call <b>01475 729 239</b> or email <a href="mailto:finfitteam@yahoo.co.uk">finfitteam@yahoo.co.uk</a> to make an appointment

# Community Updates for Young People

## Scottish Careers Week

From the 7<sup>th</sup> to the 11<sup>th</sup> of November, there will be the Annual Scottish Careers week delivered by Skills Development Scotland. Their [toolkit is available to download from My World of Work](#) and you can [find more information on the campaign here](#).

## Kelvingrove Community Tennis Club

The Gorbals Leisure Centre (Ballater Street G5 0YP) are re-starting their tennis club from Tuesday the 25<sup>th</sup> of October. All abilities are welcome and coached with each session being £3 per person. To find out more and to sign up, please visit: <https://glasgowlife.sportsuite.co.uk/directory/kelvingrove-community-tennis-club>

Sessions take place on Tuesdays and Thursdays from 6-8pm and Sundays 2-4pm.

## Sandyford Counselling and Support Service (SCASS)

The SCASS have provided information to those who have experienced, sexual abuse, childhood sexual abuse, who experience sexual health or reproductive concerns, those who are questioning their sexual identity or individuals who are questioning their gender identity.



SCASS Referral  
Form.doc



Criteria - SCASS  
October 2020.doc

## Wellbeing Services

Wellbeing Glasgow Services are offering a range of self-help and professional support via their website where you can find books, courses and materials based on Cognitive Behavioural Therapy that can support you: <https://www.wellbeing-glasgow.org.uk/>

Their support is extended to individuals who are 18+ and in the Southside of Glasgow. If you are interested please contact: 0141 232 2555. Check out their website to see if you fall under the catchment area to receive a wide range of treatments. If you are not in the Southside and your G.P. is registered elsewhere, you can still benefit from their online resources.

## Youth Community and Education Course (FARE Scotland)

FARE Scotland are offering a Youth Community and Education Course for those wanting to further their experience in youth and community work. The course will run for 6 sessions on Fridays from October 28<sup>th</sup> to December 2<sup>nd</sup>. Please see below icons for more information or contact: [paul.humphreys@fare-scotland.org](mailto:paul.humphreys@fare-scotland.org)



Youth, Community  
and Education Course

## NHS Greater Glasgow and Clyde- Support for Parents and Carers

On Thursdays from 6pm-7:30pm Parents and Carers are invited to come to a welcoming group that will provide , tea, a sandwich and a listening ear. This will take place at Maryhill Health Centre (41 Shawpark Street, Glasgow, G20 9DR) from the 3<sup>rd</sup> of November

# Compassionate Distress Response Service

CARE



LISTEN



CONNECT

## What is CDRS?

- A listening service for young people in distress
- Support young people to develop action plans to help alleviate their feelings of distress
- Suggest coping strategies that young people can utilise
- Signpost young people to additional support if required

## When to use this service

- The young person is in distress but not in immediate risk
- The young person agrees to being contacted by CDRS.
- The young person has expressed a need to talk to someone what they are going through.

## How to refer

- **Out of hours pathway:** If you are in contact with a 1<sup>st</sup> responder, emergency service or the Mental Health Assessment Unit ask the health care professional to make a referral on your behalf
- **GP Pathway:** Ask your GP, Practice nurse or community Links Worker to make a referral for you
- 
- CDRS will contact the young person within 24 hours between 9am-5pm. Please contact a member of staff to be referred

## 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



[io@samaritans.org](mailto: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 24 Scotland (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/>



**LGBT Health and Wellbeing**

Provide support to those 16+ who are part of the LGBT+ community



0300 123 2523

For free on Tues-Wed 12-9pm/ Thurs-Sund 1-6pm



[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.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***