

# YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 28

23/10/23



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

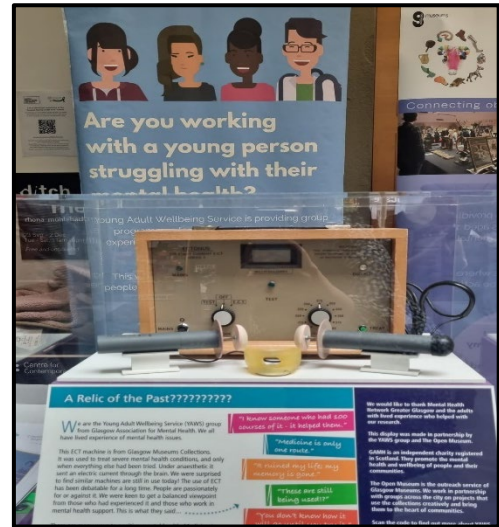


# General Updates

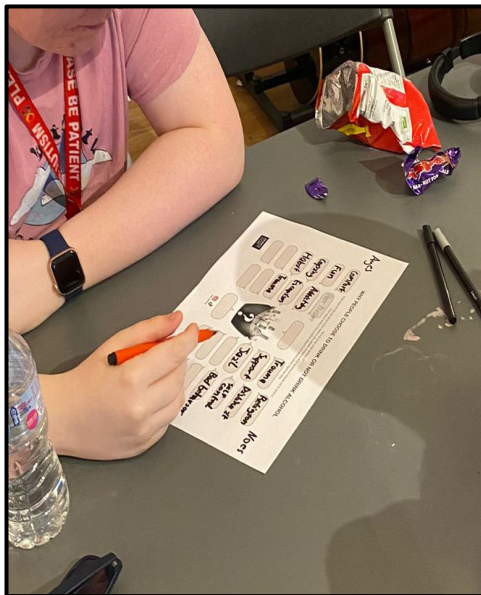
## Art Sessions



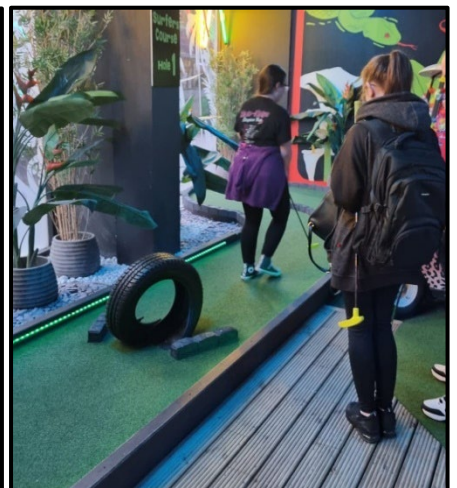
## Scottish Mental Health Festival



## Alcohol Awareness Sessions



## Crazy golf and Bowling Socials



## Timetable for September

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
03/10/2023	Social- Crazy Golf	Nemo Arts 6pm
10/10/2023	Art Session (Run by Gillian)	Nemo Arts 6pm
17/10/2023	Art Session (Run by Gillian)	Nemo Arts 6pm
24/10/2023	Information session with Husnara	Nemo Arts 6pm

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

# Creating Safe Spaces

## Creating a safe space for loved ones

We can sometimes feel a bit lost if we can see a loved one is struggling but there is no immediate action that we can take to fix it. This is when it can be really important to create a safe space for them.

**Ask them if there are times/ days they would like to meet to chat/ call?**

**Where would they feel most comfortable?**

**Ask them what they need from you that day. Do they need to talk about it or do they need distraction?**

**Are there any topics/ things they don't want you to ask about or bring up?**

**Acknowledge that we might not understand what they are going through. We don't share their life experience and struggles.**

**Suggest things that you can do for them (e.g. bring them food, make them tea, watch a programme together) and let them choose.**

**You can ask them if there is anything that you can bring that might be comforting. Is there anything they want to bring?**

## Creating a safe space for ourselves when supporting loved ones

It is so important to acknowledge what we are comfortable with and respecting our own boundaries when we are supporting a loved one. Boundaries can be hard to maintain if we feel the need to "do more" for someone we are supporting. But make sure to consider the following:

**Do I feel comfortable about helping them in the way they have asked?**

**Do I have someone, separate from the situation, to support me? (We can't pour from an empty cup)**

**Can I encourage them to reach out to other's for the support that I can't provide**

**What am I able to help them with?**

**What can I do to look after myself?**

## Examples of asking safe questions

What would help you feel safe?

What do you need today?

Is anyone else around to support you right now?

Where do you feel safe to talk about things?

Is there anyone else you feel comfortable sharing a bit of your experience with?

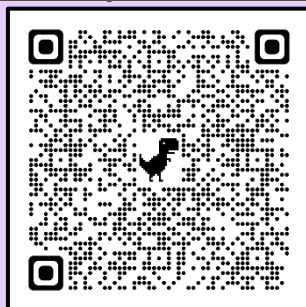
# Black History Month

## Events taking place in Glasgow

In the United Kingdom, Black History Month takes place throughout October. Glasgow has a range of events available and can be accessed using the QR

Code below or via the following link:

<https://www.blackhistorymonthscotland.org/whats-on>



## Why we Celebrate Black History Month

It is important to educate ourselves on why we celebrate and acknowledge awareness months and dates. It allows us to share our own experiences or to learn about the experiences of those around us. If you want to read more about Black History Month, The Coalition for Racial Equality and Rights works have shared some excellent resources to learn how Scotland are taking part in Black History Month. You can find their website here:

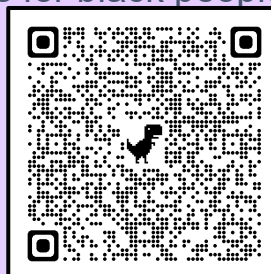
<https://www.blackhistorymonthscotland.org/crer>

## Resources for Mental Health for People of Colour

**Saheliya** offer a wide range of support to black, refugee, minority ethnic, migrant and asylum seeker women in Glasgow and Edinburgh. Their goal is to widen access to mainstream support, to fight the effects of abusive and discriminatory behaviours and to reduce the stigma that surrounds mental health. Please visit their website here: <https://www.saheliya.co.uk/>

**Intercultural Youth Scotland** offer therapy to young people of colour (those aged 12-25). They also provide educational services to learn vital life skills, to learn about their Anti-Racism Education program and more. Please visit their website for more information: [Programmes \(interculturalyouthscotland.org\)](https://www.interculturalyouthscotland.org/)

**Young Minds** have also shared some resources for black people, regarding their mental health:





# Community Updates for Young People



All Events are free to attend at Lifelink for residents in Glasgow. Book here on their website: <https://www.lifelink.org.uk/>

**LifeLink** are also offering free counselling via phone and video session. If you are interested, phone 0141 552 4434 or email [info@lifelink.org.uk](mailto:info@lifelink.org.uk)

For more information visit: <https://www.lifelink.org.uk/how-we-can-help/young-people/one-to-one-counselling/>

## Online Class Schedule October

Improving Motivation – 4 & 18 October 10am

Financial Wellbeing – 5 October 1pm

Reassess Stress – 9 & 30 October 1pm

Building Confidence – 10 October 1pm

Boosting Self Esteem – 17 October 10am

Building Resilience – 19 & 26 October 10am

Art of Relaxation – 23 October 1pm

Menopause and Me – 25 October 10am

## Young Big Scot Survey

Young Scot are asking for young people to take part in their survey to better understand what living in Scotland as a young person in 2023 is like. By taking part you might win an Apple Watch SE and will help inform what services are needed across Scotland. You can access the survey here: <https://survey.alchemer.eu/s3/90604184/BIG-Survey>

## Stepping Stones: Action for Children

**Action for children** are providing an opportunity to expand access to the world of work for those aged 16-24. These workshops aim to encourage independence, boost confidence, provide information on health and wellbeing, employability skills, inform about the process of getting your own residency and encourage financial independence

### WHAT'S INVOLVED ?

- Improve confidence
- Meet new friends
- Health & wellbeing Sessions
- Guest Speakers & Workshops
- Employability skills
- Fun & Engaging Activities
- Being independent core skills
- Process of getting your own residency
- Personal Development
- Financial skills

Refer by scanning QR code below



The programme will run for 6 weeks, 2 days per week (10am-3pm) commencing on Monday the 9th of October.

A training allowance of £11 per day if not on benefits.  
Support will be provided to progress in to a positive destination upon completion of the programme.

# Community Updates for Young People continued

## Asylum and Refugees Support- Glasgow

The Health and Social Care partnership have shared a wide variety of free events for asylum seekers and refugees across Glasgow. There are all kinds of supports available, such as women's groups, gardening, arts and crafts, English classes, bingo, cookery classes, art therapy for young people and much more. Please visit their leaflet using the following link or scan the QR codes:

<https://www.yoursupportglasgow.org/media/37840/whats-on-information-for-asylum-seekers-and-refugees.pdf>

**What's on?**  
Information for Asylum Seekers and Refugees

In this leaflet you will find a list of Glasgow-based organisations providing support and FREE activities, groups, events, workshops and much more!

English Urdu Punjabi

Polish SCAN ME Mandarin

Farsi Cantonese Arabic

## Stand Up Youth Scotland

Stand Up Youth Scotland aim to support young people by educating, providing resource and networking opportunities and through a small grant scheme to inform about sectarianism and help combat hate crimes in Scotland. They also provide advanced training for Youth Workers. To see their training opportunities, please visit:

<https://www.youthscotland.org.uk/training/training-catalogue/>

## Research Opportunity- Poverty Alliance and The University of Glasgow

In this workshop, we invite you to discuss the kinds of income policies that you feel might make a difference to your life

- Do you have experience of income insecurity?
- Are you currently out of work, or doing insecure work?
- Are you a mother aged 25 or under? Do you have more than 3 children, or are you a lone parent?

If yes, come along and help to shape our research on income & health

As a thank you, you will receive a £35 voucher for taking part.

For more details contact  
Fiona McHardy at The Poverty Alliance on 07469 457 525, or [fiona.mchardy@povertyalliance.org](mailto:fiona.mchardy@povertyalliance.org)

CSO Social and Public Health Sciences Unit



# Mental Health Contacts

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

***If you or someone you love is in crisis, please call 999***