

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 3

November 2024



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

Social Isolation and Loneliness Project

The Young Adult Wellbeing Service YAWS is delivering a new project called SIAL (Social Isolation And Loneliness). The focus of this project will be to deliver workshops and activities to reduce social isolation and loneliness in young people. The staff, venue and timings will remain the same.

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



THE YOUNG ADULT WELLBEING SERVICE (YAWS) WILL BE ADAPTED IN 2024 TO DELIVER THE

SOCIAL ISOLATION AND LONELINESS PROJECT (SIAL)

This programme will continue to provide a safe space for peer support, opportunities to socialise and approaches for self-management. The group will still meet on Tuesday evenings at Nemo Arts and there will be no changes to the staff team.

SIAL is part of a research project that will contribute toward the development of two new workshops addressing social isolation and loneliness in young people experiencing mental health difficulties. Each workshop will be run across 4 weekly sessions, using a variety of collaborative activities to help you explore, recognise, express, process and manage feelings of loneliness and isolation.

SIAL is a fixed-term programme and will end on 26 March 2024. To thank you for your attendance and participation, you will be entered into a prize draw for a chance to win a £20 high street voucher.

- Group Social Activity
- Ice Breaker Activity
- Guest Speaker with Q&A
- Coping Strategies
- Reflections
- NHS Healthy Minds
- Recognising Loneliness
- Managing Loneliness
- Overcoming Loneliness
- Group Social Activities

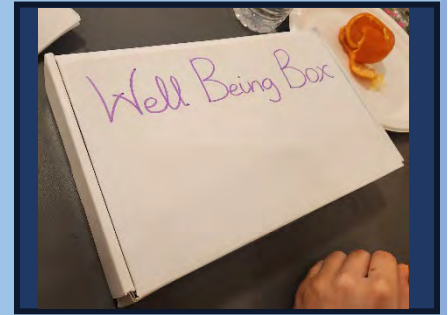
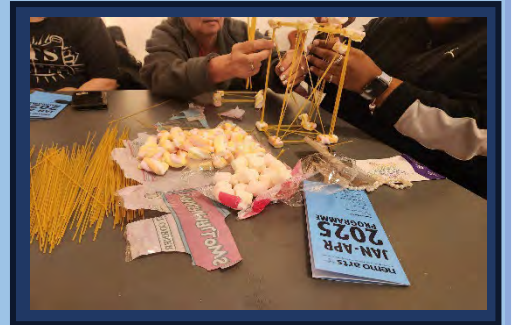
SIAL Timetable

The SIAL Project has 12 sessions, split up into 4 steps. These sessions are fun and interactive

	Session Type	What	Where
Step 1	2 Social, Peer-based activities	cinema, bowling, a meal, games night, pizza night	Tuesday evenings Nemo Arts (or otherwise specified)
Step 2	Block A	4 Workshops on Peer Support and Mental Health	Tuesday evenings Nemo Arts
Step 3	Block B	4 Workshops on Awareness and Self-Management of Loneliness	Tuesday evenings Nemo Arts
Step 4	2 Social, Peer-based activities	cinema, bowling, a meal, games night, pizza night	Tuesday evenings Nemo Arts (or otherwise specified)

Updates from SIAL Project

YAWS Activities



YAWS Fighting Loneliness and Isolation

YAWS take part in various activities during the 12 SIAL sessions. Some examples include:

include:

Bowling



Games
Nights

Pizza
Nights



Cinema

A Meal
Out



Embracing our strengths

In honour of celebrating the theme of this year's Movember ("Embrace your inner superhero"), take some time below to reflect on your strengths:

	Example 1	Example 2
What am I good at?		
What do other people say I am good at?		
What do I love doing?		
Who do I have in this world who is supportive?		
What helps me, when I am struggling?		

Men's Mental Health

November

Movember is an important movement that takes place throughout the month of November. The movement aims to increase awareness of men's mental and physical health. It's aim is to encourage men to open up, speak out when they need support, and to notice the signs when something isn't right for them.

The theme this year is **"embrace your inner superhero"**

How to take part in Movember

1. **Grow facial hair if you are able, throughout the month of November.** This is to embrace change and raise awareness of men's health
2. **Move for mental health.** You can download the Movember app, create a profile, set up a fundraiser and the monetary target you want to reach and get moving. Follow the QR code below, for more information on how to get involved in the physical Movember Movement:
3. **Bake sales.** Donate any of the sales to the Movember movement, or a charity of your choice that supports men's health.
4. **Start talking to your loved ones.** Sometimes, the hardest part can be to start the conversation.
5. **Share information about Movember and Men's mental health/ physical health support websites, on social media.**

Scan here for more information on moving for Movember



Click here for more information on help and support

How to start the conversation about health

Starting the conversation can be hard. But sometimes, all you need to do is the following:

How have you been feeling recently?

Let them direct the conversation

Ask them again

How are you really doing?

Acknowledge what you have noticed

I noticed you've been (quiet) recently, is anything going on?

Acknowledge what you have noticed

Correct me if I am wrong, but things sound like they have been a lot. How are you handling it all?

Movember have created a simulation of starting a conversation with men about Mental health: <https://conversations.movember.com/en/>

Opportunities and Updates

Mind the Men

Mind the Men are a charity dedicated to reducing male suicide. They are based in Glasgow and often run groups and online zoom meetings on a Monday. For more information on the work they do, visit their website:

<https://mindthemen.co.uk/#joinclub>

Men Matter

Men Matter are aiming to support the improvement of quality of life for men's health, specially, their emotional, physical and mental wellbeing.

Men Matter often use a peer approach, which means that they may be able to relate to some of the difficulties you are experiencing. They provide a wide range of different groups that focus on different skills and difficulties that a lot of men face. Read more about their support groups via their website:

<https://www.menmatterscotland.org/services>

Brothers in Arms

Brothers in Arms offer different groups to support men with their wellbeing. One of which includes **Blethr**. Blethr aims to support men in understanding and managing emotions so that they can build their self-awareness and make a deeper connection with themselves. It is an online chatbot-style service, where men can share how they are feeling, and get responses back to them that aim to support their understanding of their emotions. Find out more about Blethr and other work that Brothers in Arms do, here:

<https://www.brothersinarmsscotland.co.uk/about-blethr/>

LGBT Health and Wellbeing

LGBT Health and Wellbeing also offer support to those 16 and over where individuals can access resources, guidance and emotional support. They also offer a helpline that is available to anyone in the LGBTQ+ community, which can be reached on: 0800 464 7000 (Open Tuesdays, Wednesdays, Thursdays (12-9pm) Sundays (1-6pm))

You can also read more about their support on their website:

<https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland/>

Mental Health Contacts

Organisation	Contact	
		116 123 24/7
		jo@samaritans.org
		Glasgow Office: 210 West George Street, Glasgow. G2 2PQ
		0800 838 587 Mon-Thur (6pm-2am. Fri, Sat, Sun 6pm-6am)
		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-
		0300 123 2523 / text: 07860039967
		pat@papyrus-uk.org
		0300 123 2523 For free on Tues-Wed 12-9pm/ Thurs-Sund 1-6pm
		helpline@lgbthealth.org.uk
		85258 Available 24/7 Text: "YM" if under 19
		0800 1111
		https://111.nhs.uk/
		111

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