

# Mygo2space

## Newsletter



**5<sup>th</sup> Edition**

**September 2020**

*E-newsletter for our Young Carers, Young People and Diverse Voices groups*

### **ART AND MENTAL HEALTH**

This edition will provide you with current information on the Young Carer's, YAMH and Diverse Voices groups, as well as providing you with creative activities, information on local projects, contributions from yourselves (featuring some amazing artwork!), fun facts and a riddle!

### **THINKUKNOW**

The following link provides information to support parents who are worried about their child's internet usage. The link will lead you to a page where you can learn more about fun activities you can complete with your family specifically tailored to starting up conversations about internet safety and usage. The page includes activities for helping your child understand cyber security, social media, sharing images, live streaming and online gaming safety.

Find out more:

[www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/)

### **Columba 1400**

Columba 1400 is a charity based in Scotland that aims to help young people realise their full potential by working with the key adults and carers in their lives, or with the young person themselves. The charity provides an environment for one to discover their values and potential and improves the young person's leadership skills, motivation, communication skills, self-esteem and resilience.

Their Community Leadership Activities include working with young people with around 60 hours of support for each service user. The Community Leadership Activities work closely with schools or local authorities so the venues are tailored to the young person, or are administered online.

Find out more: [www.columba1400.com/what-we-do/leadership-academies/young-peoples-leadership-academy](http://www.columba1400.com/what-we-do/leadership-academies/young-peoples-leadership-academy)

### **Create Live**

An online program created to reach out to adults and children during lockdown. In June The Honey Pot Children's Charity partnered with Mike Poyser to deliver music workshops to young carers. Frank- a young carer on the program described the experience as being the "highlight of his quarantine". Frank enjoyed learning to play the ukulele and learning all kinds of interesting songs on it. Additionally, Frank found it very reassuring and helpful to meet new people who were also young carers. Altogether, Frank benefitted a lot from this program and provided an experience for him that might otherwise have been difficult to

### **CAMHS**

Camhs have added a list of books, Downloads, Websites, videos, apps and information on coronavirus aimed at young people and their parents/ carers. You can access this information here: [www.camhs-resources.co.uk/](http://www.camhs-resources.co.uk/)

### **NHS "KIDS"**

Kids Independently Developing Skills (KIDS) is a new social media page that provides information additional support to parents and young people. It is a program supported by occupational staff that provides information on self-help ideas to children, parents, teachers and healthcare professionals. It includes information on how to support young people with physical disabilities and communication skills. The website includes information from birth to teenage years, and can be accessed here:

[www.nhs.gov.uk/kids](http://www.nhs.gov.uk/kids)

## KICKSTART SCHEME

The Kickstart Scheme is a 6 month paid job with a local employer, funded by the Government. It provides a fully funded opportunity for you to get experience of working in one of the UK's most exciting companies.

We know that young people are more likely to have been furloughed, with many working in sectors disproportionately hit by the pandemic. The Kickstart Scheme is an opportunity to build young people's skills in the workplace and improving their chances of finding long-term work. This will be open to people 16-24 years old, who are claiming Universal Credit, and are at risk of long term unemployment. Young people will be referred to these new roles via their Jobcentre Plus work coach. The first 'Kickstarts' are expected to begin at the start of November.

[www.jobhelp.campaign.gov.uk/kickstart/](http://www.jobhelp.campaign.gov.uk/kickstart/)

If you don't have a job coach then you can find out more about your career options:

[www.jobhelp.campaign.gov.uk/starting-out-in-your-career/](http://www.jobhelp.campaign.gov.uk/starting-out-in-your-career/)



Register today for FREE

Mental health support.  
24/7. Confidential.  
Online Community.

For more details please visit us at [www.togetherall.com](http://www.togetherall.com)

### Get Support. Take control. Feel better

- 16 – 18 years old living in Glasgow
- An anonymous community where members can support each other
- Access 24 hours a day, 365 days a year
- Trained professionals available 24/7 to keep the community safe
- Self-assessments & recommended resources
- Creative tools to help express how you're feeling
- Wide range of self-guided courses to do at your own pace

[www.togetherall.com](http://www.togetherall.com)



Offers support to anyone under 25 about anything that's troubling them.

Email support available via their online contact form:

[www.themix.org.uk/get-support/speak-to-our-team/email-us](http://www.themix.org.uk/get-support/speak-to-our-team/email-us)

Free 1-2-1 webchat service available: [www.themix.org.uk/get-support/speak-to-our-team](http://www.themix.org.uk/get-support/speak-to-our-team)

Free short-term counselling service available:

[www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service](http://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service)

Phone: 0808 808 4994

Opening times: 4pm - 11pm, seven days a week



*"I would like to share this art work to encourage other young people to be creative and develop different skills with art. Art makes me happy."*

By Aimee

## Diverse Voices Group



“Family is where life begins and love never ends” By R

*Sam from diverse voices group shared this drawing to show that her daughter discovered new skills that helped her during lockdown. This helped both mother and daughter express their feeling through art and was a good distraction from the pandemic.*



### Government Guidelines

When seeing friends and family you do not live with you should:

- meet in groups of 6 or less
- follow social distancing rules
- limit how many different people you see socially over a short period of time
- meet people outdoors where practical: meeting people outdoors is safer than meeting people indoors because fresh air provides better ventilation

[www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others](http://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others)

### Home Warm Discount 2020-2021

The Warm Home Discount Scheme for winter 2020 to 2021 scheme will open on 12 October 2020. The money is not paid to you - it's a one-off discount on your electricity bill, between September and March. **Contact your supplier to find out more.**

#### Eligibility

- There are 2 ways to qualify for the Warm Home Discount Scheme: you get the Guarantee Credit element of Pension Credit - known as the 'core group'
- you're on a low income and meet your energy supplier's criteria for the scheme - known as the 'broader group'

### Reaching Out

- Stay Connected: talk to family and friends over facetime, socially distanced walks and over social media. Chat about how you are feeling and share your circumstances, you might find they are feeling the same!
- Talk about COVID-19: Talking about your fears can help a lot to reduce the feelings of anxiety. It can also help you acknowledge that you might have been exposed to fake news that are only increasing your anxiety.
- Talk about your feelings: it may help to express your feelings verbally, through drawings or music or actions.
- People who have disabilities might struggle to explain their feelings. They may be feeling many different things and are finding it difficult to recognise and cope with them. Encourage them to express their feelings through speech, objects, actions, pictures and drawings.



## Art

Art in any form, whether that be music, drawing, painting or designing can greatly improve one's mental wellbeing. Being creative in any form has been thought to increase self-esteem and self-acceptance as it is an outlet for creative expression. Being creative has biological benefits too; creativity increases the release of "feel-good" hormones like dopamine. Art can also improve your mood simply by observing someone else's artwork.

For more information on how art can improve your mental health visit:

[www.mentalhealth.org.uk/blog/how-arts-can-help-improve-your-mental-health](http://www.mentalhealth.org.uk/blog/how-arts-can-help-improve-your-mental-health)

For information on how art can be used as a therapy to help improve mental wellbeing visit:

[www.jobsinpsychology.co.uk/job-search](http://www.jobsinpsychology.co.uk/job-search)

K.L loves art and finds it very soothing. She feels she can lose herself in a painting or collage. Whether that be classic or modern contemporary art, K.L. would look deeper into the picture to try and analyse what the artist was trying to portray.

(K.L. Young Carer)

"Art makes my brain calm"

(R.M. Young Carer)



## Positivitree

Below is our Positivitree! Feel free to fill in the leaves with some quotes or positive words to brighten your day, even draw your own leaves to fill in!



## Numbers and Information for Mental Health

### 1. Breathing Space (available Monday-Thursday 6pm-2am and Friday 6pm-6am and 24hours availability Saturday and Sunday)

Phone (free to call): 0800 838 587

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

Website: <http://breathingspace.scot/>

If you visit their website, they have something called “**WebChat**”. This is where you can message a specialist online. This is to be used if you fancy a chat or need to get something off your chest. The chat is confidential and will not be shared with anyone. At the start of the chat they will ask for your age, name and rough location. The chat is anonymous and they will not know who you are.



### 2. Samaritans (Available 24-hours)

Phone (free to call): 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org) (usually reply within 24-hours)

Website: [www.samaritans.org](http://www.samaritans.org)

In Person: 210 West George Street, Glasgow. G2 2PQ



### 3. Childline (Available 24-hours)

Phone (free to call): 0800 1111

Website: [www.childline.org.uk](http://www.childline.org.uk)

**Social Media:** On their website they give great advice on social media use and how to improve/ alter your usage of social media in a way that can help your mental health.

**Webchat:** This function allows you to chat 1-to-1 with a counsellor online. Very useful if you need someone to talk to. To find this section; Go onto [www.childline.org.uk](http://www.childline.org.uk) and from the Home page follow the get support link, followed by 1-2-1 counsellor chat. Scroll down and enter the waiting room You will be asked to create an account



### 4. NHS 24 (available 24-hours)

Phone (free to call): 111

Website: [www.nhs24.com](http://www.nhs24.com)

### 5. Togetherall

Website: <https://togetherall.com/en-gb/>

*Togetherall is for anyone ages 16-18 and is the new name for the Big White Wall. It is an anonymous, supportive community for those struggling with mental health issues. It is a 24-hour service with self-assessments and creative tools to express how you're feeling.*

**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**



## Stay safe and Take Care 😊



### Riddle

What is Orange and sounds like a parrot?

Scotland throughout history has had 421 different words for "snow"!

Your nose and ears never stop growing!

Adult cats are lactose intolerant



Please get in touch with Zara ([0791 2481 508](tel:07912481508)), Emily ([0784 1384 111](tel:07841384111)) and Husnara ([0778 9510 788](tel:07789510788)) for submitting artwork, poems, favourite songs, games and apps to feature in our next newsletter!

*Last week's riddle* There are 30 cows in the field and 28 sheep, how many didn't?  
Answer: 10, read it as "30 cows in the field and 20 'ate' sheep".

The next newsletter will be released late August.