

# Mygo2space

## Newsletter



**6<sup>th</sup> Edition**

**September 2020**

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

### **New Guidelines and Wellbeing**

This edition will provide you with current information on the Young Carer's, YAMH and Diverse Voices groups, as well as providing you with information given the current guidelines in Scotland relating to Covid-19 as well as fun facts and a riddle!

## Young Carers

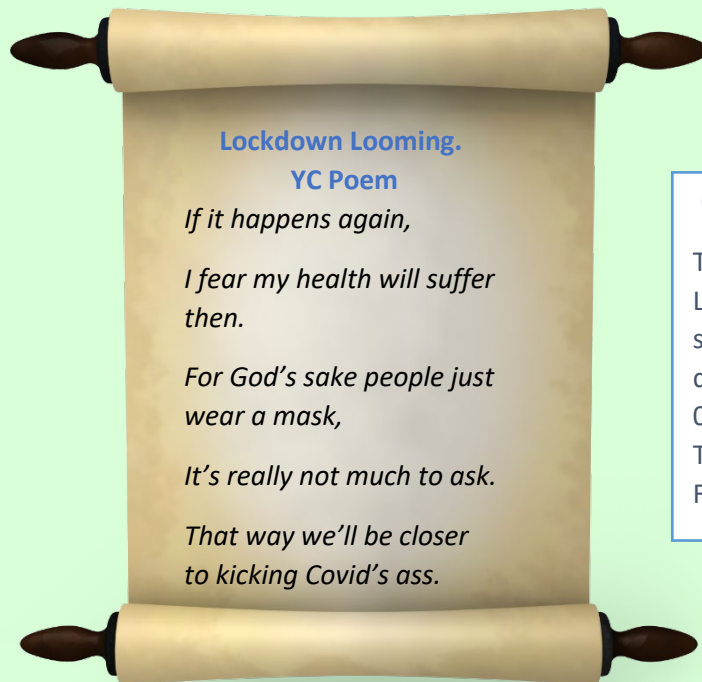
### Place2Be

Place2be have a variety of different activities for young people to take part in at home. These activities have been tailored to the current pandemic and range from things like “enjoying nature indoors”, daily physical activity videos, access to free books, videos, games and quizzes and free writing, reading resources and audiobooks! You can find all of this here:

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

### Carers Information

*Would you like more support with your caring role?* A carers Support Plan starts with a conversation where you discuss your caring role and what is important in your life. For Young Carers this is called a Young Carer Statement. For further information contact the Carers information line on 0141 353 6504



### Glasgow Life Digital Support Line

The Glasgow Life Digital Support Line is available weekdays to support our community with any digital enquiries. Call for free on: 0800 158 3974. Available Monday-Thursday 9.30am-4.30pm and Friday 9.30 am- 1pm.

### Time to Live Fund

Thank you for co-operating with the application process for the Time to Live fund. The deadline was the 30<sup>th</sup> of September 2020 and we managed to process all of the applications. We hope you managed to get something nice.

## YAMH

### COVID-19 RESTRICTIONS (as of 25/09/2020)

#### New Guidelines

- You are not allowed to visit other people in their homes, no matter where they live and you are not allowed to host anyone in your own homes no matter where they live. This is because research has shown that a high proportion of new cases of the virus have evolved from interaction with other people inside homes. However, there are exemptions to those allowed in your house:
  - Tradesmen such as plumbers, electricians and workmen are allowed
  - Those in your extended household ONLY are allowed within your home/ you are allowed in theirs. For more information on extended households visit: <https://www.gov.scot/publications/coronavirus-covid-19-what-you-can-and-cannot-do/pages/seeing-friends-and-family/>
- Pubs and restaurants are closing at 10pm across Scotland.
- You must not share a car with anyone outside your household or extended household.

#### What can you do?

- You CAN still meet people outside of your household following the “six-two rule”. This means you can meet up to 6 people from 2 different households only.
- Limit the amount of households you see daily
- Stay 2-meters apart from anyone outside of your household.
- You can have people in your garden but they must avoid touching things/ sanitise anything they touch before and after and avoid using the bathroom.
- Wear face coverings on public transport, inside hospitality settings, any indoor areas and taxis

#### Age groups

- Under 12's do not count in regards to the maximum number of people who can meet outdoors (so more than 6 under 12's can meet outdoors) and do not need to physically distance in parks or outdoors.
- 12-17 year olds can meet without number restrictions. However, everyone must stay 2 metres apart and must meet outdoors. More than 6 people in this age group can meet following these restrictions
- Different restrictions are in place for gyms, outdoor sports, childcare and education. Please check your local authorities, schools and businesses for more information on these restrictions.

Reference: Gov.scot

### Media Ambassadors 2020!



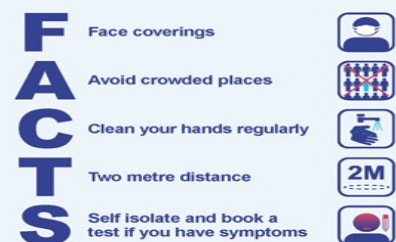
Do you think that more could be done for young carers? More awareness, more support? Do have your own views that you wish to share?

We're looking for up to 10 young people aged 16-18 to join our Media Ambassadors Team in 2020.

This is a brilliant opportunity to learn practical media and communication skills from professionals and to make a real impact in terms of awareness raising about young carers' issues. This is an excellent chance to make a difference for others - and yourself too!

[www.carers.org/scottish-young-carers-festival/media-ambassadors-2020](http://www.carers.org/scottish-young-carers-festival/media-ambassadors-2020)

### Remember FACTS for a safer Scotland



nhsinform.scot/coronavirus  
#WeAreScotland



## Diverse Voices Group

### Keeping Calm During the Pandemic

1. **Stay connected with people you care about.** Simply chatting with others can take our mind off of overwhelming tasks in the moment. Whilst we may not be able to visit each other's homes, we can still phone call, video call, go on socially distanced walks, take part in organised outdoor sports and visit those who are within our extended household.
2. **Talk about your concerns.** It is completely natural to feel what you are currently feeling and the likelihood is that if you are feeling this way, other's are too. Talking about it and sharing our worries can make them feel smaller and less overwhelming. Hearing ourselves give advice can actually help us realise too, that things are not as scary as they may seem
3. **Feel prepared.** Whilst this may seem difficult right now as the guidelines are changing relatively frequently, we can still do our best to prepare ourselves for any future changes. Talk to your household about how you will overcome any obstacle you are concerned about, there's always a solution!
4. **Look after your body.** Our body and mind are very much connected and so to look after our mind, one step we can control, is how we look after our body. Drink plenty of water, eat well-balanced meals throughout the day, go on walks/ perform some kind of exercise, go outside and avoid smoking and drugs.
5. **Stick to trustworthy facts.** Whilst it is important to follow through step three and prepare yourself for any future changes, make sure you are following credible resources such as gov.uk and the NHS website. That way you can only prepare yourself for likely scenarios rather than intrusive thoughts caused by anxiety.
6. **Do things you enjoy and get a good sleep.** Do something for yourself before you go to bed each night to ensure you are relaxed and calm. If you are stressed or tense, you might experience disrupted sleep.



A set of resources focusing on inclusivity and celebrating differences - all with a mental health focus. Some groups of children may need more support with their mental health due to their experiences. A resources toolkit for key groups have been created for:

- Children who identify as LGBTQ+
- Children from ethnic minority groups
- Children who are refugees and asylum seekers
- Children who are looked-after
- Young carers

[www.mentallyhealthyschools.org.uk/resources/celebrating-differences-world-mental-health-day-toolkit](http://www.mentallyhealthyschools.org.uk/resources/celebrating-differences-world-mental-health-day-toolkit)

### Looking after your own and your family's wellbeing

As a parent sometimes your anxieties can be unintentionally passed down to your children. Ask your children directly how they are doing. By asking "how was your anxiety today?" it opens up a more honest conversation about mental health. Reassure them as much as you can that you and everyone in your household are taking measures to protect the home, such as wearing masks, washing and sanitising hands and keeping distance from others.



## Your wellbeing and the New Restrictions

### Things you can do for yourself

- **Tell yourself something certain.** Focussing on all of the uncertainty right now will only increase anxiety. To reduce this, focus on things you know will happen rather than the “what ifs”. For example: “I am certain that I am doing everything I can to protect the people I love”. And “I am certain that in the future, things will seem less scary”.
- **Be realistic and mindful of your situation.** The media regularly fuels our anxieties. Definitely keep up to date with current affairs if you can but also be aware and mindful that your situation is unique. The media can overestimate the situation (or might not apply to your own situation) and can make you undermine your ability to handle events. You are capable and strong enough.
- **Limit news consumption to once or twice a day.** Over exposure to the media can really negatively impact our wellbeing. It can cause us and those around us to exaggerate situations. If we only expose ourselves a couple of times a day, we are more likely to think logically about the event.
- **Focus on what you are currently grateful for rather than things you wish you could change.** It is understandable and so easy to wish for things we can’t currently do. Instead try and focus on things you can do and things you have been doing during lockdown that you wouldn’t have done.

### Mindful Activities

- **Three hugs, three breaths challenge.** With a member of your household share three hugs together and on each one, take three deep breaths together. This exercise is calming and reassuring and helps us become mindful of the moment we are in.
- **Stroke your hands.** Close your eyes, take the index finger of your right hand and slowly move it up and down on the outside of your fingers. Do the exact same on the right hand with your left index finger.
- **Mindfully eat a piece of chocolate (or a raisin).** Pop a piece of chocolate/raisin into your mouth, what flavours do you taste? What textures do you feel? Can you smile a little whilst doing it? How do you feel eating it? For the next piece, try chewing a bit longer and see if you notice any new textures and tastes the longer you chew it.
- **Clench your fist and breathe into your fingers.** Have your thumbs and fingers facing down. Now clench your fist tightly, turn your hand over, breathing into your fist and notice if it relaxes at all.
- **STOP.** Stand up, breathe and feel your feet on the floor. Tune into your body, notice each part of your body and if there is any tension there, in your fingers, yours toes, your brow? Observe anything in your environment that is pleasant to look at. Look at the possibilities around you.

Reference: [psychcentral.com](https://www.psychcentral.com)

### If you find yourself being reactive (your anxiety/ temper/ stress is rising), try acting on it with this mindfulness technique

1. Pause. Take one to three big, deep breaths
2. Say to yourself “step back”. You can even try stepping back physically
3. Say to yourself “clear head/ breathe”
4. Say to yourself “let’s try and loosen the shoulders and untense”
5. Take another deep breath and feel where rises and falls when you do this. Is it your stomach? Your chest? Your shoulders?



Reference: [psychcentral.com](https://www.psychcentral.com)



## Mindful Activities

### *Lockdown Poetry*

*Below is a loose guide on writing about your lockdown experience. You can make them humorous or use the guide to help express what you found difficult during lockdown and what you missed.*

Pick three places

Pick a place you missed most during lockdown:

1. *What are things you associate with this place? (e.g. at an ice rink you might think of ice skates)*

2. *Personify these nouns! Give the place (e.g. ice rink) and the objects (e.g. ice skates) feelings about being empty. Be as creative as you can! Do the ice skates race each other around the ice rink because there are no humans to occupy them?*

Next pick a place you haven't been but would like to go to:

1. *What are things that are associated with this place?*

2. *Personify the place and the objects! Make it weird, make it funny!*

Finally pick a place that you are looking forward to going to in the future:

1. *What are things that are associated with this place?*

2. *Personify the place and the objects!*

Feel free to send in your poems to Zara, Husnara or Emily (contact details at end of newsletter)

## 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 has a neck, but no head, has two arms but no hands?

The 29<sup>th</sup> of May  
is officially “put  
a pillow on your  
fridge day

Things might be  
tough, but I am  
capable and  
strong enough!

Only 5% of the  
ocean has been  
explored. We know  
more about space  
than our oceans



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:* What is orange and sounds like a parrot? Answer: A carrot

The next newsletter will be released in October