

# YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 7

17/10/21



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

### YAWS Update

We have a blend of face to face and digital group sessions. The face to face sessions include creative arts sessions called 'Life Lyrical Lessons' delivered by Caishnah Nevans. Lyrical Life Lessons is a project that seeks to celebrate the connection between music and mental health. Focusing on lyrics, the project encourages the open discussion of mental health topics by using lyrics as a springboard for both creativity and conversation. The workshop sessions involve the creation of a variety of artworks inspired by favourite lyrics and lyrics promoting positivity, as well as informing the creation of the journal resource from its intended users. Both the therapeutic process of creating these and the resulting talks about music are fundamental to the mission of Lyrical Life Lessons to promote everyday conversations around mental health through creativity and music.

This initiative has been funded through the Creative Scotland Youth Arts Fund

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

### Timetable for October

Subject to change due to staff availability, weather and travel restrictions

Date	Session	Where
05/10/21	Life Lyrical Lessons	Face to face
06/10/21	Your Rights: Group Discussion and Information Session	Zoom
12/10/21	Life Lyrical Lessons	Face to face
13/10/21	Documentary Options: Supersize me, Blackfish or Our Planet	Zoom
19/10/21	Life Lyrical Lessons	Face to face
20/10/21	Baking Session	Zoom
26/10/21	Life Lyrical Lessons	Face to face
27/10/21	Yoga with Claire	Zoom

#### COVID-19 Vaccination Centres

All young people are now being offered the first dose of the Covid-19 vaccine if you are aged 16-17.

You can book your vaccine here: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

If you or someone you know is concerned about the vaccine please visit the government's website below for accurate information: <https://www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination/what-to-expect-after-your-covid-19-vaccination>

Or phone the Covid-19 helpline for free: **119**



# Halloween



## Halloween Word Search

Q M T J V M P L P L S W R Y N Y  
 S B R L E F W H X B V C L P K W  
 P H P Q V F T O S H T F X H X H  
 O B F H D J I J N O T E L E K S  
 O R Q C A N D Y I F U Q I O O B  
 K G H O S T S L K J J E N D O S  
 Y M Z L G J F C P H E K Y J X Y  
 I T E C O S T U M E S L A H X A  
 V G A X B K L M U M M Y H A K S  
 E A A B L Z S T P P I B U L H M  
 D M W F I T P A R T Y Q G L C U  
 A E Y Q N U G E S S L H Z O T S  
 S S B J E C C R F F K X P W I Y  
 T R I C K U P T J A S L Z E W E  
 F T Z Q W P X B J Q A B I E U W  
 M T V C R J K U D T M U S N H O

BOO  
 GAMES  
 HALLOWEEN  
 PARTY  
 SPOOKY  
 WITCH

CANDY  
 GHOSTS  
 MASK  
 PUMPKINS  
 TRICK

COSTUMES  
 GOBLIN  
 MUMMY  
 SKELETON  
 TREAT

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

### Skeleton Gingerbread Men Recipe

#### Ingredients

300g Plain flour  
 1 tsp Bicarbonate of soda  
 2 tsp ground ginger  
 ½ tsp ground cinnamon  
 125g butter  
 100g soft dark brown/  
 muscovado sugar  
 2tbsp golden syrup  
 2tbsp black treacle  
 100g royal icing  
 Black food colouring

#### Method

- Heat oven to 180C. Mix flour, bicarb, ground ginger and ground cinnamon in a bowl.
- Gently heat butter, sugar, syrup, treacle in a pan until melted. Pour into flour mix and combine to a dough (if it is stiff add a small drop of water to help combine ingredients)
- Roll out the dough to about 1/2cm thick. Use a gingerbread cutter to cut out the biscuits.
- Lay out onto some baking paper on a tray and pop into oven for 12-14 minutes until dark golden brown
- Leave to cool and put royal icing in a bowl mixing using water (1-2tbsp) until texture resembles toothpaste
- Decorate!



# Sleep and Mental Health

**Setting a Sleep Schedule:** If you find it difficult to summon the energy to get out of bed, this is an excellent way to be more energetic in the morning. Try to wake up at the same time everyday and get ready for sleep at the same time every day, even if you get slightly less sleep than you wanted, disrupting a sleep routine can actually make us feel more tired.

**Make sure you get 6-9 hours of sleep:** Everyone differs on how much sleep they need, but it is thought that around 6-9 hours a night is the optimal amount for adults.

**Make sure you wind down:** Winding down looks different for everyone, maybe for you its reading, watching T.V., listening to music or anything that makes you happy and relaxed. A key part of winding down is to do something relaxing so try to avoid anything too strenuous before sleeping (working, vigorous exercises) and try your best to avoid screen time.

**Getting your room ready for sleep:** Try not to use your bed as an office space/ somewhere you work. When this is not possible try not to use screens too close to bedtime. Another tip is to make sure that you sleep in quiet environments as this will help reduce distractions and allow you to have a more sound sleep

**Coping strategies for managing anxiety:** Mousing out a random/meaningless word whilst in bed can distract you when your thoughts are racing. Alternatively you can try imagining a relaxing scenario which may help soothe any anxious thoughts. If neither of these work, it might help to try to do something else for 15 minutes such as reading, writing, doodling or getting up and stretching to tire out your mind a little more



## Things on my Mind

If thoughts are still keeping you awake, it might help to write them down. Whether that's on a scrap piece of paper or down below, research has shown that it can be incredibly helpful to get these thoughts out of our heads somehow before we go to sleep. The thoughts can range from anything: to-do tasks, emotions, events from the day, what tomorrow will look like etc.



# Food and Mental Health

## What is the connection between food and mental health?

Good and healthy food is incredibly positive for our mental health. when we eat well we can:

**Feel happier**

**Have more energy**

**Think clearer**

When we haven't eaten in a while we may become grumpy, tired or sluggish. Or if we have eaten too many unhealthy foods we may feel sickly or a little guilty. It's difficult to completely cut out foods from our lives but we can limit our intake of them by monitoring when we have them

## Eating Smart

Below are 6 ways that you can be a little more mindful of when and what you are eating

- 1. Eat breakfast:** it may sound obvious but when breakfast is skipped we lack energy and our mood often suffers as a result. Even eating a banana, a breakfast bar or anything that has "slow-releasing energy" can really help perk us up for the whole day- not just the morning.
- 2. Eating little but often:** Everyone's body is different and this may not work for everyone but eating little and often can be a great way to get all of the energy you need and to make it last throughout the day. Eating three large meals a day for some people often leads some to feel drowsy, low or tired once the energy from the meal has worn off. Try eating slow-energy-release foods such as pasta, rice, cereals and nuts
- 3. Reducing sugar intake:** Try to reduce the number of sugars you have as this can make your blood sugar rise and fall quickly which will reduce your energy further. And as we know, low energy often leads to low mood.
- 4. Stay hydrated:** Many underestimate how much drinking water can positively impact your mood. Often when we are feeling a little down or lacking energy it is our body telling us to drink more water. It is recommended that we drink 6-8 glasses of fluid a day (including tea, coffee and juices but beware that caffeine can impact our mood negatively at times)
- 5. Getting your five-a-day:** We have all heard thousands of times how important it is to get our five-a-day for our physical health, but it is also really beneficial for our mental health! Eating five fruit and veg, whether that is frozen, fresh, dried or juiced is really positive for our brain. Generally, one of our five-a-day equates to one handful, one glass or one small bowl. If you want to know more visit: <https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>
- 6. Make the changes slowly:** Our gut needs time to adjust to new patterns in eating so make sure to be kind to yourself and give yourself time to adjust
- 7. Eat mindfully:** Being aware of our five senses whilst we eat can help us slow down, be in the moment and enjoy our food more. When you look at your food what do you see? When you feel the food, what do you feel? What do you smell? Finally, what does it taste like if you chew it a little longer?

# Community Updates for Young People

## NHS 24 Youth Forum Recruitment

NHS 24 are looking for a diverse range of young people between the ages of 16-26 to gather their views and to encourage their involvement in NHS 24. This will help improving access and awareness of NHS 24 for mental health services. To get involved you can participate in Youth Forums, Public Partnership Forums, campaigns, NHS events and board representation and strategy input. This is an excellent opportunity to note on a C.V. and a great reference for future employment. Travel expenses are reasonably reimbursed. To learn more about the Youth Forum email: [youth.forum@nhs24.scot.nhs.uk](mailto:youth.forum@nhs24.scot.nhs.uk)

## LGBT Health and Wellbeing

LGBT Health and Wellbeing are now beginning to hold both in-person and online sessions Their wellbeing Café is the 1<sup>st</sup> Monday of every month from 6-7:30pm in person! Check out their website for more information on this meet-up: <https://www.lgbthealth.org.uk/>

They also hold the Creative Cabin every 3<sup>rd</sup> Monday of every month 6-7:30pm which involves some relaxing artwork and wellbeing online. You can sign up for the October the 18<sup>th</sup> session (and every other session) here: [https://www.lgbthealth.org.uk/event/creativecabin/2021-10-18/?utm\\_source=Glasgow+Mental+Health&utm\\_campaign=6c1f46eb36-EMAIL\\_CAMPAIGN\\_2021\\_09\\_27\\_11\\_51&utm\\_medium=email&utm\\_term=0\\_622849c5d3-6c1f46eb36-242982075](https://www.lgbthealth.org.uk/event/creativecabin/2021-10-18/?utm_source=Glasgow+Mental+Health&utm_campaign=6c1f46eb36-EMAIL_CAMPAIGN_2021_09_27_11_51&utm_medium=email&utm_term=0_622849c5d3-6c1f46eb36-242982075)

## The Bridge Trail

The Bridge Trail is a feasibility clinical trial (RCT) with young people in the general population of Glasgow, exhibiting early symptoms characteristic of Borderline Personality Disorder (BPD). These symptoms include difficulties with relationships, emotional regulation, fear of abandonment and identity. Initial work in this area has indicated that, whilst some were known to services, many young people with persistent complex needs remain hidden to services.

The Bridge Project has now obtained full ethical approval for this trial and are ready to recruit participants. They are looking to engage with ANY young person between 14-24 years of age who has ongoing difficulties with **relationships**, **emotional regulation** and **identity**. They are not looking to screen young people for BPD, but to direct them to the trial team.

If you are interested you can access the information, complete consent and initial screening online by visiting the following website: [www.bridgeproject.co.uk](http://www.bridgeproject.co.uk). If you have any questions, please do not hesitate to contact a member of the trial team on 0141 201 9239 or email [mvls-bridge@glasgow.ac.uk](mailto:mvls-bridge@glasgow.ac.uk)

You can also find them on facebook at:

[https://www.facebook.com/The-Bridge-Project-UofG-103216818806011/?notif\\_id=1633510246956710&notif\\_t=page\\_user\\_activity&ref=notif](https://www.facebook.com/The-Bridge-Project-UofG-103216818806011/?notif_id=1633510246956710&notif_t=page_user_activity&ref=notif)

And on twitter at: [https://twitter.com/UOFG\\_BRIDGE](https://twitter.com/UOFG_BRIDGE)

## Support Children and Young People: The Moment

There is a movement that aims to connect young people with decision makers across Scotland to take action against climate change ahead of COP26. To find out more about what you can do visit:

<https://www.togetherscotland.org.uk/news-and-events/news/2021/10/support-children-and-young-people-to-take-part-in-the-moment/>

## Action for Children

AFC are offering employability services for 16-29 year olds with sector based training programmes, group support and 1-1 support. To find out more information please phone 07872503941 or 07866159370 or visit [www.actionforchildren.org.uk/employability](http://www.actionforchildren.org.uk/employability)

## 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 111 (FREE 24hour service)**



111

***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***