

# Mygo2space

## Newsletter



**7<sup>th</sup> Edition**

**September 2020**

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



## Halloween



This edition will provide you with current information on the Young Carer's, YAMH and Diverse Voices groups, as well as providing you with some fun Halloween activities!

## Young Carers

### Know your Own Way

Glasgow Council on Alcohol have begun the Know Your Way Programme for young people aged 12-18. This is a 12-week programme aimed at individuals who are displaying risk-taking behaviour regarding alcohol. This programme aims to increase knowledge of what is classes as risk-taking behaviour and help a young people develop their decision-making skills and improve their mental wellbeing. It is a person-centred (focussed solely on the individual, treating them as unique) programme that will provide 1-to-1 and group work. The sessions will include activities that help one manage their emotions, express their needs and feelings and protect themselves against risk. You can see more information at:

<https://www.glasgowcouncilonalcohol.org/know-your-way/>

### Young Carers Festival

This festival is for those ages 11-18 and is run by the Young Adult Carer Advisory Group. They have released an online survey that can be accessed here:

<https://www.surveymonkey.co.uk/r/SYCFsurvey2020> the survey is live until the 4<sup>th</sup> of December and young people can receive 150 Young Scot Points for taking part whilst also being entered into a prize draw with the chance to win a £30 Love2Shop voucher.

You can also follow the group on Instagram to answer their "quickfire questions" every Friday. Find them at @ycscotland.

**Carers trust** have launches the Lockdown Lowdown Survey which is all about Young Carer's experiences during lockdown and can accessed here: <https://www.surveygizmo.eu/s3/90271753/LockdownLowdown-NewNormal>

## Memories of Pumpkin Carving with Young Carers (October 2019)



### Poem from one of our Young Carers

Cats and Bats  
Ghouls and goblins,  
Shiver and quiver,  
Trick or treat,  
Smell my feet,  
Give me something nice to eat

By R.M.

## YAMH Art Gallery



*A visit to the museum is a search for beauty, truth and meaning in our lives. Go to museums as often as you can – Maira Kalman*



### Title- Ideas: the seeds of perception.

Mark Twain is known to have said:

"There is no such thing as a new idea. It is impossible. We simply take a lot of old ideas and put them into a sort of mental kaleidoscope. We give them a turn and they make new and curious combinations. We keep on turning and making new combinations indefinitely; but they are the same old pieces of coloured glass that have been in use through all the ages."

*This is the thought behind this piece. That what we see, what we perceive has a marked effect on our thought processes. This is why it is so important to surround ourselves with positivity as best we can. Art has always been a source of catharsis for me. It has enabled me to express myself and calm my mind at the times when I have felt the most restless and unsettled.*

Sara

This painting is called "Makeshift Studio". I painted it digitally on Procreate. After having finished my masters' degree, I was looking for jobs and had a lot of free time in between. I was not feeling very well and I couldn't figure out why it was. I decided to paint and I tried it first in acrylics. Maybe I was out of practice, or maybe the brushes I had were not optimal, the paintings didn't turn out to be my liking. They still brought me a lot of joy though. I created myself a makeshift studio in one corner of my room and every-time I would look at it, it would lift my mood. So I painted this still life painting as a celebration of my creative process. This motivated me to research more on techniques and I am even thinking about joining an art school in the future.

Avinash





**Aged 16-26 and out of work, education or training? Then this programme is for you! At Impact Arts you can be creative, gain in confidence and earn qualifications. We are not looking for young people with lots of creative skills, and you don't need to be a whizz at art to join in - an interest in creativity is more than enough.**

Over 12 weeks and using the arts as a focus, we will support you to feel more confident, overcome some of the hurdles you might be facing and gain some qualifications. All delivery is currently online, and you will be supported by an artist and opportunities co-ordinator who will provide 1:1 and group support. We will provide you with everything you need to get involved. Creative Pathways programmes are a fun and engaging way for you to increase your employability skills, gain a qualification and work on some fun creative activities. During the course of 12 weeks we will work with you to gain the SQA accredited Employability Award and support you to progress to a positive destination, for example- further training, college or employment. We will ensure that everyone who joins the programme has the materials they need in order to participate, including art packs, SQA paperwork and access to digital resources.

[www.impactarts.co.uk/content/join-a-project-creative-pathways](http://www.impactarts.co.uk/content/join-a-project-creative-pathways)

### LGBT Health & Wellbeing

Hold a monthly online mental health focused drop in creating a "mental health positive, queer positive, safe space". This is a safe space for a chat! Additionally, they provide a helpline for LGBTQ+ people which is Tuesdays and Wednesdays from 12-9pm and Thursdays and Sundays from 1-6pm. You can call on 0300 123 2523 or email at: [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk) or visit [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk) 1-1 support is provided as well online or over the phone for those in Glasgow, contact Elizabeth: [elizabeth@lgbthealth.org.uk](mailto:elizabeth@lgbthealth.org.uk)

To access a calendar of online events (including books groups, song-writing and quizzes) for each month see here: [www.lgbthealth.org.uk/whats-on/](http://www.lgbthealth.org.uk/whats-on/)



### Applications for 2021 Social Mobility Foundation Programmes now open

Programmes run that are completely free on mentoring, internships for big companies, support for applications for universities, skills and professional development workshops for young people across the UK. You can begin to apply for this from S5 and their support extends into your university or internship life to help you obtain jobs later.

[www.socialmobility.org.uk/](http://www.socialmobility.org.uk/)



### Get Involved: Young People

Community Jobs Scotland (CJS) provides young people (aged 16 to 29 years) living in Scotland with paid jobs in voluntary sector organisations.

CJS job opportunities will give you the chance to develop and increase your work skills and gain great workplace experience. By working in a voluntary sector organisation it also means that you'll be helping to improve your community

[www.scvo.org.uk/jobs/community-jobs-scotland](http://www.scvo.org.uk/jobs/community-jobs-scotland)

## Diverse Voices Group

Earlier this year during mental health week in March, members of the diverse group contributed positive words to this jar that helped one another to stay calm and to embrace positivity during the lockdown. During these unprecedented times the group would like to share these positive affirmations again to remind each other that we will overcome this together.

**“I believe in my ability to get through tough times” “I will not stress over things I cannot control”**

**“We will be looking back at this soon”**

**“I have the ability to overcome my anxiety”**

### NHS App Library



This app has lots of online tools managing a range of physical and mental health conditions, most of which are free to use. Many health charities have self-management information on their websites suitable for specific health conditions. Make sure that you only take advice from trustworthy sources. If your health needs change, or you become unwell, please contact your GP or get NHS advice: [www.nhs.uk/apps-library/](http://www.nhs.uk/apps-library/)



## Click 2 Connect Course

Work towards your IT goals like using Microsoft Word, job searching or shopping online. While attending this course you will have the opportunity to work towards an SCQF Level 3 qualification. This online course will start in September/October 2020.

If interested in joining send your name and your email address, stating your interest in this class, to Victoria McHard at [vmchard@glasgowclyde.ac.uk](mailto:vmchard@glasgowclyde.ac.uk)

In order to participate, you must be able to access ZOOM video conferencing, and have a laptop or PC to use.

Our courses are free, however, to be eligible to join you must: live in the south of Glasgow, be unemployed, claiming benefit or on a low income and be over the age of 16.

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### Listening Books



Listening books is aimed at those who find that find their mental, physical health or learning disability affects their ability to read. They provide a “charity audiobook library, available for anyone who finds that reading or holding a book is impacted by an illness, disability, specific learning difficulty or mental health condition”. They have a range of fiction and non-fiction books for both adults and children. Those who can't pay the membership fee are able to get this service for free (however this number is limited so make sure you get in early). Otherwise, membership is £20 a year. This can be accessed here: [www.listening-books.org.uk](http://www.listening-books.org.uk)

## Halloween Activities

Halloween may be different this year, but that doesn't mean it can't still be fun! Below are some suggestions to liven up your Halloween spirit



### Carve Pumpkins

With a trusted adult present, try to arrange a night of pumpkin carving within your household.

How to carve a pumpkin

1. Take a sharp serrated knife (with permission and supervision from an adult) and carve the crown of the pumpkin.
2. Take a large serving spoon and scoop out the seeds and fibres (these can be used for a nice pumpkin soup recipe that you can find online if you are interested)
3. With a marker pen draw what kind of face you want your pumpkin to have on the skin
4. Use a small serrated knife to cut out the eyes, nose and mouth and always **cut away from you in case the knife slips or you lose control of the knife**

### Have a Halloween Quiz

Test your family and friends on zoom with this fun quiz on halloween:  
<https://www.beano.com/posts/the-ultimate-spooky-halloween-trivia-quiz>

Have fun Halloween themed prizes for those with the highest scores.



### Make Candied Apples

#### Ingredients

6 apples (or however many you are making)

500g of milk chocolate (adjust according to however many apples you are making)

1 tsp chocolate extract

Sprinkles

Lollipop sticks

#### Method

1. Insert lollipop sticks into the apples. Pour your sprinkles/ decorations into a bowl.
2. Break chocolate into chunks into a heat proof bowl to place over a pan of simmering water. Stir the chocolate until melted and smooth, being careful not to burn the chocolate. Once melted remove from the heat and stir in the chocolate extract
3. Dip the apples into the chocolate and then into the bowl of sprinkles/ decorations



### Create a Spooky Halloween "Feel Box"

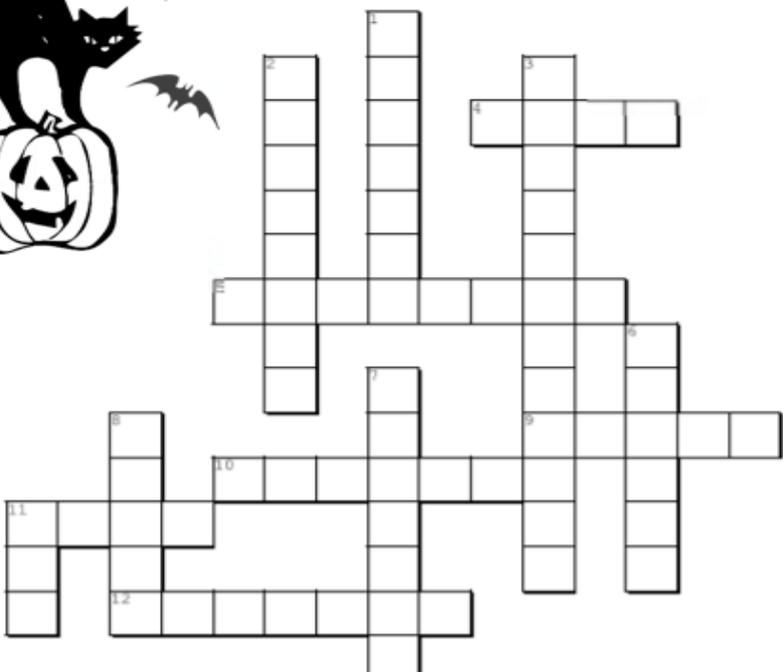
- You can create these out of old shoeboxes, cereal boxes, old Tupperware or any other old box you wont use again. You can also use old plastic bags, just make sure no one looks inside!
- You want to cut a whole into the box, big enough for a hand to fit through comfortably, but small enough that you cant see the contents inside
- Inside you can put in different things that have different textures. For example: peel the skin off of grapes (so that it feels like eyeballs for example), fuzzy pipe cleaners, popcorn kernels, dried pasta, anything that will provide different textures!
- The aim being that people have to guess what the objects are, write down what they could feel in the bag, then at the end, everyone shares what they think was in the bag and the individual who got the most objects right wins!

### Listen to a Spooky Spotify Halloween Playlist

Spotify has so many different spooky playlists for you and your friends to have a BOOGIE to some music!

# HALLOWEEN

Complete the crossword below

Across

4. Placed over your face  
 5. Human that transforms into a wolf  
 9. \_\_\_\_\_ or Treat!  
 10. Disguise  
 11. Night flying mammals  
 12. A house where ghosts live is considered \_\_\_\_\_

Down

1. Dracula is one of these  
 2. Scary creatures, or \_\_\_\_\_, Inc.  
 3. Carved pumpkin  
 6. Web creator  
 7. Halloween month  
 8. Stirs potions in a cauldron  
 11. Ghostly Talk

© TheTeachersCorner.net Crossword Maker

## 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

Why didn't the mummy have any friends?

What Halloween  
sweet is never on  
time? ChocoLATE

Why don't  
mummies take  
time off?  
They're afraid  
to unwind

What is a vampire's  
favourite fruit? A  
nec(k)tarine



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

Answer: a shirt