

# YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 8

01/12/21



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 Sessions

### Who is delivering the sessions and when?

Face to face groups are delivered every Tuesday evening. Remote sessions are delivered on Wednesday evenings. Lauren, Victoria and Grace are the sessional workers delivering the sessions.

### What is delivered during the sessions?

A variety of sessions include: Mindfulness, Mental Health, Well-being, Life-Skills, Climate Change, Your Rights, Baking, Yoga, Tour of Largs, Careers, Moving Out, and Languages.

### How is it going?

The zoom sessions are a great way to engage with young people who sometimes can't make face to face session. It helps them keep up-to-date with the service and each other. Attendance at the face to face sessions are going well. We always aim to encourage positive mental health and encourage young people to get involved and give feedback as this increases their sense of empowerment and belonging.

### Update

The last session this year will be on the 21<sup>st</sup> of December 2021. Groups begin again on 10<sup>th</sup> of January 2022

## Timetable for November

Date	Session	Where
02/11/21	Life Lyrical Lessons	Face to face
03/11/21	Life Skills Session: Careers and Moving out	Zoom
09/11/21	Life Lyrical Lessons	Face to face
10/11/21	Nil By Mouth	Zoom
16/11/21	Life Lyrical Lessons	Face to face
17/11/21	Tour of Largs	Zoom
23/11/21	Life Lyrical Lessons	Face to face
24/11/21	Yoga with Claire	Zoom
30/11/21	Life Lyrical Lessons	Face to Face

### COVID-19 Vaccination

All children aged 12-17 are now eligible for their Covid-19 vaccinations.

### BOOSTER JAGS

Booster jags can be offered to individuals who had their second dose of the Covid-19 vaccine over 6 months (24 weeks) ago.

To book your appointment visit: <https://www.nhsinform.scot/covid-19-vaccine/the-vaccines/coronavirus-covid-19-booster-vaccination/>

## Timetable for December

Date	Session	Where
01/12/21	Language's	Zoom
07/12/21	GMRC Project Discussion: Mental Health	Face to face
08/12/21	UCAS application help/ chat	Zoom
14/12/21	Social: Christmas movie	Face to face
15/12/21	Christmas Quiz	Zoom
21/12/21	Christmas Party	Face to Face

## Christmas Word Scramble

Answers on page 7

Christmas Word Scramble	
Word	Answer
SKIOICOE	
ASTAN ULCSA	
OTH COOLTHACE	
GLIHES SELBL	
LOCARS	
LIMSOTTEE	
SHLIGT	
EONGGG	
VAINTYIT	
PURHOLD	
MOWNANS	
BEEEDRCM	
GLANE	
TINCKGOS	

# Christmas Recipes

## Yule Log

### Ingredients

#### For the Cake

- Butter for greasing
- 5 eggs
- 140g light muscovado sugar
- 100g self-raising flour
- 25g cocoa powder
- Caster sugar (for dusting)

#### For the icing/filling

- 285ml carton double cream
- 450g fondant chocolate

### Method

- Heat oven to 190C/fan 170C
- Butter and line base and sides of a 30x 35cm swiss roll tin (or any baking tray you have) with baking parchment
- Separate the eggs putting them in a large mixing bowl. Add sugar and 2 tbsp of water to the yolks. Using an electric mixer/ whisk, whisk the sugar and yolks for about 5 mins until mixture is lighter and thick enough to leave a trail when whisk is lifted. Sift in flour and cocoa, then fold lightly.
- Beat egg whites until stiff and fold into cake in three batches
- Pour mixture into tin and bake for 10-12 mins. Put a large sheet of baking parchment on the work surface and sprinkle lightly with caster sugar. Turn the cake out onto the parchment and peel off the lining paper. Leave to completely cool. Score the edge of one of the long sides of the cake and start to roll the log using the paper to help you.
- To make the icing and filling, bring the cream to the boil in a small pan, remove from the heat, then break in 400g of the chocolate. Stir until it is melted. Leave to cool, then chill until it is spreadable, about 1 hr. Chop the remaining chocolate, spoon a third of the icing into a bowl, then stir them together to make the filling.
- Carefully unroll the cake, then spread all the filling over to within 2cm of the edges. Roll up the cake again using paper to help you, then set on a board. Spread remaining icing over top

Recipe taken from:

<https://www.bbcgoodfood.com/recipes/yule-chocolate-log>



## Spiced Hot chocolate

### Ingredients

- Hot chocolate of choice
- 1 teaspoon of ground cinnamon
- ¼ teaspoon of ground nutmeg
- Whipped cream

### Method

- Heat up milk in a mug for 1-2 mins.
- Stir the milk adding the suggested amount of hot chocolate mixture, cinnamon and nutmeg.
- Heat for a further 30 seconds.
- Add whipped cream on top
- Enjoy!

Taken from: <https://simply-delicious-food.com/festive-hot-chocolate-4-ways/>





# The Holidays and Mental Health



**Seeing Difficult Family Members.** Sometimes we can be surrounded by difficult family members during the holidays. No matter how much we love/care about them, it is natural to feel quite drained or tired after extended interactions with them. Below are five tips to help you cope with these situations of the festive period:

**1) Practice empathy:** using a calm, level-headed response rather than defensiveness, can be the best trick of all when dealing with clashing personalities. Using phrases like “I appreciate that but...” are very useful

**2) Adjust your expectations:** If you have a particular loved-one who always acts the same, try not to set unrealistic hopes that they will change. Everyone can change, but not everyone does- it is NOT your responsibility to change them.

**3) Put yourself first:** Are there conversations that you know will cause arguments? Or there topics that make you uncomfortable? If these topics arise, note them and try to remove yourself from the situation (rather than getting engaged/ rising to it) or say politely “I know we disagree on this topic so for today can we drop it please?”

**4) Your reaction:** The only thing you can control is your reaction. Ask yourself before you react: “Do I have the energy for this? Will I feel better for saying this?”

**5) Bring something comforting:** Bring something comforting if needed to provide you with a sense of calm. Maybe you want to bring a journal/notebook to do a gratitude journal or to write about what has upset you. Find a quiet room and try to practice some self-soothing activities.

## Dealing with Loneliness

**1) Plan ahead and reach out:** If you know that you will be alone during the festive period, try to arrange someone you can facetime during the day. Maybe even plan a virtual activity together such as watching a film, cooking together or enjoying dinner together.

**2) Volunteer:** Volunteering in a homeless shelter or with the Samaritans is a good way to spend your time during the festive period if you are feeling isolated. Helping others can lift the feeling of loneliness very quickly. Try emailing/contacting charities on Facebook to see if they would let you volunteer. Try to do this a few weeks in advance as charities often require DBS checks. Visit: <https://www.volunteerglasgow.org/> for more information in Glasgow.

**3) Things that make you happy:** before the festive period, make a list of all of the things that make you happy/smile. Keep it handy so that when the time comes, you can complete each of the things on your list without having to think about what would make you happy.

**4) Plan:** If you can't make plans for the day(s) you want to, try to think of the soonest possible date that you can see someone and do something you love. What are you most excited about? Can you make it happen soon?

**5) Reach out:** Whether it is a family member, friend, partner, neighbour or a helpline like the Samaritans (contact details at the end of this document), please reach out if and when you need to. “Needing to” doesn't have to mean that you are feeling at your worst. It could just mean that you want someone to talk to. Never feel that you are a burden or not worthy of someone's time because you are worthy!

## Big Expectations over the Holidays

We all create big and often unrealistic expectations for ourselves and others over festive periods. We want the time to be perfect and run smoothly, but this isn't always the case. Below are some important questions to ask yourself before the holiday begins. This is something to keep in mind at the time to avoid any feelings of disappointment or guilt. It is natural to have expectations and wishes for the day ahead, but sometimes it helps to be honest about what might happen so that you can prepare

### What am I expecting of myself this festive season?

Example: "I am expecting myself to be incredibly happy or pretend to be happy all of the time"

### What do I expect of others?

I am expecting others to avoid a topic that upsets me rather than to bring it up in conversation

### What do I expect of the day(s)?

Example: "I am expecting the day to be perfect; I don't think anyone will argue or disagree with me"

### How will I react if these expectations are not met?

Example: "I might get angry, upset or react by raising my voice to someone."

### How do I want to react if expectations are not met?

Example: "I want to be calm and try to take a step back from the situation. I want to be able to deal with the situation calmly and plan my next move."

### What can I do to manage my expectations?

Example: "I can be aware of my boundaries around the holidays and"

I can...

I can...

I can...

# Community Updates for Young People

## Free bus travel- under 22's

All residents in Scotland under the age of 22 will be eligible for free bus travel from the 31<sup>st</sup> of January 2022.

## LGBT+ Coming out to loved ones support

It can be incredibly difficult to come out to loved ones for some people. Maybe you have been thinking about coming out to someone for a while but are not quite sure how to start the conversation, how to respond to their reaction, or how to find the right words?

Strong Family Alliance has some excellent resources for those who are thinking of coming out to loved ones including: how to start the conversation, how to recognise and prioritise your needs and feelings during the conversation, how to react to someone's response (positive and negative responses) and even resources for parents on the conversation so that you don't have to comfort them. Visit: [Coming Out to Your Parents - Strong Family Alliance](#) for more information.

## Review of Glasgow City Health and Social Care Partnership Carer Strategies 2019-2022

There is currently a review of adult and young carers strategies. Those who are young carers can voice their opinions using the survey in the following link: <https://www.smartsurvey.co.uk/s/ReviewYCStrategy/>

Those who are adults who work with young carers can use the following link to voice their opinions on the current strategies that are in place for young carers: <https://www.smartsurvey.co.uk/s/CarersReviewAdults/>

## Young Person's Guarantee

The aim of the Young Persons Guarantee is to offer an opportunity for young people aged between 16-24 years to study, take up an apprenticeship, job or work experience or to participate in formal volunteering. To register as a young person or to register on behalf of a young person visit: [glasgowlearning@glasgowlife.org.uk](mailto:glasgowlearning@glasgowlife.org.uk)

## Food Banks

Urban roots has identified free food banks available across Glasgow. These can be found here: [Glasgow Free Food Map - Urban Roots](#)

Free delivery is offered to selected place if individuals are unable to access them. Please visit their website to find information about registering for foodbank vouchers which may be needed to access their services.

If you are struggling to find information or cannot access the foodbanks from Urban Roots, please visit: [Search – Glasgow Helps](#) which may provide a larger list of foodbanks in your area and information on how to access their services

## ANSWER KEY TO WORD SCRAMBLE

Cookies, Santa Claus, Hot Chocolate, Sleigh Bells, Carols, Mistletoe, Lights, Eggnog, Nativity, Rudolph, Snowman, December, Angel, Stocking

## Mental Health Contacts

**Breathing Space (Monday-Thursday 6pm-2am. Friday, Saturday, Sunday: 6pm-6am. FREE)**



0800 838 587

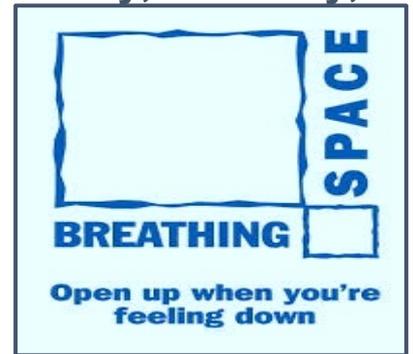


[info@breathingspacescotland.co.uk](mailto:info@breathingspacescotland.co.uk)



<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***