

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 9

28/01/22



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 to make a referral



General Updates

Happy New Year from all of the YAWS team!
 We were finally able to pass on the Christmas presents donated by Glasgow Sherriff and Justice of the Peace Courts. This was delayed because of cautionary restrictions during December.
 The young people were delighted with their gifts.



Timetable for January & February

For the safety of our members and our staff please do not attend any groups if yourself or a member of your family test positive for Covid-19. Please see page 5 for advice or help when isolating with Covid-19 as well as up-to-date regulations.

Date	Session	Where
January		
11/01/22	Irn Bru Carnival- CANCELLED	SECC
18/01/22	Belated Christmas presents.	Theatre Nemo
25/01/22	GMRC: Mental Health Project: 6pm-8pm	Theatre Nemo
February		
02/02/22	Circuss Starr (12 tickets available):7pm	Maryhill Community Centre
08/02/22	Social: Bowling/ Trampoline park: 6pm-8pm	Theatre Nemo
09/02/22	Conflict Resolution	Zoom
15/02/22	GMRC- Elaine: 6pm- 7:30pm	Kelvin Hall
22/02/22	Health and Wellbeing course: Glasgow Clyde College: 6pm- 8pm	Theatre Nemo
23/02/22	Drop-in	Zoom

To make a referral for yourself or for a young person you work with call: 0141 552 5592 or email YAWS@gamh.org.uk to become involved in the YAWS community

New Year, New Me?

It is a popular time of year for setting resolutions. Resolutions are usually a goal that we set to better improve ourselves or work towards a value we hold. However, often New Year's Resolutions we set are unrealistic and unfair to ourselves.

YAWS have previously learned about S.M.A.R.T. goals and this is a really useful technique to help set healthier resolutions.

Let's start by setting goals or resolutions that actually mean something to us. There is no use in setting a goal such as: "I will go to the gym everyday this year" if this is going to: A) make us miserable, B) feel impossible to reach and C) be something that isn't actually realistic (or healthy) for anyone to complete. Firstly, think about what is important to you. Health? Family? Friends? Music? Art? Sports?

Write down something that is important to you here:

Now what result do you want to see in a week's/ months/ years' time?

Now let's make the goal:

SPECIFIC: (How often do you want to work on your goal?)

MEASUREABLE: (How will you measure your progress?)

ACHIEVABLE: (Do you feel like you can achieve this goal now?)

RELEVANT: (Is it something that you want to work on in this moment?)

TIME SPECIFIC: (When do you want to see results?)

BEING KIND TO YOURSELF

It is one of the most important times of the year for you to look after yourself but people often think that setting really difficult personal goals and beating ourselves up when we don't reach them is a fair way to treat yourself. The reality is, we all deserve a lot better and deserve to be a lot kinder to ourselves.

Here are some phrases to practice saying to yourself if you have reached a small (or large) part of your goal

I worked really hard to achieve this



I am proud of myself for...

My hard work has really helped me to...

I deserve this

If I can do... then I can do...



Here are some phrases to say to yourself when you have had a setback:

You don't have to be great from the start, you have to start, to be great



You can't fail if you tried

What a good time to practice self-care, not self-hate

Self-Care

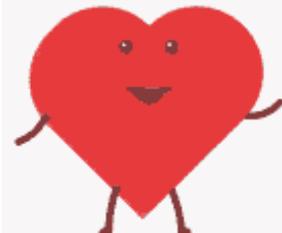
Self-care is different for everyone. Often, self-indulgence can be confused with self-care. Even more confusingly, some actions and behaviours fall under both categories- but it is important to know when you need to perform an action for your health (self-care) and when you want to perform a behaviour thinking that it is for your health... There is a fine line between self-indulgence and self-care, here we will try to explain the difference between them.

What is self-care then?



Self-care is an act that provides comfort and happiness in the current moment and crucially, this happiness will continue after the behaviour

So what is self-indulgence?



Self-indulgence is performing an act that you know will give you immediate comfort or happiness, but will make you feel worse in the long-term

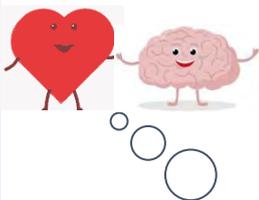
Self-indulgence often occurs when we are struggling with difficult emotions. We are neglecting what self-care we truly need, instead looking for instant gratification



Instant gratification might show in the form of eating 6 chocolate bars and telling ourselves it is self-care- when afterwards we feel sickly or guilty.

Being aware of the difference and to what our brains and our bodies tell us is crucial for truly practicing self-care. Self-care changes day-by-day, minute-by-minute and we need to learn how to listen to what we truly need

Sometimes what we consider to be self-care might not actually be very helpful in the future. Taking a step back and gaining some perspective can be really useful in helping our mood and figuring out what is best for



Community Updates for Young People

FREE BUS TRAVEL (Under 22s)

If you are between 16 and 21 you are eligible for free bus travel in Scotland. This includes refugees, asylum seekers and any other young people living in Scotland. If you wish to benefit from the scheme you must apply for a new card- the existing Young Scot cards will not work as they do not have the appropriate chip in order for the card to be scanned. For those under 16, parents/ guardians must apply on behalf of the child. Those who are 18-21 can apply for their own card. To apply you can set up a Yoti account (<https://www.yoti.com/>). Make sure you have your passport, birth certificates, driving licenses handy when creating an account.

Advice for applying online can be found here: <https://getyournec.scot/nec/> and information on the project can be found here: <https://sway.office.com/c7n6hGiOSqdPkJeH?ref=email>.

Home Heating Support

You can apply for the Home Heating Support fund from the 31st of March. These applications can be made at: <https://homeheatingadvice.scot/> by referral partners or contact Advice Direct Scotland if you do not have a referral partner on 0808 800 9060 or visit: <http://www.advice.scot/> for free to assess the eligibility

KICKSTART

KICKSTART is a place for 16-24 year olds who are looking for job opportunities. This scheme is to help young adults have the opportunity to start working in an area of work they are interested in. Information on such jobs can be found at: https://jobhelp.campaign.gov.uk/government-services/kickstart-scheme/?qclsrc=aw.ds&qclid=Cj0KCQiAxc6PBhCEARIsAH8Hff30PfUsK1tLOzk7rmOMhhHzXHi8hAwc12EGyYDFzwPXY7Lk_UYKdcUaAkGvEALw_wcB This scheme is available to those ages 16-24 who are seeking Universal Credit and have been referred by your work coach. This opportunity is available from the 31st of March 2022.

Quarriers

Quarriers work with young people across Glasgow who are or are at risk of homelessness. They work with those aged 16-25 and individuals who are looking to be housed in Northern Glasgow and Western Glasgow. The service helps young adults live independently and search for employability opportunities, training and education opportunities. Their Glasgow office offers support and advice from 9am-7pm on Mondays- Fridays and 11am-7pm on Saturdays. They also offer a 24-hour on-call service. To get in touch please phone: 0141 944 7869 or email: drumchapelsyhp@quarriers.org.uk

Mental Health Contacts

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



0800 838 587



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



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