

YOUNG ADULT WELLBEING SERVICE (YAWS)

The SIAL Project

The Young Adult Wellbeing Service is now being funded by the Social Isolation and Loneliness (SIAL) fund to help improve mental health and reduce loneliness in young people aged between 16-25.

Sessions will continue to be fun and interactive. We will offer a block programme of peer-based group activities at our city centre venue. The activities will include:

Step 1	Social Activity x 2	Peer-based social activity e.g. cinema, bowling, going out for something to eat, having a games or pizza night.
Step 2	Block A	4 Workshops on Peer Support and Mental Health
Step 3	Block B	4 Workshops on Awareness and Self-management of Loneliness
Step 4	Social Activity x 2	Peer-based social activity e.g. cinema, bowling, going out for something to eat, having a games or pizza night.

The SIAL Project consists of a 12-week block programme of activity. It may mean individual will need to be added to a waiting list until the start of the new block. We will give an indication at referral stage when the new block is about to start.

Research: We want to evaluate how programmes like this can benefit mental health and wellbeing and reduce feelings of loneliness and isolation in young people. When referred to the SIAL Project, we will explain the research we want to carry out to participants before the programme starts. If participants decide to take part in the research, they can opt in for a Prize Draw at the start of the intervention.

If individuals decide to take part in the research, they will be asked to complete a survey twice - before you start the SIAL programme and after their last session. Both surveys' can be sent digitally or can be accessed via a QR code.

We will only take participants initials, age, gender, ethnicity to create a unique ID number connecting the two survey responses. The responses will be completely anonymised.

Contact

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