

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 4

15/07/21



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.

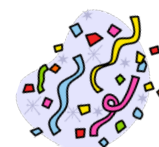
Call: 0141 552 5592 or email
YAWS@gamh.org.uk to make a referral



Updates on YAWS



Staff Updates



Huge congratulations to our sessional worker Lauren who recently achieved a first class honours in Education and Social Services!



Another Congratulations to Zara for completing her SVQ 3 award at GAMH!



Due to easing restrictions, we have been able to meet a lot of you in person which has been absolutely great! Following restrictions and adhering to the always changing Scottish weather, we want to continue our outdoor and face-to-face meetings!

COVID-19 Vaccination Centres

From the 31st of July those 18 and over can receive their vaccine to help protect them against Covid-19. Here is a link to book your appointment with the NHS:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

For accurate and reliable information regarding the injection and any possible side effects please visit: <https://www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination/what-to-expect-after-your-covid-19-vaccination>

Timetable for July

Subject to Change due to
weather and restrictions

Date	Session	Where
06/07/21	Trampoline Park	Face to face
07/07/21	Group Games	Zoom
13/07/21	Lunch/park	Face to face
14/07/21	Escape room	Zoom
20/07/21	Museum/coffees	Face to face
21/07/21	Baking	Zoom
27/07/21	Cinema	Face to Face
28/07/21	Quiz Night	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

Promoting Activity

Finding Motivation

- **Make Your Goals Achievable:** time limits of 20-30 minutes to begin with and gradually increase the time and intensity/ distance as you improve
- **Make it something you enjoy:** Make it something you enjoy doing- listen to music; a podcast; a show
- **Track your progress:** Use the tracker below (or your own) to measure your progress to see how far you have come. This can be very motivating!
- **Focus on yourself:** Try not to compare yourself to others. We all have different bodies, minds and capabilities. They might be able to do things you can't but you can do things they can't do too.
- **Tell people:** Tell people close to you about any and all achievements (especially the small ones)! Other people will congratulate and support you to give you the encouragement to keep

	Type of exercise	Planned Length	How long I managed	How did I find it? (exhausting/fun/ energising)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Online Activity Plans

Couch to 5K: <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Strength and Flexibility: <https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

Active 10 App; This is a free app that alerts you when you are walking on how to make your walk more beneficial and make it a more brisk walk.

Ramblers Go Walking: This is a helpful website that provides walking routes and groups near you: <https://www.ramblers.org.uk/go-walking.aspx#>

NHS Fitness Studio: For at home workouts if you don't like working out alone: <https://www.nhs.uk/conditions/nhs-fitness-studio/>

Here is a fun website where you can measure which activity/ sport is best for you!
<https://www.bbc.co.uk/news/uk-28062001>

Using Technology

There is no doubt that technology is a huge asset to many of our lives. Unfortunately, it can also stop us from being present and it can distract us in moments where we need to be focused. However, there are ways that we can use technology to help us regain focus and be present in the task we are currently doing.

Monitoring Technology Usage

Put your phone on silent: Putting your phone on silent and even leaving your phone in another room or in a drawer whilst you work or complete a task can be really helpful in preventing distraction from a message on your phone. If you are worried that people will wonder why you haven't responded straight away- tell them that you are not going to be on your phone for the next half hour. The urge to check your phone will lessen and you might feel more motivated and productive.

Monitor technology usage: There are many apps that can help you monitor and adjust your technology usage, including how long you spend on each app. Try to set realistic goals for yourself by gradually reducing time spent on apps that you want to reduce. Can you replace time spent on an app with another fun or relaxing activity such as drawing, exercise, writing, dancing, singing or anything else you enjoy?

Pick a day: Pick one day a week where you reduce your technology usage. Be realistic with your goal here, pick a day where you don't need to use your phone for work, or for meeting someone or directions for going somewhere. Try to fill your day with other activities to reduce scrolling through social media

Monitor your consumption: If you read the news a lot, or any sort of social media and it is having a negative effect on your mood, try to dedicate a certain time of the day where you catch up on the news or social media. Over consuming on media outlets can lead us to compare ourselves to others, feel negative and sometimes even feel hopeless- try to monitor your activity and reflect on your mood

One a scale of 1 to 5 how happy is this app/website making me feel right now?



1



2



3



4



5

What am I going to do instead of using this app/website to make me happy?

Healthy and Creative Ways to use Technology

Geocaching : This is an app to encourage you to go out and about and take part in worldwide challenges. This challenge is a global scavenger hunt! Please be sure to take precautions in relation to Covid-19 if taking part in the challenge. For more information visit: <https://www.geocaching.com/play>

Confidence: There are many positivity apps that will send you daily affirming messages such as Shine, ThinkUp, Instar Affirmation Writer (for those who want to write their own affirmations)

Online Sculpting: Blender is a free online sculpting software that can be used to create fun shapes and characters in 3D. If you have no experience in online sculpting it is still fun and relaxing to play around with and see what strange shapes you can create! It can be downloaded free and securely here: <https://www.blender.org/download/> and online YouTube videos can guide you on how to use it.

Mindful Apps: The Headspace app has meditations that are free with some functions only available through payment. They also have podcasts on Spotify which are calming, relaxing and free. These podcasts are short calming stories that can help you relax and often give helpful advice and tips when you might be feeling overwhelmed or unfocused. Meditation isn't for everyone and these videos are not strictly meditative, they focus more on techniques to refocus and relax. There are many other apps such as Calm and Smiling Mind

Community Updates for Young People

Glasgow Young Person's Guarantee

The Young Person's Guarantee is aiming to provide volunteering placements for young people in Glasgow who face barriers to volunteering. Additional benefits include support from Glasgow Life staff who will aid in finding and engaging in volunteering opportunities; support from the host organisation where a small grant will be paid; training opportunities; specialist support for additional needs. This program is funded by the Scottish Government until March 2022. Those who meet criteria can contact: glasgowlearning@glasgowlife.org.uk for more information and to apply

Skills Development Scotland Results Help 2021

Skills Development Scotland provide help for young people who have their SQA results being released in August. They are available to contact Monday-Friday, 8am-5pm on 0800 917 8000 until the 9th of August to discuss provisional results. On the 10th of August, the results helpline will be available at 0800 100 8000 to aid with applying to colleges, universities and jobs with the final results. Both of these helplines provide support for the young person and their parents/ carers. For online support visit: "My World of Work" or Skills Development Scotland social media channels. If you would like to speak to an SDS career counsellor in person visit: myworldofwork.co.uk/centres/

Glasgow Health and Social Care Partnership- LGBT+ Questionnaire

From the 11th of June to the 20th of August 2021 the following survey is asking LGBT+ people who are 16 or over to answer questions related to their health and wellbeing as well as factors that are known to impact one's physical and mental health. This questionnaire will help policy makers gain an idea of what changes young LGBT+ people want to see in Scotland- especially in the health field. The survey takes about 20-30 minutes to complete and data entered will be anonymous. By completing the survey you gain the chance of winning a £250 voucher for your favourite retailer. Please complete the survey at: <https://www.smartsurvey.co.uk/s/ScotlandLGBT2021>

Thinkuknow- Online Safety Education

NSPCC are launching a new Report Remove tool to help young people under 18 remove sexual images of themselves that are online. For more information visit: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>

There is also helpful resources for parents on how to keep your child safe online and can be accessed here: <https://www.thinkuknow.co.uk/parents>

Professional learning resource for school staff

The Mental Health Foundation and Digital Bricks have developed a free online resource for school staff in Scotland that is centred around mental health and wellbeing and is available here: <https://www.cypmh.co.uk/>

NHS Sandyford Young People Clinics

Sandyford Clinics are open on Saturdays for young people aged 13-17 in the city centre of Glasgow in Simon Community Hub, 389 Argyle Street Glasgow, G2 8LR. The clinic runs from 12.30-3.30 with 12 appointments available weekly to be booked via 0141 211 8231 or online: <https://ypsandyford.scot/young-peoples-clinics/saturday-clinic/>

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:pm-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