

YOUNG ADULT WELLBEING NEWSLETTER

ISSUE 5

17/08/21



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

Venue Update

YAWS will have access to Theatre Nemo from the 17th of August. We can meet here on the 17th, 24th and 31st of August (Tuesdays) from 3pm-4:30pm.

In September we will meet on Tuesdays in the evening from 6pm-7:30pm to meet the school and college needs of the young people.

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/>

It is natural for some to feel a little nervous about vaccines. However, every vaccine goes through intensive tests to ensure it is safe. If you or someone you know is concerned about the vaccine please visit the government's website below for accurate information:

<https://www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination/what-to-expect-after-your-covid-19-vaccination>

Or phone the Covid-19 helpline for free: **119**

Timetable for August

Subject to Change due to
weather and restrictions

| Date | Session | Where |
|----------|--|--------------|
| 03/08/21 | Cinema | Face to face |
| 04/08/21 | Escape Room | Zoom |
| 10/08/21 | Bowling | Face to face |
| 11/08/21 | Mood, Mental Health and Stress Management | Zoom |
| 17/08/21 | Theatre Nemo: Chat and welcome to new venue | Face to face |
| 18/08/21 | Food, Mood, Exercise and Mental Health | Zoom |
| 24/08/21 | Theatre Nemo- Mental Health Discussion | Face to Face |
| 25/08/21 | Poverty Alliance: Discussion on Tackling Child Poverty in UK | Zoom |
| 31/08/21 | Theatre Nemo: Elaine (GMRC) | Face to Face |

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

Employability

| Top Employability Skills | What that means | Example (in education, personal or workplace) | My example of using this skill |
|--|---|--|--------------------------------|
| Communication and Interpersonal Skills | Explaining what you mean in a clear and concise way (written and spoken). To be able to give information to other people with different literacy levels | "I have a younger sibling who has learning difficulties and I often have to relay information to her" | |
| Problem Solving Skills | Be able to break down a problem into smaller parts, identify key issues and solutions. | "In school I struggled to understand a concept. I reviewed the basics of the concept and made plans to ask for extra help from peers and teachers to walk through each step to pinpoint which part I struggled to understand fully." | |
| Using your Initiative/self-motivation | Sharing new ideas and not waiting to be told what to do all of the time. | Actively introducing myself to other people in my group project/ workplace and offering to help other's in their task once I finished my own. | |
| Working under pressure/deadlines | Handling and dealing with stress that comes with deadlines. | "During exams I made a study timetable, making sure to prioritise the subjects I struggled with most by dedicating sufficient time to them" | |
| Team Working | Working well with other's from different backgrounds and learning from them to complete a task/goal | "During a school project, we were all assigned different responsibilities. I worked well others to ensure that everyone's tasks were being completed and asked for help if needed" | |
| Ability to learn and adapt | To be able to learn from mistakes | I always took on positive and negative feedback from my manager about my performance and discussed ways for me to improve. | |
| Valuing Diversity and difference | Understanding and being considerate of needs of other's | Connecting with people of different ages, gender, nationality and race to understand a variety of different experiences | |

Interview Tips

1. **Relax:** Employers want you to do well, they are not trying to catch you out. They have invited you to interview because they think you're appointable.
2. **Research:** Always research the company's values, goals, and try to think of reasons why you would be a good fit to their company by linking to their values
3. **Research interview questions for the company/job title:** Always look up common interview questions in general, for job title, for company and practice answers to these.
4. **Look over your C.V.** in case they ask questions about it in the interview.
5. **Dress the part:** Always make sure to wear smart clothes for the interview itself.

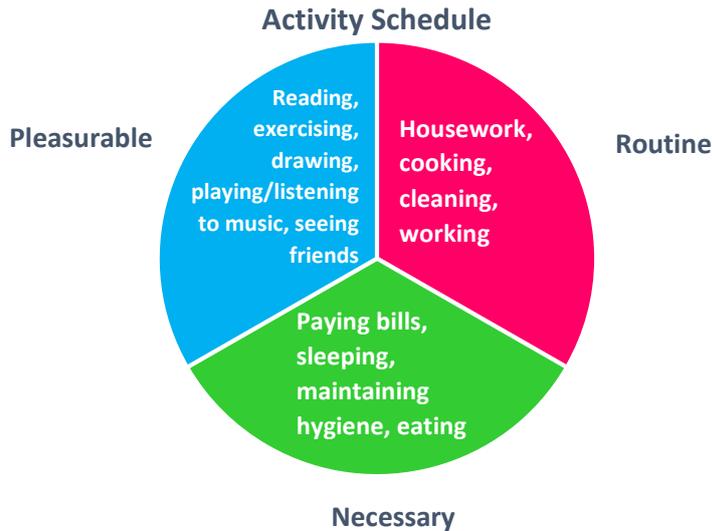
Healthy Coping Strategies

Dealing with difficult emotions

Often, when we are dealing with difficult circumstances we look for short-term fixes that can improve our emotions and the situation quickly. However, these “quick-fixes” are often unhelpful and make us feel much worse in the long term. Unhealthy coping strategies can include self-harm, over-working, over-eating, withdrawing from loved ones, withdrawing from responsibilities, negative self-talk and substance abuse.

There are thought to be three different types of activities in our lives: routine, necessary and pleasurable. When things become overwhelming or our mood declines it is thought that we are not prioritising each type of activity equally. We may prioritise working over sleeping which can lead us to not getting our required rest.

Ideally, all of our activities would be equally prioritised, like in the pie chart below. This does not mean spending a third of our day on each of the activities, it simply means recognising and placing equal emphasis on each activity’s importance. However, life is never that perfect or simple.



Your Wellbeing Pie Chart

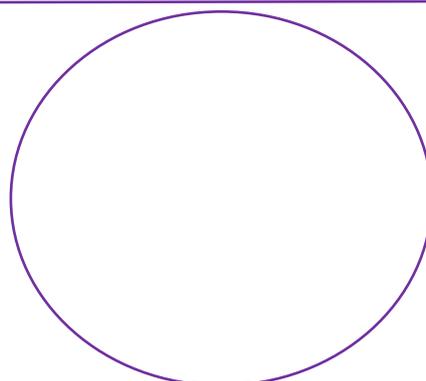
Below is a wellbeing pie chart that you can fill in yourself! Which area do you feel you pay most attention to? Which area do you pay the least attention to? There are times when you may need to pay more attention to necessary activities and less time to routine activities. Try to reflect on how you feel when you have to spend more time on certain tasks using the questions below:

Which area do you feel you prioritise on a day-to-day basis?

Why do you think you prioritise this area?

How do you feel when you focus on this area a lot?

What can you do to refocus on the other activities?



Community Updates for Young People

Gilded Lily

The Gilded Lily is creating a new programme to support wellbeing and confidence of girls aged 12-18 over a 12-week programme. This is a free creative training course that aims to raise awareness of issues regarding sexual harassment, pressures around body-image and increasing positive life experiences through preventative and supportive skill building activities.

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 0808 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>

Help Yourself Grow

Help Yourself Grow is a training programme that helps young people with learning difficulties develop skills in cooking and gardening. This programme is free and aims to help people who want to gain skills and/or have felt isolated during the Covid-19 pandemic. If you are interested, phone: 0141 634 4996 or email: info@fair-deal.org For more information please visit: <https://www.fair-deal.org/what-we-do/help-yourself-grow/#:~:text=Help%20Yourself%20Grow%20is%20a,offers%20gardening%20and%20cooking%20training>.

People Achieving Change

The PAC are asking 12-26 years olds who have experienced care to take part in their survey. This will provide information on how mental health services could work better. Please complete the questionnaire by clicking: <https://www.smartsurvey.co.uk/s/PACmentalhealth/>

National Suicide Prevention Leadership Group (NSPLG)

The NSPLG have launched a new youth advisory group for those ages 16-26 who have experience of suicide, self-harm and poor mental health. This group aims to help inform Scotland's Suicide Prevention Action Plan. By joining this group you have the chance to explore these topics through creative modalities, meet new people, gain qualifications and receive self-care resources. For more information on how to join visit: <https://nsplg.medium.com/nsplg-launches-a-new-youth-advisory-group-and-welcomes-applications-from-young-people-who-would-6f79cc722e58>

Mental Health Contacts

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



0800 838 587

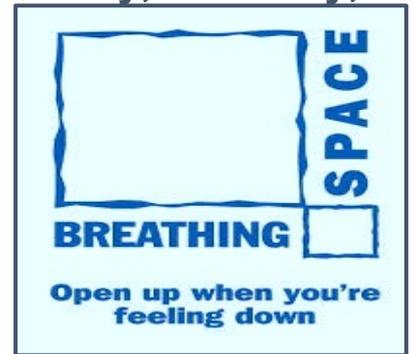


info@breathingspacescotland.co.uk



<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