

'WHIT'S HAPPENING!'

HOOTS FOLKS DE YE SEE AW THE BRAW STUFF
THIT'S HAPPENIN THE NOO?

EPIONE TOOLKIT,
MANAGING ANXIETY
DURING COVID19

If you are a British Sign Language user www.contactsotland-bsl.org offers a service which enables contact with public bodies and third sector services through Video Relay. If affected by sight loss, please contact www.mib.org.uk

Produced by COPE Scotland www.cope-scotland.org @COPEscotland
During the COVID19 Pandemic its more important than ever,
we all look out for each other wherever we live

CONTENTS

Information on the Coronavirus and where to find latest updates	pg 3
Gambling Harms	pg 4
Awareness Days, Weeks, Months	pg 8
Autism	pg 10
Carers	pg 10
Charity Advice	pg 11
Death, Grief and Loss	pg 12
Digital Inclusion	pg 13
Drugs and Alcohol	pg 14
Equality and Diversity	pg 15
Homelessness	pg 17
Emergency Services	pg 18
Employment	pg 19
Education and Skills Attainment	pg 20
Financial Hardship	pg 21
Food	pg 22
Help During the COVID 19 Outbreak	pg 23
Helplines	pg 24
Mental Health, Well-being and Stress Management	pg 25
Epione Toolkit	pg 27
Nature Earth and Health	pg 46
Older Age	pg 50
Physical Health	pg 51
Parents and Families	pg 53
Pets	pg 55
Places of Worship	pg 55
Relationship and Family Breakdown	pg 56
Safety and Protection	pg 56
Self-harm	pg 58
Stuff to Do	pg 60
Sexual Health Support and Advice	pg 62
Workers and Volunteer's Wellbeing	pg 62
Youth	pg 66

If you notice any errors or omissions please email admin@cope-scotland.org and we shall change in the next edition thank you

Information on the Coronavirus and where to find latest updates

Guide to Services

Because of COVID-19 (coronavirus) getting help for a health concern is different. If you need help, remember your NHS is open and is there for you.



	<ol style="list-style-type: none"> 1 Latest information and guidance about coronavirus 2 Advice about illnesses and conditions, including symptom checkers. 3 Find local services and opening times 	NHS inform
	<p>With physical distancing measures in place:</p> <ol style="list-style-type: none"> 1 Provide repeat prescription request/collection service 2 Dispense your prescription 3 Help if you run out of your repeat prescription 4 Give advice about medicines and treating many minor complaints 	Pharmacist
	A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues. Most practices are offering telephone consultations, if appropriate.	GP Practice
	<p>General information about coronavirus when you are well 0800 029 2016</p> <p>Advice about coronavirus symptoms – NHS 24's 111 service has dedicated COVID-19 support.</p> <p>Other health concerns – consult GP during the day but when your GP and pharmacy are closed and you are too ill to visit call NHS 24 on 111.</p>	NHS 24
	<p>For urgent dental care during the day telephone your usual dental practice.</p> <p>If you are not registered, visit www.nhsinform.scot to access your Health Board's Dental Advice Line telephone number.</p> <p>Outside normal working hours, if feel you have an URGENT dental need call NHS 24 on 111.</p>	Dentist
	Your local authority can help advise with all aspects of social care. If you're looking after children during lockdown you can find useful tips here www.parentclub.scot	Social Care
	<p>For tips on looking after your mental wellbeing during these uncertain times: www.clearyourhead.scot</p> <p>Information about mental health services visit NHS inform/wellbeing or call Breathing Space on 0800 83 85 87</p>	Mental Well-being
	<ul style="list-style-type: none"> • Severe injury • Suspected heart attack or stroke • Breathing difficulties • Severe bleeding 	A&E or 999

If you're not sure where to go or who to see visit: NHSinform.scot

Remember **FACTS** for a safer Scotland

F Face coverings 

A Avoid crowded places 

C Clean your hands regularly 

T Two metre distance 

S Self isolate and book a test if you have symptoms 

nhsinform.scot/coronavirus
#WeAreScotland





Information on being tested for COVID19

If you are confused about what is Test and Protect, then please watch this video as it explains what is it, the process and how to book a test, if you have COVID 19 like symptoms. To find out more, please visit the link below and this will take to you the Scottish NHS Inform website.

- www.nhsinform.scot/campaigns/test-and-protect
- www.gov.scot/publications/coronavirus-covid-19-getting-tested
- www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/arrange-a-test/

Coronavirus (COVID-19): advice for employers and employees

www.acas.org.uk/coronavirus

Route Map for moving out of Lockdown in Scotland

www.gov.scot/news/route-map-for-moving-out-of-lockdown/

Guidance for the safe use of places of worship

www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/

Up to date information about COVID19 Scotland

Social distancing and measures to control the COVID19 pandemic are still in place and can vary in different parts of the UK and even Scotland itself. For updates in Scotland please follow reputable news including the daily COVID19 Scottish Government update on radio and television or visit: www.gov.scot/coronaviruscovid-19/

Useful information for parents and families during COVID19 pandemic

www.parentclub.scot/topics/coronavirus

The Scottish Government has developed a framework for how recovery and rehabilitation services will support people affected by the pandemic.

For more information:

www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic

Gambling Harms

Feedback we have received from the zoom session held Thursday the 6th of August will be fed back in a later edition of What's Happening, but chats with people who attended said they found it a really useful session so that is a good start.

It's recognised for Glasgow to be Gambling Harms safer city needs change in a few areas and there will be a Jigsaw Lid coming soon of what the pieces that group felt maybe needed to help make Glasgow Gambling Harms safer. We need many perspectives, as with any vision, we may see some things the same way, we may also see things differently. Sharing our perspective in a way which is kind and respectful and has the overall aim of helping people be Gambling Harms safer is one step in the right direction.

These wee tips were co designed with COPE Scotland to offer some self-management ideas which can support being Gambling Harms Aware. This doesn't replace professional support, its there as something to help people recognise maybe when there is a problem and maybe something which can be shared if you know someone you are worried about.

This wee questionnaire taken from NHS Inform may be helpful to encourage you, or someone you care about to think about their Gambling Habits:

Signs of problem gambling

If you think you might have a gambling problem, help is available.

To start, answer these 10 questions with 'yes' or 'no':

- Do you spend a lot of time thinking about gambling?
- Are you spending more money on gambling as time goes on?
- Have you ever tried to stop gambling, or cut down on or control your gambling, and not been able to?
- Do you get restless or irritable if you try to cut down on gambling?
- Do you gamble to escape from difficulties in your life, or to cheer yourself up?
- Do you keep playing after losing money to try to win it back – often called 'chasing losses'?
- Have you lied to other people about how much time or money you've spent gambling, or how much you've lost?
- Have you ever stolen money to fund gambling?
- Has gambling affected your job, relationships, or home life?
- Do you ask other people to lend you money when you've lost money through gambling?

If you've answered yes:

To 1 question – you might have a problem, and it would be a good idea to seek help.

To 3 questions – gambling probably feels like it's a problem, and you should seek help.

To 5 or more questions – it's likely gambling feels like it's affecting every part of your life. You should get help as soon as possible.



You may also find this wee piece by COPE Scotland of interest www.cope-scotland.org/index.php/latest-blog/gambling-harms-safer-families-communities-and-cities

These resources may also be helpful :

Gamblers Anonymous Scotland

T: 0370 050 8881

Gambling Helpline

T: 0808 8020 133

Gambling with Lives

Set up by the families and friends of young people who have taken their own lives as a direct result of gambling www.gamblingwithlives.org

Gamcare Find Local Treatment

www.gamcare.org.uk/get-support/find-local-treatment

Help for Problem Gambling

www.nhs.uk/live-well/healthy-body/gambling-addiction

Fast Forward

Gambling education hub exists to support young people's health and wellbeing by promoting gambling education and prevention across Scotland.

gamblingeducationhub.fastforward.org.uk

GamStop

GAMSTOP lets you put controls in place to restrict your online gambling activities. You will be prevented from using gambling websites and apps run by companies licensed in Great Britain for a period of your choosing

www.gamstop.co.uk

The wee flier on next page is not a replacement for professional advice, it simply offers some tips and ideas to consider in helping you and those you care about become a wee bit Gambling Harms safer.

Small changes can make a big difference

tips to find healthier ways to feed the 'Hungry ghost'

What is the 'Hungry Ghost'?

Sometimes we feel there is something missing inside ourselves, or in our lives. We have a need to constantly seek relief from the emptiness even fear this causes, this can often lead to unhelpful coping strategies, which do not feed the need, we have at all, and in some ways can make us feel even more empty. No matter how much effort we put into feeding this unhelpful habit, we return to feeling empty inside. Unhelpful coping strategies won't replace what is missing, it will only take even more from us. Like a hungry ghost, never satisfied, always wanting more.

What can lead to unhelpful coping strategies?

Sometimes it's a past hurt or trauma, a painful experience which leaves an ache, which can lead to unhelpful coping strategies. Feelings such as stress, depression, loneliness, fear, and anxiety can trigger a gambling problem, or other unhelpful strategies like misuse of drugs or alcohol to try and manage these feelings. Believing the unhelpful strategy will take the pain, stress, anxiety away, but sadly often, only bringing more.



Know when it's no longer fun and stop!

When life is challenging we may seek diversion, entertainment as we are bored, or lonely and turn to gambling. It is so important when the fun stops, we stop and to know when it has stopped being fun. The challenges start when it stops being a diversion, begins to be a coping strategy and then becomes a way of life. Chasing the next big win. But as gambling can become a hungry ghost, no win is ever big enough, it never is satisfied and will push you more and more to risk losing more and more, maybe till you lose everything.



How do I know my gambling is a problem?

If gambling has become more important than other things in your life, if you are ignoring all the warning signs, of stress associated with feeding your habit, finding money to feed your habit, maybe spending money that was for bills, or using a money lender, you have a problem.

Ask for help

If you are finding it difficult, you don't have to handle your issue with gambling on your own. There are some excellent groups who can really help you, and your family, face the problems you have with gambling.

Self-awareness

A part of us knows when our habits are getting out of control, but sadly we often ignore it. Those who try to point out we may have a problem we become angry at, or secretive with. Part of us is ashamed at what we are doing, but we just don't know how to stop. We may even think about suicide, and if gambling has you thinking of suicide, please speak to someone now.

Talk about it

Talking about gambling problems with somebody you trust and someone who won't judge you can really help. It can also reduce the stress that can cause you to continue to gamble.



You matter

Sometimes lack of compassion for ourselves, can lead to gambling. Somewhere in our heads we have hit a self-destruct button, we see where this is going and feel powerless to stop, a part of us knows we should, but we don't think we can and we continue to cause ourselves further pain by not knowing how to stop, or, ask for help and show ourselves compassion.

Face the feelings and the fear

Admitting you have a problem can sometimes leave you feeling ashamed and guilty. This is totally normal and by acknowledging the problem and asking for help, you can change your life for the better.



Look for alternative ways to feel fulfilled



People can fall into gambling through boredom. Try and find a new hobby or try voluntary work, learn a new skill, explore a new job. If not having enough company is an issue join a community group, find others with the same interests as yourself. If there is something missing in your life, you feel gambling is replacing, maybe speak to someone about how you feel. Gambling isn't a healthy coping strategy to a life challenge.

Be kind to you

Admitting you have a problem is a big hurdle to overcome, so well done! Focus on the positive changes you are making and keep reminding yourself of them. Find new ways to have self-compassion and remember, people can help you. Sometimes we all need help to remember to be kind to ourselves.

Who will help?

Citizens Advice Bureau Scotland W: www.citizensadvice.org.uk/scotland/debt-and-money/get-help-with-gambling-problems/#!

GamCare T: 0808 8020 133 W: www.gamcare.org.uk

GambleAware W: about.gambleaware.org

Gamblers Anonymous: W: www.gamblersanonymous.org.uk

RCA Trust T: 0141 887 0880 W: www.rcatrust.org.uk

Samaritans T: 116 123 W: www.samaritans.org

The Scottish Illegal Money Lending Unit
W: www.tsscot.co.uk/illegal-lending/loan-sharks

COPE Scotland Tips on kindness to the self, others and the planet W: www.cope-scotland.org

“No society can understand itself without looking at its shadow side.”

Gabor Maté, In the Realm of Hungry Ghosts: Close Encounters with Addiction

You matter, your wellbeing matters

Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland



Awareness Days, Weeks, Months



For anyone affected by these issues every day should not only be an awareness day, but another day where we work together to find a solution or mitigate the impact. However, sometimes to raise awareness and support others to become involved who may not be aware of these issues, or, not realise there are others, also seeking to make a difference, to connect too and that they are not alone, these days, weeks, months help provide a focus and maybe even a wee bit of comfort, knowing others care. If you would like to share anything for future issues please email admin@cope-scotland.org

The following are just some of the events coming up soon.

There are many others, this is one useful site to check out for more details www.awarenessdays.com

Month of September: Urology Awareness Month

Through-out the month there is a focus on raising awareness to breakdown stigma and encourage people to actively take care of their urology health.

For more information visit: www.theurologyfoundation.org/get-involved/urology-awareness-month

Monday 7th September: Gambling Harms Awareness

Why not read our feature on Gambling Harms on pages 4-7 of this month's edition of 'Whit's Happening' there may be some useful information there to help raise awareness which you can also share with others?

Thursday 10th September: World Suicide Prevention Day

Due to some the ongoing issues with social distancing, some of larger public gatherings which happen this day may not be able to go ahead. However, there is still action we can all take to help reduce the incidence of suicide. While face to face training like ASIST (Applied Suicide Intervention Skills Training) and SafeTALK may not be able to go ahead just now. There are awareness raising learning experiences online:

www.zerosuicidealliance.com

www.healthscotland.scot/health-topics/suicide/suicide-prevention-overview

With many of the challenges COVID19 is bringing its more important than ever we are all suicide alert and feel comfortable to ask the question, 'are you thinking of suicide?' and if the person says yes, be able to do something which may help. Suicide awareness not only can save someone else's life, it may also save our own. Knowing who to help link someone to, if they need additional support is also really valuable and another reason why we have the resources and helplines in this magazine. Every life matters and we all have it in us to save a life.

21st September: World Alzheimer's Day

World Alzheimer's Month is the international campaign by www.alz.co.uk (Alzheimer's disease international) every September to raise awareness and challenge the stigma that surrounds dementia.

For more information and how to get involved www.worldalzmonth.org

28th September -2nd of October: Self-Management Week

The theme of self-management week this year is 'My Wellbeing, My Life' For more information and how to get involved or share what you are doing visit:

www.alliance-scotland.org.uk/self-management-and-co-production-hub/self-management-week/

5th-11th October: Challenge Poverty Week

With the challenges to people's job security, increased demand on food banks and a range of other issues which impact on people's financial security, please check out the dedicated website for more information on what is going on, and how to get involved: www.challengepoverty.net and if you want to share anything on the next what's happening email admin@cope-scotland.org



Services and Support

Autism

Autism Advice Line (Scotland)

T: 01259 222 022

www.scottishautism.org

Differabled

www.differabledscotland.co.uk/about

National Autistic Society Helpline

T: 0808 800 4104.

www.autism.org.uk.

www.autism.org.uk/services/helplines/coronavirus/resources/how-nas-can-help.aspx

Carers

Advice and Information Carers Hub

www.rethink.org/advice-and-information/carers-hub/

Advice for Unpaid Carers

www.gov.scot/publications/coronavirus-covid-19-advice-for-unpaid-carers/

Carers Scotland

www.carersuk.org/scotland/help-and-advice/factsheets/coronavirus-covid-19-sources-of-advice-and-help

T: 0808 808 7777

Carers UK has published a Recovery Plan for carers, a list of recommendations that prioritise and support unpaid carers as restrictions are eased and the risk of Covid-19 is managed by society over the next 12 months. For more information visit www.carersuk.org/help-and-advice/technology-and-equipment/99-for-professionals/policy-eng/6506-a-recovery-plan-for-carers

Carers Voices Project

www.alliance-scotland.org.uk/people-and-networks/carers-voices/keep-well-with-carers-voices/

Citizens Advice Bureau

www.citizensadvice.org.uk/scotland/family/help-for-adults-in-the-community-s/carers-help-and-support/



Dementia UK

Dementia Helpline

T: 0800 888 6678

www.dementiauk.org/get-support/coronavirus-covid-19/



Friends and Family of Someone with Cancer

www.macmillan.org.uk/cancer-information-and-support/supporting-someone/emotional-support-for-family-and-friends

Glasgow Association for Mental Health

www.gamh.org.uk/carers-information-line

Take Break Scotland

takebreakscotland.org.uk/applications/

Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right

Charity Advice

Notes and slides from Sustainability workshops with The Lasting Difference May-June 2020
www.corra.scot/cypfeif-alec-resources
For more information on events coming up
www.wrenandgreyhound.co.uk/

Creative Approaches to Problem Solving

This was a tool shared by Q Community and may be of interest :

<https://s20056.pcdn.co/wp-content/uploads/2017/08/Q-community-CAPS-toolkit-2017.pdf>

GCVS Glasgow Council for Voluntary Services

www.gcvvs.org.uk

Generations Working Together

Directory of intergenerational resources to use during COVID19 pandemic
generationsworkingtogether.org/news/directory-of-intergenerational-resources-to-use-during-pandemic-27-05-2020

Glasgow Social Enterprise Network

www.gsen.org.uk

Impact Funding Partners

T: 01383 620 780

www.impactfundingpartners.com

Independent Age Grants Fund Reaching older people most likely to be missing out – now and beyond the coronavirus pandemic
www.independentage.org/community/grants-fund

Just Enterprise

T: 0300 302 3333

justenterprise.org/events/event/charitable-trading/

Scottish Council Voluntary Organisations

scvo.org.uk

Smarter Choices, Smarter Places Fund

supported by Transport Scotland, and funds projects that encourage walking, cycling and using sustainable transport. The fund is open to public, community and third sector organisations.

www.pathsforall.org.uk/open-fund

Third Sector Lab Consultancy, training, and strategy to help charities get the most out of digital, useful resources:

- thirdsectorlab.co.uk/covid-19/
- www.facebook.com/ThirdSectorLab/videos/b.53154337720/801038073737494/?type=2&theater
- open.spotify.com/show/5x2s9GleJufexYgM5JZ20X





Death, Grief, and Loss

COVID 19 is bringing many challenges and pain to many people including the death of a loved one. Sadly, people are also dying for other reasons and social distancing restrictions can make that loss even more painful. These are some contacts maybe able to help.

It is worth also speaking to your faith community if this is appropriate for you. As with everything just now, things can be affected by COVID19, however, services are doing their best to be there for people even if for now, that is by phone:

Bereavement Advice

W: www.bereavementadvice.org

Blue Cross for Pets

T: 0800 096 6606

(Support following the death of a pet)

Breathing Space

T: 0800 83 85 87

Child Bereavement UK

www.childbereavementuk.org

COPE Scotland have a piece on their website, maybe helpful at this time www.cope-scotland.org/index.php/latest-blog/coping-with-loss

CRUSE Bereavement Support

Bereavement support helpline

T: 0808 808 1677

www.cruse.org.uk/about-cruse/contact-us

Families Affected by Murder and Suicide (FAMS)

T: 07736 326 062

For Guidance on Funerals in Scotland During COVID 19

www.gov.scot/publications/coronavirus-covid-19-guidance-for-funeral-services/

Good Life, Good Death, Good Grief

www.goodlifedeathgrief.org.uk/content/support_with_covid19

Petal Bereavement Support

www.petalsupport.com

SOBS Bereaved by Suicide

T: 0300 111 5065

Sudden Death

(Bereavement support for sudden death)

www.suddendeath.org/about/about-sudden-death

Supporting Bereaved Parents and Their Families

T: 0345 123 2304

W: www.tcf.org.uk

The Good Grief Trust

www.thegoodgrieftrust.org

The Lullaby Trust

T: 0808 802 6868

(Bereavement support/ following the death of a baby/young child)

Digital Inclusion

Connecting Scotland: Glasgow Kit and Connectivity Programme

The Connecting Scotland programme aims to connect digitally excluded people, allowing them to access services and support and to connect with friends and family during the pandemic.

People on low incomes who are at greater risk of isolation due to coronavirus will be provided with:

- Access to kit –an appropriate internet enabled device (Chromebook or iPad)
- Access to connectivity –a mobile hotspot and 12 months of data
- Support to develop skills and confidence online

This first phase of Connecting Scotland will be offered as a grant programme. Building on learning from existing activity to tackle digital exclusion, the programme will work through organisations (particularly local authorities and local third sector organisations) who are already providing support to the target groups.

In Glasgow, the Programme will be administered by Glasgow Life in partnership with SCVO. The city has been allocated 780 devices in the first phase of the Programme (330 Chromebooks and 450 iPads) each device will come with a Mifi hotspot/dongle and SIM with 12 months of data with a 20Gb per month allowance.

If you would like to know more about the programme in Glasgow please contact digitalskills@glasgowlife.org.uk

GDA Connects

If you, or someone you know, is shielding from Covid-19 with no internet access and would like to hear more about GDAConnects – please get in touch with hannah@gdaonline.co.uk

For more information about GDA's wider COVID Response contact info@gdaonline.co.uk

Glasgow Life

www.glasgowlife.org.uk/glasgows-learning/digital-skills

NWVSN Network IT Recycling Project

NWVSN Network has formed a partnership with Glasgow Clyde College and their Gifttech project, that recycles college PCs. They will now be able to offer PCs to members to give to people they work with that they know are in need. They will also be offering prepaid WIFI, which should last a few months with light/moderate use. To express an interest or get a referral form email martina.northwestglasgowvsn@outlook.com.

Please note they do not have a huge supply but will offer what they can, the project is here to fill the gaps if other options aren't available.



Drugs and Alcohol

Al Anon (for families affected)

T: 0800 0086 811

Al A Teen (for teenagers affected)

al-anon.org/newcomers/teen-corneralateen/

Alcoholics Anonymous

0800 9177 650

Cocaine Anonymous

T: 0141 959 6363

Drink Wise Age Well

drinkwiseagewell.org.uk

Drinkline

T: 0800 917 8282

Family Addiction Support Service

T: 0141 420 2050

Gamblers Anonymous

T: 0370 050 8881

Glasgow Council on Alcohol

T: 0808 802 9000

Due to the COVID 19 pandemic, GCA are currently unable to carry out Alcohol Brief Interventions (ABI) as usual within community settings. Therefore, they have launched a new online ABI chat service via the Glasgow Council on Alcohol Facebook page where people can send a private message if they have concerns about their own or someone else's drinking. The online service will be covered at specific times by GCA ABI practitioners who will be able to screen people for harmful drinking and offer advice on how to manage or reduce their alcohol consumption, as well as refer people to counselling and other services. en-gb.facebook.com/GCAglasgow/

Glasgow Helping Hero's

T: 0800 731 4880

Homeless Addiction Team

T: 0141 552 9287

How to Help an Addicted Parent

www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent

Kinder Stronger Better

This website has been developed for and by members of the Glasgow LGBTQ+ community and substance use professionals to provide information and advice to LGBTQ+ people about alcohol and drugs, as well as where to get help and support in Glasgow (and beyond)

W: kinderstrongerbetter.org

Marie Trust Counselling Service

T: 0141 221 0169

Narcotics Anonymous

T: 0300 999 12 12

North West Recovery Communities

www.nwrc-glasgow.co.uk

Recovery Simon Community

T: 0800 027 7466

Re-solv

If you live anywhere in England, Northern Ireland, Scotland or Wales and are worried about your solvent abuse or someone else's – we're here to help. Even if it's just a quick question you want to ask, please get in touch. You can call us on **01785 810 762**, text **07496 959 930**, email info@re-solv.org
www.re-solv.org

Scottish Families affected by Drugs and Alcohol

T: 08080 101011

Turning Point (Homelessness Service)

T: 0800 652 3757

www.turningpointscotland.com/glasgow

We are with you

Support for people who have issues with drugs, alcohol and mental health, and their families and friends. We know our communities and understand the challenges they face.

www.wearewithyou.org.uk





Equality and Diversity

GDA Podcast - Our LGBT Histories is available now at anchor.fm/GDA

"In Glasgow, a lot of LGBT spaces are really inaccessible. So, we can't meet each other and gather there and that makes finding other people like ourselves really difficult."

From LGBT history month in February, throughout Pride month in June - our **LGBT disabled people's network** have been supporting each other to speak out about life as a disabled LGBT+ person in Scotland – and have put together GDA's very first podcast!

Now with Covid-19 restricting opportunities to meet other people in person, our LGBT group has moved online. Inequalities disabled people already faced have been supercharged by the pandemic – poverty, mental health challenges, and increased isolation mean that an inclusive, supportive community is a lifeline that is now more vital than ever before.

GDA's LGBT network was founded by a small group of GDA members who highlighted the need for greater accessibility and inclusion in LGBT spaces. Empowered to challenge inequalities, they sought GDA's support to create a safe space to improve the wellbeing of this intersectional community. GDA listened

and responded, working in partnership, and putting our LGBT members in the driving seat of this work for equality.

GDA has for many years been a supporter of Glasgow's Free Pride events. At the 2017 event GDA members hosted a jam-packed workshop discussion on disability inclusion within the LGBT community – following which, with support from LGBT health and wellbeing, the Equality Network and Glasgow Equality Forum, our LGBT Disabled People's Space was founded.

Hear all about it on our first ever podcast! Also available on:

- Spotify
- Apple
- Pocket casts
- Radio Public
- Breaker

Accessibility

If you are a British Sign Language user www.contactscotland-bsl.org offers a service which enables contact with public bodies and third sector services through Video Relay. If affected by sight loss please www.rnib.org.uk

Age UK

www.ageuk.org.uk/scotland

Autism

www.autism.org.uk

Coalition for Racial Equality and Rights
www.crer.scot

Deafness and Dementia

Full report available on their website:

www.deafscotland.org
admin@deafscotland.org

T: 0141 248-2474

SMS: 07925 417 338

Deaf Awareness

deafscotland.org/support-communication-for-all
deafscotland.org/cycling-safely-for-deaf-people

West of Scotland regional equality unit

For various helpline numbers during COVID19 please visit www.wsrec.co.uk

Disability Equality Scotland are a membership organisation for disabled people and disability groups/organisations
disabilityequality.scot

Discrimination Claims Risk

The Equality & Human Rights Commission is reminding organisations of their legal responsibilities as employers may face discrimination claims if they unfairly treat disabled or pregnant staff because of the coronavirus situation. The EHRC has issued new guidance to help make the right and lawful decisions around dismissing and furloughing staff. The guides give organisations information about their duty to make reasonable adjustments for staff with underlying health conditions and how to support pregnant women and those on maternity leave. For more information www.equalityhumanrights.com/en/advice-and-guidance/coronavirus-covid-19-guidance-employers

Dyslexia Awareness

www.bdadyslexia.org.uk

Equality and Diversity Advice Centre

www.equalityadvisoryservice.com

Advice Line T: 0808 800 0082

Glasgow Disability Alliance
gda.scot

Guide Dog

www.guidedogs.org.uk/Covid19/Support-for-people-with-sight-loss

Health and Social Care Alliance

www.alliance-scotland.org.uk
www.alliance-scotland.org.uk/blog/news/covid-19-and-communication-for-people-living-with-sensory-loss/

Inspiring Scotland

www.inspiringscotland.org.uk

LGBT Foundation

lgbt.foundation/coronavirus/impact
T: 0345 3 30 30 30

LGBT Health and Wellbeing

www.lgbthealth.org.uk Helpline
T: 0300 123 2523

LGBT Youth

www.lgbtyouth.org.uk/news/2020/covid19-announcement

Poverty Alliance, Working Together to End Poverty

www.povertyalliance.org

Saheliya

Specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area
www.saheliya.co.uk

Scottish Council on Deafness

www.scod.org.uk

Scottish Refugee Council

www.scottishrefugeecouncil.org.uk/covid-19

Sign Health

Health video library on range of conditions and issues for people who use British Sign Language
signhealth.org.uk/videotags/covid-19

Ubuntu is a new charity based in Glasgow, set up to provide emergency support for women with no recourse to public funds, facing destitution and violence, check their site for more info:

www.ubuntu-glasgow.org.uk

Visibility Scotland

visibilityscotland.org.uk

West Scotland Regional Equality Council WSREC

www.wsrec.co.uk

T: 0141 337 6626

The ChoiceWorks Programme aims to support people to move forward to tackle their offending behaviour through individual support, groupwork sessions and training and employability opportunities. If you are interested or would like to find out more information, please contact them in one of the following ways:

T: 0141 276 7400

Web: www.glasgow.gov.uk/choiceworks

Email: CommsafetyChoiceworks@glasgow.gov.uk

Facebook: GlasgowCC

Twitter: @GlasgowCC



Homelessness

Emergency Homelessness:

T: 0800 838 502

Glasgow City Mission

www.glasgowcitymission.com

Glasgow Helpline

T: 0800 027 7466

Homeless Addiction Team

T: 0141 552 9287

Salvation Army

www.salvationarmy.org.uk/homelessness

Shelter Scotland (Glasgow Hub) Scotland

shelter.org.uk/about_us/local_services/glasgow

The Marie Trust

www.themarietrust.org

The Simon Community

www.simonscotland.org

Emergency Services Websites and COVID19

Central and Southern Scotland

Phone Scottish Power Energy Networks on:

T: 0800 092 9290 (from landlines)

T: 0330 1010 222 (from mobiles)

Electricity

Who you need to contact depends on where you live

Emergency Homelessness

0800 838 502

Gas

National Gas Emergency Service

If you smell gas phone the National Gas Emergency service

T: 0800 111 999

Help for the Elderly and People with Disabilities or Long-term Illnesses

Utility companies work with local councils to make sure vulnerable people get support during disruptions.

You should tell your supplier if you have:

- a disability
- a long term illness
- a visual impairment
- hearing difficulties
- any other specific requirements

Medical or Mobility Equipment

Tell your supplier if you depend on a continuous power supply. For example, for stair lifts or hoists.

North of Scotland's Central Belt

Phone Scottish and Southern Energy (SSE)

T: 0800 300 999

Police Scotland

www.scotland.police.uk/about-us/covid-19-policescotlandresponse

Scottish Ambulance Service

www.scottishambulance.com

Scottish Welfare Fund

0141 276 1177

SGN Manage the Network that Distributes Gas Across Scotland

T: 0800 912 1700

Social Work Direct

0141 287 0555 (Office Hours)

0300 343 1505 (Out of Hours)

Water

Phone Scottish Water

T: 0845 601 8855





Employment and Business

Business Support in Scotland
findbusinesssupport.gov.scot

COVID 19 Support for Employers and Employees
www.acas.org.uk/coronavirus

Employability in Scotland
www.employabilityinscotland.com

Employment Support Information
www.gov.scot/policies/employment-support

Farm Advisory Service
www.fas.scot/rural-business/coronavirus
T: 0300 323 0161

Farming Sector Employment Opportunities
www.pickforbritain.org.uk/jobs

Health and Safety
www.hse.gov.uk/news/coronavirus.htm

Home Working Health and Safety
www.hse.gov.uk/toolbox/workers/home.htm

Jobs and Business Glasgow
www.jbg.org.uk/business-support-covid-19
Information for employers

If Affected by Redundancy
www.mygov.scot/help-redundancy
www.acas.org.uk/redundancy

**Information for People Seeking Work
Employability in Scotland**
www.employabilityinscotland.com

**Returning to Work, Preparing to Manage Risk of
COVID 19**

[www.cardinus.com/insights/covid-19-hs-
response/returning-to-work-after-lockdown/](http://www.cardinus.com/insights/covid-19-hs-response/returning-to-work-after-lockdown/)
[www.hse.gov.uk/news/hse-regulatory-activity-
during-coronavirus.htm](http://www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm)

RIDDOR Reporting COVID19
[www.hse.gov.uk/news/riddor-reporting-
coronavirus.htm](http://www.hse.gov.uk/news/riddor-reporting-coronavirus.htm)

Mind Tools Useful COVID19 Support Pack
www.mindtools.com

My World of Work
www.myworldofwork.co.uk

Working Safely During COVID19
[www.gov.uk/guidance/working-safely-
during-coronavirus-covid-19?utm_
source=govdelivery&utm_medium=email&utm_
campaign=coronavirus-hse&utm_term=tnt-
4&utm_content=digest-28-may-20](http://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19?utm_source=govdelivery&utm_medium=email&utm_campaign=coronavirus-hse&utm_term=tnt-4&utm_content=digest-28-may-20)

Healthy Working Lives have been working with Scottish Government and other occupational health and safety partners to develop a resource to support SMEs to plan to return to work safely and to stay safe on their return to work during COVID.

Their website is full of resources including sample and template risk assessments, guidance on engaging with your employees about returning to work and links to other partner sites that include guidance and legal requirements.

They understand that some organisations may be particularly worried and anxious about returning back to work and keeping themselves and their staff as safe as possible. They also appreciate that some smaller organisations won't have an in-house person with a good understanding of occupational health and safety and therefore they might be unsure about the steps they are putting in place. They have considered all of this and with the help of professionals in a wide range of sectors have developed a mentoring programme. The mentoring programme will allow organisations to ask us at Healthy Working Lives for support and guidance and if they can't answer your query they will pass it to one of their many Mentors, who will assist you within 48 hours of you requesting support.

To view information on returning to work or to request support visit:

<https://covid19.healthyworkinglives.scot/planning-return-to-work>

If you are interested in becoming a mentor, register here:

<https://covid19.healthyworkinglives.scot/planning-return-to-work/mentoring>

For more general information on COVID visit: **covid19.healthyworkinglives.scot/**

The following is a guest blog on the COPE Scotland website on Healthy Working Lives: **www.cope-scotland.org/index.php/latest-blog/guest-blog-tammy-wells**

Education and Skills Attainment

Brush up on Reading, Writing and Numbers

www.glasgowlife.org.uk/libraries/learning-opportunities/reading-writing-and-numbers

Guidance for Home Learning COVID 19

www.gov.scot/news/guidance-for-home-learning

Thinkuknow

Thinkuknow is the education programme from NCAEOP, a UK organisation which protects children both online and offline.

Families can download a pack according to their child's age, each pack will contain simple 15-minute activities parents can do at home with their child using Thinkuknow resources. The packs will be renewed fortnightly. The site also has advice for parents and carers. **www.thinkuknow.co.uk**

Tips on Writing a Job Application

knowhow.ncvo.org.uk/how-to/how-to-write-a-compelling-job-application

Check out this piece by **COPE Scotland** includes affirmation cards for learning

www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time



Financial Hardship and Support

Advice Scotland

T: 0808 800 9060

Best Start Grant and Best Start Foods

- if your child is the right age for a payment
- whether you're in work or not, as long as you're on certain payments or benefits
- as long as you're the parent of a child, or the main person looking after the child

For more information visit www.mygov.scot/best-start-grant-best-start-foods/

Citizens Advice Scotland

Launched a new national advice helpline to boost the network's service during the coronavirus crisis.

T: 0800 028 1456

GAIN Network

www.gain4u.org.uk helpline

T: 0808 801 1011

GHA – for help with benefits & fuel advice

T: 0808 169 9901

Glasgow Life Communities and Libraries

If you or anyone you know are worried about their current financial situation, let them know about their new helpline number

T: 0808 169 9901

Govan Law Centre: (Glasgow-wide service)

T: 0141 440 2503

www.govanlawcentre.org

WhatsApp: 07564 040765

Home Energy Scotland

energysavingtrust.org.uk/scotland/home-energy-scotland/news/covid-19-faqs-home-energy-scotland-customers

T: 0808 808 2282

HMRC

T: 0300 456 3565

Mortgage Payment Assistance Line

T: 0808 145 0437 (Bos Halifax & Lloyds)

One Parent Families Scotland are launching an Energy Support Grant for Single Parent Families, The OPFS Coronavirus Emergency Energy Fund can provide a one-off payment of £50 to single parent families in Scotland who need help with their energy bills.

More information available: opfs.org.uk/coronavirus-emergency-energy-fund/

Scottish Housing Advice

scotland.shelter.org.uk/get_advice/scottish_housing_advice_coronavirus_COVID_19

Scottish Illegal Money Lending Unit

www.tsscot.co.uk/illegal-lending/loan-sharks/

Social Security Scotland and COVID 19

www.socialsecurity.gov.scot/what-we-do/stakeholder-resources/coronavirus-covid-19

Telephone Banking

T: 0345 300 0000 (Lloyds)

T: 0345 721 3141 (Bos)

T: 0345 720 3040 (Halifax)

If you are experiencing any challenges with finances at this time, please seek advice from your own bank, or lender or one of the money advice services to see what support maybe available to you at this time

Universal Credit Support

T: 0808 169 9901





Food

Change for Life Recipes Ideas

www.nhs.uk/change4life/recipes/dinner

Food for Life Scotland

Working with public and private sector caterers, growers and producers, cooks, and communities to transform food culture, by serving food that is good for people and the planet

www.foodforlife.org.uk/about-us/ffl-scotland

GCVS hosted two events on food provision, which were attended by a variety of third sector organisations. The report from the events outlines the discussions and identifies some of the issues going forward the report is available www.gcv.org.uk/blog/glasgow-third-sector-food-events/

Information on a Healthy Balanced Diet

www.nhsinform.scot/healthy-living/food-and-nutrition

Keep Cooking and Carry on

www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/episode-guide/

Also visit places offering help, who can share information on other supports in your neighbourhood, you are not alone, and people are helping each other, get through this. From local foodbanks, to parents' groups, to neighbours helping out, we are stronger when we help each other. All of us sometimes need help, if you find your struggling, please reach out, people care.

Locations on Food Banks

This has an online map which will direct you to foodbanks, meals (community and emergency) and fruit and veg barras in Glasgow.

All foodbanks and meals are free or pay what you can unless stated otherwise

www.urbanroots.org.uk/freefood

The Food Train

Deliver food shopping for elderly people or people in isolation. £5 delivery fee. They will contact the individual to get a list of what shopping they want and drop off for them.

T:0141 423 1722 all areas

Tips on Eating Well During COVID 19

www.nhs.gov.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/general-advice-and-guidance/eating-well-during-covid-19/

Nourish Scotland is an NGO campaigning on food justice issues in Scotland

www.nourishscotland.org



Help During the COVID 19 Outbreak

Glasgow City Council has been working hard to provide urgent services for its citizens in response

to the COVID19 pandemic, for more detail on these

services please visit their website www.glasgow.gov.uk and www.glasgow.gov.uk/coronavirus

Glasgow Disability Alliance GDA If you or someone you know are not able to get food shopping, or if you are going out when you should really be staying safe at home, please contact their new Freephone helpline:

0800 432 0422 for help or email:

lifeline@gdaonline.co.uk

Glasgow's Golden Generation

www.glasgowgg.org.uk

Glasgow Helps as lockdown and shielding restrictions are lifted, they are changing their response as of 31st July the helpline will move online. Anyone needing assistance can email helpline@gcvs.org.uk or text **07451 289 255**, if people have no phone credit then please text, someone will call back.

Glasgow Housing Association

Home comforts team www.gha.org.uk/ways-we-can-help/at-home/home-comforts

Glasgow Life Community Information list of sites that are good sources of information regarding bereavement, health & wellbeing, financial and more. libcat.csglasgow.org/web/arena/community-information

Need Help Getting to Places?

Taxis can prepay with debit card

Hampden Cabs 0141 429 1122

Glasgow Taxis www.glasgowtaxis.co.uk

Community Transport Glasgow

www.ctglasgow.org.uk T: 0845 605 5955

Other Information on Support

www.readyscotland.org/coronavirus

GDA Glasgow Disability Alliance
Confident Connected Contributing

How can we help?

Covid-19 Resilience Response: Leaving no one behind

GDA Wellbeing: Support on the phone & online. Help to cope, feel better & improve mental & physical wellbeing.

GDA Lifeline: Sourcing, coordinating and delivering shopping, medication and other essential resources.

GDA Connects: Providing IT devices, equipment, support and coaching so disabled people can get online and stay connected.

GDA Learning: Online & phone peer support and free, fun learning, with the necessary support to get involved.

GDA Rights Now: Online and by phone Welfare Rights info, support and representation.

GDA Voices: Sharing our lived experience so Government and decision makers understand impact & respect disabled people's rights.

Support for disabled people, older people and those with long term conditions, living in and around Glasgow.

Call free: **0800 432 0422** Text: **07958 299 496**
Email: info@gdaonline.co.uk www.gda.scot
@GDA_ _online Glasgow Disability Alliance

contact SCOTLAND BSL



Helplines

Alcoholics Anonymous

T: 0800 0086 811 / 0800 9177 650

Advice. Scot

T: 0808 800 9060

Alzheimer's Scotland

T: 0808 808 3000

Autism Helpline

T: 0808 800 4104

Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

Breathing Space

T: 0800 83 85 87

Bullying

www.nationalbullyinghelpline.co.uk

T: 0845 22 55 787

CAB

T: 0800 328 5644

Campaign Against Living Miserably CALM (Men)

T: 0800 585858

Child Bereavement UK

T: 0141 352 9995

Childline

T: 0800 1111

(Help prevent) Childhood abuse

T: 0808 1000 900

CHSS Advice line Nurses

T: 0808 801 0899

Combat Stress

UK charity for Veterans Mental Health

T: 0800 138 1619

CRUSE Bereavement support Bereavement support helpline

T: 0808 808 1677

Dementia Helpline

T: 0800 888 6678

Domestic abuse and forced Marriage Helpline

T: 0800 027 1234

Drinkline Scotland

T: 0800 7314 314

Emergency Homelessness

T: 0800 838 502

Families Affected by Murder and Suicide (FAMS)

T: 07736 326 062

Families Outside Peer Support Group

(supporting families affected by imprisonment) Text FAMOUT 60777 or

Freephone 0800 254 0088

Gamblers Anonymous Scotland

T: 0370 050 8881

Gambling Helpline

T 0808 8020 133

Glasgow Disability Alliance helpline

T: 0800 432 0422

Glasgow Helping Hero's

T: 0800 731 4880

Hopeline UK (people under 35)

T: 0800 068 41 41

LGBT Helpline

T: 0300 123 2523

LGBT Youth

Text: 07786 202 370

Mind Info Line

T: 0300 123 3393

NA

T: 0300 999 1212

NHS 24

T: 111

OCD Helpline

0845 390 6232 or 020 7253 2664
www.ocdaction.org.uk

One Parent Families Scotland Helpline

0808 801 0323

Pandas (perinatal mental illness)

T: 0808 1961 776

Parent Line

T: 08000 28 22 33

Rape Crisis

T:0808 802 999 national number Glasgow and
Clyde number T: 0808 800 0014

Report a Consumer Issue

Advice Direct Scotland T: 0808 164 6000

Report a Loan Shark

T:0800 074 0878

Sexual Health Info Line

T: 0800 567 123 but changing to
T: 0300 123 7123

Silverline (older people)

T: 0800 4 70 80 90

Shelter Helpline

T: 0300 330 1234

Shout (an affiliate of crisis text line)

Text: SHOUT to 85258 in the UK to text with a
trained Crisis Volunteer

SOBS (Bereaved by Suicide)

T: 0300 111 5065

The Lullaby Trust

T: 0808 802 6868 Bereavement support/
following the death of a baby or young child

The Samaritans

Free Phone T: 116 123

The Spark Relationship Counselling and Support

T:0808 802 0050

Universal Credit Helpline

T: 0808 169 9901

Victim Support

T: 0345 603 9213

WSREC Hate Crime Helpline

T: 07497 187 992

Young Minds

T: 0800 018 2138

Mental Health, Well-Being and Stress Management

Anger Management

[www.nhsinform.scot/illnesses-and-conditions/
mental-health/mental-health-self-help-
guides/problems-with-anger-self-help-guide](http://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/problems-with-anger-self-help-guide)

Anxiety UK (formerly National Phobics Society) Helpline

T: 03444 775 774

Text service: 07537 416 905
anxietyuk.org.uk

Association for Child and Adolescent Mental Health

www.acamh.org

Bipolar Scotland

www.bipolarscotland.org.uk/newsblog

Breathing Space

If you need to talk about your anxiety
or mental health in general
T: 0800 83 85 87

Brothers in Arms Thrive App

[www.brothersinarmsscotland.co.uk/apps/
brothersthive](http://www.brothersinarmsscotland.co.uk/apps/brothersthive)

Campaign to Look After your Mental Health

www.clearyourhead.scot

Combat Stress

UK charity for Veterans Mental Health
www.combatstress.org.uk T: 0800 138 1619

Compassion Fatigue

compassionfatigue.org

COPE continues to care

Phone wellbeing support because you matter

T: 0141 944 5490

Email: admin@cope-scotland.org will be replied to within 24 hours where possible.

Website offers online wellbeing information:

www.cope-scotland.org

Healing for the Heart

www.healingfortheheart.co.uk

Health and Social Care Alliance (The Alliance)

Opinion piece on looking at COVID through a trauma informed lens

www.alliance-scotland.org.uk/blog/opinion/after-covid-19-am-i-normal

Health in Mind Trauma Counselling

www.health-in-mind.org.uk/services/trauma_counselling_line_scotland/d15/



COVID-MINDS is a network of longitudinal studies on the global mental health impact of Covid-19 covidminds.org

CRUSE Bereavement support
Bereavement support helpline

T: 0808 808 1677

GCHSCP

Online self-help modules on stress, resilience and sleep problems

W: glasgowcity.hscp.scot/publication/online-self-help-modules-stress-resilience-and-sleep-problems-23-june-2020

How to Look After your Mental Health

www.mentalhealth.org.uk

Information on Self-Harm

SAMH

www.samh.org.uk/about-mental-health/mental-health-problems/self-harm

SAMH download maybe helpful

www.samh.org.uk/documents/SAMH_Understanding_Self_Harm.pdf

Lifelink Glasgow Counselling Service

Also have a young people's service

T: 0141 552 4434

W: www.lifelink.org.uk

Due to COVID 19 restrictions at the moment all counselling will be delivered via telephone or video sessions

Maternal Mental Health Scotland

maternalmentalhealthscotland.org.uk/resources/links-to-charities-and-support-groups

Mental Health Foundation

Please visit the Mental Health Foundation Scotland website for information around looking after your mental health during the COVID19 pandemic

www.mentalhealth.org.uk/coronavirus

this may also be of interest

www.mhfestival.com/exhibition

Mind Info Line

Open Monday to Friday 9am-6pm

T: 0300 123 3393

E: info@mind.org.uk or text 86463

Don't know where to start? www.mind.org.uk

Mind Tools a lot of useful information and tools

www.mindtools.com

Mindfulness

www.freemindfulness.org/download

Mindfulness Resource

waysofthinking.co.uk

Moira Anderson Foundation

Supporting children and adults affected by childhood sexual abuse

moiraanderson.org



NHSGG&C Glasgow Psychological Trauma Service

www.nhsggc.org.uk/your-health/health-services/glasgow-psychological-trauma-service/

Panda Foundation

The PANDAS Foundation is there to help support and advise any parent and their networks who need support with perinatal mental illness. They are also there to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering Pandas FREE helpline

T: 0808 1961 776

E: info@pandasfoundation.org.uk

www.pandasfoundation.org.uk/help-and-information/pre-ante-and-postnatal-illnesses/dad's-and-depression.html

Perinatal and Infant Mental Health Third Sector Service Directory

Find Support Near You

www.inspiringscotland.org.uk/perinatal-mental-health-services

Phobic Awareness

Their website, forum, and chat room are all completely free! They are a community composed of people from all over the world who are suffering from panic, phobias and anxiety. They believe in support through the exchange of ideas information and coping skills. Phobias, anxiety, depression, and panic attacks can be chronic and incredibly damaging conditions, affecting not only the individual struggling, but loved ones as well. Even if you are not suffering with anxiety, if you are a loved one or family member of someone who is, you may find the support offered here of incredible value.

W: phobics-awareness.org/phobias

Scottish Recovery Network

www.scottishrecovery.net/staying-connected-what-people-are-doing-to-stay-well

Shout (an affiliate of crisis text line)

Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

Silver Cloud

wellbeing.silvercloudhealth.com/signup/

As part of the national digital programme to support the health and wellbeing of staff in response to the impact of Coronavirus (COVID-19) and increase access to digital forms of self-help and psychological therapies, SilverCloud has released a number of online self-help modules. Everyone is now able to self-refer to CBT modules on Stress, Resilience and Sleep Problems, and there is one to help with managing mental health during the COVID-19 pandemic. This is independent of the computerised CBT service; the modules are not monitored, and no information is shared with their GP. Previously these modules were only available to staff, and they are now available to the wider public so that staff can signpost their patients and service users to them.

How to access the modules:

- The modules can be accessed free of charge through the website wellbeing.silvercloudhealth.com/signup/
- Visitors will be asked to sign up and identify what health board area they reside within.
- The pin '**Scotland2020**' should be used as the access code when signing up.
- More information about the modules can be found at SilverCloud's website at: wellbeing.silvercloudhealth.com/onboard/nhsscotland/Staff

Support in Mind Scotland

www.supportinmindscotland.org.uk

The Wee Retreat Meditation and Wellbeing Centre

www.theweeretreat.co.uk

Thinking of Suicide?

Sometimes when life feels overwhelming people can think of suicide, if you are having thoughts of suicide, please do speak to someone:

The Samaritans

Free Phone T: 116 123

SAMH Mental Wellbeing and COVID-19

www.samh.org.uk

We are with you

Support for people who have issues with drugs, alcohol and mental health, and their families and friends. We know our communities and understand the challenges they face.

www.wearewithyou.org.uk

Woodlands Community Mental Health Support

One to one support for people experiencing stress or anxiety. The Woodlands Community Outdoor Listening Service was piloted during June and July and will now be continuing through the rest of the summer and into the autumn.

If you are suffering from anxiety, stress or feeling isolated, then their mental health specialist Judy will be happy to meet with you in Woodlands Community Garden or other nearby green spaces. Text or call Judy on **07545 659 636** to arrange a free and confidential appointment at a time that suits.





Epione
Training and Consultancy

Epione
Training and Consultancy

Epione Toolkit
Managing Anxiety During COVID-19

Introduction

Hello and welcome to your own personal guide to wellbeing during the current COVID-19 outbreak. The content of this special toolkit has been designed to help you manage anxieties you may have around the current situation by developing skills to manage your emotions; a key aspect of which involves being compassionate towards yourself - and others - as doing so will produce positive feelings to offset and counter the impact and intensity of negative feelings, which may be worse than usual during the current pandemic.

Why is COVID-19 relevant to our emotional health?



COVID-19 (or Coronavirus) is a worldwide pandemic and is being talked about a great deal by almost everyone everywhere. This is because infectious outbreaks create a unique type of crisis due to the high level of uncertainty about the nature and impact of the disease - especially as the disease can impact individuals and society in so many ways and to so many extents. And the fact that you cannot see it is scary, which is why it's perfectly normal to feel stressed and anxious about it. As such, it's understandable that the concerns we have regarding COVID-19 can affect our emotional and mental health and wellbeing, even among those who have not been directly exposed to the virus.

What might we be stressed/anxious about?

Because we're all different each of us will have different priorities or areas of concern, but some concerns/stresses will be common to most if not all of us:

1. Uncertainty about our future (health and economic)
2. Fear of the unknown – feeling a threat to self and loved ones
3. Challenging and distressing situations/images seen in our communities and on the news

These are just some examples of the concerns we share, you may have others in mind. But it's not just concerns and stresses we share - we often share the same responses too. With this in mind, we can begin the process of identifying our concerns and coping strategies in more detail. But remember, doing this through a compassionate lens will help us more.

The guide follows 5 steps to support you to:

- Step 1:** Name it: what are your areas of concern
- Step 2:** Considering your coping strategies
- Step 3:** Understand your wellbeing traffic light system
- Step 4:** Build healthy routines and practices
- Step 5:** Develop your own personal wellbeing plan

Identifying areas of concern and coping strategies

Emotional distress is common and normal in the context of uncertainty and potentially life-threatening situations, as with the current COVID-19 pandemic. Stress, it's worth noting, is the feeling of being under too much mental or emotional pressure, and when you feel unable to cope because of lack of control over a situation, that pressure turns to stress. Moreover, stress can present itself in different ways, whether physical, mental or emotional. Each of us responds differently to stress and so a situation that's stressful for one person may prove motivating to another. It can impact on how you think, feel and behave as well as cause a person to experience bodily sensations that create the feeling of being unwell.

The aim of this exercise is to support you to plan ahead and prepare for stressful situations that may arise due to the COVID-19 pandemic with non-harmful, healthy coping strategies.

Step 1

Potential COVID-19 concerns: circle the ones you recognise?

You may want to talk this over with a close and trustful confident.

Social isolation – not getting to see your friends	Fear of getting sick	Public transportation fears	Loneliness	Misinformation
Not having enough groceries	Not getting medical help	Appointments getting cancelled	Poor economy	Work shutting down
Not going on vacation	Public entertainment/events getting cancelled	Not being able to travel	Fear of loved ones/children getting sick/dying	Loved ones getting sick/dying
Concerns for elderly/medically vulnerable getting sick/dying	Not knowing who is sick/infected	Self-shielding	Being in close quarters with family members	Kids out of school and having to stay at home
Additional childcare demands	Feeling trapped at home	Loss of income/unable to pay bills	Boredom	Loss of routine

Add you own concerns not listed above _____

Step 2

Common stress reactions.

Circle the ones you recognise?

Can't concentrate	Excessive worry, feeling overwhelmed, or realising that it's hard to stop thinking about different aspects of the coronavirus	Trouble sleeping or staying asleep	Increased tobacco use	Changes in eating patterns such as eating too little/too much
Constant hypervigilance, which can look like excessive checking up on the news	Hypervigilance, constantly checking in on family and friends	Difficulty relaxing, including muscle tension, and feeling keyed up or on edge	Increased alcohol or drug use in order to self soothe	Irritability, anger, and other emotional reactions
Wanting to be alone or feeling detached or numb	Feeling demotivated	Feeling like brain is slowing down	Feeling zoned out	Personal hygiene deteriorating
Tearfulness and sadness	Body aching	Breathing out of sync	Unable to stop for the briefest of moments	Withdrawing from loved ones

Epione Training and Consultancy

Add you own stress reactions not listed above _____

Potential ways to manage COVID-19 concerns.

Circle the ones you currently use and tick the ones you would like to develop

Talk about your feelings/concerns with others	Know the facts and symptoms	Grounding exercise	Pace yourself/limit news consumption	Keep perspective 'this, too, shall pass', 'I am not alone'
Breathing exercise	Allow others to experience their version of distress	Acknowledge/validate people's fears	Support your loved ones in their distress in the ways they wish to be supported	Identify and practice practical ways to reduce infection risk
Focus on what you can do rather than on what you can't	Keep a clean/safe environment	Identify positive family activities	Take breaks from parenting/support the other parent taking breaks from parenting	Considering ways to get out of the house while practicing social distancing (e.g., going for walks etc.
Identify practical ways to co-exist when at home for long periods of time	Identify projects to keep busy	Prioritise self-care	Use stress reduction techniques (e.g., conscious breathing, progressive relaxation, meditation)	Reach out to others via the phone, email, texting, FaceTime, etc.
Utilise community resources—both existing ones as well as new ones that may become available during this time	Ask for assistance from others—emotional, practical, etc.	Remember that you are not alone with this	Practice self-compassion	Practice compassion towards others—this is a hard time for all of us
Reach out to those who are isolated and/or need assistance	Be mindful of your emotional intensity and stress level	Take time-outs as needed	Gratitude journal	Stay current on the latest information

Add you own coping mechanisms not listed above _____

Step 3

The Wellbeing Traffic Light System



A good way to think of our wellbeing and the way we manage it in a time of crisis is to consider it as a sort of traffic light system. This is an example of common responses when our wellbeing may be under threat:

Threat	Physical wellbeing Examples:	Mental Wellbeing Examples:	Social Wellbeing Examples:
RED: Stop and Take Action	Feeling Tired; Exhausted; Not sleeping; Disrupted Sleep Increased Alcohol/Illicit substance use; Sex as coping; No Exercise	Feeling unable to cope or frequently afraid; Becoming angry and irritable at work and at home; Consumed by negative thoughts.	Isolated or avoiding contact with others; Cut off from family and friends; Dreading any social activity,
AMBER: Possible Risk Time to do something	Feeling more tired or weak than normal; Reducing activities that are a source fun/enjoyment or give meaning; An increase in unhealthy eating and Drinking.	Increase in negative emotions: anxiety, low mood; Difficulties focusing Increased rumination (washing machine of thoughts).	Limited sense of connection with work colleagues / team Reduced social contact Withdrawing mentally from loved ones
Green: No action needed	Exercising as normal; Feeling physically fit; Sleeping well; Eating and drinking as normal. Not using harmful behaviours	Feeling emotionally/mentally well; Feeling focussed; Find enjoyment in positive leisure activities; Being interested and curious about the world.	Feeling connected to others: loved ones/friends/colleagues; Feeling that your views are considered; Having a reciprocal relationship with others

My Wellbeing Traffic Light System



Now consider your warning signs. Use some of your answers from the previous exercise to build up a picture of your own Wellbeing Traffic Light System:

Threat	Physical wellbeing Examples:	Mental Wellbeing Examples:	Social Wellbeing Examples:
RED: Stop and Take Action			
AMBER: Possible Risk Time to do something			
Green: No action needed			

Step 4

Now we are going to consider a number of healthy habits and practices you can develop. Remember we must always be kind to our self when doing so. Aim for progress not perfection.

Structure Your Day



When we are faced with unpredictability and change, we need to bring back some healthy control into our life. Creating a structure to your day will provide routine and predictability. It may make it easier initially to make a list for each day that will provide the structure, even if this starts with simply “get out of bed, and eat breakfast” – your personalised template for this can be found below. Your brain and body will like this and will respond positively as it provides predictability and therefore a level of healthy control. If you’re working from home, continue to engage with colleagues if you have a phone/internet access, structuring your day as you would when in the office. It might also help to wear your work clothes in the house as it helps maintain your professional persona – your brain will like this familiarity and consistency. Your daily routine should essentially prioritise looking after yourself. Try viewing this as an ‘unusual’ experience and build your day around differing experiences: exercise, work, relaxation techniques, watching films and books.

Personal Daily Planner Template:

Time	Activity
Wake up!	
Breakfast	
Morning	
Mid-morning	
Late-morning	
Lunch	
Afternoon	
Mid-Afternoon	
Late Afternoon	
Dinner	
Evening	
Bedtime	






Live Moment to Moment



Try to live moment-to-moment, day-to-day. Focus not on the future, as this can feel overwhelming, simply focus on the present day, the here and now. Stick to your daily routine or daily structures. Get through each day. You may even want to break this into segments using a daily planner and doing things that help achieve this: like jigsaws, reading a book, breathing and walking exercises etc. It is sometimes easier said than done to manage your worries in a time of uncertainty. However, an effective way to manage your worries/concerns is to focus your attention on the present moment. One way to do this is by using your 5 senses. Follow the simple steps below to help ground yourself when you feel you are getting stressed or anxious:

Step 1	Take a seat or stand comfortable. Take a deep breath and then...
Step 2	See - Look around you and name out loud 5 things you can see.
Step 3	Feel - Pay attention to your body and name 4 things you can physically feel e.g. the chair I am sitting on, my feet on the floor.
Step 4	Listen - Listen for 3 sounds and name them out loud.
Step 5	Smell - Name out loud 2 things you can smell (or favourite, safe smells if you can't detect any where you are).
Step 6	Taste - Name out loud 1 thing you can taste (or favourite, safe taste if you can't taste anything right now).

These are examples of **Grounding activities**. Grounding exercises use mental distractions to help redirect your thoughts away from distressing or unpleasant feelings and back to the present. Other examples may be found below:

<p>Music game</p> 	<p>Pick a musician or group that you like and try and name five songs:</p> <p>Example: Name five Rolling Stones songs.</p>
<p>Memory Game</p> 	<p>Look at a detailed photograph or picture (of an enjoyable time) for 5 to 10 seconds. Then, turn the photograph face-down and recreate the photograph in your mind, in as much detail as possible. Or, you can mentally list the things you remember from it.</p>
<p>Use a statement that connects you to the 'here and now'</p> 	<p>For example, "I'm (Name). I'm (Age) years old. I live in (City/Town). Today is (Date). It's (Time) in the morning. I'm sitting at my desk at work. There's no one else in the room."</p> <p>You can expand on the phrase by adding details until you feel calm, such as, "It's raining lightly, but I can still see the sun. It's my break time. I'm thirsty, so I'm going to make a cup of coffee."</p>
<p>Describe what's around you</p> 	<p>Spend a few minutes taking in your surroundings and note what you see. Use all five senses to provide as much detail as possible. "This park bench is brown, but the park bench over there is green. It's warm under my jeans since I'm sitting in the sun. The bench feels rough, but there aren't any splinters. The grass is green. The air smells of cut grass. I people talking and dogs barking."</p>
<p>Recite something</p> 	<p>Think of a poem, song, or book passage you know by heart and feels safe. Recite it quietly to yourself or in your head. If you say the words aloud, focus on the shape of each word on your lips and in your mouth. If you say the words in your head, visualize each word as you'd see it on a page.</p>

Emotions



Emotions may feel overwhelming at this time of uncertainty. This is normal, and it will not last forever. Breathing exercises can help you calm yourself and self-soothe your mind. There are many online to choose from. Whichever exercises you choose to practice, the key to success is doing just that: practicing!

You should look to find people who can guide you through breathing exercises to help you feel grounded and present. Exercise is also good for emotional healing. Do not focus too much on these emotions, but find a way of firstly telling yourself these emotions are normal given the stressful situation we face, then distract by using any of the suggestions below and of course, staying with your daily structure. Grief is a normal emotion when we lose connection with others.

The uncertainty generated by COVID-19 is a trigger for our threat/protective system. It can trigger our fight, flight and freeze responses. Self-care is important. Mindfulness practice can help us manage the emotional distress that we experience in relation to the pandemic. It can help people who experience emotional exhaustion, stress, depression, anxiety, and other psychological distress. Mindfulness can also improve self-compassion, relaxation and our sleep. Please find below some examples of mindfulness exercises and self-compassion exercises:

A Short Pause

Take regular short 2-3 minute pauses as often as you can during the day with 4 key steps:	
Breathe	Take a few deeper breaths than normal – a long slow in breath and a long slow out breath - pay attention to your in-breath, all the way in – and your out-breath, all the way out. Feel a sense of letting go on the out-breath.
Ground yourself	Feel your feet on the ground – notice any sensations like tingling or heat or cold. Paying attention to your feet takes your attention away from thoughts and difficult emotions.
Smile	You may not feel like smiling, but doing it will automatically relax tension in your body – and it may light up someone else’s day if they see you.
Notice	Take notice of one thing you can be grateful for, right now in this moment, e.g. help from others, comfy bed, taste of tea or coffee, message from a friend

Calming/Relaxing Place

- **Engage** in soothing rhythm breathing and when you're ready, see if you can invite the image of a place in your mind – a place that could give you the feeling of calmness and complete relaxation.
- Imagine looking around you, what can you **see**? Noticing the colours around you, appreciating their richness, the quality of the light, the time of day.
- Now focus on what you can **feel**. Noticing the temperature around you, the feeling of the air on your skin. Maybe you are barefoot in your calm space, noticing the texture of the ground under your feet.
- Next, think about what you can **hear**. Are there any sounds around you? Are they intense or are they quite subtle? Are there any animal sounds, like bird songs for example?
- Now see if you can **smell** anything in your calm space.
- When you bring your calm/relaxing place to mind, allow your body to relax. Becoming aware of your facial expression, allow your brow to become smooth, if your jaw is clenched invite it to relax, perhaps you feel a soft smile of pleasure at being there.
- See if you can imagine that the place itself takes joy in you being here. Allow yourself to feel how your calm/relaxing place has pleasure in you being here. Explore your feelings when you imagine this place is happy with you being there. Even if it is just a fleeting sense of where the image might be, try to create an emotional connection to this place.
- Know that this place is always available for you to return to. It is never more than a thought away. As soon as you remember it, you can go back and once again





Gratitude Journal

Gratitude is appreciating what is valuable and meaningful to you. Practicing gratitude helps create positive emotions and feel better about themselves. This practice is a good antidote for challenging negative thinking and increasing wellbeing when feeling depressed or down.

How to keep a Gratitude Journal:

- Write it down
- Write about the specific things you are grateful for in your life. It can be anything, big or small.
- Expand on your reasons for gratitude
- Practice this at least 3 times per week and notice the changes in your mind and body when considering these things.
- Keep a record so you can reflect on it and discuss it with your worker.

Self Compassion

Self Compassion Exercise (as developed by Kristine Neff)	
<p>Think about a friend who is feeling suicidal and low. Write down how you would speak to your friend, what tone would you use?</p> 	<p>Now think about when you have bad days or you're really struggling, how do you treat yourself, write down how you speak to yourself?</p> 
<p>What's the difference between the two answers above? Why do you treat yourself differently?</p> 	<p>Write down what might change if you treated yourself with the same care and compassion as your friend</p> 

Remember to practice inviting the voice of the caring and loving friend when talking to yourself. The more we practice this compassionate response the more it will become normal.

Use Your Body



Your body loves physical exercise of any sort, especially the rhythmic component which creates grounding and good emotional regulation. Skipping, drumming, clapping, running walking etc., within NHS guidelines. Exercise doesn't have to be outside. Do things that allow your body to move – if you have internet access you can watch YouTube videos for ideas. Yoga, mindfulness, exercise routines, walking on the spot, anything that can help your body gain energy, feel motivated, create rhythm and become energised. It will help to improve your mood. Build into your day some form of exercise, ideally doing this with someone else in the home is good fun.

Body Weight Exercises

One of the most effective workouts, if you can't leave the house, is a mix of body-weight exercises and high-intensity interval training. Body-weight workouts are relatively short and don't take up much space. Best of all, they don't require any equipment. They are accessible online (YouTube) or now being offered by local gyms. You could also download a Tabata app or Sweat Deck to guide you and time your sequences.

Please check with your doctor beforehand about the suitability of such exercise if you have an underlying health condition or risk factors associated with heart disease (e.g. high blood pressure).

Below are twelve main body exercises that can be incorporated into a workout home routine:

1. Jumping Jacks. 40 sec
2. Push Ups. 40 sec.
3. Burpees
4. High Knees
5. Squat. 40sec.
6. Sit Ups
7. Leg Raises
8. Dips
9. Plank
10. Jump Lunges
11. Tuck Jumps
12. Mountain Climbers

Connection



Humans are social creatures. Although we need to stay physically apart, we also need to remain emotionally close. Within your daily structure, put time aside to safely connect with the people who are your main supports; be this in your own household, or by phone, and share fun and jokes. Connecting with pets is also important and healthy, especially if our networks may be quite restricted. Importantly, give close loved ones and/or pets a hug as this helps us and our body will love it! At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media, or contact a helpline for emotional support.

Who are your **'3 A day'**? Write their names in the boxes. Think how will you connect with them within current restrictions? What makes them special?

1st Name: 2nd Name 3rd Name:

Opportunities







Use this time to do things you have been putting off, but remember there is no expectation and we are not looking for perfection. Do simple DIY, learn something online if you have access, write, create, make new recipes, tidy the garden, paint etc. Look at opportunities to achieve things and feel the sense of satisfaction as you have always wanted to but may never done.

List 3 projects you might want to focus on and what you need to be able achieve these tasks.

My Planned Projects	
1.	
2.	
3.	

Step 5

Finally, let's create your own personal wellbeing plan: What do I commit to doing to protect my wellbeing when I notice the warning signs.

My Plan	Physical: what 3 things will I do for my physical wellbeing? 	Mental: what 3 things will I do for my mood and wellbeing 	Social: What 3 people/agencies will I connect with about my social wellbeing 
<p>ME</p> 			



A final word from us. COVID-19 is causing problems for the majority of people in this world but we often forget that this is the case and blame ourselves for not getting things right and think everyone else is coping so much better than we are. But often this is not the case. We all have our own individual problems and all we can do is cope with them in the best way we can with the resources that we have. That's all we can ask of ourselves. Be kind to yourself and others, fill the world with compassionate focus and actions, say one positive thing to yourself each day and hold on to the feeling that it will end and we will embrace the changes we have made, as well as the new friendships created, skills developed and insights gained. We are all amazing in our own right – we all have strengths that we can build on to create our own journey in this world and the challenges we face, especially at the current time.

Remember: while our experiences may be unique, we are in this together. You are not alone!

David Hume

Alex O'Donnell

Appendix: Additional Resources

Supporting you structure your day

- Weekly Planner Template: <https://www.get.gg/docs/WeeklyPlanner.pdf>

Working from home

- NHS 7 simple tips to working from home: <https://www.nhs.uk/oneyou/every-mind-matters/7-simple-tips-to-tackle-working-from-home/>

Coping with Anxiety

- NHS Inform: Anxiety Self Help Guide: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>

Coping with Depression

- NHS Inform: Symptoms, Causes and Treatment: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/depression>

Emotional Management

- NHS Lothian. Managing your emotional wellbeing during the Covid-19 Outbreak: <https://services.nhslothian.scot/cysticfibrosisadultservice/ManagingyouremotionalwellbeingduringtheCovid-19outbreak/Pages/default.aspx>

Mindfulness/Meditation

- NOW mindfulness activity: <https://www.getselfhelp.co.uk/docs/NOW.pdf>
- Meditation/mindfulness for acceptance audio [here](#)

Keeping Active

- NHS workouts home: <https://www.nhs.uk/live-well/exercise/gym-free-workouts/>
- Twenty minute full body stretch: https://www.youtube.com/watch?v=sTANio_2E0Q

Emotional Support Agencies

- Breathing Space Scotland: 0800 83 85 87 - advisors are available in the evenings (6pm - 2am) and at the weekends (24 hours) for anyone feeling low, anxious or isolated
- The Silver Line: 0800 4 70 80 90 - friendship and advice 24 hours a day for older people
- Samaritans: The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's FREE.

enquiries@epione-training.com

07714322427 / 07969444948

Nature Earth and Health

Build Back Better Hackathon

19th-20th September, the Build Back Better Hackathon plans to bring thousands of people together virtually to work on challenges focused on health, inclusive work, sustainable communities, food systems, education and more to create solutions for a better future for people and the planet. For more information buildbackbetterhackathon.uk

COPE Scotland Interest and Commitment to Helping Address Climate Change

COPE Scotland offer support and tools to manage the challenges of life which can cause mental and emotional distress, directly to individuals and virtually through materials on our website and wider population-based work. Currently the support is by phone, zoom or virtual.

We very much take a holistic approach and recognise the impact the environment has on health and wellbeing, as well as issues of inequality and deprivation. We recognise the impact on mental health not only in terms of climate grief, stress, but fear a potential rise in Anomic suicide as people feel hopeless, helpless that things are spiralling out of control and COVID 19 has added further challenges to people's perception of the future.

We are interested in climate change and the natural environment and its impact on health. Prior to lockdown with local people and partners including local GP's we were going to establish an Earth and Health Forum which creates an opportunity to connect different pieces of work locally and Nationally which is good for the planet and its inhabitants. This forum would link to the development of the local community garden GrowChapel, which aims to use horticultural therapy as a way of helping those members of the community, struggling with mental health issues, addiction, and isolation. As well as offering the local community a welcoming place to meet their neighbours, socialise with new people and spend more time growing and planting. While this was paused during lockdown, plans are it will still go ahead when possible.



Work of COPE Scotland So Far...

The environment and issues of climate change are of concern to the community which resulted in some small tests of change around community conversations around actions we as individuals could take, this resulted in a co designed prompts postcard around being kinder to the planet, circulated to around 3500 people.



To the world,

I want to be part of building a kinder world for myself, people I care about, and the planet. I want to help my community be a place we all enjoy, which nurtures our children and supports those in their later years. To do this I will:

.....

.....

.....

.....

.....

.....

Even if I forgot, this card is a gentle reminder of the promise I made to the world.

Lots of love,

Me xxx ✿

Your Address:

.....

.....

.....

.....

.....



www.copedigital.org

[@COPEScotland](https://twitter.com/COPEScotland)

A video on steps to take to be kind to the planet:

www.cope-scotland.org/index.php/videos/video/what-we-can-make-right-in-the-world accessed so far by more than 12,000 people,

Directly engaging 100 people supporting us plant wildflower seeds, this had planned to be 200 people this year, then lockdown happened!

Community events around winter warmth and energy. This has been part of a wider campaign around kindness to the self, others and the planet aimed at improving mental health and wellbeing, building connectedness and helping raise awareness of the issues of climate change and some small actions we as individuals can take to address this.

We are led by the voices of lived experience and communities and repeatedly people report on the impact the environment has on their wellbeing. We are also seeing more people including young people expressing thoughts

of hopelessness and futility at the changes happening in the world. We have real concerns that climate grief is becoming more common and a medical model is not going to reduce global warming, a new approach is needed working with many partners and communities to help explore change.

We are delighted to join the Scottish Communities Climate Action Network as we believe the more connected, we are the more information we can share and the better we can work collectively to share intelligence ideas and actions which can make a real difference.

For more information on COPE Scotland, our website is www.cope-scotland.org and Twitter [@COPEScotland](https://twitter.com/COPEScotland) or feel free to email: admin@cope-scotland.org

We are also keen on sharing work which is happening around Scotland so if you would like a feature in the next 'Whit's Happening' let us know and we can include it. Together we do more than any of us can alone.





GrowChapel Update

The Growchapel project, a community growing development in Drumchapel, Glasgow, which featured in Whit's Happening issue 7, is delighted to announce a successful funding bid for £15,500 from the Central Scotland Green Network (CSGN) Growing Food Together fund.

Growchapel was one of the nine successful environmental projects across central Scotland which have received a share of just over £100k. The Scottish Government supported fund aims to foster community engagement in growing and learning about food, and promote healthy eating and outdoor exercise.

The Green Action Trust, one of Scotland's leading environmental regeneration charities, is managing the fund as part of its work to drive forward the delivery of the Central Scotland Green Network (CSGN).

The CSGN is Europe's largest greenspace initiative which seeks to transform central Scotland into a place where the environment adds value to the economy and where people's lives are enriched by its quality and initiatives.

Derek Robertson, Chief Executive of the Green Action Trust, said: "Innovative community growing projects like these will develop important areas for people to come together safely, creating vibrant community growing resources to encourage healthy eating, benefit local and disadvantaged communities, and enhance the local environment."

Rural Affairs Minister, Mairi Gougeon said: "The Growing Food Together Fund helps local communities enjoy the benefits of growing fruit and vegetables by supporting projects that deliver social, community, health and environmental benefits. We are all increasingly aware of the importance of having access to growing and greenspaces as well as the physical and mental benefits of being outside. I am delighted that this support will help even more people get involved in community growing spaces and learn about the value of fresh, locally-grown food."

The CSGN is a national development in the National Planning Framework 3 encompassing 19 local authorities across 10,000 sq km. It has the potential to benefit 3.8million people, equating to 68 per cent of Scotland's population.

Glasgow City Council was awarded this £15,500 to help deliver "Growchapel" a community led project using horticultural therapy as a way of helping those members of the community struggling with mental health issues, addiction and isolation. The grant will specifically ensure the site is secured and pay for essential civil engineering works (footpaths, storage cabins, hard standing areas, drainage and cultivation) which will allow growers to access the site.

Our thanks go to CSGN for this funding, which will make a huge positive impact within the area of Drumchapel.

More information can be found on the CSGN website:
<http://www.centralscotlandgreennetwork.org/>

Older Age

Alzheimer's Scotland
www.alzscot.org

Deafness and Dementia

Full report available on their website:

www.deafscotland.org
admin@deafscotland.org
T: 0141 248-2474
SMS: 07925 417 338

Dementia Helpline

T: 0800 888 6678
www.dementiauk.org/get-support/coronavirus-covid-19/

**Generations working together,
Directory of intergenerational resources
to use during COVID19 pandemic**
[generationsworkingtogether.org/news/
directory-of-intergenerational-resources-to-
use-during-pandemic-27-05-2020](http://generationsworkingtogether.org/news/directory-of-intergenerational-resources-to-use-during-pandemic-27-05-2020)

The next **Glasgow & East Dunbartonshire
Intergenerational Meeting** will take place in
October and is now open for bookings:
[https://generationsworkingtogether.
org/events-training/glasgow-and-east-
dunbartonshire-intergenerational-network-
meeting-23-10-2020](https://generationsworkingtogether.org/events-training/glasgow-and-east-dunbartonshire-intergenerational-network-meeting-23-10-2020)

Glasgow East Mattie Carwood Centre
T: 0141 766 0000

Glasgow's Golden Generation

www.glasgowgg.org.uk
They are delivering packages of food and
essentials to older adults across Glasgow,
including pictures, paintings and messages of
hope from local children and young people.
Parcels are being delivered to older adults'
doorsteps to minimise contact. This free service
is open to anyone over the age of 55.
Please contact your nearest centre if you need
essentials or have someone in mind who needs
urgent assistance.

Glasgow North and West Fred Paton Centre
T: 0141 353 0720

Glasgow South David Cargill Centre
T: 0141 632 7391

Independent Age Grants Fund Reaching older
people most likely to be missing out – now and
beyond the coronavirus pandemic
[www.independentage.org/community/grants-
fund](http://www.independentage.org/community/grants-fund)



Playlist for Life

Connect through music during isolation and build your loved ones' personal playlist
www.playlistforlife.org.uk/mp3-music-players-dementia/
www.playlistforlife.org.uk/connectthroughmusic/

Roar

Connections for life is a charity with a mission to reduce loneliness and social isolation in older age by enabling people to stay mobile and connected.
<https://www.roarforlife.org/>

Scottish Pensioners Forum

www.scottishpensioners.org.uk

Silverline (older people)

T: 0800 4 70 80 90

The Age Scotland Helpline

is a free, confidential phone service for older people, their careers and families in Scotland
T: 0800 12 44 222

The Good Morning Service

T: 0141 336 7766
www.goodmorningservice.co.uk

WeekdayWOWFactor

Thanks to Funding from Big Lottery, GSEN and Foundation Scotland. Offering a 7 day free service at present using Zoom platform- Daily 5pm Daytime discos with chat and fun quiz. Mondays and Fridays Zooming at 3pm for Virtual Adventure walks in cities and natural wonders around the world as well as a chat and a fun quiz.

Weekdaywowfactor@gmail.com or
call 07717 732 542 for more information.
Active Facebook page: Weekday Wow Factor

Physical Health

Alzheimer's Scotland

www.alzscot.org
T: 0808 808 3000

Asthma UK

T: 0300 222 5800
www.asthma.org.uk/coronavirus

Bladder and Bowel Community

This small community is growing so if you are looking to share stories, experiences or just simply chat with others with a bladder and/or bowel condition then head over to Facebook and join the Bladder & Bowel Community Support Group.
www.bladderandbowel.org/news/new-bladder-bowel-community-facebook-support-group/

Brittle Bones

www.brittlebon.org

Charcot-Marie-Tooth Disease

Charcot-Marie-Tooth Disease is a genetic condition that damages peripheral nerves. These nerves are responsible for passing on commands from the brain to the muscles (motor nerves) and for passing information to the brain about sensations, such as pain, heat, cold, touch, importantly for balance – where your joints are in space (sensory nerves). When these are damaged, people are said to have a neuropathy. For more information visit:
www.cmt.org.uk

Charles Bonnet Syndrome

T: 0303 1239999
www.charlesbonnetsyndrome.uk

Chest Heart and Stroke Scotland

T: 0808 801 0899
www.chss.org.uk



Chronic Pain

www.nhs.uk/ggc/your-health/healthservices
painassociation.co.uk
www.youtube.com/watch?v=4I8dUJgCj0I&feature=youtu.be

Crohn's and Colitis UK

www.crohnsandcolitis.org.uk

Chron's disease

www.crohnscolitisfoundation.org/what-is-crohns-disease

Cystic Fibrosis Trust

www.cysticfibrosis.org.uk

Diabetes UK

www.diabetes.org.uk

Epilepsy

www.epilepsyscotland.org.uk

Fibromyalgia

www.fmauk.org

GUTSUK

Committed to fighting all digestive disorders
gutscharity.org.uk

HIV

Terrance Higgins Trust
www.tht.org.uk/centres-and-services/glasgow

MacMillan Cancer Support

T: 0141 287 2903
www.macmillan.org.uk/coronavirus

Macular Society

www.macularsociety.org
T: 0300 3030 111

Menopause

www.nhs.uk/conditions/menopause
Menopause Café www.menopausecafe.net

Multiple Sclerosis National Therapy Centres

Find your nearest MS Therapy Centre
www.msntc.org.uk/find-a-centre
T: 01296 711 699

National Eczema Society

www.eczema.org

Primary Immunodeficiency UK

www.piduk.org

Sarcoidosis UK

www.sarcoidosisuk.org

Sign Health

Health video library on range of conditions and issues for people who use British Sign Language www.signhealth.org.uk

The Scottish Government has developed a framework for how recovery and rehabilitation services will support people affected by the pandemic. For more information: www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic

Tips to Help Reduce the Suffering of Living with Chronic Pain

www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain

Ulcerative Colitis

www.crohnsandcolitis.org.uk/about-crohns-and-colitis/publications/ulcerative-colitis

Urology Foundation

The Urology Foundation a charity in the UK and Ireland that tackles all urology diseases. For more information: www.theurologyfoundation.org

Useful information if recovering from COVID19

www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy

Versus Arthritis

www.versusarthritis

Parents and Families

Action for Children

Launching Parent Talk – a new national online service which connects parents with trained parenting coaches

www.actionforchildren.org.uk/news-and-blogs/press-releases/2020/july/one-in-three-parents-out-of-their-depth-as-children-struggle-with-pandemic-fallout/

Association for Child and Adolescent Mental Health

www.acamh.org

Babies in Lockdown

New report from Best Beginnings, Home Start UK and the Parent Infant Foundation on the impact of COVID19 and subsequent measures on those pregnant, giving birth, or at home with a baby or toddler. For more information babiesinlockdown.info/download-our-report

Child Bereavement UK

T: 0141 352 9995

(Help prevent) Childhood Abuse

T: 0808 1000 900

Childline

T: 0800 1111

www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus

Dads Rock

Their aim is to improve outcomes for children in Scotland to ensure the best start in life by providing support to Dads and Families

www.dadsrock.org.uk

Differabled Scotland

Parent to parent, peer to peer support for parents

whose children have additional support needs

www.differabledscotland.co.uk

www.facebook.com/differabledscotland

Down's Syndrome Scotland

www.dsscotland.org.uk

Fathers Network Scotland

Vision a safe and compassionate Scotland where all children, their families and communities are enriched and strengthened through the full and welcome involvement of their fathers.

www.fathersnetwork.org.uk

Families Outside

• T: 0800 254 0088

• Webchat www.familiesoutside.org.uk

• Text FAMOUT to 60777

• Email support@familiesoutside.org.uk

How to Help an Addicted Parent

www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent

Licketyspit is a family drama-led play and children's theatre charity based in Glasgow. To take part: Families can join the Children & Families Network at: www.licketyspit.com/families/network or contact ruby at cfn@licketyspit.com or via text 07413 800 342. You can find all of Licketyspit's online content for imaginative play at home at www.licketyspit.com/families/coronavirus

One Parent Families Scotland

mylifeandme.opfs.org.uk

Parent Network Scotland

www.parentnetworkscotland.org.uk

Parenting Across Scotland

www.parentingacrossscotland.org

PNS Toolkit Registration

Follow link for anyone wanting to register for new PNS wellness toolkit learning targeting parents

docs.google.com/forms/d/e/1FAIpQLSeV8085eAxTtLa4x3xoGWPPcjlTKOCCvNWHLZ1uvrtKF4bOw/viewform?vc=0&c=0&w=1

Pregnant and New Parents

www.parentclub.scot

Scottish Families Information Services

Information for parents and carers of children and young people scottishfamilies.gov.uk

Solihull Approach Training Online

solihullapproachparenting.com/online-course-for-parents

Storm Break

Aim to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

www.stormbreak.org.uk

Summer Holiday Programme for Families

Each year GCC invest funds in food and activity programmes for summer, the following link offers more info on same,

www.gcvs.org.uk/blog/glasgow-summer-holiday-programme-2020/

Take a Break Scotland

takeabreakscotland.org.uk/applications/

Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right

The PANDAS Foundation is there to help support and advise any parent and their networks who need support with perinatal mental illness. They are also there to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering Pandas FREE helpline

T: 0808 1961 776

info@pandasfoundation.org.uk

Triple P

Online training www.triplep-parenting.uk.net/uk-en/find-help/triple-p-online/

With Kids

With Kids offers a range of therapeutic services to children, parents and carers

www.withkids.org.uk

Glasgow Tel: 0141 550 5770

Edinburgh Tel: 0131 453 9400

3D Drumchapel

3D Drumchapel is a charity based in Drumchapel in the West of Glasgow working with children and families providing a range of activities and support:

3ddrumchapel.org.uk



Pets

This can be a challenging time also for pets, the following websites may offer some advice. Please also at this time be extra considerate of someone who is using a guide or assistance dog. A guide dog has not been trained to know to keep people 2metres away from the person they are protecting and the person with sight loss may not be able to see you, so please, be considerate. If we treat others, the way we want treated more of us will come through this.

Advice for Animal Owners from the Government

www.gov.scot/publications/coronaviruscovid-19-advice-for-animal-owners/

Advice for People who use a Guide Dog

www.guidedogs.org.uk/coronavirus/Services

From Scottish Society for Prevention of Cruelty to Animals

www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets

Places of Worship

Places of worship are also subject to the guidelines on social distancing for more information www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/; if we have missed any places of worship please let us know and we shall add these to the next edition.

While we cannot list every single place of worship in every community, we wanted to share sources where you may find out what is happening in your local community:

Ahmadiyya Mosque

www.facebook.com/baiturrahmanmosqueglasgow/

Archdiocese of Glasgow

www.rcag.org.uk

Baptists Church

www.baptist.org.uk/Groups/337630/Coronavirus.aspx

Central Mosque Glasgow

centralmosque.co.uk/coronavirus-covid-19-announcement

Church of Scotland

www.churchofscotland.org.uk/resources/covid-19-coronavirus-advice/advice-for-churches-covid-19-coronavirus

Glasgow Buddhist Centre

www.glasgowbuddhistcentre.com

Glasgow City Free Church

www.glasgowcityfreechurch.org

Glasgow Gurdwara

www.glasgowgurdwara.org

Glasgow Reform Synagogue

www.grs.org.uk

Greek Orthodox Church Glasgow

www.greekcommunitystluke.scot

Hindu Temple Glasgow

www.hindumandirglasgow.org

Jehovah's Witnesses

www.jw.org/en

Methodist Church

www.methodist.org.uk/about-us/coronavirus/official-guidance

Orthodox Synagogue

www.jscn.org.uk/small-communities/garnethillsynagogue/

Quaker Religious Society of Friends

www.quakerscotland.org/glasgow

Salvation Army

www.salvationarmy.org.uk/glasgow-city-centre



Relationship and Family Breakdown

Info Site

www.mygov.scot/relationship-counselling

Relate

www.relate.org.uk

Website also shares advice and tips on keeping relationships healthy during self-isolation and social distancing

Relationships Scotland (Family Mediation)

www.fmwest.org.uk

T: 0141 332 2731

The Spark

www.thespark.org.uk/relationship-support-for-couples-individuals/relationship-helpline

T: 0808 802 2088

Tips for successful communication within the family www.pubs.ext.vt.edu/350/350-092/350-092.html

Safety and Protection

Act Fast

Support to the protective parent/carer of sexually abused children. Acts Fast also support partners and family members affected by a loved one downloading indecent images online.

actsfast.org.uk

T: 01202 797217 Text or call 07468 694068

COVID19 Adults with incapacity guidance

www.gov.scot/publications/coronavirus-covid-19-adults-with-incapacity-guidance

Cyber safety

www.neighbourhoodalert.co.uk

Disability Safety Hub

To raise awareness of disability hate crime, helping disabled people to understand what a hate crime is. The Hub also wants to help disabled people to report hate crime, and shows the different ways you can do this.

disabilitysafety.scot/

Domestic Abuse

It is recognised during lockdown and the social isolation measures, the increased incidence of domestic abuse. It is really important people feel safe. For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language

sdafmh.org.uk

Domestic Abuse and Forced Marriage Helpline

**T: 0800 027 1234 or email
helpline@sdaafh.org.uk**

GCA have been working with Inspiring Scotland and the other Survivor Scotland organisations to develop and present #NeverMoreNeeded video.

vimeo.com/430085213

Fearless Campaign

Fearless Scotland have launched a campaign encouraging children and young people to be alert to signs of abuse and neglect in their families and communities

www.fearless.org/campaigns/harm-neglect

Issues with Neighbours and Antisocial Behaviour

www.your-place.net

Male Victims of Domestic Abuse Helpline

T: 0808 800 0024

W: abusedmeninscotland.org

Moira Anderson Foundation

Supporting children and adults affected by childhood sexual abuse

moiraanderson.org

National Bullying helpline

https://www.nationalbullyinghelpline.co.uk/

T: 0845 22 55 787

Progress Housing Group are a social housing provider with nearly 11,000 homes in England & Scotland, delivering homes, independence and opportunities to their tenants and communities
www.progressliving.org.uk/current-tenants/anti-social-behaviour-asb/hate-crime/

Redress for Abuse in Care

A scheme that offers recognition and acknowledgement to survivors of historical childhood abuse in care has made payments of £10,000 each to 417 people in its first year. The Advance Payment Scheme provides redress payments to those who were abused in care in Scotland and who are terminally ill or aged 68 or over. For more information:

www.gov.scot/news/redress-for-abuse-in-care

SAY Women offers safe semi-supported accommodation and emotional support for young women aged 16 to 25 who are survivors of sexual abuse, rape or sexual assault and who are homeless, or threatened with homelessness.

www.say-women.co.uk

Stop it Now Helping Prevent Childhood Sexual Abuse Helpline

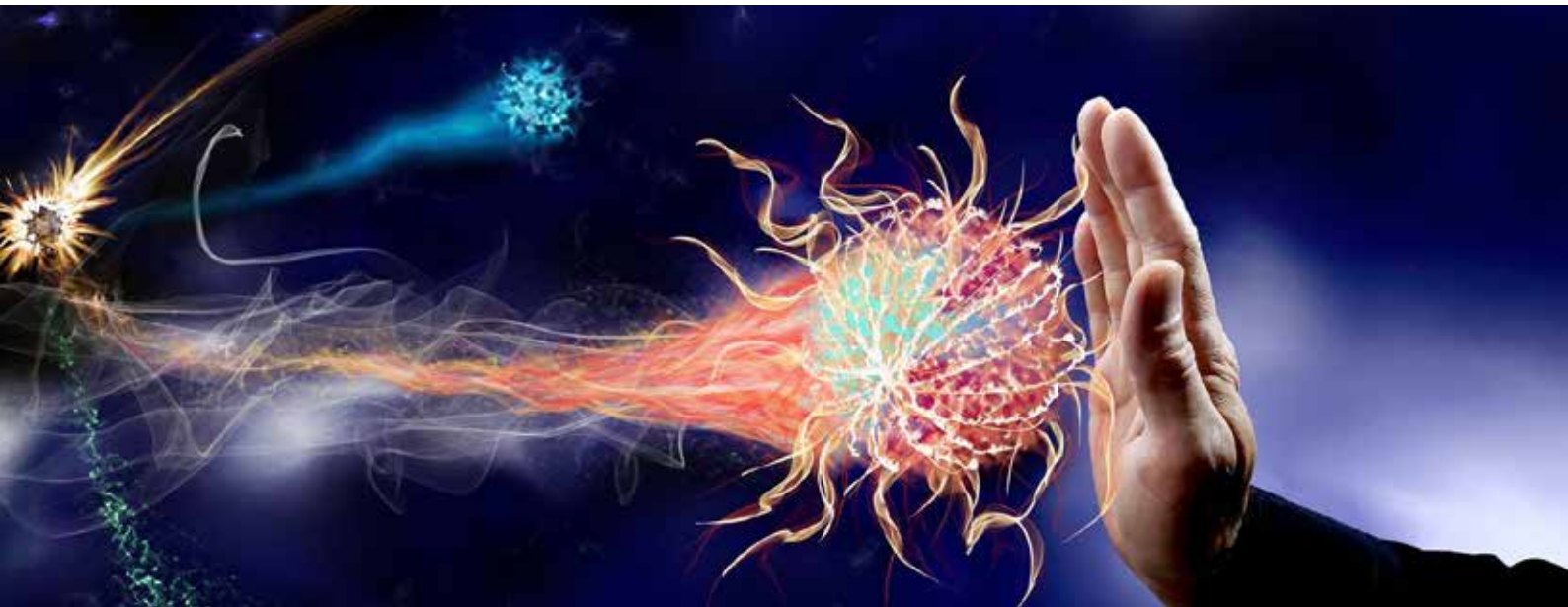
T: 0808 1000 900

www.stopitnow.org.uk

Trading Standards

Site alerts to latest scams

mailchi.mp/0029ab105224/scam-share





Police Scotland share, they are beginning to see evidence that fraudsters are increasingly targeting the public and organisations with emails, texts, telephone calls and WhatsApp messages offering advice and treatment for the coronavirus. For more information www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers

Ubuntu

Is a new charity based in Glasgow, set up to provide emergency support for women with no recourse to public funds, facing destitution and violence, check their site for more info www.ubuntu-glasgow.org.uk

UNICEF

How to keep your child safe online while stuck at home during the COVID-19 outbreak www.unicef.org/coronavirus/keep-your-child-safeonline-at-home-covid-19

We can all help protect each other, please wear a face covering if you can
www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/

Information for people exempt from wearing a facemask
disabilityequality.scot/news/face-covering/

Women's Aid

Have created an online resource for children and young people. check their site for more info
thehideout.org.uk

WSREC Hate Crime Helpline

With recent times WSREC would like to highlight that they are still running their hate crime project, within this Covid-19 epidemic. If you have been a victim or a witness of hate crime then they can help support you, within a safe environment by filling out forms, communicating with the police, providing an interpreter and answering queries. For further assistance, please phone **07497 187 992** (Mondays and Thursday 9am - 1pm) or email then for more info. www.wsrec.co.uk

It is also important at this time as always, that children are protected. This link maybe helpful www.celcis.org/news/news-pages/public-urgedlook-out-signs-child-abuse-or-neglect-duringcoronavirus-crisis

It is also important with children online more that they are safe NSPCC offer some useful tips www.nspcc.org.uk

Self-harm



support for women and girls
resources and training for all

Self Injury Support is still here for you Self injury Support has been running UK-wide emotional support services around self-harm for over 30 years and they've always wanted to run a complementary information/navigation service alongside.

The great news is that they now have funding to pilot this service and they really want to collect as many views as possible to make sure it does something useful and is easy to access.

They'd really appreciate it if you can take 5 minutes to fill in this survey and let us know what you think.

Please also feel free to send this survey on to anyone you think would be interested in responding - the service will be open to people who self-harm, friends and family who support them and people who are working to support people who self-harm.

For more information about the other support they offer please visit: selfinjurysupport.org.uk

Blogs About Self-harm and Coronavirus:
www.selfinjurysupport.org.uk/Blogs/coping-with-coronavirus-and-lockdown/Category/coping-with-covid-19

Dealing with self-harm in lockdown:
www.selfinjurysupport.org.uk/self-care-and-self-advocacy

Distractions and Displacement:
www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement

Exploring Alternatives:
www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives

First Aid for self-harm:
www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid

Harm Minimisation:
www.selfinjurysupport.org.uk/Pages/FAQs/Category/harm-minimisation

Seeking treatment and self-advocacy:
www.selfinjurysupport.org.uk/Pages/FAQs/Category/seeking-treatment-and-self-advocacy

A range of other self-help and information:
www.selfinjurysupport.org.uk/Pages/Category/self-help-resources

They welcome all feedback on these pages and suggestions of things to add from your own experiences.

Self injury Support also wanted to let people know that during this very difficult time their text-based support services are still open and they are there to listen and support. Their TESS service offers emotional listening support for women and girls affected by self injury and a space where you can explore what is going on for you alongside a trained female volunteer with knowledge of self injury.

All of their services are open from 7pm -9.30, Tuesday-Thursday.

You can:

- Text them on **07537 432 444**
- Email them at **tessmail@selfinjurysupport.org.uk**
- Or start a webchat here **www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support**

Webchats are for up to half an hour.

If you don't know where to start just text or message 'hello' and they will be there with you.

All their services are confidential and anonymous.

Stuff to do

- **Find out what's on in Glasgow**
www.whatsonglasgow.co.uk

- **Anne Yoga Heart**
For enquiries
www.facebook.com/annesyogaheart
T: 07794 935 547

Sunday 8pm - Wind Down with Meditation - Gentle class, relaxing and calm

Tuesday 10.30am - Chair Yoga - FREE - Suitable for everyone, focus on breath and mindful movement supported by COPE Scotland

Wednesday 7pm - Beginner's Yoga - Ideal for those new to yoga, lots of time spent focusing on basic postures

Thursday 7am - Wake Up Flow - Energetic and invigorating - strong breath and movement

Friday 9.30am - Feelgood Friday - FREE - breath and gentle flow of postures for anyone to try supported by COPE Scotland

Friday 5.45pm - Strength and Balance - Stronger more challenging class

Mind and Draw

- **Wednesday 9th September** at 3pm to 4pm Supported by COPE Scotland
- **Wednesday 16th September** at 6:30pm to 7:30pm Supported by COPE Scotland
- **Wednesday 23rd September** at 3pm to 4pm Supported by COPE Scotland
- **Wednesday 30th September** at 6:30pm to 7:30pm Supported by COPE Scotland

For more information and how to join the sessions

www.facebook.com/mindanddraw

- **Gransnet Online Community** for over 50s. At its heart is a discussion forum where users give each other advice and support, discussing everything
www.gransnet.com

Drumchapel Cycle Hub

Drumchapel Cycle Hub are now doing the Scottish Repair voucher scheme so they can cover up to £50) to help get a bike on the road, if it needs repairs or a service to be safe. They cannot do upgrades to existing roadworthy bikes or work on high end road or MTBs. A repair or service must be booked in via their Facebook page:

www.facebook.com/drumchapelcyclehub/

or website:

www.drumchapelcyclehub.org.uk/

Updates on Glasgow Life facilities opening, please check this link for latest information
www.glasgowlife.org.uk/coronavirus-covid-19-latest-information

- **COPE Scotland**
How to make an affirmation jar
www.cope-scotland.org/index.php/latest-blog/changing-the-script
- **COPE Scotland**
Online relaxation classes phone **0141 944 5490** or
email admin@cope-scotland.org for more info
- **Welcome back**
The link will take you to a short film hosted by Councillor David McDonald, Chair of Glasgow Life and Depute Leader of Glasgow City Council. In this film, we are advised on the forthcoming re-opening of some services and what a customer will experience when they visit to safeguard all service users and staff. Like many businesses and services, these are the first steps forward to welcoming our citizens and visitors back to our services and we welcome this information being shared with colleagues and community as wide as is available.
<https://www.youtube.com/watch?v=6y44iEhauVQ>
- **Build Back Better Hackathon**
19th-20th September, the Build Back Better Hackathon plans to bring thousands of people together virtually to work on challenges focused on health, inclusive work, sustainable communities, food systems, education and more to create solutions for a better future for people and the planet. For more information buildbackbetterhackathon.uk



Sexual Health Support and Advice

Sandyford Sexual Health Services
www.sandyford.scot

Sexual Health Info Line
T: 0800 567 123 but changing to
T: 0300 123 7123

Terrance Higgins Trust
www.tht.org.uk/centres-and-services/glasgow

Waverley Care
Offers HIV, hepatitis C and sexual health support and advice. They will be continuing to provide support to people who need it by phone, text, and email, and through their live chat service.
www.waverleycare.org

Workers and Volunteer's Wellbeing

BASW
Help for key workers during COVID19 pandemic
www.basw.co.uk/help-key-workers-scotland

COPE Scotland
www.cope-scotland.org offers a range of tools and tips for wellbeing

Compassion Fatigue
compassionfatigue.org

Iriss
For tips and information for staff resilience as well as the wider public
www.iriss.org.uk/resources/reports/resilience-resources

Mental Health and Wellbeing for Staff
www.learn.nes.nhs

National Wellbeing Hub
www.promis.scot

NHS Greater Glasgow and Clyde has pulled together a number of resources to support the physical and mental health of staff.
www.nhsggc.org.uk

The Scottish Social Services Council
For care providers who are providing support to people with palliative and end of life care needs
www.news.sssc.uk.com

★ **New Helpline for Staff**
Mental health hotline for social care staff in Scotland
The health and social care workforce mental wellbeing support line (**0800 111 4191**) operated by NHS 24 on a 24/7 basis

Virtual mental health & wellbeing training



On behalf of the NHS GG&C 5 year mental health strategy, prevention and early intervention sub-group, SAMH are taking forward a mental health improvement capacity building programme across the 6 HSCP areas within Greater Glasgow and Clyde.

The virtual training offered within this contract will be Maintaining Wellbeing, Building Resilience, Mental Health in the Workplace – A Guide for Managers and an Introduction to Suicide Prevention. This training **is in addition** to existing Mental Health and Wellbeing training offered in HSCP areas.

Training courses will be delivered via Zoom.

Please see below for more information on dates for the above mentioned courses.



*To book onto courses offered on this flyer (see below), **please email; training@samh.org.uk with your name, job role, organisation and HSCP area. If you are based in Glasgow, please specify if it's the North East, North West or South. For bookings for Introduction to Suicide Prevention, please also provide your managers name and email address in addition to the above.***

If you have any additional support needs, please advise when booking onto courses.

Course	Date	Time
Introduction to Suicide Prevention (90 mins)	03/09/2020	10am-11.30am
	07/09/2020	10am-11.30am
	10/09/2020	10am-11.30am
	17/09/2020	10am-11.30am
	18/09/2020	2pm-3.30pm
	21/09/2020	2pm-3.30pm
	24/09/2020	10am-11.30am
	28/09/2020	10am-11.30am
	30/09/2020	10am-11.30am
Building Resilience (90 mins)	08/09/2020	2pm-3.30pm
	18/09/2020	10am-11.30am
	30/09/2020	2pm-3.30pm
Maintaining Wellbeing (90 mins)	02/09/2020	2pm-3.30pm
	09/09/2020	10am-11.30am
	25/09/2020	10am-11.30am
Mental Health in the Workplace – A Guide for Managers (3 hours over 2 sessions)	11/09/2020	10am-11.30am & 2pm-3.30pm
	14/09/2020	10am-11.30am & 2pm-3.30pm
	25/09/2020	10am-11.30am & 2pm-3.30pm

Please note, all courses will run for the duration outlined above, so please only book on to these courses if you are able to stay for the full duration. Please also only book on to Mental Health in the Workplace if you are a manager/have line management duties within your role and can attend both am & pm sessions.

Maintaining Wellbeing
Course duration: 1.5hr

This session:

- Begins by looking at creating a mentally healthy work-from-home environment
- Stress- what this looks like for participants, stress vs pressure, and ways to manage stress
- Sources of support to maintain wellbeing during lockdown, including videos, websites, apps and handouts
- A take home workbook which includes individual, reflective exercises for participants to do in their own time

Building Resilience

Course duration: 1.5hr

This session:

- Begins by looking at the relationship between wellbeing and resilience
- Discusses one definition of resilience, what it means, and the key elements included
- Group activities on ways to build resilience
- A take home workbook which includes individual, resilience-building exercises for participants to do in their own time

Introduction To Suicide Prevention

Course duration: 1.5hr

This session:

- Begins by looking at the statistics around suicide
- Spotting the signs and asking about suicide
- Listening and supports available
- Looking after yourself

***Please note that this session is only an introduction to suicide prevention, and does not go into lengthy detail around carrying out a suicide intervention. The use of virtual platforms cannot guarantee a confidential safe-space. Please refer to our classroom taught courses for more information on Suicide Prevention training. Managers should discuss attendance with staff beforehand, note when staff are attending and offer a safe space to talk if required afterwards.*

Mental Health in the Workplace – A Guide for Managers

Course duration: 3hr (x2 1.5 hour sessions over morning and afternoon)

This session:

First 90 minute slot

- Introduction to mental health
- Creating a mentally healthy workforce
- Understanding the most common mental health problems (part 1 Stress)

Second 90 minute slot

- Understanding the most common mental health problems (part 2 Depression & Anxiety)
- Employers legal duties and responsibilities
- Managing mental health at work
- Having a conversation

Youth

Al A Teen (for teenagers affected by others alcohol misuse)

al-anon.org/newcomers/teen-corneralateen/

Article on COPE Scotland's website which maybe of interest

www.cope-scotland.org/index.php/latest-blog/being-young-in-lockdown

Child Bereavement UK

www.childbereavementuk.org

DRC Youth Project

Provides free activities and support for young people aged 8-26. Specialise in youth employability and use holistic methods with CLD at the core Twitter: [@DRCYouthProject](https://twitter.com/DRCYouthProject)

G15 Youth Project

Voluntary organisation based in Drumchapel Glasgow; support Youngsters aged 12-25
www.facebook.com/g15youth

How to Help an Addicted Parent

www.childrensociety.org.uk/advice-hub/how-tohelp-an-addicted-parent

Lifelink Youth

T: 0141 552 4434

www.lifelink.org.uk

Papyrus

A specific young people's suicide prevention charity

papyrus-uk.org

T: 0800 068 41 41

Text: 07860 039 967

Parent Helpline

T: 0808 802 5544

Royston Youth Action

Provide facilities for recreation, education or leisure time for young people, children and families residing or working in their area of operation

roystonyouthaction.co.uk

Storm Break

Aim to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

www.stormbreak.org.uk

Take Break Scotland

takeabreakscotland.org.uk/applications/

Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right

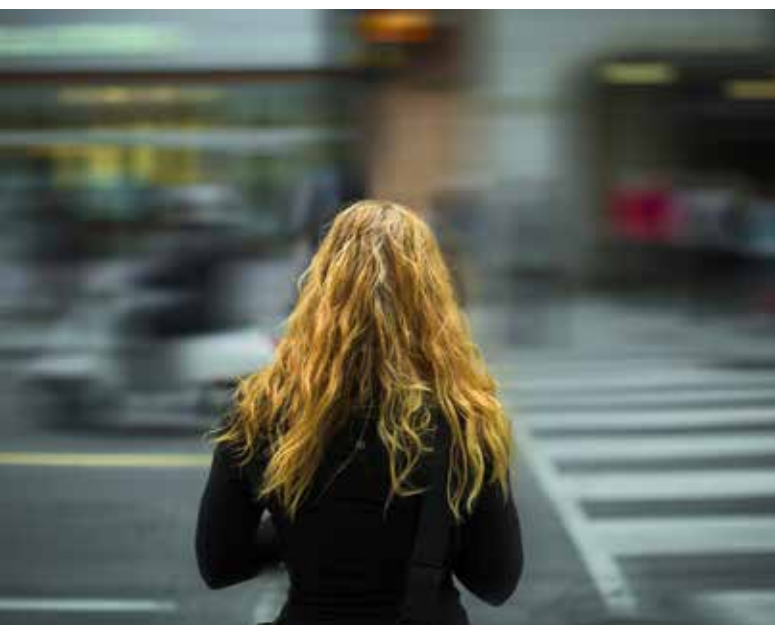
Young Minds

T: 0800 018 2138

Young Minds' Parents Helpline

Available to offer advice to parents and carers worried about a child or young person under 25's behaviour, emotional wellbeing, or mental health condition

www.youngminds.org.uk





Glasgow City Youth Health Service

A Confidential* Holistic Service

For young people **12-19 years**

Evening service in 5 Venues across Glasgow

Additional wrap around support and care

Anxiety, Exam Stress

Alcohol / Drug Misuse

Low Mood

Weight

Employability Support

Sexual Health

Pregnancy

Bullying

Bereavement / Loss

Family Break Up



How we support:

- Weigh to Go - Weight Management for 12-18 year olds
- Skills & Support for parents (Teen Triple P)
- Counselling
- Seeing the Nurse or the Doctor
- Tailored programme for Multiple Risk - "Know Your Way"
- Youth volunteering opportunities for 16+
- Advice line 8am-4pm (Mon-Fri)

For further information or to refer call:

0141 451 2727

venues overleaf

* Except when there are safety concerns.

**Drumchapel
Health Centre**

80-90 Kinfauns Drive
Glasgow G15 7TS

Tuesdays 6:00–8:30pm



**Possilpark
Health & Care Centre**

99 Saracen Street
Glasgow G22 5AP

Wednesdays 6:30–9:00pm

**Maryhill
Health & Care Centre**

51 Gairbraid Avenue
Glasgow G20 8FB

Thursdays 6:30–9:00pm

**New Gorbals
Health & Care Centre**

2 Sandiefield Road
Glasgow G5 9AB

Thursdays 6:30–9:00pm

**Shettleston
Health Centre**

420 Old Shettleston Road
Glasgow G32 7JZ

Wednesdays 6:30–9:00pm

wee changes can make a **big difference** tips to establish a healthy routine every day

Eating

We all need to eat a balanced diet, if money makes this a challenge there are ideas on eating well on a budget www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less If things are challenging just now a foodbank maybe able to help www.trusselltrust.org/get-help/find-a-foodbank It's also important if we can afford extra food we don't overeat as we are bored or upset. If something is bothering you, please talk to someone about it.



Housework and interior design

Often our external environment can reflect how we feel inside. Do you feel you have a lot of clutter, or things you would like to do in the house but just don't get round to? We all have those wee jobs about the house we put off. Getting into a housework routine can help keep clutter at bay, offer us some physical activity which saves cost of going to the gym! And improve how we feel inside and its amazing how a house can be made a home even when money is tight. This maybe offer some useful ideas www.idealhome.co.uk/diy-and-decorating/free-ideas-home-decorating-9179

Rest and relaxation

We all need a good sleep pattern and some healthy relaxation habits. Does your home promote calm, could wee changes be made so it's a place of relaxation, maybe start with the bedroom see if that helps promote better sleep too? There are also heaps of relaxation exercises online, maybe find one which works for you www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes



Companionship

We are social beings and for most people feeling and giving affection is important. Building time for companionship into our routine is important. If we don't have a lot of friends or family then it's looking at how we build connections. Part of a routine maybe looking for new places to connect with others e.g. online arts class, yoga, choirs, and singalongs, they are all out there and having a look we may find there is often more going on than we realise www.whatsonglasgow.co.uk

Family

There is a saying we can pick our friends, but we can't pick our family and not everyone may want to stay in touch with family, however, if family is important, sometimes it's just getting into a healthier routine of staying in touch. Even a phone call or a letter if you don't see each other that often helps maintain those relationships. If you feel work needs done to rebuild family relationships, there is a lot of tips and advice on line. If using online resources, check they are from reputable sources.

Knowledge and learning

Lifelong learning and acquiring new knowledge can be good for our wellbeing and we shouldn't worry about making mistakes as we learn, everyone makes mistakes until they learn something new www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time If you suffer a health challenge, learning more about your condition from reliable sources and ways to self-manage it can also be good for your wellbeing e.g. This piece offers ideas which may help reduce the distress of chronic pain www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain



Fun and leisure

Build some fun and leisure into your daily routine, even thinking about, or trying out new ideas can help fill the day in a meaningful way. Money maybe tight, however, our imaginations knows no limits, use it to find new ways to have fun.

This link takes you to an info mag which includes an activity page which you may find useful for you and, or, the kids www.cope-scotland.org/index.php/latest-blog/whit-s-happening-and-resource-directory-issue-7



Be creative

This can be from baking a cake, starting a journal, joining a class, writing a song, making a hope jar, doing some creative artwork with the kids, writing poems, even writing a letter to a friend or family member. This piece has an excellent ideas book put together by MindandDraw. www.cope-scotland.org/index.php/latest-blog/ideas-for-how-creativity-can-improve-our-mental-health and this piece offers tips on making an affirmation jar www.cope-scotland.org/index.php/latest-blog/positive-affirmations-for-wellbeing

You matter

Make time every day for what matters to you, we are all unique individuals with our own needs and sometimes when life is challenging these can be harder to meet, but look for even 15minutes in the day to call your own, to do what matters to you. There is a workbook in this piece which may be of interest www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1



Sense of freedom

Sometimes we get so caught up in what we can't do, we forget what is in our control. We may see lack of money, or someone to do things with as obstacles to what we want to do. Sometimes its about working out what matters to us, what is within our control and what maybe we need to find the confidence to go for. This wee piece and workbook maybe useful www.cope-scotland.org/index.php/latest-blog/self-confidence-and-personal-leadership. Few people if any get everything they want, but having the confidence to set realistic goals may mean we find what we need.

Know you are doing the right thing and are appreciated

We all respond to kindness and being kind to ourselves matters, sometimes we find that hard, this wee video maybe useful for helping change your internal voice to help you make kinder choices for you www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1 Ideas for how we can be kinder to others www.cope-scotland.org/index.php/latest-blog/changing-the-world-one-kind-compassionate-conversation-at-a-time-1 and kinder to the planet www.cope-scotland.org/index.php/latest-blog/things-we-can-do-to-help-build-a-kinder-world

Spend time in nature

From a walk in the park, to time in your garden if you have one, or making your veranda if you have one to looking at pictures of nature or having plants in the house if you aren't allergic. Being in nature even watching a video can be good for our wellbeing. This wee piece maybe of interest www.cope-scotland.org/index.php/latest-blog/coorie-whits-that-got-tae-dae-wi-gettin-fitter

Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland





Hast ye back fur mair stuff in issue 9 and fur the noo,
may the wind be aye at yer back an the sun shine warm upon yer face

Produced by
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