



SBC Mental Health and Wellbeing

PARENTS/CARERS NEWSLETTER NOVEMBER 2021

Welcome

to our first Health and Wellbeing Newsletter packed with information, links to new supports for young people and staff, as well as training and information for all staff, parents and carers too.

We would welcome feedback and comments on ways to improve communication.

Christine Brown,
Quality Improvement Officer HWB

New HWB Support Officers

Health and Wellbeing
Support Officer (Schools)
Joanne Thomson



Main contact for Eyemouth,
Berwickshire, Galashiels,
Selkirk and Hawick clusters.

Health and Wellbeing
Support Officer (Schools)
Yvonne Wilson



Main contact for Earlston,
Kelso, Jedburgh and
Peebles clusters.

Health and Wellbeing in Scottish Borders Council

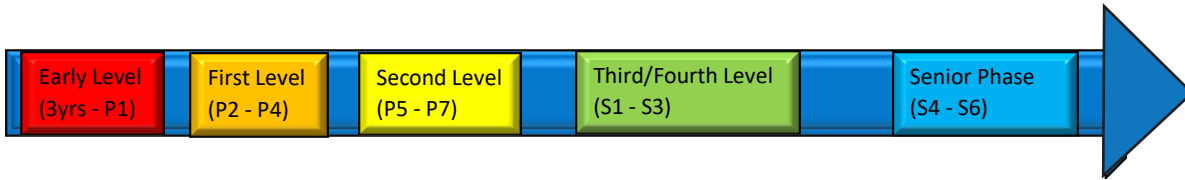
Health and Wellbeing is a key priority for all staff, students and families in the Borders. There is a suite of resources available to support lesson planning and delivery at every age and stage.

The main **mental, emotional, social and physical wellbeing** programmes used in schools are Primary- **Building Resilience** and Secondary, S1-4, **Young Minds Matter** delivered via the social education programme. In addition to this, there have been approximately 50 staff and 80 senior pupils across all nine secondary schools trained by **SeeMe** and supported by **Quarriers** in our online schools **Mental Health Ambassadors** programme. The Mental Health Ambassadors will work with more pupils in school to devise a whole school plan towards reducing stigma and discrimination around mental health.

Plans are currently being put in place to offer all S5 and S6 pupils across our 9 secondary schools **Mental Health Awareness** sessions. Pastoral staff, Quarriers in-school staff and some of our newly trained pupil Mental Health Ambassadors will jointly deliver these sessions. The aim of the mental health awareness sessions are to increase awareness, develop skills, empathy and give ability to signpost for anyone who might need mental health support at any point in their life.



Health and Wellbeing Pathway from 3 - 18 in Scottish Borders Schools



<p>Building Resilience</p> <p>Relationships, Sexual Health and Parenthood:</p> <p>Early Level - RSHP</p> <p>Substance Use Education:</p> <p>Early Resources (sharepoint.com)</p>	<p>Building Resilience</p> <p>Relationships, Sexual Health and Parenthood:</p> <p>First Level - RSHP</p> <p>Substance Use Education:</p> <p>First Level Resources (sharepoint.com)</p>	<p>Building Resilience</p> <p>Relationships, Sexual Health and Parenthood:</p> <p>Second Level - RSHP</p> <p>Substance Use Education:</p> <p>Second Level Resources (sharepoint.com)</p>	<p>Young Minds Matter</p> <p>Young Minds Matter</p> <p>Relationships, Sexual Health and Parenthood:</p> <p>Third + Fourth Level - RSHP</p> <p>Substance Use Education:</p> <p>S1 - S1 Drug, Alcohol & Tobacco Resources (sharepoint.com)</p> <p>S2 - S2 Drug, Alcohol & Tobacco Resources (sharepoint.com)</p> <p>S3 - S3 Drug, Alcohol & Tobacco Resources (sharepoint.com)</p>	<p>S4 – Young Minds Matter</p> <p>Young Minds Matter</p> <p>+ Mental Health Ambassadors (optional)</p> <p>S5 – Mental Health Awareness + Mental Health Ambassadors (optional)</p> <p>S6 – Mental Health Awareness + Mental Health Ambassadors (optional)</p> <p>Relationships, Sexual Health and Parenthood:</p> <p>Senior Phase - RSHP</p> <p>Substance Use Education:</p> <p>Senior Phase Drug, Alcohol & Tobacco Resources (sharepoint.com)</p>
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“ It is my extreme pleasure to be working with a group of people who are so keen and passionate about Children and Young People’s Mental Health and Wellbeing.

Coming from the private sector, I arrive with different views but with the same passion and drive to ensure we deliver what the Children, Young People and their support networks in the region deserve. Funded by Scottish Government, we are tasked to ensure that every child and young person in Scotland will be able to access local community services, which support and improve their mental health and wellbeing.

Every child, young person and their families or carers, will get the help they need, when they need it, from people with the right knowledge, skills and experience to support them. This will be available in the form of easily accessible support close to their home, education, employment or community. Please try out **Kooth** and **Togetherall** they are there for you to use and we know they can be of some help to everyone. ”



Alan Renton
Community Mental Health and Wellbeing Fund
Project Manager





Togetherall





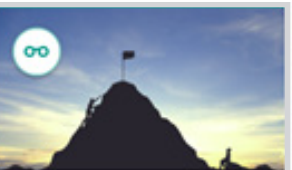

Togetherall provides an online, anonymous, moderated chat forum featuring peer-to-peer support with 'wall guides' to respond to direct support issues via online message chat 24/7. Also provided are courses on self-help and quality reading around mental health and wellbeing issues, incl. depression, anxiety, stress, social isolation, grief and more.

Togetherall has been funded from the Communities and Young Persons Mental Health and Wellbeing Fund for one year to all over 16 yr. olds (Incl. staff, parents and members of the community) living within Scottish Borders postal code areas.

See below some of the short self-help courses Togetherall offer free to SBC over 16yr olds.



Togetherall also has as an online anonymous chat forum, professional reading on a variety of Health and Wellbeing topics, and a useful personal journal and goal setting section. We would appreciate any feedback on Togetherall from our Parents and Carers and anyone over 16yrs from Scottish Borders - email comments to Joanne.Thomson@Scotborders.gov.uk or Yvonne.Wilson@Scotborders.gov.uk.

 <p>Cut Down Your Drinking A step by step guide on how to reduce your drinking and improve your overall wellness</p> <p>→</p>	 <p>Improve Your Sleep A course full of hints and tips to help sleep, leaving you feel more energised and refreshed</p> <p>→</p>	 <p>Managing Anger A course which provides you with a variety of strategies and techniques to manage anger</p> <p>→</p>
 <p>Managing PTSD In this course, you will develop a greater understanding of PTSD, learn to recognise symptom triggers, identify negative though...</p> <p>→</p>	 <p>Assertiveness Training A course showing you strategies and techniques so that you can be more assertive and improve your communication style</p> <p>→</p>	 <p>Balance Your Thinking A course which will help you acknowledge and challenge unhelpful thinking</p> <p>→</p>



SEIC Mental and Emotional Health and Wellbeing Award

The South East Improvement Collaborative Award aims to reward settings with a safe, happy and accepting learning environment by equipping children and young people with the knowledge to build resilience and understanding of mental wellbeing and what influences it within their education.

SEIC

MENTAL AND EMOTIONAL HEALTH & WELLBEING AWARD



There are three areas of work within the Award that schools can apply for outlining a piece of work they have engaged in that meets one or more of the areas set out below. Perhaps your child's school will achieve this new award?

1. Culture and Atmosphere
2. Education and Curriculum
3. Support Networks and Communities

Place2Be

[Children's mental health training course for schools and teachers \(place2be.org.uk\)](https://place2be.org.uk)

Place2Be offer a Foundation course to become a **Mental Health Champion** in your school, or place of work. This is a 5-week; do at your own pace course with short modules online, a peer to peer and tutor led discussion forum. This training is suitable for people working with children of any age.



Peer2Peer-Mindfulness

[Peer2Peer-Mindfulness - Peer2Peer Mindfulness](#)

Face to Face, free, mindfulness in different local areas in the Borders are being advertised by Borders Based Peer2PeerMindfulness- (see link above), who already have run very successful and highly rated online mindfulness for teachers last session, via SBC Continuing Professional Development- see comments below. The CPD programme will include more free to staff, online mindfulness sessions, shortly. Peer2Peer offer adults and other workplaces across the Borders free sessions too - see the link above to find out more.

'I had really enjoyed modules 1 and 2 and had benefitted so much within my work and personal life that I wanted to take my learning to the next step, as I found it so beneficial to my emotional wellbeing'

'I feel generally calmer, I am kinder to myself, I have developed the ability to say no!'

'This has been a life changing course, giving insights and tools which help with perspective and self-compassion during even the most challenging situations.'



Eating Disorders: Support for the Frontline

[Support for the Frontline - Support for the Frontline Conference \(beateatingdisorders.org.uk\)](https://beateatingdisorders.org.uk)

Please follow the link above to book the 2-day conference on **Wednesday 24th and Thursday 25th November**. The conference is suitable for anyone who is caring for someone with an eating disorder: family members, partners, friends or guardians; medical professionals; mental health professionals; school or university wellbeing/pastoral staff; psychology students.



Please signpost this to social workers, team around the child and family members who may be supporting a young person with disordered eating.

Eating Disorders International Conference

The latest in academic and clinical research in the field of eating disorders, will be live in Glasgow on 23rd & 24 March 2022

[Learn more](#)

Eating Disorders: Support for the Frontline

Our online conference for frontline healthcare workers and carers of someone with an eating disorder, is returning for Autumn 2021.

[Learn more](#)

World Mental Health Day

On Sunday 10th October 2021, it was **World Mental Health Day**. This year's theme, set by the World Federation for Mental Health, was 'mental health in an unequal world'.

Did your child's school do anything in support of world mental health day? Please send any photos or stories for the next newsletter to Joanne.Thomson@scotborders.gov.uk

If you would like to find information on the World Federation for Mental Health, head to their website:

[2021 World Mental Health Global Awareness](#)



Kooth

Kooth, funded by the Community Mental Health and Wellbeing Fund, is being piloted across all secondary schools from August 2021.

Kooth, a British Association for Counselling and Psychotherapy accredited service, provides a safe and non-judgemental place for young people to talk, connect and chat with others and know they are not alone.

They have instant access to self-help materials, live moderated discussion forums and tools such as online journals and goal trackers. Young people can also contribute written pieces of work reflecting their own experiences, as well as accessing drop-in or booked sessions with professional counsellors from 12pm-10pm weekdays and 6pm-10pm weekends. The service will be rolled out in March 2022, to all our Primary 7 pupils.

If you would like to know more about Kooth join one of the free Eventbrite information sessions using the link below, on November 16th or December 14th 4-5pm.

[An Introduction to Kooth Tickets, Multiple Dates | Eventbrite](#)



POSTER competition

We are designing a new information directory that will outline the **health and wellbeing** services available to everyone in the Scottish Borders from schools, the NHS and the voluntary sector. The directory will contain the names of each service and their contact details as well as details of what they do to help young people and their families.

We need your help to **design the front page** of the directory.

The design is up to you. Will you choose to focus on the Borders, some of the services currently available in the Borders or come up with your own idea of what would look good and make people open the directory?

There will be a prize for the winner, so get your thinking hat on and design, draw or send us a photo that you think would look good on the **Children's and Young Persons Mental Health and Wellbeing Directory**.

Send photos of your entries to: Yvonne.Wilson@scotborders.gov.uk or Joanne.Thomson@scotborders.gov.uk by **Friday 26th November**. Include your **full name, age** and **school or home address** with your entry. If you need any more information, please email Yvonne or Joanne.

