



News Drop 21st May 2020 Mental Health Awareness Week

Hello Friends,

Clair has started a blog! 😊

#BE KIND FOR MENTAL HEALTH AWARENESS WEEK



[MAY 19, 2020](#)

#Be Kind for Mental Health Awareness Week

Since the start of the CV-19 lockdown my social media feeds keep telling me that we are all in the same boat but some of us travelling in choppier waters.

We are all living in strange times with heightened anxiety and new and difficult challenges.

This week marks mental health week in the UK. The theme this year is kindness.

Mark Rowland, chief executive of the Mental Health Foundation, said: "We want to use Mental Health Awareness Week to celebrate the thousands of acts of kindness that are so important to our mental health. And we want to start a discussion on the kind of society we want to shape as we emerge from this pandemic."

Over the past 2 months, thousands of acts of kindness have been undertaken by volunteers across Highland. It has been inspiring to see Youth Highland member clubs stepping up and responding to the needs of their local communities. Although our member clubs usually offer safe spaces and social opportunities to children and young people, they have been able to adapt and offer alternative support in the face of the global pandemic and fast changing community needs.

12 of our member clubs are offering essential emergency support – filling and distributing food parcels for families and activity packs for children and young people, delivering prescriptions and making calls to isolated older people to help keep them safe and feel less alone.

Our clubs are very well placed to offer this support. They are run by local people who are trusted within their local communities. They have strong and established relationships with

individuals and families, and they know which households might need a bit of extra support in such difficult times.

Many of our member clubs, and other voluntary organisations in Highland are offering support to young people online. This is new territory for many youth workers but has proved essential – ensuring young people maintain contact with trusted adults and are able to share their worries and talk about their hopes for the future.

Last week, YouthLink Scotland launched a campaign to 'Invest in Youth Work' stating that they expect an impending youth mental health crisis as a result of months of isolation for Scotland's young people.

This prospect is very worrying. We must be ready and prepare to offer support and kindness to our children and young people as lockdown is loosened.

We cannot return to the 'old normal'. We need to embrace and encourage change. Communities have proved that they are strong and resilient and able to make decisions and take control.

We must learn from our experiences during lockdown and encourage and celebrate more kindness as we move from a state of emergency into a period of recovery.

If you would like to know more about the work of Youth Highland and our network of more than 130 third sector and voluntary youth organisations please sign up to receive our regular news drop by contacting jacquie.steel@youthhighland.org.uk, follow us on Facebook or Twitter or visit our website at www.youthhighland.org.uk

From Mikey's Line & The Hive Project - update phone numbers:

HOW ARE YOU FEELING TODAY

WORRIED? • ANXIOUS? • STRESSED? • DEPRESSED?



For Non-judgemental,
Confidential Peer Support

w/days 6pm to 10pm - w/ends 7pm to 7am

Text only **07779 303 303**



OPENING HOURS: Sunday – Thursday 6pm – 10pm Friday – Saturday 6pm – 11pm

UNTIL WE CAN REOPEN THE HIVE CRISIS CENTRE, WE ARE RUNNING A NEW TEMPORARY SERVICE

MIKEYSLINE
YOU ARE NOT ALONE
For non-judgemental, confidential peer-support

It is a Facebook Messenger service which you can contact to request a call back. Please message us at:
www.facebook.com/mikeyslinYANA

This from SPEAK –



It's Mental Health Awareness Week this week and the theme for the week is kindness

This is from the Mental Health Foundations Website

“Why kindness?

We have chosen kindness because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

Celebrate kindness

But we also want to shine a light on the ways that kindness is already flowering at this time. We have seen it in the dancing eyes of 100-year-old Captain Tom Moore as he walked his garden to raise money for the NHS and in the mutual aid groups responding to local needs. We want that kindness to spread further in every community in the UK.

Finally, we want to use the week to explore the sort of society we would like to emerge from the coronavirus pandemic”.

There are lots of resources on their website which you can find here

<https://www.mentalhealth.org.uk>

Take a wee look and if you have your own creative ways of thinking about Kindness then pop over to our HUG creative page to share your work in a safe environment.

Take Care

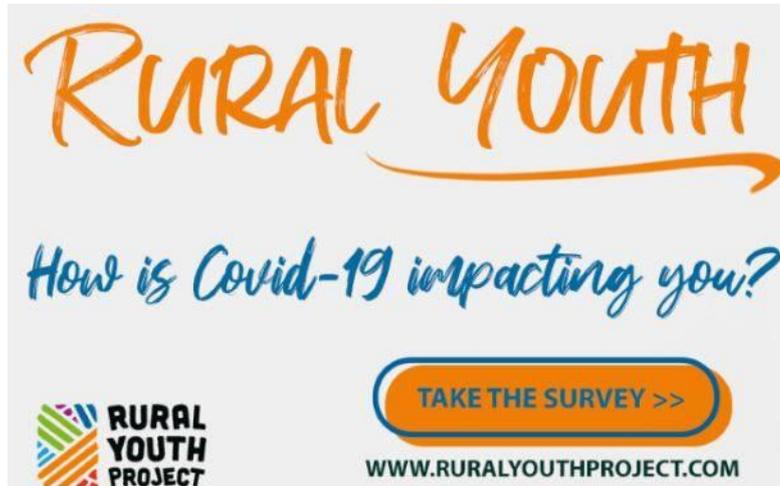
<https://www.mentalhealth.org.uk/?fbclid=IwAR1g4Fy9-FoIhUNBHOi0wfFgMWGGvvxpcMdbEujPnDeomtS2mkKzQ8XQL0k>

[Home | Mental Health Foundation](#)

Good mental health for all. Dedicated to finding and addressing the sources of mental health problems.

www.mentalhealth.org.uk

This from Foundation Scotland:



Are you aged 18-28 and would like an opportunity to directly feedback to Ministers about the impact Covid-19 has had on your rural community? Have YOUR say with the Rural Youth Project's Covid-19 survey. Complete the survey here: <http://ow.ly/ATb050zKml1> — with [Friends for all project](#).

This from LGBT

May 17 is International Day Against Homophobia, Biphobia, Interphobia and Transphobia (IDAHOBIT) and we've created a *digital* *interactive* workshop! Sounds fancy, and it kinda is! It's been curated for you by our Dundee Youth Group, [Spectrum](#).

What is it exactly? It's a digital world tour of important LGBTI places, monuments and memorials. You'll travel all over the world visiting locations learning about and celebrating the LGBTI community. It's designed to be delivered over digital platforms (like Teams, Skype, Zoom or other live communication platforms) by teachers and youth group leaders, but it may also be of interest to families at home who want to mark the occasion and learn more about LGBTI history.

Click the image below to download!



One last thing!

Some of our [LGBT Charter schools](#) have been checking in for some tips on how to connect with their LGBT group/ GSA during this time. Do you have any tips to share? We'd love to know - [click here](#) to tell us directly!

The last 2 x week's challenges from Social Enterprise Academy. keep an eye on their FB page for upcoming challenges:



<https://your.socialenterprise.academy/course/view.php?id=210&fbclid=IwAR2j6dl8NDnAOGXV6EAWbTS8EoOVOnV-oxeNYL-ADG0ngm44Ee2n4a8D63U>

From SCVO

Wellbeing Fund

The Scottish Government's Wellbeing Fund will support organisations across the third sector that are providing important services for people as a result of coronavirus.

£10m has already been allocated for immediate priorities and £7 million has been committed to provide around 2,000 charities with small grants through Corra, Inspiring Scotland, STV Appeal, SCVO and Scotland's Third Sector Interfaces. The remaining £33 million is now open to bids from charities, social enterprises, community groups and voluntary organisations.

[The Wellbeing Fund is now open for expressions of interest](#) from all third sector organisations - please keep reviewing our [Coronavirus Third Sector Information Hub](#) for further funding updates.

Furlough - what it means for you

Furloughing staff means putting them on temporary leave - find information on the Government's Job Retention Scheme as well as information and guidance on furloughing and other public funds on our [Coronavirus Third Sector Info Hub](#).

Remote working & security

The majority of us are now being asked to [work remotely](#) which means we're all relying more heavily on online video conferencing software. But what does this mean for security? [Our Cyber Resilience Coordinator Alison Stone takes a look at the Zoom platform and privacy in her latest blog](#).

What you can do to help

- Share details of our [Coronavirus Third Sector Information Hub](#) with your contacts and networks. You can do that by simple sharing this bulletin, or [downloading these images to add to your website](#) and social media assets.
- Let others know about our [Coronavirus Stakeholder Network](#) – we especially want to reach the people who are responsible for communicating with your members and networks
- Encourage organisations to [sign up for our Coronavirus Third Sector Bulletin for updates](#)

Round 2 of the Wellbeing Fund is now open to applications until 22 May! Find out more about the Fund - including eligibility criteria & how to apply - on our [#Coronavirus](#) Third Sector Info Hub: <https://scvo.org.uk/support/coronavirus/funding/scottish-government/wellbeing-fund>



The banner features a yellow top section with the SCVO logo and the text 'Coronavirus Third Sector Information Hub'. Below this is a dark blue section with the word 'Funding' in large white letters, followed by the text 'Find out the response from funders and what funding is available'. To the right of the text is a red circular icon containing a white bar chart with four bars of increasing height.

SCVO Coronavirus Third Sector Information Hub

Funding

Find out the response from funders and what funding is available

Youth Scotland Online Training:



2 x dates for Child Protection Awareness Training are on Eventbrite (Free)

28th May 10am - 12.30pm Child Protection Awareness - <https://www.eventbrite.co.uk/e/child-protection-awareness-training-28-may-2020-tickets-105225093086>

29th May 2pm - 4.30pm Child Protection Awareness - <https://www.eventbrite.co.uk/e/child-protection-awareness-training-29-may-2020-tickets-105227060972>

Internet Safety Training will be announced soon - please like and follow Youth Scotland's FB page to keep up to date on all training offers! <https://www.facebook.com/YouthScotland/>

The sessions fill up fast - so get booking! But don't fret if they're full, more training will happen very soon. Indeed, the offer is - if you find you need training on something we'll do what we can to get it arranged!

A Youth Scotland survey about how your youth club has been affected by Lockdown
<https://www.surveymonkey.co.uk/r/Youth-Scotland-CBYW?fbclid=IwAR19WyJUrR6MqfKCQ8e5k4IYlLb3MYc6giZKNWFIttD3-3AS0mpUfaJC20U>

Also this funding is open again:



Member groups encouraged to apply to Youth Scotland Action Fund

Due to the continued and generous support of our existing funders, and the additional support from the Scottish Government's Wellbeing Fund and

Cattanach, we are [accepting new applications from today, Friday 15 May](#)
Thanks to new funding support from Cattanach, we are especially keen to hear from youth groups whose work impacts or reaches families that have children aged 3 or under.

Youth Scotland's Action Fund has been established to help youth groups and youth workers meet the needs of young people in response to the Covid-19 Coronavirus. It is a Micro Grant fund that is being supported by some key funders: STV Appeal, The Robertson Trust, The Gannochy Trust, The Ponton House Trust, Cattanach and Scottish Government's Wellbeing Fund.

The maximum amount available per application is £500.

[Read more and apply now](#)

YouthLink Scotland has launched an online policy seminar climate change series:



"Our first climate change policy seminar sees youth-led research group On Our Wave Length team up with [Marine Conservation Society](#) to explore how young people can be at the forefront of a green and blue recovery post Covid-19.

🐬 Join us on 8 June for [#WorldOceansDay!](#)"

here's the link - <https://www.youthlinkscotland.org/news/may-2020/youthlink-scotland-launches-online-policy-seminar-climate-change-series/?fbclid=IwAR12uUqCVRBsGmVK1OYFUfctLYVzcTPQQXgXYnzEcfGc5s59CQrzVehox7g>



RASASH

Rape and Sexual Abuse Service Highland

RASASH have a survey -

<https://www.surveymonkey.co.uk/r/L22SQ5N?fbclid=IwAR1pvR-rmvr7JJ1vtsVP5xYq43la8bNa2n-OCIT5XpCLRyhSiUChalY5TDU>



[RASASH Feedback](#)

Take this survey powered by [surveymonkey.com](https://www.surveymonkey.com). Create your own surveys for free.

www.surveymonkey.co.uk

SCVO are part of the nationwide campaign #nevermoreneeded campaign -

<https://scvo.org/policy/campaigns/never-more-needed>

NEVER MORE NEEDED

“ – to help remind government, funders, donors and the general public of how essential the voluntary sector is now and in the future – and is urging Scottish voluntary organisations to join in too”.

Remember that Volunteers Week is coming up soon –



[#VolunteersWeekScot](https://volunteersweek.scot) 2020 is all about recognising and thanking volunteers for their outstanding efforts. Join us and share your thank you message here: <https://volunteersweek.scot/get-involved/>

The more creative the better!

Be kind to each other! 😊

Warm regards,

Jacquie Steel

Network Support Officer, Youth Highland

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