



## NEWSLETTER FOUR:

# SAMH SCOOP

**FROM THE SCOTTISH ASSOCIATION FOR MENTAL HEALTH (SAMH)**



"This fortnightly newsletter has been produced by me, Laura Glennie, the College Connect Coordinator from the Scottish Association for Mental Health (SAMH) working for St Pauls HS. Find out more about my role by clicking [here](#).

While in lockdown, I will be sending you updates on lots of things mental health & wellbeing related. If you would like to add to this newsletter, or would like to give some feedback, email me at: [Laura.Glennie@samh.org.uk](mailto:Laura.Glennie@samh.org.uk) "

## SOME NEWS FOR THE FORTNIGHT...

### ● **Young Scot now offer a 'Young Carers Package' filled with goodies**

Yet again, YoungScot are reminding us that you do not need to feel scared, ashamed or embarrassed of caring. If you think you are a carer, you are entitled to support. For Young Carers aged 11-18 as well as support you can now get free Amazon Vouchers, Spotify subscription, Headspace Mindfulness App subscription and more [here](#). Many young people who care are not aware of the significance of the amazing work they do, if you are not sure if you are a Young Carer, read [here](#).

### ● **Here at College Connect we stand with Black Lives Matter**

We know that many people in our school and college community will be experiencing distress over recent global events which has further highlighted inequalities and racism. It is as important as ever to know what resources are out there for POC and/or BAME communities. There are some important Regional Links to support services [here](#), info for schools and teachers [here](#), as well as facts on BAME and mental health [here](#).

### ● **Education Scotland (the Scottish Government) have released guidance on 'Transitions on 2020'**

[This very helpful link](#) provides school/college staff advice, guidance, signposting and practical resources to support children and young people through transitions in the context of COVID-19.

## There is also plenty of good news from around the world to share:

There are small acts of kindness happening every day, but here's an unusual one: an [anonymous window cleaner](#) is secretly washing struggling companies' windows for free as a kind small gesture.

In an amazing feat, quarantined needleworkers from around the world have broken records with a string of flags which is 9 miles long. It's amazing to see them [together!](#)

On a more serious note, on the 8th of June First Minister Nicola Sturgeon was able to report that there were no Covid-19 [deaths in Scotland](#) for 48 hours. This was a first for us since Lockdown began.

## PET OF THE FORTNIGHT...

Some animal lovers have shared with us during Lockdown their pet has kept them company and cheered them up. This week Anna from Glasgow Clyde College shared:

'Here is a picture of my cat Ruby, she's 16 years old and loves the sun. During the good weather she has been spending the whole day outside enjoying the sun.'

Students, pupils, teachers, lecturers, school staff, carers and families... please send us your Pet of the Fortnight! Send a pic of your pet to [Laura.Glennie@samh.org.uk](mailto:Laura.Glennie@samh.org.uk) and tell us a sentence about them!"

Each newsletter will feature one pet voted for anonymously by the SAMH team.



## IT'S COOL TO CARE...

### CELEBRATING CARERS WEEK & BEYOND

Supporting someone else is sometimes called caring. You are a carer if you provide (unpaid) support and care for someone who has an illness, disability, mental health problem or addiction. People often assume that carers tend to be women but research shows that around four in ten carers are men.

Being someone's carer probably only describes part of your relationship with them. You may also be a parent, partner, sister, brother, child, friend or other family member. You may also have other caring roles as well, for example as a parent to other children.

Supporting others can be mentally and physically exhausting. The time you spend caring can really vary too – some people look after someone for just a short time and others find themselves caring for someone for the long term.



As a carer you spend a lot of your time focusing on someone else. You may feel as if you just have no time at all for yourself. But looking after your own wellbeing is important for you and for them.

[This booklet from SAMH](#) provides advice for people who are supporting or acting as a carer for someone else, and want to know how to look after their own mental health. It offers advice on how to look after yourself and where to get further support.



# SAMH SCOOP LEGENDS....

**We have some amazing people in our community. Across Glasgow Clyde College, West Lothian College, West College Scotland, Armadale Academy and St Pauls High Schools we have many committed friends and family members doing their bit during this Lockdown such as making masks, calling friends, and shopping for others.**

**Students, pupils, teachers, lecturers, school staff, carers and families... please send us your Legend to be featured in the SAMH Scoop newsletter! Send us a sentence about them to [Laura.Glennie@samh.org.uk](mailto:Laura.Glennie@samh.org.uk)"**

**Each newsletter will feature a few of our Legends.**



## COLLEGE CONNECT UPDATE

**BY LAURA GLENNIE,  
COLLEGE CONNECT COORDINATOR.**

I am writing to you as I am now on week ELEVEN of my Lockdown Life. It now feels like going to Tesco is a BIG DAY OUT and that I need a nap after doing almost anything, but I am still here for you every step of the way. At College Connect we continue to tirelessly support children and young people, schools, colleges and families to navigate their well being during this time.

As well as helping other people, I've had to help myself. I know that to help people best I need to prioritize self care. For this fortnight I have been trying to do what I can to support the charities personally important to me and encouraging others to do the same (for me this has been Black Lives Matter). By using my voice I feel supportive and I feel a sense of purpose, I also feel part of a community. Even though I can't physically volunteer right now there are other ways, like volunteering on a helpline or having a cupboard clear out to sell & donate the profits online (I had hundreds of old drawings to sell, which I had forgotten about!)

At College Connect we have been working on the way that we deliver support whilst working from home. I have been making sure to support young people at your schools and colleges through regular 1:1 sessions with concise, goal based wellbeing sessions. I have also been undertaking work supporting school staff, who for now and the next few weeks are coming in and out of their buildings preparing for August.

I'd like to hear from you and how you think I can help. Read more about my work [here](#) if you're not sure. Whether it's about mental health, or if you are a school pupil who is moving to College from Armadale Academy or St Pauls HS please get in touch by emailing:

[Laura.Glennie@samh.org.uk](mailto:Laura.Glennie@samh.org.uk)