

NEWSLETTER TWO:

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 Armadale Academy. 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 "

SOME NEWS FOR THE FORTNIGHT...

Starting from Monday 18th of May, it is [Mental Health Awareness Week](#).

The theme of this week is 'Kindness'. We will be Tweeting tips from [@SAMHtweets](#) every day, and there's loads of amazing resources online, including ['Kindness Stories'](#) from the SAMH partner charity, Mind.

Among others, you can read Ntale's journey from being young where 'kindness was a weakness', to now, where through the kindness of others he realized more about his challenges as a young black man.

On the 11th of May The Scottish Government has launched a ['digital wellbeing hub'](#). This is made mostly for health and social care staff, carers and volunteers. It might be interesting to those who study or are thinking of studying in these areas at College also.

This resource is to help people to find resources and support to cope with challenges faced during the Coronavirus pandemic.

The Childrens Parliament are doing a survey called ['How are you doing?'](#) and are looking for young people aged 8 to 14 to participate.

The Childrens Parliament are a group of young representatives who help decision makers include youth voices. Each month they undertake a 'how are you doing?' survey and share their info with thousands across Scotland. Here are their amazing ['Corona Times: Childrens Journal's'](#) which are great for adults and young people.

There is also plenty of good news from around the world to share, such as:

Because of Lockdown many students around the world are sadly missing their graduation. However, there have also been many creative ways people have been creating their own hilarious and heartwarming versions. [Here's one amazing example.](#)

As reported by the BBC, an [Australian Koolie dog](#) who was abandoned by his family has been rescued and retrained to detect koalas. This cute dog has found 100!

A [post box in Edinburgh](#) (and 5 other cities) has been painted blue with the message 'Thank you NHS!' on its side. What new things have you seen in your neighborhood to support the NHS?

PET OF THE FORTNIGHT...

Some animal lovers have shared with us during Lockdown their pet has kept them company and cheered them up.



"This is Pickle! She cuddles me when I'm poorly or when I'm having a hard day. She's the bestest friend I could ask for :)"

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 and tell us a sentence about them!"
Each newsletter will feature one pet voted for anonymously by the SAMH team.

ON KINDNESS...

WORLD MENTAL HEALTH AWARENESS WEEK, 18TH - 24TH MAY

'Kindness' is a word which has an emotional connection, tied to many themes eg: gender, religion, upbringing and wealth. These are all themes which may define big parts of our lives.

However, this does not mean that we always have a positive relationship with 'kindness'. In this SAMH Scoop newsletter, we featured a Mind 'Kindness Story' about challenges between masculinity and kindness.

Another example is that kindness is not the same as people pleasing, or being "too nice." People pleasing means always, or usually, putting other people's wants or needs ahead of your own and neglecting your own needs. If you are a people pleaser, your self-worth may be dependent on the approval of others which is sometimes not healthy.



BE KIND TO YOURSELF EVERY DAY:

Perhaps during the Lockdown you are practicing kindness to others every day. However, this World Mental Health Awareness Week brings the theme of 'Kindness' to the forefront. This could be a perfect time to deliberately practice being kind to ourselves. If this is something you relate to, here are some ideas on ['how to be a better friend to yourself'](#).

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

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 working from home for the 9th week, supporting 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 prioritise self care. For this fortnight I have discovered eco-friendly [homemade face masks](#) (using all of the coffee grounds I have accumulated!) On the same 'eco kick' I have decided on some Spring cleaning, making [homemade cleaning products](#). A clean workspace helps me think clearer whilst working from home.

At College Connect we have been working on the way that we deliver support whilst working from home. Together with the Children and Young People's team, I have been making sure to support young people at your schools and colleges through 1:1 sessions with concise, goal based wellbeing sessions. I have also been undertaking new training, in the areas of [Trauma Informed Practice](#) (good for all adults to learn about if they work with children and young people).

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