

'WHIT'S HAPPENING!'

JINGS EVEN MAIR STUFF WHICH MAY BE HELPFUL
DURING THE COVID 19 SITUATION!



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 contact www.rnib.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

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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.

NHS inform

- 1 Latest information and guidance about coronavirus
- 2 Advice about illnesses and conditions, including symptom checkers.
- 3 Find local services and opening times

Pharmacist

With **physical distancing** measures in place:

- 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

GP Practice

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.

NHS 24

General information about coronavirus when you are well **0800 028 2816**

Advice about coronavirus symptoms – NHS 24's 111 service has dedicated COVID-19 support

Other health concerns – consult GP during the day but when your GP and pharmacy are closed and you are too ill to wait call NHS 24 on 111

Dentist

For urgent dental care during the day telephone your usual dental practice. If you are not registered, visit www.nhsinform.scot to access your Health Board's Dental Advice Line telephone number.

Outside normal working hours, if feel you have an URGENT dental need call NHS 24 on 111

Social Care

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

Mental Well-being

For tips on looking after your mental wellbeing during these uncertain times: www.clearyourhead.scot

Information about mental health services visit NHS inform/wellbeing or call Breathing Space on **0800 83 85 87**

A&E or 999

- Severe injury
- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

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

If you think you may have COVID19

visit 111.nhs.uk/covid-19

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 click on the link below as that 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/

Returning to work preparing to manage risk of COVID 19

www.cardinus.com/insights/covid-19-hs-response/returning-to-work-after-lockdown/

www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm

Route Map for moving out of Lockdown in Scotland

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

Test Trace Isolate and support in Scotland

www.gov.scot/publications/coronavirus-covid-19-test-trace-isolate-support/

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. For updates in Scotland please follow reputable news including the daily COVID19 Scottish Government update on radio and television or visit www.gov.scot/coronavirus-covid-19/ This may also be a useful link for the latest news www.bbc.co.uk/news/topics/c34kpl1r5d0t/scottish-government



Gambling harms

GamCare are a leading UK charity that provides information, support and treatment for anyone affected by gambling related harms. They understand that this is a particularly difficult time for many so GamCare has produced the following resource pack for use during this pandemic.

If you need support with yours or someone else's gambling please contact your local treatment provider: RCA Trust **0141 887 0880** or call the National Gambling Helpline on **0808 8020 133**

This is one of a series of features we shall cover on Gambling harms including work, which is happening, Nationally, in the City and Locally. To begin we want to raise awareness of support offered by GamCare

Resources for Self-Isolation and Social Distancing

Changes to daily life due to COVID-19

Daily life has changed significantly since mid-March with the introduction of social distancing and self-isolation measures to prevent the transmission of Coronavirus (COVID-19).

Why we've put this pack together

We recognise that the changes to daily life affect everyone, and we have put together a pack of free resources, self-care suggestions, and support services to have to hand during this unusual time.

If you're working from home, or just spending more time at home than you're used to, it might be helpful to keep a routine and include a variety of activities in your daily life. We hope this pack will provide a few ideas of things to try!

All words that appear like [this](#) are weblinks.

About GamCare

GamCare is the leading national provider of free information, advice and support for anyone affected by problem gambling.

You will find more information about all of our services on the back page of this pack.

*Stay home, stay safe
from all of us at GamCare*



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COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads.

Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.



Coronavirus

The Government has issued guidance on keeping people safe through social distancing and self-isolation.

For more information, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you, or someone in your household, displays a high temperature or a continuous dry cough, visit [nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/)

Stay home, stay safe.

GOT A SMARTPHONE? TRY THESE APPS

Fancy trying some new guided meditations or mindfulness exercises? [Headspace](#) are offering some free meditations, sleep and movement exercises through their popular website and [app](#). Other apps to look at are [Calm](#), and [Insight Timer](#) which has over 30,000 free meditations, talks and courses.

[Action for Happiness](#) has extended the 5 Ways to Wellbeing (see p.5) into 10 Keys for Happier Living. They also have an [app](#) which gives ideas and actions you can do to make life happier for you and those around you.



Watching more movies during 'lockdown'? Then [RunPee](#) is the app for you! It tells you a good time to nip to the loo (or make a cuppa) during a film without missing much. It also tells you whether there are any extra scenes in the credits, so you don't have to sit through it all.

Having trouble getting through to customer services and fed up sitting on hold? [WeQ4U](#) is a free app that sits on hold for you, then puts you through to any 01,02, 03 and 08 number *without* queueing.

GAMBLING THERAPY

The [Gambling Therapy app](#) has been designed by residential treatment provider [Gordon Moody Association](#) to help anyone who is struggling with problem gambling.



The app providing easy to access information and straightforward tools, including :

- A self-assessment questionnaire
- Text-based live support
- Mindfulness exercises and self-help resources
- A directory of support organisations
- Crisis support information
- Links to blocking software
- Access to online forums

To download the app, visit Google Play or the App Store, or use your phone camera to scan the QR code.



EXERCISE AND FITNESS IDEAS

Want to look like Thor?

Centr is a personalised fitness and wellbeing platform from Chris Hemsworth that offers a free 6-week trial. Most workouts are HIIT-focused and require little to no gym equipment, ideal while gyms are closed.

Yoga is great for helping reduce stress.

Yoga with Adriene provides free, daily yoga classes for kids and adults on YouTube, plus a large library of past classes to work your way through.

Finding yourself stuck on the couch? Why not use your one daily exercise to build your fitness. **Couch to 5K** is a free, nine-week running programme from the NHS for complete beginners. Build up from a 5-minute walk to a 5k

Endeavour

offers structure and routine while in social isolation with an online roadmap that combines food, movement and mindset coaching. Now offering an extended 8-week free trial, for “the everyday man who wants more from life”.



Auro motivational audio fitness app provides hundreds of workouts, personalised for you based on your fitness level and goals.

Classes are on-demand, or can be downloaded in advance.

Get a free 30-day trial, and 50% discount for all NHS staff.

Don't want to sign up?

Try their free weekly workouts on **Facebook Live** on Tuesdays at 6pm or check out past workouts on their **YouTube** channel.

Joe Wicks, The Body Coach

is offering free, live PE lessons on YouTube, from 9.00 to 9.30am Monday to Friday

Strava is a free app that turns your phone into a sophisticated running and cycling computer. Start Strava before an activity and you can track your favourite performance stats.

THINKING ABOUT A NEW CAREER?

If (like me) you're stuck on the question: “*What do I REALLY want to do?*” then the following prompts from **Amazing If** might be useful:

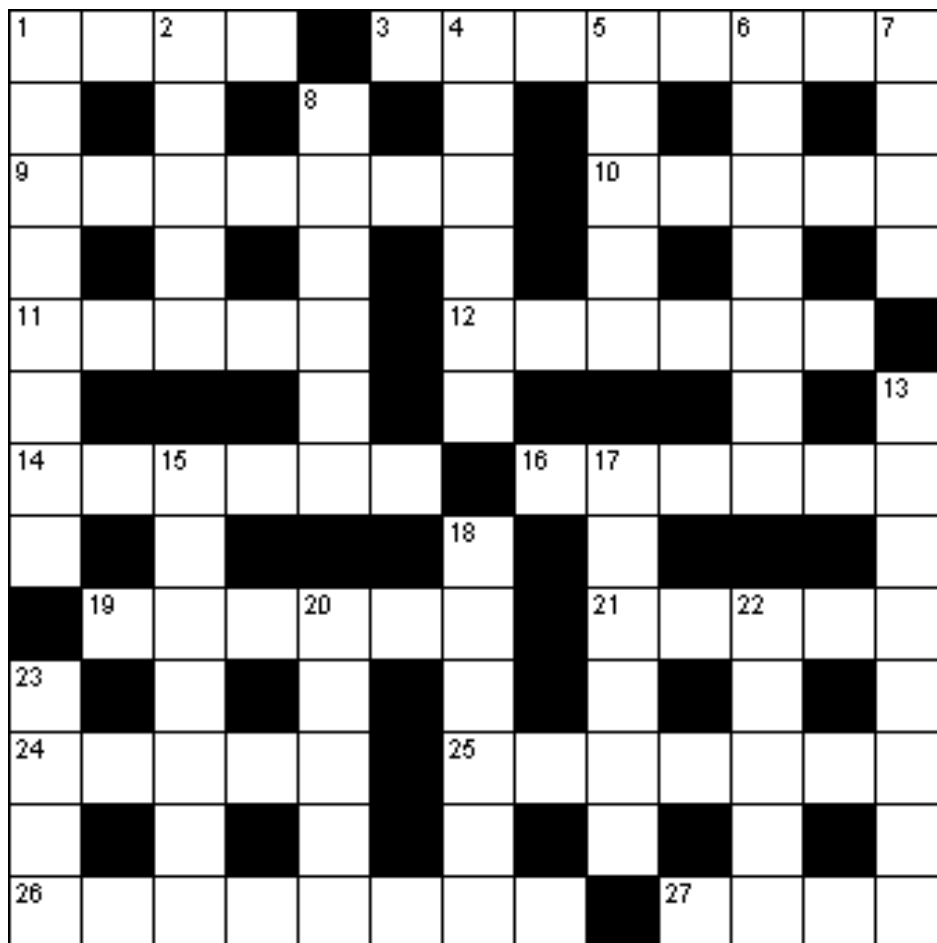
- 1. What would you do if time/money/experience were no object?** This is important. Be honest with yourself. What makes your heart beat faster?
- 2. When were you happiest at work?** What strengths were you getting to use? What was the environment like? Who were you working with?
- 3. What do you want to be known for?** Knowing the impact we want to have and the impression we want to make can be a really useful way of identifying our values and ambitions. e.g. “*I want to be known as someone who creates opportunities for business growth*”.



Your answers to these questions could help you identify your deeper needs at work. Now look at lots of possibilities and how they map against your answers. This could help you find your happy career!

QUICK CROSSWORD

...time for a cup of tea!



Across

- 1 Deep open cut (4)
- 3 Copied (8)
- 9 Irritated (7)
- 10 Danger (5)
- 11 Carrying weapons (5)
- 12 Going by air (6)
- 14 Derided (6)
- 16 Tossed (6)
- 19 Vehicle for travelling over snow (6)
- 21 Male relative (5)
- 24 Audacity (5)
- 25 Common wild duck (7)
- 26 Calculate roughly (8)
- 27 Self-satisfied (4)

Down

- 1 French policeman (8)
- 2 Water vapour (5)
- 4 Alter (6)
- 5 Squiffy (5)
- 6 Capital of Ontario (7)
- 7 Uninteresting (4)
- 8 Solemn promise (6)
- 13 Grounded (anag) (8)
- 15 The guilty one (7)
- 17 Every sixty minutes (6)
- 18 Recluse (6)
- 20 Cherished desire (5)
- 22 Demand as a right (5)
- 23 Leg joint (4)

FIVE WAYS TO WELLBEING

The Five Ways to Wellbeing are a set of evidence-based activities that can help us maintain good mental health and wellbeing. We might have to be a bit more creative to maintain all five different types of activity while social distancing or while in social isolation, but it also gives us lots of opportunity to try new things!

Connect...

...with the people around you... with family, friends, colleagues and neighbours... at home, work, or in your local community. Think of these as the cornerstones of your life and invest time in them.

Be active...

...go for a walk or a run... step outside... cycle... play a game... garden... dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of fitness.

Take notice...

...be curious... catch sight of the beautiful... remark on the unusual... notice the changing seasons... savour the moment, whatever you are doing. Be aware of the world around you and what you are feeling.

Keep learning...

...try something new... rediscover an old interest... offer to do something new at work... discover a new skill. Set a challenge you will enjoy achieving. Learning new things is fun and will increase your confidence.

Give...

...do something nice for a friend or a stranger... thank someone... smile... volunteer ... look out as well as in. Seeing your own happiness connected to the wider community can be incredibly rewarding.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

- For You
- Avoid excessive exposure to media coverage
 - Connect through calls/text/internet
 - Add extra time for daily stress relief
 - Practice self-care
 - Focus on your mental health

DressingManifesting

- For Kids
- Reassure them that they're safe
 - Let them talk about their worries
 - Share your own coping skills
 - Limit their news exposure
 - Create a routine & structure

- For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
 - Create a daily self-care routine
 - Keep yourself busy: games, books, movies
 - Focus on new relaxation techniques

“ These are not normal times so don't have normal expectations of yourself.

Don't beat yourself up over how you work from home or home-school.

We are in the middle of a global crisis.

Allow yourself to just exist rather than achieve.”

- Matt Haig -

HOW TO WORK FROM HOME

A MadeSimple[™] Infographic

GET READY FOR WORK AT YOUR USUAL TIME

Your commute will obviously be shorter but it's good to get up, get ready and have breakfast at your regular time. This gives structure to your working week.

FACT: The number of UK home workers has grown by 1.3 million since 1999 (that's a 2.6% increase).

Listening to music is fine but turn off your TV and radio (you may also want to turn off phone notifications). This will prevent annoying distractions and help you stay 'in the zone'.

FACT: A study published by science journal *Shiver* showed noise is an "obvious stressor" in relation to job satisfaction.

RECOGNISE OTHERS

Working from home can put a barrier between you and colleagues/employees so make an effort to connect by praising great work.

FACT: Being specific with feedback beyond "well done" is beneficial as it shows you've appreciated a piece of work in detail.



When you're free from distractions you can focus, but take breaks throughout the day to avoid burnout and remain consistent.

FACT: No breaks can lead to headaches and burnout known as 'computer vision syndrome'. Supta suggest resting your eyes for 15 minutes every 2 hours.

TAKE A BREAK



KEEP QUIET



CONSIDER PRODUCTIVITY APPS

Apps such as RescueTime make it simpler to track what you do when working and block distracting websites for set periods of time.

FACT: Gaming constitutes 32% of app usage; ditch these apps for better productivity.

Some people find that they are more productive at home because they work longer hours. Try to be flexible with your time.

FACT: An ACAS study found 64% of people increased their working hours when homeworking.



AVOID TOO MUCH CAFFEINE

Try not to drink too much caffeine. This can reduce concentration and make it harder to be productive.

FACT: Too much coffee can lead to dehydration, decreased concentration and increased stress.

DO A LITTLE EXTRA WHEN YOU CAN



Plan tasks you're going to do for the day in advance or give yourself a set goal each day.

FACT: Morning is great for structuring your day. Workplace expert Lynn Taylor says "your evening establishes the tone and your attitude for the day."

STRUCTURE PROPERLY

SHUT THE DOOR

Designate a specific part of your house to work during working hours and let everyone know you're not to be disrupted.

FACT: The average attention span is dropping. From 12 seconds in 2000 to 8 seconds in 2013. So avoiding distraction is even more important.

MadeSimple[™]

Find out how we can help your business start, run and grow: www.madesimplegroup.com

THE POMODORO TECHNIQUE



DECIDE ON THE TASK TO BE DONE



SET THE TIMER TO 25 MINUTES



WORK ON THE TASK UNTIL THE TIMER RINGS



TAKE A SHORT 5 MINUTE BREAK



TAKE A 15-30 MINUTE BREAK

The Pomodoro technique is taken from Natural Factors website

CHARITIES AND SUPPORT SERVICES

Information about **GamCare** and the services we provide can be found overleaf, and on our [website](#)

For the latest government advice on Coronavirus (COVID-19), visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

For health information and advice, call **111** or visit [nhs.uk](https://www.nhs.uk). In an emergency, always call **999**



Campaign Against Living Miserably (CALM)

runs a helpline for people who are down or have hit a wall for any reason, who need to talk, or find information and support. Call **0800 58 58 58**. Phone and webchat open 5.00pm-midnight, 365 days a year.

Breathing Space is a confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call **0800 83 85 87**. Mon-Thurs 6pm-2am; then continuously from Fri 6pm-6am Mon.

Samaritans Whatever you're going through, a Samaritan will face it with you. Free listening service on **116 123**. 24 hours a day, 365 days a year. You can e-mail jo@samaritans.org or write to Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people. Call **0800 4 70 80 90**. 24 hours a day, 365 days a year.

Shout is a crisis text service available for times when you feel you need immediate support. Text **SHOUT** to **85258** and you will be put in touch with a trained volunteer who will chat to you via text.

Victim Support supports people affected by crime. Services are confidential and free. In England and Wales, call **0808 1689 111**. 24 hours a day, 365 days a year. In Scotland, call **0800 160 1985**. Mon-Fri 8am-8pm.

The Trussell Trust is a nationwide network of foodbanks providing emergency food and support.

Men's Sheds are community spaces for groups of men to connect, converse and create. The activities can help reduce loneliness and isolation, but most importantly, they're fun.

StepChange helps you deal with your debts and get the support you need. Call **0800 138 1111** or chat online. Mon-Fri 9am-5pm, Sat 8am-4pm.

Relate provides relationship support to people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships. Find your nearest office via the website.

National Domestic Abuse Helpline for women is open 24-hours online, or freephone **0808 2000 247**.



Men's Advice Line for male domestic abuse survivors. Webchat or freephone **0808 801 0327**. Mon/Wed 9am-8pm; Tues/Thurs/Fri 9am-5pm.

ManKind Initiative runs a free, confidential helpline for male victims of domestic abuse and violence. Call **01823 334244**. Mon-Fri 10am-4pm.

National LGBT+ Domestic Abuse Helpline for people who have experienced hate crime, domestic abuse and sexual violence. Call **0800 999 5428**. Mon/Tues/Fri 10am-5pm; Wed/Thurs 10am-8pm.

GAMCARE FREE TREATMENT SERVICES

GamCare provides a range of treatment options for anyone affected by problem gambling who is over the age of 16 in England, Scotland or Wales. This includes anyone concerned about their own gambling, as well as family members and friends who are affected by a loved one's gambling behaviour (even if the gambler does not wish to seek support yet). **All our treatment is free, flexible and confidential.**

During the Coronavirus (COVID-19) pandemic, GamCare can offer:

- One-to-one online and telephone therapeutic support and treatment
- Group-based Gambling Recovery Courses delivered online for 6-8 weeks
- Guided online treatment modules which can be accessed at your convenience, over a period of 8 weeks, with additional telephone support from a GamCare practitioner



NATIONAL GAMBLING HELPLINE FREEPHONE 0808 8020 133



The National Gambling Helpline

provides confidential information, advice and support for anyone affected by gambling problems in England, Scotland and Wales.

You can speak with our advisers over the phone or via Live Chat every day of the year, 24 hours a day.

They will listen to what's going on for you, and can talk you through all of the options available to you for support online or over the telephone.

FORUM AND CHAT ROOMS

The GamCare Forum

is a 24/7 online message board, providing a safe and secure space for you (gamblers or their partners, friends and family) to share experiences, thoughts and feelings about problem gambling.



We also run a Chatroom every day at 1pm and 8pm for an hour (Sundays at 8pm for 1.5hrs).

We also run a dedicated chatroom for family and friends who are affected by a loved one's gambling on Wednesdays from 7-8pm.

NOT SURE YET IF YOU NEED OUR SUPPORT?

Why not try our Self-Assessment to pick up any early signs of risky gambling behaviour. It's free, anonymous, and it only takes a few minutes. You'll get detailed feedback based on your answers and suggestions for other support that is available.

We also have a whole range of free Self-Help Resources for anyone who has recognised that gambling may be an issue for them.



Consultations, what do you think?

An Open Letter to Glasgow City Council requesting the people of Glasgow lead the way on a city recovery plan focussed on well-being, justice and sustainability.

bellacaledonia.org.uk/2020/06/01/an-open-letter-to-glasgow-city-council/

Deaf Scotland have put together a survey on the Covid-19 crisis for people with a hearing loss to complete to give them actual evidence to take to the Scottish and UK Governments on the information and support provided for individuals, those in employment and those who employ others. To complete the survey, go to: <https://forms.gle/pdHRH1MDVCD55CfFA>

Is it time for a rethink of mental health services?

www.holyrood.com/inside-politics/view,under-pressure-is-it-time-for-a-rethink-of-scotlands-mental-health-system_15581.htm

Services and support

Autism

Autism Advice Line (Scotland)

T: 01259 222 022

www.scottishautism.org

National Autistic Society Helpline

T: 0808 800 4104.

www.autism.org.uk

Differabled

www.differabledscotland.co.uk/about



Carers

Advice for unpaid carers

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



Dementia UK

Dementia Helpline

T: 0800 888 6678

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

Carers Scotland

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

T: 0808 808 7777

Friends and family of someone with cancer

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

Carers Voices Project

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

Citizens advice Bureau

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

Glasgow Association for Mental Health

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

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

Charity advice

Glasgow Sport is eager to help organisations to sustain themselves and be Ready to Go Again when the Scottish Government route map allows. This fund is specifically targeted at organisations in the sport and physical activity sector who have a role in enabling and supporting the communities of Glasgow to get and stay active. Organisations can apply for grants up to £2,000.

www.glasgowlife.org.uk/sport/funding/sports-organisation-support-covid-19-fund

GCVS Glasgow Council for Voluntary Services
www.gcv.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

Just enterprise

T: 0300 302 3333

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

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

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

Scottish Council Voluntary Organisations
scvo.org.uk





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:

Breathing Space

T: 0800 83 85 87

Blue Cross for Pets

T: 0800 096 6606

(Support following the death of a pet)

Bereavement advice

W: www.bereavementadvice.org

Child bereavement UK

www.childbereavementuk.org

CRUSE Bereavement support

Bereavement support helpline

T: 0808 808 1677

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

Good life, good death, good grief

www.goodlifedeathgrief.org.uk/content/support_with_covid19

Families affected by Murder and Suicide (FAMS)

T: 07736 326 062

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

The Good Grief Trust

www.thegoodgrieftrust.org

The Lullaby Trust

T: 0808 802 6868

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

For guidance on funerals in Scotland during COVID 19

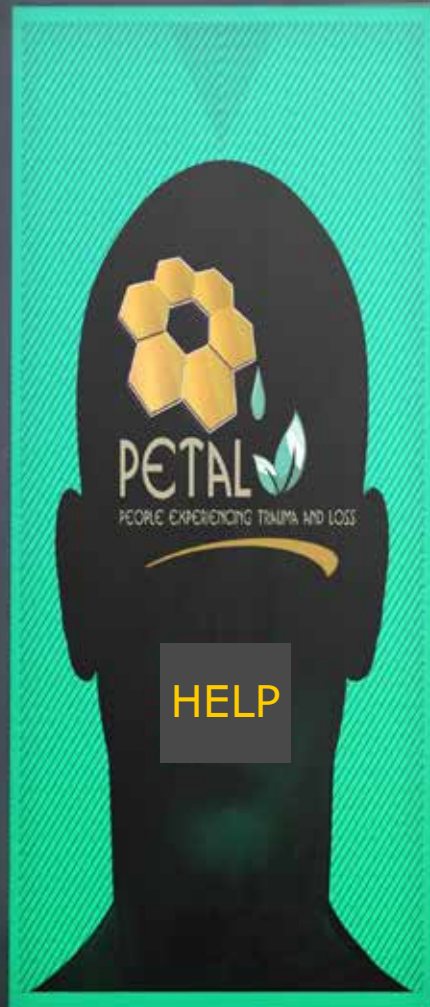
www.gov.scot/publications/coronavirus-covid-19-guidance-for-funeral-services/

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



Bereavement Support

Murder and Suicide & COVID-19



- **SERVICES AVAILABLE**
- **Homicide - Suicide—COVID-19**
- **Free—Bereavement Counselling**
- **Free—Emotional Support**
- **Free—Practical Support/Advice**
- **For Immediate Family & Partners**
- **Short-term Brief Interventions**
- **For all ages over 12 years old**
- **Service Provision in Scotland**
- **Limited Service Available**

CORONAVIRUS
PROTECT YOURSELF & OTHERS

Digital inclusion

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

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.

Glasgow Life

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

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



Drugs and Alcohol

Alcoholics Anonymous

0800 9177 650

Al anon (for families affected)

T: 0800 0086 811

Al a teen (for teenagers affected)

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

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

How to help an addicted parent

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

Homeless Addiction Team

T: 0141 552 9287

Marie Trust Counselling service

T: 0141 221 0169

Narcotics Anonymous

T: 0300 999 12 12

North West Recovery Communities

www.nwrc-glasgow.co.uk

Turning Point (Homelessness service)

T: 0800 652 3757

www.turningpointscotland.com/glasgow

Recovery Simon Community

T:0800 027 7466

Scottish Families affected by Drugs and alcohol

T: 08080 101011

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



We are still here

for our LGBT community in Scotland
www.lgbthealth.org.uk



Keep well



LGBT Helpline Scotland
Tue/Wed (12-9pm) Thu/Sun (1-6pm)
More at www.lgbthealth.org.uk



Telefriending
For LGBT people 50 and over in Scotland
Contact jean@lgbthealth.org.uk



See Me Proud
Resources on Facebook, Twitter
and Instagram at [@seemeproud](https://www.instagram.com/seemeproud)

Online wellbeing events

Regular meetups on Zoom including:



Queer May You Be Well
Facebook group



Wellbeing Café
Monthly catch up



LGBT Yoga
Fortnightly yoga class

Stay connected

Facebook groups

With regular activities for
LGBT people in Scotland

In and Out:
Queers' Open Mic



The Big
Queer Quiz



LGBTQ+ Language
Cultural Café



Queer Women's
Group



Trans Facebook groups

With regular online meetups
for trans people in Scotland

Trans Social
Lounge



Trans Self
Care Space



Trans Creativity
Hub



Online social events

Regular meetups and
activities on Zoom for all

Queerantime Nights
Community Games



Queerantime Nights
Community Stories



Find all our online activities on **Facebook** and
also keep updated on **Twitter** and **Instagram**



Get regular updates emailed to you by subscribing to
our newsletters at www.lgbthealth.org.uk/subscribe



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](https://twitter.com/GDA_online) [Glasgow Disability Alliance](https://www.facebook.com/GlasgowDisabilityAlliance)



Equality and Diversity

Accessibility

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 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

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

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

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

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

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

Visibility Scotland
visibilityscotland.org.uk

West Scotland Regional Equality Council
Includes emergency COVID19 helplines info
www.wsrec.co.uk
T: 0141 332 463

Homelessness

Emergency Homelessness:
T: 0800 838 502

Glasgow City Mission
www.glasgowcitymission.com

Homeless Addiction Team
T: 0141 552 9287

Shelter Scotland (Glasgow Hub) scotland
shelter.org.uk/about_us/local_services/glasgow

The Simon Community
www.simonscotland.org

Glasgow Helpline
T: 0800 027 7466

The Marie Trust
www.themarietrust.org

Salvation Army
www.salvationarmy.org.uk/homelessness



Emergency services websites and COVID19

Electricity

Who you need to contact depends on where you live

Emergency Homelessness

0800 838 502

Central and southern Scotland

Phone Scottish Power Energy Networks on:

T: 0800 092 9290 (from landlines)

T: 0330 1010 222 (from mobiles)

North of Scotland's central belt

Phone Scottish and Southern Energy (SSE)

T: 0800 300 999

Gas

National Gas Emergency Service

If you smell gas phone the National Gas

Emergency service

T: 0800 111 999

SGN manage the network that distributes gas across Scotland

T: 0800 912 1700

Water

Phone Scottish Water

T: 0845 601 8855

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.

Police Scotland

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

Social Work Direct

0141 287 0555 (Office Hours)

0300 343 1505 (Out of Hours)

Scottish Welfare Fund

0141 276 1177

Scottish Ambulance service

www.scottishambulance.com

Employment and Business

Business support in Scotland

findbusinesssupport.gov.scot

Farm advisory service

www.fas.scot/rural-business/coronavirus

T: 0300 323 0161

Jobs and Business Glasgow

www.jbg.org.uk/business-support-covid-19

Information for employers

COVID 19 support for employers and employees

www.acas.org.uk/coronavirus

Returning to work preparing to manage risk of COVID 19

[www.cardinus.com/insights/covid-19-hs-](http://www.cardinus.com/insights/covid-19-hs-response/returning-to-work-after-lockdown/)

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

www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm

Employability in Scotland

www.employabilityinscotland.com

Health and safety

www.hse.gov.uk/news/coronavirus.htm

Home working health and safety

www.hse.gov.uk/toolbox/workers/home.htm



RIDDOR reporting COVID19

www.hse.gov.uk/news/riddor-reporting-coronavirus.htm

Information for people seeking work Employability in Scotland

www.employabilityinscotland.com

Farming sector employment opportunities

www.pickforbritain.org.uk/jobs

Jobs and Business Glasgow

www.jbg.org.uk/jobs/

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



Education and skills attainment

Guidance for home learning COVID 19

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

Thinkuknow

Thinkuknow is the education programme from NCACEOP, 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

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

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

GHA – for help with benefits & Fuel advice

T: 0808 169 9901

GAIN network

www.gain4u.org.uk helpline

T: 0808 801 1011

Govan Law Centre: (Glasgow-wide service)

T: 0141 440 2503

www.govanlawcentre.org

WhatsApp: 07564 040765

HMRC

T: 0300 456 3565

Home Energy Scotland

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

T: 0808 808 2282

Cooking with kids, Spaghetti and Meatballs with Hidden Veg Sauce



Ingredients

For the meatballs

- 300g pork sausages (Halal; replace with finely minced chicken and seasoning)
- 500g lean beef mince
- 1 onion grated
- 1 carrot grated
- 1 tbsp. oregano
- 50g of parmesan and some for serving
- 1 egg
- 1tbsp of oil

For the sauce

- 1 tbsp. oil
- 1 courgette grated
- 3 gloves of garlic grated or crushed
- 1 tbsp. of tomato pure
- Pinch of caster sugar
- Splash of white or red/white wine vinegar or even Worcestershire sauce.
- 2x400g tins of chopped tomatoes

To serve

- Cooked Spaghetti pasta (or what you have available)

How to make on the other side



- 1. Children:** Squeeze all the sausage meat out of the sausage skins into a large bowl and add the mince. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed. Keep an eye on younger children to make sure they don't taste any of the raw mix.
- 2. Children:** Roll the meatball mix into walnut-sized balls and place them on a plate – this is a job children as young as 2 can help with and a great job to help teach older children basic division
- 3. Grown-ups:** While the children are rolling the meatballs make the sauce. Heat the oil in a large saucepan. Add the courgette first, cook for a few minutes then add garlic and cook on a low heat for 5 mins until soft and mushy.
- 4. Grown-ups:** Stir in the tomato puree, sugar and vinegar/Worcestershire sauce - leave for 1 min then tip in the tomatoes and simmer for 5 mins. If your children like courgettes then you can leave the sauce chunky. But if they hate courgettes then blitz the sauce with a hand blender – either way continue to simmer sauce gently while you cook the meatballs. If your child is confident with heat, from 7+ they can cook the sauce with supervision.
- 5. Grown-ups:** Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce – continue to simmer the sauce for 15 mins, stirring very gently until the meatballs are cooked through. Serve with cooked spaghetti, extra grated Parmesan and a few torn basil leaves your child has picked and torn - avoid cutting with a knife as this turns them black.
- 6. Enjoy** – add some garlic bread to the table if you wish and make plenty of napkins or kitchen roll available!



Cake Pops



Ingredients

For the cakemix

- 100g butter
- 100g caster sugar
- ½ tsp vanilla extract
- 2 eggs
- 100g self raising flour

For the buttercream icing

- 75g butter
- 150g icing sugar
- 1 tsp milk
- 200g white chocolate melted to dip
- Sprinkles to dip

How to make on the other side



How to make:

- 1.** First make the cake. Heat oven to 190C/170C fan/gas 5. Grease and line the base of a 20cm sandwich tin. Place the butter, sugar and vanilla extract into a bowl and beat well to a creamy consistency. Slowly beat in the eggs, one by one, then fold in the flour and mix well. Tip into the cake tin and bake for about 20 minutes until risen and golden brown. Set aside to cool completely.
- 2.** While the cakes are cooling, make the buttercream. In a large bowl or the bowl of a stand mixer, beat the butter and icing sugar together until smooth, add the vanilla extract and milk and beat again. Once the cake is cooled, crumble into large crumbs. Add the butter cream and stir together. Take chunks of the cake mixture and roll into balls, transferring each ball to a lined tray or plate, push a lollypop stick into each, then put into the fridge for an hour to set.
- 3.** Melt the white chocolate in the microwave, blasting it and stirring at 10 seconds intervals until smooth. Tip the sprinkles into another bowl. Take each of the chilled cake pops and dip into the white chocolate, allowing it to drip off a little over the bowl. Dip into the sprinkles, then stand upright in a mug to dry at room temperature for an hour, or in the fridge for 30 mins.



Help during the COVID 19 outbreak

Support for those high COVID19 Risk

The service will offer help to those who do not have family or existing community support and cannot get online and who are:

- Over 70,
- Disabled,
- Require the support of mental health services,
- Are pregnant
- Receive a flu jab for health reasons.

T: 0800 111 4000

Anyone not in these categories but still looking for support should visit www.readyscotland.org/coronavirus

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

Glasgow Housing Association

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

Glasgow's Golden Generation

www.glasgowgg.org.uk

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 Helps

T: 0141 345 0543

www.glasgowhelps.org

GLASGOWHELPS LAUNCHES NEW TEXT LINE

Are you affected by COVID-19 and need support?
You can now text us on **07451 289255**

Support is now available in:
Urdu; Punjabi; Cantonese;
Polish; Arabic; Lithuanian;
Czech and Slovak.

We are working to offer more languages.

To access support in these languages, simply text the language you require, i.e Arabic, to **07451 289255** and our bi-lingual call handler will phone you back.



Need help getting to places

Taxis can prepay with debit card

Hampton cabs 0141 429 1122

Glasgow Taxis www.glasgowtaxi.co.uk

Community Transport Glasgow

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

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



Helplines

Advice. Scot

T: 0808 800 9060

Alcoholics anonymous

T: 0800 0086 811 / 0800 9177 650

Autism Helpline

T: 0808 800 4104

Alzheimer's Scotland

T: 0808 808 3000

Breathing Space

T: 0800 83 85 87

Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

CAB

T: 0800 328 5644

Campaign Against Living Miserably CALM (Men)

T: 0800 585858

Childline

T: 0800 1111

Child Bereavement UK

T: 0141 352 9995

(Help prevent) Childhood abuse

T: 0808 1000 900

CHSS Advice line Nurses

T: 0808 801 0899

CRUSE Bereavement support Bereavement support helpline

T: 0808 808 1677

Combat Stress

UK charity for Veterans Mental Health

T: 0800 138 1619

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

The Lullaby Trust

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

NA

T: 0300 999 1212

NHS 24

T: 111

One parent Families Scotland Helpline

0808 801 0323

Pandas (perinatal mental illness)

T: 0808 1961 776

Parent line

T: 08000 28 22 33

The Samaritans

Free Phone T: 116 123

Rape Crisis

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

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 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

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

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 Scotland

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

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

How to look after your mental health

www.mentalhealth.org.uk

Healing for the heart

www.healingfortheheart.co.uk

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

Mental Health, well-being and stress management

Association for child and adolescent mental health

www.acamh.org

Anxiety UK

W: www.anxietyuk.org.uk

Text service 07537416905

Maternal mental Health Scotland
[maternalmentalhealthscotland.org.uk/
resources/links-to-charities-and-support-
groups](http://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 tools a lot of useful information and tools
www.mindtools.com

Mindfulness

www.freemindfulness.org/download

Moira Anderson Foundation

**Supporting children and adults affected by
childhood sexual abuse**
moiraanderson.org

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](http://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](http://www.inspiringscotland.org.uk/perinatal-mental-health-services)

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

Information on self-harm

SAMH

[www.samh.org.uk/about-mental-health/
mental-health-problems/self-harm](http://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](http://www.samh.org.uk/documents/SAMH_Understanding_Self_Harm.pdf)

Shout (an affiliate of crisis text line)

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

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

Support in Mind Scotland

www.supportinmindscotland.org.uk



Older age

Alzheimer's Scotland
www.alzscot.org

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

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

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

Glasgow East Mattie Carwood Centre
T: 0141 766 0000

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

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/

Silverline (older people)
T: 0800 4 70 80 90

The Good Morning service
T: 0141 336 7766
www.goodmorningservice.co.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

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>

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

Brittle Bones

www.brittlebon.org

Charles Bonnet Syndrome

T: 0303 1239999

www.charlesbonnetsyndrome.uk

MacMillan Cancer support

T: 0141 287 2903

www.macmillan.org.uk/coronavirus

Chest Heart and Stroke Scotland

T: 0808 801 0899

www.chss.org.uk

Chronic Pain

www.nhsggc.org.uk/your-health/healthservices

painassociation.co.uk

www.youtube.com/

[watch?v=4I8dUJgCj0I&feature=youtu.be](https://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.fmuk.org

HIV

Terrance Higgins Trust

www.tht.org.uk/centres-and-services/glasgow

Macular society

www.macularsociety.org

T: 0300 3030 111

Menopause

www.nhs.uk/conditions/menopause

Menopause Café www.menopausecafe.net

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

Ulcerative Colitis

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

Useful information if recovering from COVID19

www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy
elearning.rcpsych.ac.uk/default.aspx?page=29567

Versus Arthritis

www.versusarthritis

T: 0800 5200 520



Parents and families

Association for child and adolescent mental health

www.acamh.org

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

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

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.childrensociety.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



Parent Network Scotland

www.parentnetworkscotland.org.uk

Parenting across Scotland

www.parentingacrossscotland.org

Pregnant and new parents

www.parentclub.scot

Solihull Approach Training online

solihullapproachparenting.com/online-course-for-parents

Triple P

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

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

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

Scottish Families Information services

Information for parents and carers of children and young people scottishfamilies.gov.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/coronavirus-covid-19-advice-for-animal-owners/

From Scottish Society for prevention of cruelty to animals

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

Advice for people who use a guide dog

www.guidedogs.org.uk/coronavirus/Services

Places of worship

Places of worship are also subject to the guidelines on social distancing; however, many are offering guidance on how you can still stay connected, 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:

Archdiocese of Glasgow

www.rcag.org.uk

Ahmadiyya Mosque

www.facebook.com/baiturrahmanmosqueglasgow/

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 Reform Synagogue

www.grs.org.uk

Glasgow Gurdwara

www.glasgowgurdwara.org

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

COVID19 Adults with incapacity guidance

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

Cyber safety

www.neighbourhoodalert.co.uk

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@sdafmh.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

Stop it now Helping prevent childhood sexual abuse Helpline

T: 0808 1000 900

www.stopitnow.org.uk

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

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

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 **07497187992** (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

They just wanted to let people know that during this exceedingly difficult time they are still here and aim to offer support in as many ways as they can. Dealing with the current global situation on top of existing struggles with mental health is leaving people feeling more isolated than ever. Along with people who self-harm they have developed a range of self-help and information pages on their website:

Experience-led self-help resource:

www.selfinjurysupport.org.uk/experience-led-self-help-resource

Dealing with self-harm in lockdown:

www.selfinjurysupport.org.uk/self-care-and-self-advocacy

First Aid for self-harm:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid

Seeking treatment and self-advocacy:

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

Harm Minimisation:

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

Distractions and Displacement:

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

Exploring Alternatives:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives

Blogs about self-harm and coronavirus:

www.selfinjurysupport.org.uk/Blogs/coping-with-coronavirus-and-lockdown/Category/coping-with-covid-19

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

- **Action for happiness**
www.actionforhappiness.org
- **Paul McKenna Official**
Instant Confidence Guided Hypnosis
www.youtube.com/watch?v=9nTcDbRnyCo
- **Learn more about Mindfulness**
positivepsychology.com/mindfulness-training-courses-programs-workshops-degrees
- **Virtual Menopause Cafe via Zoom**
Check out Eventbrite for dates, details and to reserve a place

- **Learn about giving yourself a Butterfly Hug**
A simple grounding technique
www.youtube.com/watch?v=iGGJrqscvtU
- **Scotland's Gardens**
scotlandsgardens.org/gardening-at-a-time-of-crisis/
- **Weekday wow factor virtual disco**
www.facebook.com/weekdaywowfactor
- **Mind and Draw** Creative video exercise tutorial posted on social media
www.facebook.com/mindanddraw

- **Life kit tools to help you get it together** www.npr.org/lifekit
Learn how to make the sustainable development goals part of the everyday, for everyone file:///D:/Bk_software/UNHS%20Guide%20Final.pdf

- **Glasgow Science centre**, wee bit science brought into the home every day to be inspired
www.glasgowsciencecentre.org/gsc-at-home

- **Learn more about motivation and getting back a sense of purpose**
www.cope-scotland.org/index.php/latest-blog/taking-the-time-to-think-about-what-matters-to-you

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

- **Glasgow Life**
Working out from home
www.glasgowlife.org.uk/sport/working-out-from-home

- **Anne's Yoga Heart** check out for more info www.facebook.com/annesyogaheart Something for all ages and abilities as well as relaxation

In this issue

- Glasgow Life Service Spotlight: 2020 Summer Reading Challenge
- Mental Health and wellbeing: CONNECTING SCOTLAND
- Photo snap challenge
- Quote of the week
- Cook it up Corner

Glasgow Life North West Teams

REACH OUT

Issue 5

Produced by Glasgow Life North West Communities in partnership and collaboration with Glasgow Life Service Wide and with Community Partners.

Each week we plan to bring you a Spotlight article on one or more of Glasgow Life's or a Partners Service offer for your interest and access.

This week, we are spotlighting our Library's city wide **ANNUAL SUMMER READING CHALLENGE**

THIS SUMMER 2020, WHY NOT JOIN THE SILLY SQUAD WITH GLASGOW LIBRARIES

Wow how did it get to be summer already!

2020 Summer Reading Challenge has started with a bang and we are all feeling super silly at Glasgow Libraries!

Summer Reading Challenge's Silly Squad will spend all summer with you and your children to celebrate funny books, happiness and laughter with some seriously silly reads. Children taking part will be able to join the **Silly Squad**, an adventurous team of animals who love to have a good laugh and get stuck into all sorts of funny books!

The Summer Reading Challenge website is **free** to enter and has book suggestions, games, quizzes and downloadable interactive activities for children to take part in reading related activities. Aimed at readers **aged 4 – 11 years**, it is also a chance for families to have loads of fun together!

Join in for FREE- just head over to the web and sign up at <https://summerreadingchallenge.org.uk> If you can't get on line to do the challenge you can contact us on 0141 287 2999 from Monday – Friday, between 11am -1pm to arrange for you to get a pack with books, stickers, posters and a pencil.

Glasgow's Libraries currently remain closed, however we are continuing to have books for all our readers in electronic format.

<https://libcat.csglasgow.org/web/arena/src2020> for Summer Reading Challenge eBooks catalogue
<https://www.glasgowlife.org.uk/libraries/online-library> for our full range of eBooks, audio and magazines

Each year, in partnership with the National Reading Agency, the **Summer Reading Challenge** motivates over 700,000 children throughout Britain to keep on reading throughout the summer and to maintain their reading levels before going back to school in August.



Check out our Glasgow Life family of services, keep up to date and explore any e-offers to you;

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

<https://www.glasgowlife.org.uk/museums>

<https://www.glasgowlife.org.uk/sport>



<https://www.glasgowlife.org.uk/arts-music-and-cultural-venues>

<https://www.glasgowlife.org.uk/communities>

SUPPORTING THE MOST VULNERABLE TO GET ONLINE

Whilst we're at home throughout the coronavirus crisis, more than ever before the internet is keeping us connected to friends and family, keeping us informed and entertained, able to learn, work, shop and access health information and other vital public services and support networks



However, some people can't access these benefits for a variety of reasons such as not the confidence, the 'know how', the kit and the connectivity at home.

The **Connecting Scotland Initiative**, www.connecting.scot/ aims to connect up to **9,000 more people** on particularly on low incomes who are also considered clinically at high risk so they can access services and support and connect with friends and family during the pandemic.

Are you an **organisation** working with vulnerable individuals and families? Go to: www.connecting.scot/for-organisations

Are you an **individual** looking to help and support from someone to get online? Go to: www.connecting.scot/for-individuals

Connecting Scotland is a partnership initiative between the Scottish Government www.gov.scot/ Local Authorities and The Scottish Council for Voluntary Organisations (SCVO) scvo.org.uk

We are grateful to ScotlandIS www.scotlandis.com for building momentum and leading the call to action for the technology industry, and to the wide range of organisations that are providing support to help deliver the initiative.

Do you know of or, are you a voluntary group or organisation that are offering community support at this time across the North West Glasgow area? If you are and would like an article added to this page, please get in touch and give us an outline of what you might wish to add at;

CommunitiesNorthWest@glasgowlife.org.uk

We will get in touch with you after that to plan your insert to a forthcoming **REACH OUT** issue.

Quote of the Week

A diamond is merely a lump of coal that did well under pressure'

Peter Hunter Glasgow Life

Contact us;

Keep sending your **Moments of Joy** and finished **Art and Crafts Activities** as well as any **recipes** and **comments** you might have to **Chrissie** at

CommunitiesNorthWest@glasgowlife.org.uk

Always good to hear from you!

GDPR; <https://www.glasgowlife.org.uk/the-small-print/privacy-statement-for-glasgow-life> Please see our website for further details on how we collect, use, share and store personal information.

Moments of Joy

Lockdown Photo Challenge



This weeks' images are some team members' animal world joy givers. What are **Yours**? Please send them in to the **Contact Us e-mail** Share the joy for future Newsletters.



Bluebells and Squirrels ...
... Peter's Lockdown Comrade's favourite combo!

What... who's bed do you think this is - really?
Chrissie's Lockdown Comrade



Taking a moment to 'paws' for thought!
Margaret's Lockdown Comrade

Cook it up Corner

Clare's Cake Pops

Ingredients

- 100g butter
- 100g caster sugar
- ½ tbsp. vanilla extract
- 2 eggs
- 100g self raising flour



Buttercream icing

- 75g butter
- 150g icing sugar
- 1tbsp milk
- 200g white chocolate melted to dip
- Sprinkles to dip

Full recipe sheet is enclosed in your pack, why not take a photo of your finished **Pops** and send in to us at the **Contact Us** email address?
It may feature in a future Newsletter

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
"Good morning, your mental health matters", offering tips 5 days a week on looking after your mental health. This is around mental wellbeing promotion as opposed to mental illness intervention to register email admin@cope-scotland.org These emails are made up and sent out by Hilda and issues evolve from feedback from those who have received them, each person's email is added individually each day as they are being thought about, however, all the emails are BCC for confidentiality
Also visit COPE Scotland's website for information in a variety of formats to support good mental health and resilience to life challenges

Compassion fatigue
compassionfatigue.org

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

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

Youth

Al a teen (for teenagers affected by others alcohol misuse)
al-anon.org/newcomers/teen-corneralateen/

How to help an addicted parent
www.childrenssociety.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

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

Young Minds
T: 0800 018 2138

Parent helpline
T: 0808 802 5544

Child bereavement UK
www.childbereavementuk.org

Article on COPE Scotland's website which maybe of interest
www.cope-scotland.org/index.php/latest-blog/being-young-in-lockdown

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



wee tips to dealing with 'what if's' and uncertainty



Trying to control things

Life is full of uncertainty. Trying to control everything to have the outcomes that we want is an illusion and also can make us less resilient to the natural changes and adaptation that life will throw at us e.g. COVID19 and lockdown, now who could have predicted or controlled that to everyone's satisfaction?

Worrying

Most of us don't like uncertainty it can make us feel anxious and afraid. we don't know what may come next and we worry whatever it is, we won't be able to handle it. If we lock into that worry and all the things which may go wrong, which we don't think we can cope with, we can feel overwhelmed, maybe even feel hopeless, depressed, demotivated. Thinking where is the point?

Suicidal thoughts

Sometimes people find they have thoughts of suicide when it all becomes too much and the feelings of 'what if' become too exhausting. If you are having thoughts of suicide, please speak to someone about how you feel and what you are finding overwhelming. It can help to talk to someone.

Negative thoughts

Uncertainty breeds uncertainty! When we begin to imagine all the various 'what if' scenarios (which are usually negative, we can end up imagining even more 'what if' scenarios)! We have great imaginations, but rarely do we lie awake in the wee hours of the morning, unable to sleep thinking about all the super wonderful things which are going to happen to us! This focus on what can go wrong can make us feel negative, which in turn, can programme us into looking for more things to be negative about and feeling like that.....we find them. This does not leave us feeling jolly!

Stuck inside your own head

Spending too much time inside our own head about how we feel can in itself increase our feelings of anxiety and depression. We find our minds stuck in this thinking loop where we keep going round and round thinking, or, talking about whatever it is we have focused on as a source of 'what if'.

Negative influences

The impact of other people can also affect the 'what if's'. What we say and do has an effect on others as does what they think and do, have an effect on us. Being around others who repeatedly focus on negative outcomes; even when you are trying to be positive, can be exhausting. Also, watching news reports, following social media, other communication mediums which have a focus on 'Its Bad, it's going to get worse'. "Oh, and did you know about this new thing to worry about...?" Again, doesn't fill us with hope for the future. That doesn't mean we don't need to be informed, it's all about balance.

Uncertainty

Uncertainty basically means we aren't sure what is going to happen next. We look to see what is happening now and then try and predict from that, what may happen next. Depending on our thinking styles, any predisposition we maybe have to anxiety or low mood may affect how we adjust and prepare to deal with this state of 'not knowing', 'not feeling in control' and the level of stress this uncertainty is likely to cause us.

Coping with change

Part of dealing with the 'what ifs' is being resilient to change. Even when it's a change we may not have chosen, the speed at which you decide to respond to the change in a way that is most helpful for us and those close to us, will impact on how we deal with that change. It maybe you need help to come to terms with the change, and that's okay, we all at times need someone to talk to.

Self-compassion

We are all different. Don't beat yourself up if you find others maybe respond better to change and uncertainty than you do, be kind, we all have things which can stress us out. Being kind and showing compassion for yourself is more likely to help you find a way through than being self-critical. That just drains energy.



Learning new skills



Depending on what happens next, we may need to learn something new. That maybe a new way of doing something, it may mean a new way of using your income to meet your outgoings, it may mean learning new skills to seek employment in areas which you have never thought about before.

Be flexible

If we think of the analogy of the tree which bends in the wind, it helps us realise if we are flexible to the 'what happens next' and learn to go with the flow, don't allow the 'what ifs' to overwhelm recognise maybe that things need to change and while that maybe hard to accept, in time acceptance will lead to more peace of mind than holding onto a memory of a reality which has gone.

Good habits

Practice tools which support your wellbeing. Get into the habit of going a walk, reading a book, doing some form of relaxation or Mindfulness practice. Be aware of what you eat and drink and how you cope with negative feelings. Avoid misuse of drugs, alcohol, or gambling harms. Any release of stress is short lived and in time will lead to more challenges.



Inner voice

Taking control where you can is important. Sometimes we get so caught up in the 'what ifs' which we feel are in other hands, we forget what is within our own control. Become aware of our inner voice and the story we tell ourselves and be wary we don't tell ourselves we can't, when in fact we are really saying we choose not to.

It's okay to ask for support, here are some ideas:

- If you are thinking of suicide due to worrying about the 'what ifs' phone the Samaritans **T: 116 123**
- Or **text SHOUT to 85258** to text with a trained Crisis Volunteer
- Speak to your GP about mental health services you can link to
- This link takes you to information on a variety of support for anxiety:
www.supportline.org.uk/problems/anxiety
- Campaign to look after your mental health www.clearyourhead.scot

You matter, how you feel matters. It's ok not to be ok and to ask for support

Find other tips for wellbeing at:
www.cope-scotland.org and
maybe follow us on
[@COPEScotland](https://twitter.com/COPEScotland) for updates





As we begin to take steps back to a new normal, please be patient and keep following the guidance, for your own sake, your families, and the people around us. We all matter. For more information www.gov.scot/news/route-map-for-moving-out-of-lockdown/

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