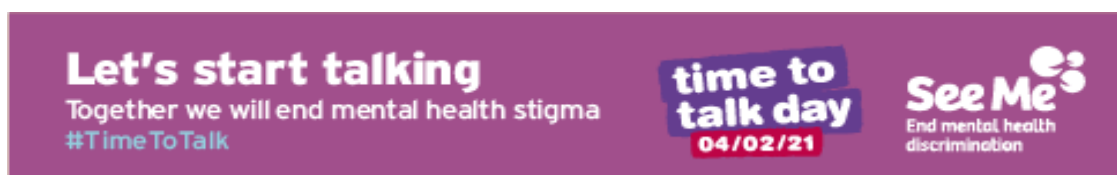


Community Resilience Group Weekly Briefing - 5 5 February 2021



A small conversation about mental health has the power to make a big difference!

Yesterday, 4th February, was Time To Talk Day when people are asked to talk about mental health. The campaign is promoted by See Me, Scotland's Programme to tackle mental health stigma and discrimination,

The focus of Time To Talk Day for 2021 has been on the power of small, because however small a conversation you have about mental health – whether it's a quick message to a friend or relative, an online chat over a coffee, or a socially distanced walk and talk – it has the power to make a big difference.

This year Time To Talk Day will have been a little different, but at times like this open conversations about mental health and wellbeing are more important than ever. The more conversations we have the more barriers we can break down to helping to end the isolation and stigma that too many people with mental health problems are made to feel.

For people affected by loneliness and isolation there are organisations in Highland that can help with contact and support, these include:

Befrienders Highland currently offer their befriending services at a distance, by telephone, post or email to keep everyone safe and well supported. Tel. 01463 712791 www.befriendershighland.org.uk/

Highland Hospice Helping Hands befriending service offers support calls to help with social isolation for anybody in the Inverness and Ross-shire area Tel 01463 423202 or 07874724878 www.highlandhospice.org/what-we-do/helping-hands

Morning Call service in Inverness and surrounding area supports older people who are lonely and isolated by phone. Free call every morning. Tel 07514 494053 www.morningcall.org.uk

Other examples of local groups offering telephone befriending services are:

- **Sutherland Care Forum Friends at Home**, Tel. 01408 634171
- **Badenoch & Strathspey Community Transport Company**, Tel. 01479 810004 or 01479 812233
- **Gairloch & Lochewe Action Forum (GALE)**, Tel.01445 712071 or 07753 765 507

Anyone experiencing a crisis can contact

- Samaritans on 116 123
- Breathing Space on 0800 83 85 87
- Mikeysline 07786 207755 (textline)
- Ewen's Room (Lochaber) 0800 6803317

Time To Talk Day <https://www.seemescotland.org/>

Children's Mental Health Week

This week is also Children's Mental Health Week #childrensmentalhealthweek and there are a range of specific services and supports available for children and young people to reach out to, the importance of *Time to Talk* being just as important for younger people.

Supporting Young People HighLife Highland Youth Workers are supporting young people aged 11-25 offering free, confidential support and guidance to those most impacted during Lockdown. There are youth workers in every secondary school area. Go to <http://hlh.scot/youth> to find out who your youth worker is and how to get in touch.

Highland Digital School Hub has Wellbeing Resources for All, for pupils, families and staff to support understanding of Covid 19 and to support families while staying at home

www.sites.google.com/millburnacademy.org.uk/highlanddigitalschoolshub/wellbeing-for-all/at-home

Mikeysline - new service for young people

Mikeysline, based in Inverness, have started a new service is aimed at all young people, but primarily those of secondary school age. Running after school each weekday (4pm – 5.40 pm) and on Saturday (2pm – 5.30pm), the service offers non-judgemental and confidential support to young people affected by emotional distress or in need of mental health support.

The service includes 1:1 appointments in a safe place for young people to talk, feel heard, offered support, or signposted as may be helpful. Other support such as group-based sessions are also being planned.

At present, the service is available online using Google Meet. The aim is to offer both remote and face-to-face options when it is possible, so that young people living outside Inverness can access the support. Out with the appointment times, young people can use the existing text-based support service, text 07786 207755 For information or to book an appointment please e-mail yp@mikeysline.co.uk. An online booking system is planned.

Covid-19 and Council Tax Scams

Last week's briefing highlighted a number of scams related to covid-19 and that the Council's Trading Standards team had launched a webpage to help customers and businesses identify the scams that are known about. The link to this webpage is: www.highland.gov.uk/tradingstandards

This week, we would like to highlight another scam, where residents have been receiving telephone calls claiming their property has been re-branded for Council tax and are entitled to a refund. The caller asks for bank details. The Council has emphasised that any communication with Council Tax payers regarding refunds would be in writing and that we would not cold call customers and ask for bank details. Further details on this are available at:

www.highland.gov.uk/news/article/13305/highland_council_trading_standards_warns_of_council_tax_scam

Worrying about money?

A leaflet has been developed to signpost people to services that can help them to maximise their income and put cash in their pockets. An A3 and Tri-fold version of the leaflet are available and attached to this briefing.

If you would like to order free hard copies of the leaflet, you can access them through the online [Health Information Resource Service](#) or by calling Nicola McIntosh on 01463 704647 or 07929 775703.

Highland Community Food Network – invitation

The Highland Community Food Network is a new network that has been created in response to a survey of community food projects in Highland, carried out by Highland Third Sector Interface on behalf of Highland Poverty Action Network in the Autumn. The Network is aimed at projects such as food banks, sharing sheds, food tables and larders, community fridges, growing projects, hot meal provision and community cafés.

The meeting is on Thursday 11 February 7-8pm through zoom.

Zoom Link: <https://trusselltrust-org.zoom.us/j/95848601739?pwd=UkszUGFrYXVieXIYb0ljcG9WS0xBdz09>

Meeting ID: 958 4860 1739

Passcode: 934228

For further details please contact Katy Kitchingham: Katy.Kitchingham@trusselltrust.org or 07990043945

Vaccination Update

The latest update from NHS on the vaccine can be accessed at the following link:
www.nhsinform.scot/covid19vaccine

A communication is also attached to this briefing

Food Support for Groups

We know that a number of you continue to provide support to the most vulnerable in your communities and that most of you already have well defined routes for accessing food to provide this support or are supporting individuals to access their shopping or community fridges/food tables.

If you are struggling to access food to continue support to vulnerable people locally, please do contact us through the policy mailbox and we can look at ways that we can support your group going forward.

Contact: policy6@highland.gov.uk

Resilience Network Contacts

The first meetings of all of the new resilience networks have now taken place. The next meetings are in the process of being scheduled depending upon what was agreed at the initial meeting and dates will be circulated to all within an area.

Where networks are already in place, should any group not already be involved with this network, the contact details for each is below.

- Caithness –If any groups aren't involved and wish to be please contact Alan Tait at Caithness Voluntary Groups allan@cvg.org.uk
- Sutherland – If any groups aren't involved and wish to be please contact Karina Ross at Highland and Islands Enterprise karina.ross@hient.co.uk
- East Ross – Helen Ross, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Black Isle - If any groups aren't involved and wish to be please contact Asia Cielecka at communities@black-isle.info
- Wester Ross and Dingwall – Dot Ferguson, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Skye and Raasay - If any groups aren't involved and wish to be please contact Fiona Thomson at Skye Community Response Development Team fiona@portreeandbraes.org
- Lochaber – Emma Tayler, Assistant Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk

- B&S –If any groups aren't involved and wish to be please contact Karen Derrick enquires@vabs.org.uk
- Inverness City – David Haas, City Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Inverness Rural – Charles Stephen, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Nairn – Willie Munro, Ward Manager, will facilitate this network For future involvement in this network please contact policy6@highland.gov.uk

Helpful Links

Welfare Support Team -

www.highland.gov.uk/directory_record/102970/benefit_advice

Self Isolation Support Grant - www.highland.gov.uk/info/20016/coronavirus/940/self-isolation_support_grant

Fuel Support Fund

www.highland.gov.uk/fuelsupportfund

Energy Advice

energyadvisors@hi.homeenergyscotland.org

AbilityNet - IT advice or support AbilityNet

Helpline 0800 048 7642.

Business Support Grants -

www.highland.gov.uk/info/20016/coronavirus/945/strategic_framework_business_fund

Covid Resilience Grant Support -

www.highland.gov.uk/directory_record/1422811/supporting_community_resilience/category/155/grants_for_community_groups

HTSI Community Group Helpline

Telephone Number 01349 808022

Winter Conditioning reports -

www.highland.gov.uk/news