



Mental Health  
Awareness Week

9 - 15 May 2022

Together we can  
tackle loneliness



Fife Health  
& Social Care  
Partnership

Supporting the people of Fife together

## Mental Health Awareness Week 2022 - MS Teams Talks

The theme for this year's campaign is "Loneliness".

The week is hosted by the Mental Health Foundation and this year the campaign aims to raise awareness of the link between loneliness and mental health problems and how we can prevent them.

To support Mental Health Awareness Week a number of drop-in sessions on MS Teams have been organised throughout the week to support workers and practitioners in Fife.

These sessions aim to provide more information about the campaign, local support available, and ideas about how to get involved to help tackle loneliness within our communities.

*Please attend any sessions that interest you by clicking on the links below – no booking is necessary.*

**Monday 9th May - 9.00 - 10.00 am**

**Mental Health Awareness Week launch,  
including talks from OnFife Cultural Libraries and Active Fife**

[Click here](#)

to join the session

**Monday 9th May - 1.30 – 2.30pm**

**Fife Community Led Support: The Well, Fife Forum and Link Life Fife**

[Click here](#) to join the session

**Tuesday 10th May - 12.00 – 1.00pm**

**Health Promotion Workplace Team: Loneliness Awareness in the Workplace**

[Click here](#) to join the session

**Wednesday 11<sup>th</sup> May - 12.00 – 1.00pm**

**Fife Voluntary Action**

[Click here](#) to join the session

**Friday 13<sup>th</sup> May 10.00 – 11.00am**

**Samaritans SHUSH Listening Tips workshop**

[Click here](#) to join the session

# Mental Health Awareness Week 2022

## Fife MS Teams Talks

### Overview of the sessions

**Monday 9th May - 9.00 am**

**Health Promotion Service Mental Health Awareness Week launch, including talks from OnFife Cultural Libraries Service and Fife Council Active Fife**

We will be discussing;

#### Health Promotion Service, FHSCP

- Introduction to the key campaign messages
- Local support and services available within Fife
- Launch of the Mental Health Awareness Week with information pack

#### OnFife Cultural Services - Libraries

- Ways to Wellbeing
- 'Keep the Heid and Read' Campaign

#### Active Fife, Fife Council

- Local health walking opportunities in Fife

**[click here to join the session](#)**

**Monday 9th May, 1.30pm**

**Fife Community Led Support: The Well, Fife Forum and Link Life Fife**

Fife HSCP delivers and commissions a number of services that work under the principles of Community Led Support; such as a focus on communities, people getting good advice and information that helps avoid a crisis, a responsive system which delivers good outcomes and people being treated as equals, their strengths and gifts built on.

In this session, you will meet staff from The Well, Fife Forum and Link Life Fife who will explain how each project works and have the opportunity to ask questions regarding the services at the end of the session.

#### The Well

The Wells are the community single point of contact for any health and social care enquiries. A quick and easy way for local people to access the information, advice and support for what they need to stay well and independent within their communities.

#### Fife Forum

Fife Forum works alongside individuals, their families, carers and other services to identify community groups and services which help people to maintain their independence, connect with and be part of their community for as long as is possible (for example: day services; local clubs; or, interest groups). Among our primary aims is to help people feel valued and to reduce social isolation and loneliness. They also have an advocacy worker who assists people over the age of 65 who are resident in a care setting or are currently in Hospital.

## **Link Life Fife**

Link Life supports adults who are reaching out to their GP, or other Primary Care health professional, for support to manage stress, anxiety, or feelings of being overwhelmed that are affecting their mental health or general well-being.

## **[Click here to join the session](#)**

***Tuesday 10th May - 12.00noon***

### ***Loneliness Awareness in the Workplace – Health Promotion Workplace Team***

The aim of this session is to raise awareness of the impacts of Loneliness on individuals and realise ways to enable recovery

The session will:

- Define Loneliness and its contributing factors
- Recognise signs of loneliness in others
- Consider the enablers to recover from loneliness
- Signpost to local and national services who can support with loneliness.

## **[Click here to join the session](#)**

***Wednesday 11th May – 12.00 – 1.00pm***

### ***Raising Awareness of Fife Voluntary Action***

A single one hour session for FVA where we have short 15 minute segments on FVA services and support that can help alleviate feelings of loneliness and better mental health and wellbeing.

Hear from Fife Voluntary Action to discuss:

**Step into Volunteering:** Volunteering has been proven to help alleviate feelings of loneliness and better our mental health and wellbeing through getting people out and about, connecting them with new people and new communities, acquiring new skills, and, most importantly, having fun!

Our FVA team are volunteering experts and love helping people of all ages and backgrounds to become volunteers. At this session, Susan (*Volunteering Development Officer, FVA*) will tell you the package of support available to help people to start their volunteering journey and learn about the current opportunities available – including our own popular Step into Volunteering training sessions.

**Peer support:** Peer Support is a growing element of many services in Fife, within the mental health sector and beyond. The Fife Mental Health Peer Support Network aims to support the growth of Peer Support in Fife through enabling the co-design and co-production of peer services, training and resources; delivering training and signposting to relevant resources and further training opportunities. At this session, Trish (*Mental Health Peer Support Network Coordinator, FVA*) will define peer support, highlight the range of activities that can be considered as 'peer practice', and outline the support on offer through the Network and ways you can get involved.

**Lived Experience Team (LET):** The Lived Experience Team (LET) is an inclusive group of volunteers who have experienced mental health challenges (personally or as a family member, a friend, or a colleague), trauma and/or unemployment made worse by a range of barriers or life experiences. At this session, Pam (*From Struggle to Strength, Lived Experience Team Coordinator, FVA*) – who is new to her post – will introduce herself to the group and provide an understanding of the work of the LET, information on how you get involved and how you can engage with its services to bring the voice of experience into public policy, service design and staff training.

And finally, we look forward to sharing information on the **Fife Communities Mental Health and Wellbeing Fund** – stay tuned for more information!

**[Click here to join the session](#)**

**Friday 13<sup>th</sup> May – 10.00 – 11.00am**

### ***Samaritans SHUSH Listening Tips workshop***

The aim of this session is to raise awareness of the importance of listening and how you can use it to open up conversations

The session will:

- Provide awareness of Samaritans' - who they are and what they do
- Increase confidence in reaching out to others by becoming a better listener
- How using the SHUSH listening tips can help you give the best support you can
- Learn some tips on how to open up a conversation'

**[Click here to join the session](#)**

