

## **Look after yours-‘elf’ this Christmas**

The aim of this year’s staff health and wellbeing campaign is to increase staff awareness around health and safety over the festive and winter period. The focus is on personal, travel and home safety.

Staff will be invited to have a winter warmer drink and to take recourses that may be helpful to them over the winter season.

The following topics form part of this campaign and you may want to put these links to the following PDFS and websites

### **Useful Christmas Information for emails, interchange etc**

#### **Police Scotland- Safety**

PDF leaflet on festive safety: [https://www.scotland.police.uk/assets/pdf/keep\\_safe/online-xmas-safety-leaflet?view=Standard](https://www.scotland.police.uk/assets/pdf/keep_safe/online-xmas-safety-leaflet?view=Standard)

Website: <https://www.scotland.police.uk/keep-safe/festive-safety/>

#### **Fire Scotland- Fire Safety**

PDF leaflet:

[https://www.firescotland.gov.uk/media/485810/sfrs\\_winter\\_safety\\_leaflet\\_2013\\_final.pdf](https://www.firescotland.gov.uk/media/485810/sfrs_winter_safety_leaflet_2013_final.pdf)

Website: <https://www.firescotland.gov.uk/your-safety/festive-safety.aspx>

#### **NHS services**

**NHS Inform** is Scotland's health information service. It offers quality assured health and care information included self help guides and a services directory

Website [www.nhsinform.scot/](http://www.nhsinform.scot/)

**NHS Grampian Know Who to Turn to** provides information on a range of services if you are ill or injured

Website [www.know-who-turn-to.com](http://www.know-who-turn-to.com)

## **Mental Health**

Despite the fun and festivities, *Christmas* can be an overwhelming, stressful and lonely time; Support is available including the following services:

**Samaritans** Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts. They are also available to support you with helping someone you are worried about.

Free phone 116 113, e-mail [jo@samaritans](mailto:jo@samaritans) or visit [www.samaritans.org.uk](http://www.samaritans.org.uk)

**Breathing Space** is a free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.

For advice and support free phone 0800 83 85 87

(Opening hours Monday-Thursday 6pm to 2am, Weekend: Friday 6pm-Monday 6am)

Website : [www.breathingspace.scot/](http://www.breathingspace.scot/)

**Penumbra 1<sup>st</sup> Response** is for people aged 18+ in the Moray area. If you feel overwhelmed, distressed or find it hard to cope, 1st Response can offer you short term, non-judgmental support to manage your situation and plan your next steps.

Free phone 0800 234 3490 or visit [www.penumbra.org.uk/service-locations/north-area-services/moray/moray-wellness-centre/](http://www.penumbra.org.uk/service-locations/north-area-services/moray/moray-wellness-centre/)

**Moray Wellbeing Hub** offers information and support around mental health pathways in Moray, Moray Wellbeing Hub also offers mental health related training and opportunities to connect with others through community support and activities

Website: [www.moraywellbeinghub.org.uk](http://www.moraywellbeinghub.org.uk)

## Suicide Prevention Poster

Please share widely

# Suicide Prevention

Christmas is the season to be full of joy and high spirits with excitement about nights out, sharing gifts, spending time with loved ones and having time away from work. For many it is anything but. What if the festive period brings added pressure and you feel:

- "I have to pretend to be happy"
- "I'm abandoned because a lot of services shut"
- "Everything needs to be perfect but it isn't"
- "I don't know where I'm going to find the money"
- "I'm not ok in November so why do people expect me to be ok in December"
- "I'm surrounded by people but I've never felt so alone"
- "I should be happy but I feel dread, all for one day"

The festive period can be a really lonely time where problems are magnified or by over indulging and spending money we don't have seasonal fun and joy can quickly turn to dread and anxiety. No one should feel alone this Christmas so reach out to those who may not have family or friends around them. Catch up with friends who you haven't heard from for a while. Stay connected with anyone who you are concerned about. Be kind to each other and yourself.

If you are worried someone is feeling suicidal, information on what you can do is available by downloading 'The Art of Conversation', a free guide to spotting the signs, starting a conversation and being a good listener. Further guidance information is available by visiting [www.chooselife.net/ask](http://www.chooselife.net/ask)

There is always someone willing to listen and Samaritans offer a 24 hours a day, 7 days a week support service. Call them FREE on 116 123. You can also email [jo@samaritans.org](mailto:jo@samaritans.org)

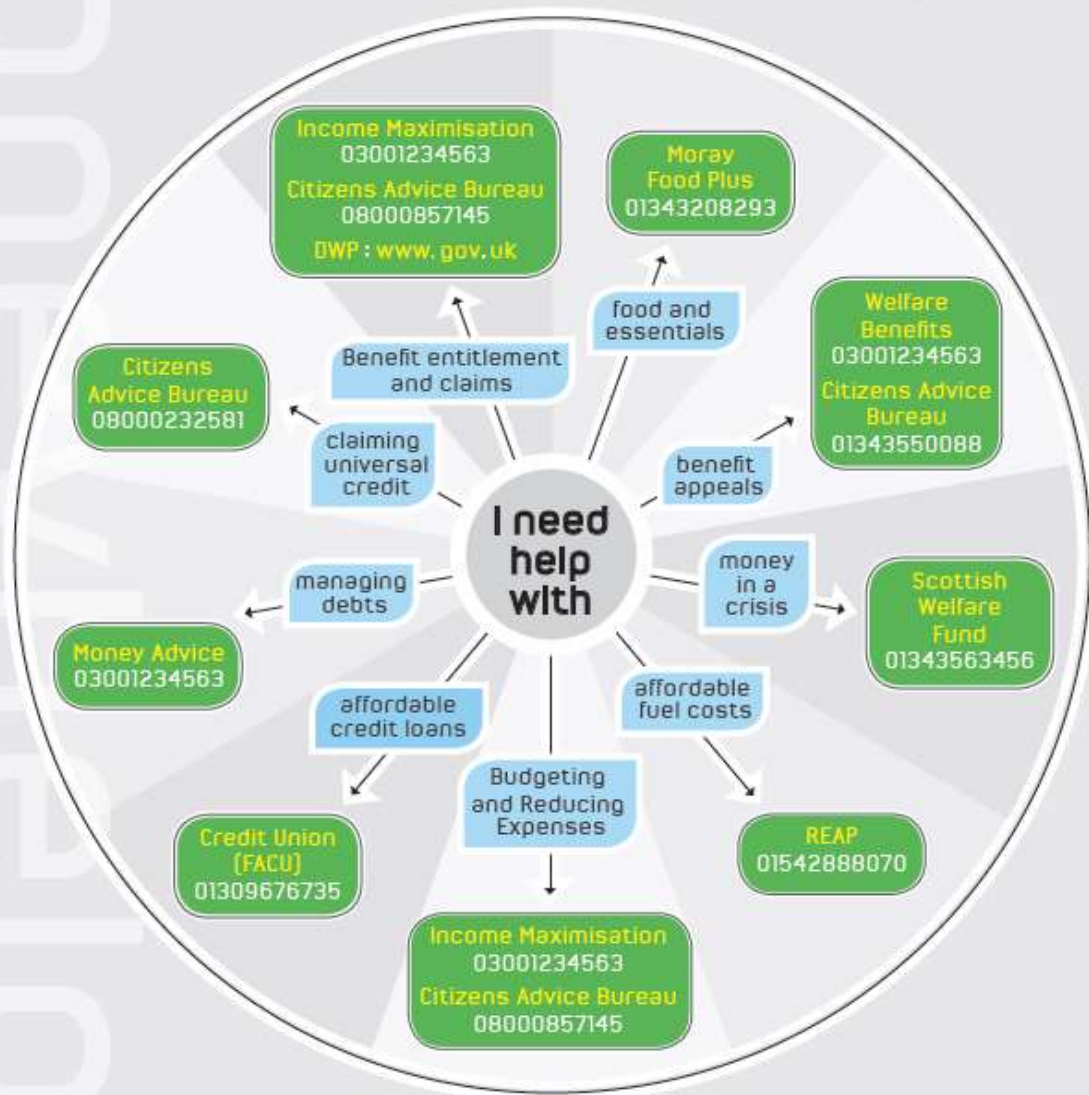
Breathing Space is available when GP Practices close. Tel 08 00 83 85 87  
Weekdays: Mon-Thurs 6pm - 2am Weekend: Fri 6pm - Mon 6am.

Local guidance and support services can also be accessed anonymously through the Prevent Suicide - North East Scotland app and guidance is available in relation to compiling a Safety Plan. The Prevent Suicide - North East Scotland app is free and available to download on Apple, Android, Windows Phone and Kindle Fire devices and is supported by the website [www.preventsuicideapp.com](http://www.preventsuicideapp.com)

## Financial Pathways Poster

For financial support, please share widely

# need help with money?





## Local events over the festive season:

Opportunities to attend or volunteer over the Christmas season. Please share details of these events widely

**A very Moray Community Christmas** are hosting Christmas day lunch and get a together for people who are going to be alone or unable to have one. Singles, couples, families all welcome

Wednesday, 25 December 2019 from 11:00-16:00, Grant Hall Rothes 46 – 48 New Street, AB38 7BJ Rothes from 11:00 – 16:00



We are now opening our invitation list to very special guests from throughout Moray who we hope will be joining us for Christmas lunch and festivities this year at

The Grant Hall, Rothes.

If you or someone you know would like to join us, then there are several ways you can contact us, by Facebook, Email or contacting one of the organizers directly.

(Contact details are at the bottom of poster)

The day is open to everyone: single people, couples, families, disabled, and abled bodied, seniors and juniors.

We will welcome everyone who doesn't want to spend Christmas day alone.

We are also looking for volunteers for both collecting our guests and helping on the day too.

Come along and join us, for fun and maybe make a new friend or two.

A visit from a Special Guest who will have gifts for everyone!

So get in touch and nominate someone,

We would love to hear from you!

More Details can be found on our FB page:- 'A Moray Community Christmas'

Email:- [moraycommunitychristmas@gmail.com](mailto:moraycommunitychristmas@gmail.com)

Contact Linda:- 01807 500768

Stephanie:- 01340 831626



**Forres Men's Shed** are running a soup kitchen at St. Leonard's Church Hall on 27th and 28th December between 10.00 am and 3.00 pm. Providing free soup and coffee for the lonely and isolated Men, Women and children over the Christmas period for those of Forres, create a sense of purpose for members of men's shed and promote connection with the wider community, enable those in food poverty to have a hot meal.

Coffee & Conversations With Soup

on

Friday 27<sup>th</sup> & Saturday 28<sup>th</sup> December 2019

at

St. Leonards Church Hall

From 10.00 am – 3.00 pm



Donations Only

**Forres Men's Sheds**

