

# VIRTUAL SUPPORT FOR COMMUNITY VOLUNTEERS & STAFF



**Every Thursday from 10:30am - 12**

**Have you been providing support in your community during Covid-19?**

**Have you been struggling with your own wellbeing during this time?**

**Have you found yourself struggling to know how best to support people in distress or need?**

**Would the chance to talk with others, to share experiences, seek advice and generally just off-load help?**

We recognise how important it is that people who are providing support to their communities have a chance to talk about their experience and seek support. Especially during times like these we need to ensure we are looking after our own wellbeing, as often it can take a backseat. Sometimes the best support can be from other people who are experiencing similar things.

The North East Glasgow Health Improvement Team are trialling online spaces (using ZOOM) where people can meet for gently facilitated discussion and peer support. These will be facilitated by health improvement staff who have experience and training in various topics including managing distress, mental health and suicide prevention, who may be able to offer information, advice or signposting. We will use a model we have piloted successfully with various community groups.

Each session will be very informal, flexible and fully guided by the needs and experiences of those taking part. The idea is that participants can join as and when the need arises.

**If you are interested, please email**

**[NEHIT.Admin@ggc.scot.nhs.uk](mailto:NEHIT.Admin@ggc.scot.nhs.uk)**

**for joining instructions.**