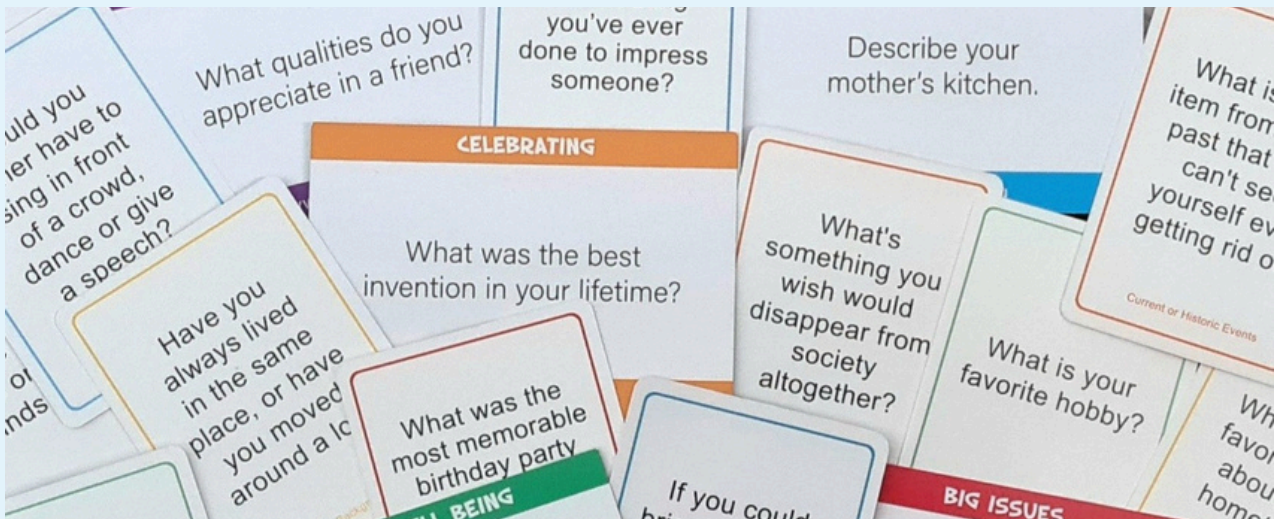


Linking Lives UK

Supports for Churches



Improving quality of life through friendship



Compiled by Linking Lives UK
to Support Church Resources & Sign Posting
www.linkinglives.uk

Supporting churches to reduce loneliness and isolation in older people

Training



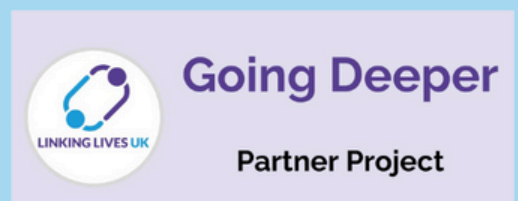
Equipping



Supporting



Love Your
Neighbour





Linking Lives UK believes the church in the UK is already playing a vital role in many communities to address loneliness and social isolation.

There is, though, always more that can be done, and our approach is to enable churches and Christian organisations to reach and support some of the most marginalised people in their community.

Our tried and tested approach provides a safe and effective way to demonstrate the love of God in our local neighbourhoods.

We can support you with ideas on how to reach beyond your church walls and connect with your community.

We offer training for volunteers in community settings/pastoral roles in Good Conversations which can be delivered at your venue or online.



Our Two's Company Befriending supports people who are lonely and isolated. We deliver training and provide all documents and ongoing support.

Our Going Deeper Partner Package is all about getting to know each other and moving from superficial chat to more meaningful conversations and friendship.

Contact michelle@linkinglives.uk for more information.

LINKING LIVES UK

exciting fun sharing togetherness helpful stimulating surprisingly-deep thought-provoking relationships interesting deep-and-meaningful fun



more.



**LIMITED
OFFER**

www.linkinqlives.uk

Linking Lives UK Supports



★★★★
"This training will definitely be useful for people looking to run and volunteer at cafe style befriending/chat/listening events."

Training for volunteers hosting conversations in community settings such as community cafes, lunch clubs, food banks or community drop-in centres.



The 2 Hour Online Training includes

- Understanding guests needs and how to approach them
- How to open and maintain beneficial conversations
- Active listening skills
- Keeping guests, volunteers and organisations safe
- Understanding boundaries
- Managing expectations and risk

★ builds skills and increases confidence in volunteers ★

Training is online at £5/person and arrangements can be made for training to be delivered at your venue.
Contact michelle@linkinglives.uk



Mental Health Wellbeing & Supports



We work in communities across Scotland – most of our services and support are available to those living in Edinburgh, Midlothian, East Lothian, West Lothian, and the Scottish Borders. If you live elsewhere in Scotland, we also provide National Services

health-in-mind.org.uk



Call Samaritans at any time of the day or night if you need someone to talk to: 116 123.



No panic supports self-help recovery and provides people with the skills they need to manage their condition and work towards recovery. Membership is free. Online and telephone support.

nopanic.org.uk



Anxiety UK. Provides information, support and help to people who have been diagnosed with, or suspect they may have, an anxiety condition.

www.anxietyuk.org.uk



We have provided access to a range of audio and video resources and links to useful information and organisations below. These are designed for you to use in your own time and space to help you improve your own mental wellbeing.
www.lifelink.org.uk/helpful-materials/for-adults/



We're here for you, providing mental health support and accessible, practical information. From national services, like our confidential Infoline and online wellbeing support Time for You, to our 70 services based in communities across Scotland, we work every day to support better mental health and wellbeing.
samh.org.uk

Mental Health Wellbeing & Supports



Timely, affordable holistic support with mental health and wellbeing. We support change in the culture of stigma around mental health issues both in the community and in the workplace so that improving mental health is as normal as going to the gym. We equip and support workplace leaders to develop healthy patterns of living for themselves and to support those they lead to do the same. We establish transformative spaces which do for mental health and wellbeing what Maggie's does for cancer care.

healingfortheheart.co.uk



If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief – find out how you can improve your mental wellbeing by hearing what others have found helpful. Mental Wellbeing www.nhsinform.scot



Kintsugi Hope is a charity striving to make a difference to people's mental wellbeing. "Kintsugi" (金継ぎ) is a Japanese technique for repairing pottery with seams of gold. The word means 'golden joinery' in Japanese. This repairs the brokenness in a way that makes the object more beautiful, and even more unique than it was prior to being broken. Instead of hiding the scars it makes a feature of them. We want to see a world where mental and emotional health is understood and accepted, with safe and supportive communities for everyone to grow and flourish. A Kintsugi Hope Group is a safe and supportive space for people who feel or have felt overwhelmed, providing tools for self-management in a facilitated peer mentoring style setting.

Kintsugihope.com



Healthlink360 is a charity offering Travel Health support and Employee Counselling Assistance Service for aid agencies and mission workers. Travel health, vaccination services, and counselling are also available to members of the public, church leaders and staff, local businesses and charities. We are based in Musselburgh and can offer assistance online. We also offer counselling to those in ministry with burnout. www.healthlink360.org

Mental Health Wellbeing & Supports



The NHS Every Mind Matters website gives advice and practical tips about looking after your mental health. You can get a free personalised plan to help you feel better. www.nhs.uk/every-mind-matters.

Wellbeing Tips
Mental Health Issues
Life's Challenges
Supporting others
Urgent support



An inspiring channel for the anyone who is stuck! It includes the weekly live show Clutter Talk, hosted by Clutter Chat founder Dr Zem Moffat and fellow professional declutterers Elaine McKinlay and Clara Moore BSc; Dr Moffat's Insightful Movies; and a portal for our top clutter clearing tips.

clutterchat.co.uk

Renew Wellbeing

A quiet shared space
where it's ok not to be ok!

Renew Wellbeing helps churches open spaces of welcome and inclusion for over 18s in partnership with mental health teams to improve mental and emotional wellbeing. Renew spaces are simple cafe style spaces run by local churches where hobbies and activities are shared or co-produced. Each cafe space is attached to a quiet room or prayer space where inner habits of wellbeing are shared. Each church partners with a mental health professional from the local council or other suitable organisation to ensure good inclusive practices for safe spaces where it's OK not to be OK can be sustained.

Being prayerful • Being present • Being in partnership

Renew Wellbeing provides information, inspiration, training and ongoing support to local churches as well as developing a simple national strategy for many small safe spaces to be made available through churches and councils working together.

Read a short blog on the Hope 15:3 website written by Ruth in which she shares her story and the beginnings of Renew Wellbeing

www.renewwellbeing.org.uk

Mental Health Wellbeing & Supports



Taketime empowers people to develop a relationship with Jesus through accessible meditations.

It also trains and supports Taketime Practitioners to empower others. This website was created by Reigate Methodist Church in response to demand by those who have benefitted from the meditations.

Rev Clive McKie, has developed these meditations through his ministry in the Church and in prison chaplaincy. In 2018, Taketime received funding from the Methodist Church of Great Britain to allow Clive and a part-time Project Administrator (Elizabeth) to develop Taketime for the next three years, with a view to it becoming self-funding, The project includes training Churches, Fresh Expressions of Church, Schools, Prison Chaplaincies, Armed Forces Chaplaincies, Hospital and Hospice Chaplaincies in how best to use Taketime meditations in their situations.

The Taketime Together meditation groups that were developed at Reigate Methodist Church (which are attended by people with a range of faith backgrounds), are being replicated around the country.

Leaders from Churches across the denominations (from Aberdeen to Clacton on Sea), have been trained to run Taketime Together groups. All are welcomed and enjoy the sessions, which are intentionally inclusive, non-directive and experiential.

No faith background or knowledge is needed to attend, enjoy and benefit from a Taketime Together group.

www.taketime.org.uk



SANCTUARY
Mental Health Ministries

One in four people will be affected by a mental health challenge at some point in their lives, yet the stigma surrounding these experiences often prevents faith communities from responding compassionately and effectively.

The Sanctuary Course is a free small-group resource designed to reduce stigma, raise awareness, and engage communities in meaningful conversations about mental health and faith. Each session examines a key mental health topic, and the accompanying films feature insights from mental health professionals, church leaders, and theologians. Learn more and get started today.

Sanctuary partner with churches to support them.

Sancturaymentalhealth.org

Mental Health Wellbeing & Supports



We aim to Restore leaders to full emotional and mental health, to care for themselves and those that they serve, to Reframe leadership to make it a safer place to be and, in doing so, Release the mission these leaders long to bring.

We long to see all leaders, especially those who are currently struggling, restored to full emotional and mental health.

We will Reframe Leadership so it builds up and empowers rather than breaks down or destroys.

Healthy and supported leaders can then be released to bring the mission on their hearts.

WWW.MINDANDSOULFOUNDATION.COM



0800 83 85 87

Sometimes our thoughts and feelings overwhelm us to the point where it becomes difficult to cope with everyday life. It helps to get some Breathing Space. You are not alone and talking about how you feel is a positive first step in getting help.

Breathing Space aims to provide:

- **an alternative and easily accessible 'first stop' service**
- **assistance at an early stage in order to stop problems escalating**
- **empathy, understanding and advice through active listening and hope when none exists**
- **direction for those who do not know where to seek help**

So don't let problems get out of hand, phone Breathing Space, where experienced advisors will listen and offer information and advice.

www.breathingspace.scot



Discover a range of innovative resources designed to boost your well-being and enhance life satisfaction . From self-care strategies to ideas for collaborative networks, our tools empower you to overcome challenges and thrive. Join us in promoting kindness to ourselves, each other, and our planet. www.copescotland.com

Mental Health Wellbeing & Supports



Change Mental Health is a national mental health charity delivering non-clinical, person-centred support to people affected by mental illness in communities across the country.

Our vision is a future where no one needs to face mental illness alone. Our mission is to provide transformational support for people, ensuring that everyone has access to the support they need, when they need it, and in a way which works best for them.

CHANGEMH.ORG

CHASING
THE STIGMA



Hub of Hope

Chasing the Stigma is a national mental health charity on a mission to normalise and humanise conversations about mental health, whilst ensuring that everyone in the UK can access clear pathways to support, whenever and wherever they need it.

With lived experience at our core, we are driven to create a society where there is no longer a stigma associated with mental health, where people are as comfortable talking about their mental health as their physical health, and where everyone is able to find appropriate support before they reach a point of crisis, leading to a significant long-term reduction in self-harm and suicide.

We strive to achieve this through the provision of pioneering training services, awareness-raising campaigns and lobbying activities whilst also operating the UK's largest and most comprehensive directory of community mental health services, the Hub of Hope.

www.chasingthestigma.co.uk

www.hubofhope.co.uk

LWS has a small team of Volunteer Trainers able to deliver courses throughout Scotland. Our courses are interactive and experiential. LWS trainers complete a robust training programme to deliver a consistent quality of training.

Our training teams provide in-person and virtual delivery of our training courses as part of our blended approach.

listenwellscotland.org.uk

listenWell
listening training for wellbeing

Mental Health Wellbeing & Supports



What is the Healthy Minds resource?

Healthy Minds is a universal resource which aims to promote basic awareness and understanding of mental health. The focus of Healthy Minds is prevention and early intervention.

The free training sessions can be delivered in person or online. . There are 19 sessions available to download on a range of areas that can impact mental health and wellbeing. Each session has a PowerPoint presentation, facilitator's notes, and handout to guide you through delivering the sessions.

www.nhsggc.scot



Founded in Aberdeen in 2016, Pet and Companion (PEACE) is a Scottish Charity, providing Pastoral Care along with Canine Therapy to people in need of support and companionship, particularly: the elderly; patients receiving end of life care; students during stressful periods; and vulnerable women.

www.petandcompanion.com



Oliver's Army Assistance and Therapy Dogs

We support you to train your very own Assistance dog. With weekly classes to attend, with your dog, we support dog owners to train their own dogs to become Fully Trained Assistance Dogs!

We are about dog training but we also provide people with social activities and a mental health drop in to support you and your family with other needs as well.

oliversarmyassistedogs.com



Mikeysline was founded in 2015 following the tragic deaths of good friends, Martin Shaw and Michael Williamson within 48 hours of each other. This heart breaking loss of life only added to the growing number of suicides in the Highland area. Speaking to Martin and Michael's peers at their wake, Ron Williamson, Mikey's uncle, heard that young people felt that they had nowhere to go when they were at a loss when struggling with mental health issues.

So Ron, along with other key individuals, founded Mikeysline with the aim of changing this so that others might receive the help and support that Mikey needed. **At Mikeysline, our suicide prevention and mental health awareness work is at the core of what we do** to break down the stigma associated with seeking support for emotional distress. That it is ok not to be ok and that no one should suffer in silence.

www.mikeysline.co.uk

Information Supports



Advice Direct Scotland is Scotland's largest digital advice agency, providing free and independent advice to the citizens of Scotland.

advisedirect.scot

- consumer advice
- postal advice
- energy advice
- advice
- money advice
- tax advice

www.aliss.org



What keeps you well?

From peer support and money advice to hobby clubs and walking groups, communities contain a wealth of resources that can support our health and wellbeing.

ALISS helps communities work together to find and share information about these groups, services and activities.

Carer Supports



We're here to make life better for the 5.7 million carers across the UK. A carer is a person of any age who provides unpaid care and support to a family member, friend or neighbour who is disabled, has an illness or long-term condition, or who needs extra help as they grow older. Carers UK is here to listen, to give you expert information and guidance, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are.

www.carersuk.org



We work with unpaid Carers every day and have learned a great deal from them. We use this knowledge, and our position as the Highland Carer Centre, to ensure that unpaid Carers in Highland are not caring alone, that they are acknowledged and supported, and that they have access to the information they need to enable them to carry out their caring role.

Based in Dingwall, our team covers Highland from Caithness and Sutherland in the north to Lochaber in the South. Please contact the centre on 01463 723575, or call our Carer Support Line on 01463 723560 for help and advice.

www.connectingcarers.org.uk



- [How to know if you're a carer](#)
- [Short breaks from caring](#)
- [Carer centres](#)
- [Help for carers who work](#)
- [How businesses can support carers at work](#)

- [Carers' health and wellbeing](#)
- [Money + your rights](#)
- [Where can I find a local support group](#)

www.careinfo.scotland.scot



Our vision is a world in which current and former carers are valued as equal partners and their needs are met. Our mission is to connect, enable and mobilise carers and former carers of people with dementia to use their experience to influence change.

www.tide.uk.net Together Everyday In Dementia

Bereavement Supports



Support, training and information. Helpline [0808 808 1677](tel:08088081677)
Our volunteers are trained in all types of bereavement and can help you make sense of how you're feeling right now.

cruse.org.uk



For people bereaved who may not have come to terms with loss. The Bereavement Journey is run across the UK in person and online. It offers 15 films over 7 sessions, usually offered weekly, and sometimes with a light meal or refreshments. Guests are placed in groups of 6-8 for discussion following the films and volunteers guide them in exploring their loss, aided by a Guest Manual. Anyone 18 years+ for whom someone important has died at any time is welcome. thebereavementjourney.org



AtaLoss helps bereaved people find support and wellbeing.

Our vision is that no bereaved person in the UK should be left floundering or alone and unable to find support when they need it.

We want there to be universal routine referral so that everyone can find timely, appropriate and effective support in the interests of their mental and physical health as well as practical, financial, social and spiritual wellbeing. ataloss.org



Good Life, Good Death, Good Grief brings together people and organisations that are interested in improving people's experiences of death, dying and bereavement in Scotland.

We are particularly focused on enabling communities and individuals to support each other through the hard times that can come with death, dying and bereavement. We believe it is important to be prepared for illness and death – there are some practical steps that everyone can take to increase their chances of receiving the support they'd hope for towards the end of life. Good Life, Good Death, Good Grief is an alliance, and anyone who shares our vision can join free of charge. goodlifedeathgrief.org.uk

Supports for Older People



Independent Age is the national charity focused on improving the lives of older people. Our helpline and expert advisers offer free, practical support. We believe no one should face financial hardship in later life. Helpline Number 0800 319 6789.
www.independentage.org



Age UK. We provide information and advice for people in later life through our Age UK Advice Line, publications and website. Age UK Advice: 0800 124 4222. Lines are open seven days a week from 8am to 7pm..
www.agescotland.org.uk



Hourglass is the only charity dedicated to calling time on the harm, abuse and exploitation of older people across the United Kingdom. With more than 25 years' experience and expertise, our mission is to listen, advise and support vulnerable older people and all those affected throughout the UK.

Every year, more than a million older people are physically, psychologically, financially, or sexually abused, or neglected in the UK. That's one in six older people who are victims of abuse.

wearehourglass.scot



Embracing Age is a Christian charity working towards a world where older people are valued, connected and full of hope, by combatting loneliness, mobilising volunteers, equipping churches and speaking out.
www.embracingage.org.uk

Glorious
Opportunity

My name is Dr Jennifer Bute
I used to be a GP but I retired early with early onset Alzheimer's Disease. Since then it has become my passion to try and help people understand about it, because I do believe it is a great opportunity, a God-given unexpected gift in order to understand this hurt section of society. This website contains different resources that I hope you will find useful. I have made a number of videos, and enjoy speaking at conferences, and at meetings for doctors, carers or relatives. Information on my Facebook page

Supports for Older People



Faith in Later Life is a charity dedicated to inspiring and equipping Christians to reach, serve and empower older people in every community, through the local Church
FAITHINLATERLIFE.ORG



Christians on Ageing is a Christian voice for older people
We work for a society in which older people are heard, supported and valued. Our activities aim to:

- **collaborate with Christian and other agencies with similar visions**
- **inform and facilitate debate on issues of concern for older people**
- **celebrate the gifts and potential of later life**
- **influence policy-makers, service providers, paid carers and practitioners**

We deliver these activities through conferences, publications, commentaries and informational resources, focusing on faith, spirituality and flourishing in later life.

christiansonageing.org.uk



Faith in Older People identifies specific areas in which there is a need to develop a stronger understanding of spiritual care and to consider the practical application. We work collaboratively with individuals and organisations who can provide expertise and experience to develop and enhance our approach. FiOP welcomes ideas for future action.
www.faithinolderpeople.org.uk

Developing a
dementia-friendly church
A practical guide



[livability](http://www.livability.org.uk)

This free download, published jointly with the Alzheimer's Society is a practical guide for churches and other faith communities looking for practical advice on how to create more dementia-friendly environments. It covers many aspects such as services, events, prayer, communications and buildings.

The link below will take you to the Livability website where you will need to provide your email address in order to access this resource.

You can access this resource via the link below:

<https://www.livability.org.uk/resource/dementia-friendly-church/>

Supports for Older People



Messy Vintage is a way into worship for older people, regardless of their background or faith journey. It has come out of the worldwide Messy Church movement, which is a fun and creative way of 'being church' for families from all kinds of backgrounds. Messy Vintage creates a gentle, sociable and enjoyable way into worship for people in later life, reflecting the Messy Church approach and values:

Christ-centred based on creativity, hospitality and celebration
it is inclusive and, where possible, intergenerational

Messy Vintage has been developed by members of The Gift of Years network in Jersey, and can be adapted for any setting – in the community, in churches or in care homes.

You'll find a number of free resources on their webpage, including downloadable sessions, the leaflet, top tips etc.

You can access this resource via the link below:

www.messychurch.brf.org.uk



Re-engage is making life less lonely for thousands of older people every year. Older people tell us that our volunteer-led activities make them happier and more able to trust others.

Our tea parties are monthly social groups open to people aged 75 and over, and give older people regular afternoons of conversation and laughter with friends of all ages.

re-engage.org.uk



Music can touch us when words fail, it can soothe the anxious and comfort the lonely.

This set of resources is to help anyone caring for an older person to use music effectively. Professional carers, family members and volunteers will find ideas that they can put into practice, irrespective of their musical ability.

www.takenote.org.uk

Digital Supports

Local libraries often offer training and support in using digital equipment.



Fixing the digital divide - for good Good Things Foundation is the UK's leading digital inclusion charity. We're on a mission to help everyone become digitally equal, able and safe, so that they can be happier, healthier and better off.

Support to help people use Zoom and everything else online.

<https://www.goodthingsfoundation.org/>



ACE IT is an Edinburgh charity helping older people learn digital skills and get online. Older people are at risk of being excluded from our digital society – devices can be complicated, and technology can be daunting. Research shows that digital literacy in this age group substantially improves wellbeing, reduces isolation and combats loneliness. We support people over 50 to use computers and other digital devices through one-to-one coaching, as well as outreach programmes in care homes and community locations. All of our services are free and can be accessed throughout Edinburgh. Contact us to book an appointment or find out more – just call 0131 667 2053 or email info@aceit.org.uk.

Church Supports



Dyslexia-friendly churches guide

I've written a guide to help churches include dyslexic adults. It's available to download.

It's for everyone in churches. It is mostly on how to communicate in a dyslexia-friendly way (in a church context).

It's illustrated throughout, and includes several resources in the appendices.

It is published under a Creative Commons License. This lets you as the reader use any of the material you wish from it in your own resources e.g. on your church website. You will find details of this on the front cover of the guide.

Aurora Betony, 10 Oct. 2019

<https://inclusivecommunication.scot/blog-dyslexia-friendly-churches-guide>



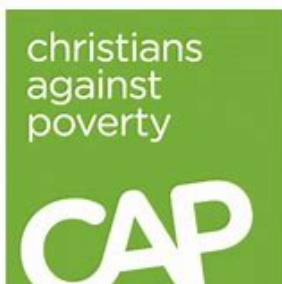
Through the Roof is a Christian disability charity that:

- **Changes the lives of disabled people around the world**
- **Helps others to change lives too**

We want to see everyone valued equally, fully belong, and able to contribute their gifts and skills. We do this in 3 ways:

- **Freedom – bringing the gift of a wheelchair or mobility aid and sharing the Gospel with disabled people in developing countries**
- **Fellowship – blessing disabled people with Christian friends through being part of our groups, holidays and Retreats**
- **Faith – building our network of Roofbreakers and advocates through training and resources to ensure disabled people can belong and contribute**

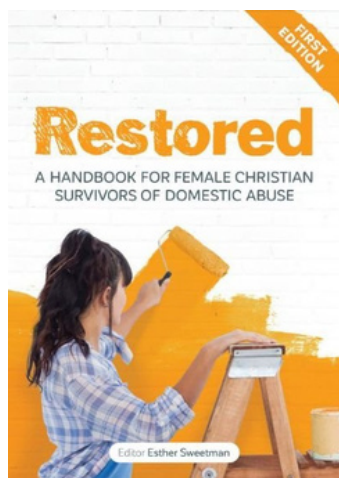
throughtheroof.com



- Debt Help
- Winter Fuel Payments
- Money Coaching

WWW.CAPUK.ORG

Supports for Recovery



Since 2010, we've been speaking up about violence against women and equipping churches across the UK and beyond to respond to domestic abuse. Our Survivors' Network supports over 600 female Christian survivors of domestic abuse, and our Survivor's Handbook has proved to be an invaluable resource to those navigating the challenges of leaving an abuser.

It can be hard to believe that domestic abuse happens within Church, but our research devastatingly shows that 1 in 4 churchgoers have experienced abuse in a current relationship. Abuse robs women of their value, security and hope. Survivors have been let down so often by people who were meant to love them, that they can lose their sense of identity and become frightened to even trust God anymore.

RESTORED-UK.ORG



Al-Anon members provide one another with mutual support, by sharing their experiences with each other at an Al-Anon meeting. They are a place where you can talk about your own concerns and feelings. If you don't feel able or willing to talk, that's OK too. Whatever your story or background, you won't be judged. We also offer literature about various aspects of alcoholism and the Al-Anon principles, which include the Twelve Steps. Many Al-Anon members choose to apply these principles in their own lives but there is never any pressure to do so.



Street Connect offers hope that can lead to life transformation for individuals struggling with addiction and associated issues such as homelessness and poor mental health.

streetconnect.co.uk

Green Space



The Quiet Garden Movement is a network of outdoor spaces and gardens spread across both rural and urban locations. These outdoor spaces are used for prayer, contemplation, stillness and rest for the spiritual, mental and physical well-being of individuals, groups and communities.

The Quiet Garden Movement is committed to, and inspired by, its Christian roots. However, those involved in the Movement come from a variety of traditions and cultures, and access to outdoor spaces and gardens is available to individuals and communities of all faiths and none. As such, the gardens are found in a variety of settings including private homes, churches, schools, hospitals, community gardens, prisons, retreat centres and woodland burial grounds.

How it works

Each Quiet Garden offers something a little different. One garden may provide a dedicated, free of charge space where you can just 'drop in' at a time to suit you, any day, all year round. Another garden may run low-cost events, such as quiet days or retreats, where you may be required to book your place in advance. And yet another may be set up as a labyrinth garden, offering the opportunity for a prayerful or meditative walk for those who follow the labyrinth's path. Some Quiet Gardens are only accessible by those who are part of that particular community, such as gardens provided in schools, prisons or hospitals.

All Quiet Gardens are owned and run locally by the host with ongoing support from us.

www.quitegarden.org

Taking time to enjoy your local outdoor green space could bring you huge health benefits – getting outdoors is good for your physical, mental, and social well-being. Regardless of age and ability, there really is something for everyone, including groups and organisations in your local area that can support you.

You may not be the “outside type” but we aren’t talking mountain climbing and adrenalin sports here, we’re talking small steps to make a positive change. It could be anything from a walk to the local park or some windowsill gardening (you can bring the outside indoors too!).

Think Health Think Nature is here as a free resource to help you explore and enjoy your local green spaces.

www.thinknature.scot

Green Space



- **Information Service** Trellis Information service answers queries on a whole range of subjects related to therapeutic gardening - from horticulture to garden project management, phone 01738 624348 or email info@trellisscotland.org.uk
- We manage a national database and directory of over 460 therapeutic gardening projects
- Regular eBulletins and information on training, events and best practice -
- online resources
trellisscotland.org.uk

Green Space Wellbeing Support



spending time connecting with nature is brilliant for our mental wellbeing. It can reduce stress and anxiety, lift our mood and help our minds rest. Based on evidence, we recommend 20 minutes a day to gain the benefits.

Because nature is so good at helping us feel well, we're encouraging everyone get their daily dose of it. From nature soundscapes and insect-spotting to house plant-potting, we've got a prescription to suit everybody. And, while we find new ways to thrive in nature, we might discover ways to help nature out a bit, too.

Free Wellbeing Packs www.wwf.org.uk



Christian Residential Centres

The Windmill Christian Centre is a residential centre providing good quality yet affordable accommodation for Camps, Youth weekends, Church outings and conferences in Arbroath on the East Coast of Scotland.

windmillchristiancentre.org.uk

Compass Christian Centre is residential outdoor centre, set in Glenshee, is the perfect place to get away from the hustle and bustle of everyday life – it is a place to find space. We offer a wide range of options including holidays, self-led or guided retreats, teaching, instructed activities or the base for your own group programme.

compasschristian.org.uk

Supports for Sightloss



If you are living with sight loss or support someone who is, Torch is here for you. There is all sorts of help and support available from lots of different sources, but Torch has a unique focus on the spiritual needs of blind and partially sighted people. So whether it's an accessible Bible or Christian book, encouragement, fellowship or support, we're here to serve you.



Sometimes sight loss can make it difficult to live independently - especially when combined with other disabilities and health needs. Sight Scotland is committed to providing extraordinary specialist care, every day. If you need to talk to someone about sight loss, we'll listen. We'll explore what living with sight loss means for you or the person you support, and talk through your concerns, finding solutions together.

Sight Scotland offer support for Veterans.

sightscotland.org.uk



Our Vision

We envision a world where everyone with sight loss can participate fully and confidently in all aspects of life. Our Vision is your vision.

Our Services

We offer a holistic approach to providing advice and support for living well with sight loss. This includes navigating daily tasks, maximising remaining vision, and accessing helpful assistive technologies.

We invite you to explore our website and discover the resources and support available. Whether you're newly diagnosed or seeking new strategies to live well, we are here to help you navigate your journey with sight loss.

www.partsight.org.uk

Supports for Sightloss

R N I B

See differently

RNIB, the Royal National Institute of Blind People, is the UK's leading sight loss charity. We offer practical and emotional support to blind and partially sighted people, their families and carers. We raise awareness of the experiences of blind and partially sighted people and campaign for change to make our society more accessible for all. We want to change our world so there are no barriers to people with sight loss. www.rnib.org.uk

Disability Support in Churches



Prospects works with churches all over Scotland. Some churches try to make changes to their regular services to make them more accessible to people with learning disabilities.

Other churches run a group aimed at bringing a Bible message to people with learning disabilities in an understandable way.

Prospects provides training to support churches

www.prospectsacrossscotland.org.uk

Dementia Supports



This website and its Action Plan are here to serve dementia families and to prepare faith communities, groups, and individuals to better serve, better love families facing dementia...offering help, hope, inspiration and dementia education for those who live with dementia and those who love them through it.

Please use the content of this website to educate individuals, groups, and faith communities.
www.lovingthroughdementia.org



Spiritual Eldercare offers guidance and free resources to meet the spiritual needs of elders, especially those with Alzheimer's disease and other dementias. Access interactive, dementia-friendly Bible studies, nondenominational worship services, classic sing-along hymns and spirituals, and more to help you walk alongside and bring joy to the souls of elders.

Elisa Bosley, Chaplain
spiritualeldercare.com



The UK Network
of Dementia Voices

DEEP brings the network of individual groups together to share experiences, learn from and to support each other. Some groups are formed for support and friendship in the beginning. Many groups go on to become involved in campaigning and awareness raising about dementia. They all matter and they all aim to enable people to have a voice about what matters to them

On this website you can find out more about the DEEP network, and about the groups that are DEEP. You can also download lots of resources on a range of topics. These resources have been created or co-created by members of the DEEP Network.
www.dementiavoices.org

Dementia Supports



Innovations
in Dementia

Innovations in Dementia is a not-for-profit Community Interest Company (CIC). People with dementia are at the heart and start of all our work. We promote a positive but realistic view of dementia, demonstrating that, although it is life changing, it does not have to be life ending. We support people with dementia to live with hope and keep control of their lives.

We want to influence how others engage with people with dementia, and we provide training and consultancy. We run many innovative projects, often in partnership with universities, public bodies or charitable funders.

Please also visit our other websites:

Dementia Diaries:dementiadiaries.org

Dementia Voices:dementiavoices-id.org.uk

This website includes mini-sites for five of our key projects:

- DEEP (the UK Network of Dementia Voices)
- Dementia Diaries
- Dementia Tip-share
- Dementia Creatives (including Craftivists)
- Dementia Enquirers



Over two decades of scientific research has shown that listening to a personalised playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist. Personalised playlists can:

- reduce anxiety and improve your mood
- make difficult tasks more manageable
- evoke memories that can help families and carers connect.

Playlist for Life harnesses the powerful effects of personal music to help anyone who is affected by dementia, their families and carers. Whether it's the music from a first dance, lullabies from childhood or a theme tune from a favourite TV show, music has the ability to take us back in time and remind us of our past, giving you that flashback feeling. Sharing your songs and memories can help people living with dementia connect with family, friends and carers.
www.playlistforlife.org.uk

Support Groups

**VERSUS
ARTHRITIS**

Scotland Versus Arthritis is here to make sure that people with arthritis have all the support and information they need to live well with their condition, as well as to ensure the needs of people with arthritis are a priority with policymakers in Scotland.

We run several different services for people of all ages with arthritis, ranging from activity classes for young people to practical support for those with arthritis looking to remain in work or get back into work.

Local branches and groups

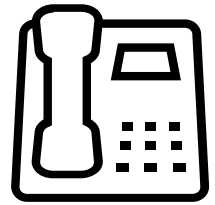
Our branches and support groups offer friendship, fun, information, and a chance to meet other people who know what it is like to live with arthritis and similar conditions.

helpline@versusarthritis.org www.versusarthritis.org

PARKINSON'S^{UK}
SCOTLAND
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

If you have Parkinson's, or support someone who does, we're here with you in Scotland. Find out how you can get information and support, what we're doing near you, and how you can join in.
www.parkinsons.org.uk

Phone Line Supports



BREATHING SPACE IF YOU NEED TO TALK 0800 83 85 87

SAMARITANS 116 123 - AVAILABLE 24/7

AL-ANON FAMILY GROUPS 0800 0086 811

SCOTTISH FAMILIES AFFECTED BY ALCOHOL AND DRUGS 0800 10 10 11

RNIB HELPLINE 0303 123 9999

SIGHT SCOTLAND 0800 024 8973

THE SILVER LINE HELPLINE FOR OLDER PEOPLE 0800 4 70 80 90

DAILY HOPE FREE PHONE LINE OF HYMNS & PRAYERS 0800 804 8044

PREMIER LIFE LINE PREMIER LIFELINE IS A CONFIDENTIAL TELEPHONE HELPLINE OFFERING EMOTIONAL AND SPIRITUAL SUPPORT FROM A CHRISTIAN PERSPECTIVE ALONG WITH A LISTENING EAR AND PRAYER.

0800 804 8044 OPEN 9AM TO 5PM MONDAY TO FRIDAY
(EXCLUDING PUBLIC HOLIDAYS) ON 0300 111 0101

AGE SCOTLAND HELPLINE (FRIENDSHIP/ADVICE) 0800 12 44 222

HOURLASS HELPLINE FOR OLDER PEOPLE AT RISK 0800 808 8141

MIKEYS LINE FOR EMOTIONAL DISTRESS/SUICIDAL THOUGHTS
TEXT 07786207755