



Positive Realities Newsletter

Issue 3

"IF IT DOESN'T CHALLENGE YOU, IT WON'T CHANGE YOU."

IN THIS ISSUE

Have a great 2017!

Welcome to our third newsletter!

How many of you are glad that January is over! January can feel like a difficult month for many, with the cold weather and empty purses. Maybe you aren't quite over January yet....

Here are some tips for how to cheer yourself up without having to spend money:

- Have a long soak in a warm bubble bath
- Visit a local park or wood and watch nature
- Pick one life change you want to make and stick to it – put a note on your fridge to remind you!
- Listen to motivational or relaxation videos on YouTube
- Spend a little time each day on your fitness, even simple stretches or short walks can help
- Cut down on sugar to avoid energy crashes
- Watch some comedy or listen to your favourite music.

Need help to stay motivated? Why not try our life coaching service for young people aged 12-25 years and their parents or siblings.



What it's like to be a life coach

Derek shares his thoughts on being a volunteer life coach with Positive Realities.

Mental health of young carers

Read about our awareness raising campaign to recognise the mental health needs of young carers.

Social isolation of young people

Many young people struggle to make friends and meet others their own age. Find out about our new social group for young people in Edinburgh.

Meet Jax!

Jax - one of our development assistants - tells us more about herself.



Mental health of young carers awareness raising campaign



Although there can be many benefits to caring for others, being a young carer or young adult carer can bring additional stresses and concerns. These include:

- Hiding problems from others and not seeking help;
- Difficulties sleeping and eating;
- Worries about health and wellbeing;
- Struggling to manage at school or work.

To raise awareness of these issues Positive Realities are organising events

and activities to coincide with the national children's mental health week in February 2017 including:

- * A conference for professionals at Edinburgh City Chambers on 23 February.
- * Two 'relax and recharge' events for young carers at the Yard
- * A social media campaign

See the back page or contact Rowan for more info:

rowan@positiverealties.org

VOLUNTEER COACH DEREK EWAN: Q&A



We talk to our volunteer coach Derek to find out why he became a volunteer coach with Positive Realities.

Q: How did you hear about PR and Why did you decide to become involved?

A: I heard about PR through the organisation that I had undertaken my coaching training with. They told me a bit about PR and that they needed volunteer coaches to work with young people going through challenging times. It sounded like a great way to give something back, would be hugely rewarding and a way of hopefully helping young people to fulfil their potential.

Q: What do you enjoy most about volunteering / coaching with PR?

A: There is nothing more rewarding than seeing the young people you are working with growing in confidence, progressing and taking action that is helping them to do the things that matter to them in life.

Q: What do you enjoy most about working with Young People?

A: Their outlook on life can be so refreshing, their energy is contagious and so often you feel lifted after spending time with young people.

Q: What would you say is your best experience working with PR?

A: Anytime I finish working with a young person and they have achieved the goals they set out at

the beginning is a new best experience!

Q: Do you have a life motto? If so - what is it and why?!

A: Don't worry about the past, it's been and gone. Don't worry about the future, it hasn't happened yet. Try to take some time to just enjoy the present, the moment you are living in.

Why is that my motto? You miss too much of life when you don't just live in the moment! You become too distracted by things that have already been or things that might never come. Life's too short for that!

MEET JAX!

Hi everyone! I joined Positive Realities as a Development Assistant in June 2015 after I graduated from Edinburgh Napier University with a BA (Hons) in Criminology.



I'm 36 and mum to a wonderful boy called Kodey, who is now 10 – where has the time gone?!

My background is mostly in health & social care and the voluntary sector. I started out as an auxiliary nurse and

then changed to administrative and information work.

I have always had an interest in what makes people 'tick' and decided to pursue a career in psychiatric nursing. Uni was short lived when I unexpectedly fell pregnant during the first year. I spent the next 5 years working for two fabulous charities, the Westerhailes Health Agency and WHALE Arts Agency making positive impacts to people's lives, they certainly did for me! One day I decided to go back to uni and recently got my degree!

I act as case worker providing support to young people and their families and I also run development workshops to young people and adults in youth services across Edinburgh. I feel my job role helps empower these young people and adults and seeing how much they have improved their self-esteem and confidence, emotional wellbeing and social relationships from using our services. It is an incredibly rewarding job! 😊

Social isolation and young people

Many young people have difficulties meeting new people and making friends. Our new social hub meets fortnightly on Thursdays between 6-8pm in Edinburgh city centre and gives young people opportunities to meet others from different areas whilst taking part in a range of varied activities including visits, crafts and social development.

Common reasons for social isolation amongst young people

- Move to new area
- Lack of social skills
- Lack of confidence
- Change of lifestyle
- Being bullied
- Language barriers
- Challenging behaviour

All young people attending the group receive ongoing support from the project worker and have a personal plan to set and achieve goals related to their social inclusion.

Referrals are being taken for the project and can be made via our website – www.positiverealities.org/referrals.

Funded by:  **Scottish Government**
Riaghaltas na h-Alba
gov.scot

One to One Support

Sometimes families just want bit of extra information or support to help improve their lives. A small amount of input can make a big difference to life quality!

Call 0131 629 4800 or email admin@positiverealities.org

We can offer:

- Information on relevant services in the area
- Help communicating with professionals
- Practical help moving into independent living
- Help dealing with family disagreements or problems
- Emotional support and a 'listening ear'

EVENTS!

Young carers 'relax and recharge' sessions

Up to 16 years

Date: 07 February 2017 - Time: 18:00 – 20:00

Venue: The Yard Edinburgh; 22 Eyre Place Lane, Canonmills, EH3 5EH

Email rowan@positiverealityies.org to book your space!

16 years+

Date: 08 February 2017 Time: 18:00 – 20:00

Venue: The Yard Edinburgh; 22 Eyre Place Lane, Canonmills, EH3 5EH

Email rowan@positiverealityies.org to book your space!

Carewell: Young carers and mental health Conference for professionals

Date: 23 February 2017

Time: 09.30 – 15:00

Venue: Edinburgh City Chambers, 253 High Street, Edinburgh, EH1 1YJ

Book via Eventbrite: <https://www.eventbrite.co.uk/e/carewell-mental-health-of-young-carers-conference-tickets-28866447321>

People Update

Welcome to our new team member Jade Cairney! Jade joined us at the start of January as Development Assistant. Jade is a qualified life coach and all around positive person. You will hear a little more about her in a future newsletter 😊

We were delighted to hear that our amazing chairperson, Harry McLaren, won the 'Best New Cyber Talent in Scotland' award at the first ever Cyber Awards ceremony. Well done Harry...we think you truly deserved this!!!
Read more at:

<https://harrymclaren.co.uk/2016/11/awarded-best-new-cyber-talent-in-scotland-at-the-first-ever-scottish-cyber-awards/>

Contact Us!

If you would like more information on any of our services or events visit us at:

www.positiverealities.org

0131 629 4800

admin@positiverealityies.org

Gracemount Youth & Community Centre,

47 Gracemount House Drive, Edinburgh, EH16 6FD

