

West Yorkshire Scouts

2018 Programme Resource

Mind the Gap !

Mental Well-Being



Introduction

Hi,

Welcome to “Mind the Gap” – a resource compiled by members of our Scouting family here in West Yorkshire to aid both the development and delivery of programme ideas to promote mental wellbeing across our county throughout 2018.

The promotion of mental wellbeing is a key theme of “A million Hands” – the Scout Association’s initiative to mobilise half a million Scouts with the aim of removing social barriers, connecting communities and improving lives.

“A Million Hands” focuses on tackling four social issues chosen by our young people. From dementia to those disabled by society, improving the mental wellbeing and resilience of our communities to ensuring everyone, everywhere has access to clean water and sanitation... These are big issues of our time, but our young people want to tackle them head on.

To complement this resource, our Scouting family is proud to have also partnered with the national charity MIND; through it’s local office, to provide valuable specialist support to our volunteers based in local groups. As a charity, MIND provides advice and support to empower those experiencing a mental health problem. MIND also campaigns to improve services, raise awareness and promote understanding of mental wellbeing within local communities.

Our hope is that this resource pack; a collection of 6-25 programme activities and opportunities, coupled with access to local support, will help groups across our county to incorporate issues relating to mental awareness into their own programmes – thus proving the opportunity for our young people to keep their promise to help others.

If you wish to know more about this and other initiatives that fall under the banner of “A Millions Hands”, please take the opportunity to visit the dedicated website at <https://www.amillionhands.org.uk>. Alternatively, if you wish to know more about the work of the charity MIND or wish to seek out other resources to help with your own local initiatives, it’s also worth considering a visit to <https://www.mind.org.uk>

We hope you find this pack a valuable resource to help you generate programme ideas to promote mental wellbeing. Hopefully, together as a Scouting family, we can make a real difference to the improvement of mental wellbeing and resilience of families, Scouts and our wider communities.



Pub Quiz—to get you started !

1. How many people in the UK will experience a mental health problem every year?

a. 1/8 , **b. 1/4** , c. 1/2

2. Which of these is a common symptom of schizophrenia?

a. Violent behaviour ,b. Split personality ,c. **Hallucinations & delusions**

Many believe that people with schizophrenia are likely to commit violence – however, most people with schizophrenia do not commit violent crimes, and are more likely to be victims of violence than perpetrators. Similarly, there is a common misconception that schizophrenia leads people to have split personalities, when this is not the case. In reality, schizophrenia's most common symptoms are hallucinations, delusions and hearing voices.

3. What proportion of people with severe mental health problems have been victims of a crime in the previous year?

a. 12% , b. 28% , **c. 45%**

4. What proportion of people with mental health problems experience stigma?

a. 10% , b. 50% , **c. 90%**

An overwhelming majority of people with mental health problems report experiencing stigma. In Time to Change's 'Stigma Shout' survey, almost 9 in 10 people reported that stigma and discrimination had a negative impact in education, work, and medical treatment or in their personal lives.

5. How many people will experience suicidal thoughts throughout their lifetime?

a. 2% , **b. 17%** , c. 33%

Almost one in five people will experience suicidal thoughts and feelings in their lifetime.

6. Which country's Prime Minister was re-elected in 2001 after publicly taking time off for depression?

a. Poland **b. Norway** c. Mexico

Norwegian Prime Minister Kjell Magne Bondevik announced in 1998 that he was experiencing a depressive episode, and took three weeks of sick leave, before returning to office. Bondevik said he received thousands of supportive letters.



7. What proportion of people with mental health problems believe that workplace stress contributed to their illness?

- a. 1/5 b. 1/3 **c. 2/3**

About two thirds of people with mental health problems believe that long hours, unrealistic workloads or bad management either caused or exacerbated their condition.

8. How long do the majority of people with a mental health problem wait before telling their closest family and friends about it?

- a. 2 months b. 7 months **c. Over a year**

A Time to Change survey showed that 60% of people with a mental health problem waited over a year to tell the people closest to them about it. The survey also said that 40 per cent of people with a mental health problem experience stigma and discrimination on a weekly or monthly basis.

9. Which of these famous historical figures experienced mental health problems?

- a. **Abraham Lincoln** b. **Winston Churchill** c. **Florence Nightingale**

Each of these people experienced some sort of mental illness. Abraham Lincoln experienced depression – friends and colleagues described his “melancholy” and “blue spells”. Churchill lived with depression that he described as his “black dog”. Experts also believe that Florence Nightingale had bipolar disorder.

10. What proportion of young people with mental health problems say the stigma they face has made them want to give up on life?

- a. 6% **b. 26%** c. 52%

One in ten young people will experience a mental health problem, and a survey conducted by Time to Change showed that 26 per cent of those young people felt the stigma around their condition was so severe that it made them want to give up on life.

11. Before the Mental Health Discrimination Act was signed into law in 2013, what were some people with mental health problems prohibited from doing?

- a. Be a psychologist **b. Serve as an MP** c. Represent Great Britain at the Olympic Games

Before 2013, people who had been sectioned for more than 6 months were not eligible to be elected as a Member of Parliament. In addition, before the Act became law, people currently receiving treatment for mental health problems could not serve on juries, and company directors could be removed because of a mental illness.

12. What proportion of people with mental health problems reported stigma affecting their friendships?

- a. 15% b. 44% c. **65%**

Time to Change's 2014 'State of Stigma' survey showed that 65% of people with mental health problems experienced stigma in their friendships. Additionally, 57% reported stigma in their family life, and 38% said they had experienced it in dating and relationships.

13. Which of these statements is the most accurate?

- a. "People with OCD just like things to be clean and tidy" b. "Everyone is a little bit OCD"

c. **"People with OCD experience frequent intrusive and unwelcome obsessional thoughts, often followed by repetitive compulsions or impulses."**

14. The incidence of depression in minority ethnic groups has been found to be how much higher than in the white population?

- a. 20% b. 40% c. **60%**

15. What proportion of young people with mental health problems say that fear of stigma has stopped them from applying for a job?

- a. 29% b. **57%** c. 76%



10 min games...

To help you plan an evening we've come up with some 10 minute games you can run within your sections to raise awareness (all resources are available to download on our website)

- Mind the Gap Board Game
- Who are the lucky ones
- Pass the Parcel of chat
- The M&M feeling game



Mind the Gap

This simple board game activity is designed for small groups of 3 to 6 people to play with a leader and introduces some of the things which they can do to cause friends to develop a positive or negative mind-set.

Preparation

The game is built around a standard chess board – place sticky stars on up to 24 of the available squares and then add direction arrows as shown. Print the chance cards (available from <https://www.wyscouts.org.uk/mindchancecards> and cut them up into individual cards.

Playing the game

Players use a dice to move their playing piece along the board in the direction of the arrows to snake their way to the top. Each time they land on a star, read one of the chance cards. If it is something which supports positive mental health, move up a row. If it is something which damages mental health, move down a row. First to the top or the person who is furthest across the board after 10 minutes wins.

							←
→	*		*		*		*
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Who are the lucky ones ?

This activity shows your young people that life is not always fair and that some people in the world have more than others – it may lead you to take part in a community project aimed at helping other people less fortunate than we are. It is also a useful activity to give your members a sense of perspective of their place in the world.

Your scouts should sit in a circle. Place a bowl of treats in the middle of the room – these could be sweets or counters.

Moving around the circle, scouts take a chance card and read it out – they can then collect the number of treats outlined on the card. Continue until all the treats in the middle have gone

Ask the following questions of your group – you could split them up into those who have got a lot of treats and those who have only a few.

How many treats have you got – is the game fair ?

How do you feel about the attitude of the lucky ones?

How did the unlucky ones react during the game ?

How could we change the game to give more people a share of the treats?

If each scout represented a country in the world – what country might you be?

Is the UK a country with a lot of treats or one with only a few ?

How do other countries feel about the UK?

What can we do as Scouts to make a difference ?

A set of chance cards is available here :-

<https://www.wyscouts.org.uk/mindluckyones1>

<https://www.wyscouts.org.uk/mindluckyones2>

<https://www.wyscouts.org.uk/mindluckyones3>



feeling
lucky?♣

Pass the parcel of chat

Activity:

This activity is a fun way to start conversations about mental health, and takes from the popular childhood game Pass the Parcel. Each participant who gets the 'parcel' receives 3 minutes in conversation with the person they have received the parcel from.

What you need to do:

1. Make a parcel that can get passed around. In each layer place a small treat / sweet with a fact about mental health.
2. Get every person participating to write their name on a post it, scrunch it up and drop it into a bowl or hat
3. To start the passing individual will pick a name out of the hat/bowl and then take parcel to them. They will then have a 3 minute conversation with the person they are passing the parcel to.
4. Once the minutes are up, the receiver of parcel goes to pick a name from hat/ bowl and takes the parcel to them. They then have a 3 minute conversation with this person – and then repeat as above for everyone involved.

Finish up:

If you have an opportunity after the activity it may be worth finishing up with:

- Gauging what new insights did everyone gain from these conversations?
- Highlighting any themes that kept occurring throughout the conversations?
- Discuss if there is a need to continue these conversations, what needs to be talked about furthermore or indeed what areas needs need to be covered in future discussions / conversations about mental health.



Here are 10 mental health discussion statements which could be used in the parcel layers:

Fact 1—Around 20% of the world's children and adolescents have mental disorders or problems

Fact 2—Substance abuse and drugs are the leading cause of mental disability worldwide

Fact 3—About 800 000 people commit suicide every year

Fact 4—War and disasters have a large impact on mental health and psychosocial well-being

Fact 5—Mental disorders are important risk factors for other diseases, such as HIV, Diabetes and Heart Disease

Fact 6—Stigma and discrimination against patients and families prevent people from seeking mental health care

Fact 7—The number of people reporting with eating disorders has increased in the last 5 years.

Fact 8—Globally, there is huge inequity in the distribution of skilled human resources for mental health

Fact 9—The increase of the use of social media has been blamed for an increase in mental stress amongst young people.

Fact 10—Financial resources to increase mental health support services in the NHS are relatively modest

M&M feeling game

This is a good way to get younger people to talk about their feelings or what make them angry.

There are two versions here :

The feeling game board <https://www.wyscouts.org.uk/mindmandmfeelingsgame>

The angry game board <https://www.wyscouts.org.uk/mindmandmangergame>

Each person needs a fun size bag of M&Ms or smarties or similar (Check on peanut allergies and religious restrictions on the coloured sweets you choose)

Go around the group and each person pulls out a sweet at random and does what the board says.



Value Awareness

Many young people become worried over getting the latest gadget or not having the most fashionable clothes to wear. The pressure is on for everyone to be 'on trend'. At the same time, if a young person has enjoyed having toys and clothes without any sense of cost or where the financial resources have come from, they may have little idea about financial awareness and hence, how to handle money when it is scarce. Many young people become involved in online gambling which can also have negative impact on their mental health.

The following activities can be used to help address some of these issues.

Introduction

We have supplied some information in the form of a Power Point presentation which can be used for introducing the topic here <https://www.wyscouts.org.uk/mindmoneymatters>

Cash In The Attic – Auction Activity

This activity helps young people to understand that they cannot have everything and choices have to be made. It also can be used to introduce the idea of value – what do we value in our lives ?

Begin by giving each member of the audience £100. This can be using tokens or just a figure on a piece of paper depending on the age of your group. Younger players should use tokens but older ones may record their expenditure themselves to see if they can keep account of their finances. You could also introduce the concept of credit to older players.

The auction consists of a PowerPoint presentation 'Cash in the attic' <https://www.wyscouts.org.uk/mindcashinatticpowerpoint> Begin by showing the 20 items in today's sale so that players can plan what they want to bid for. Then begin the sale as an auction. (Items to be sold can be represented as copies of the PowerPoint slide printed out onto card.)

After the auction is over you can check out the following questions with the team

- Which items were most valued by the people in the room?
- Which items held no value in the room ?
- Who has spent all their money and who has saved ?
- How much money have people got left ? - What would they do with their money ?
- Has anyone over spent or used credit ?

Now look at the actual values on the high street for each item – does this make the people in the room frustrated or are they happy with their purchases? Use this to explore the idea – does value and financial cost mean the same thing?

Gambling – What's your Attitude?

Background

This activity is designed to explore the issue of gambling.



By the end of this session young people will:

- Consider their opinions about gambling and listen and recognise the views of others.
- Better understand the effects of problem gambling.

Materials needed

- Resource sheet 1: Gambling quiz
<https://www.wyscouts.org.uk/mindgamblingresource1>
- Resource sheet 2: What's your attitude? (one per person)
<https://www.wyscouts.org.uk/mindgamblingresource2>
- Resource sheet 3: Gambling fact sheet session leader notes
<https://www.wyscouts.org.uk/mindgamblingresource3>
- Resource sheet 4: Gambling case studies (one case study per group)
<https://www.wyscouts.org.uk/mindgamblingresource4>
- Gambling quiz and answer PowerPoint
<https://www.wyscouts.org.uk/mindgamblingquizpowerpoint>

Tasks

1. Divide the scouts into small groups and give each one a copy of **Resource sheet 1: Gambling quiz**. As you run the PowerPoint, 'teams' should record their answers on the sheet. Go through the answers. How many got six or more correct? Is anybody surprised by the answers?
2. Explain that this session will focus upon their attitude towards gambling and how people get into problems with their gambling habit. Give each scout a copy of **Resource sheet 2: What's your attitude?**
3. Explain that there are no right and wrong answers, and all responses are valid. Working on their own, scouts should complete the sheet as quickly as possible without taking too much time to think — they should give their 'gut reaction'.
4. Do a continuum activity to get feedback e.g. display sheets of paper with 1 — 5 spaced out on the floor or across the wall and ask scouts to vote with their feet. (1 = strongly agree, 2 = agree, 3 = not sure, 4 = disagree, 5 = strongly agree). Ask them why they have decided to stand in a given position. Ask: what did you think about the activity? Did anything surprise you? Have any of your attitudes changed?
5. Split the scouts into groups and give each group a large sheet of paper and some pens. Ask them to divide the paper into two: mark one half 'pleasures of gambling' and the other 'problems with gambling'. They should write down as many as they can in five minutes. Invite a spokesperson from each group to present the findings. (Use **Resource sheet 3: Gambling fact sheet** as a support if required).
6. You can use the case studies provided in **Resource sheet 4** for older groups to discuss further

Using Display to promote Mental Health

Display work around your meeting place can be used to promote positive mental health and emphasise the importance of working together and being part of a group.

Train Display

Each member of the group becomes one truck or carriage in a train which is displayed on the wall. The carriage is cut out of card and a selfie style image is added. Young people can then decorate their truck or can add on information such as their hobbies, their ideas for what to do in the future or information about their family, pets etc. Leader images can be added onto the engine at the front or the guards van at the back.



The train display is just one idea to promote some key themes such as

- Each person is an individual but we are all part of one train
- We are all going in the same direction
- Our leaders guide us where we are going
- The train is not complete unless everyone is on board

The resource sheet here gives some train template images to get you started

<https://www.wyscouts.org.uk/mindengine>

<https://www.wyscouts.org.uk/mindguardsvan>

<https://www.wyscouts.org.uk/mindtanker>

Bulb Images

Here is a fun way to work together to make light messages. You will need a digital camera which is capable of being set on a bulb setting which keeps the shutter open until the image has been created. The camera will also need to be set up on a

tripod.



Each scout holds a torch and stands in a dark room facing the camera. Open the shutter on the bulb setting and then the scouts turn on their torch and make the shape of a letter in the air. Now close the camera shutter down.



Mosaic Images

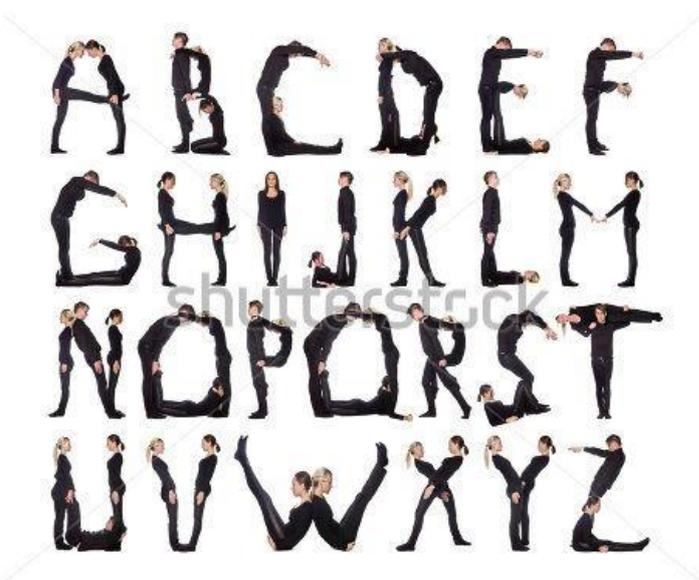
There are a number of free internet sites which offer the software to create a mosaic image based on images you upload. Take a series of selfie images of scouts – preferably with a range of different coloured backgrounds. Decide on what you would like your main image to be and then get creating. Display your group mosaic image in your meeting place or use it on your web site.

Eg <http://www.easymoza.com>



Body Messages

Try making letters using the scout's own bodies



www.shutterstock.com · 37675162

It may be easier for Scouts to lie down on the floor and make letter shapes either on their own or working as a team. Photographs can then be taken from directly above. Here are some other themes for fun and friendly photos to adorn your meeting place

Crafts..

Friendship knots

The linking of the two sides of a necker represent the bond of friendship so why not try tying a friends necker with a friend ship knot ?



Thought Bead Bracelet

The Bead Bracelet allows us all to reflect on our thoughts and do something about them.

To complete a thought Bead Bracelet you will need the following for each person:

- One piece of shearing elastic or stretchy cord
- Enough coloured Pony Beads or Hama Beads to go around the wrist in the following colours;

Black	Yellow
White	Green
Orange	Pink
Blue	

The colours of the beads represent:

Black reminds us of someone or something that has made us unhappy today.

White reminds us of forgiveness

Yellow reminds us of the sun and warmth. A new day of hope a chance to make some one smile.

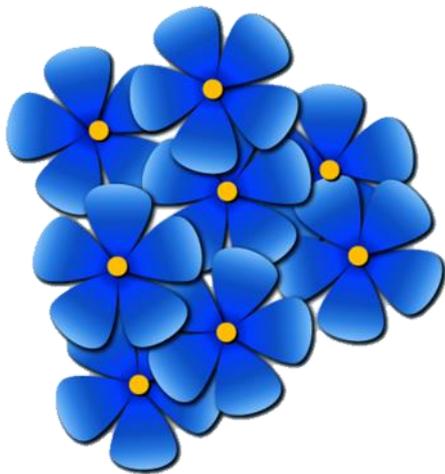
Red reminds us of anger. Have we said or done something nasty today.

Blue reminds us of night. A time to think of the good things of today.

Green reminds us of the world around us and to give thanks for the wonderful world in which we live.

Pink reminds us of the sweet things in life. Can we do some to show someone we care about them.

Thread the beads onto the shearing elastic or stretchy cord until it fits around the wrist. Tie each end of the cord to make a bracelet that fits. Give each person a list of the colours to remind them of there meaning.



Forget-me-knot

Friendship Card

Items needed:

Plain thin card

Felt tips (if using the uncoloured template)

Scissors to cut cards in half

Two hole punch

Enough cord to tie a friendship knot

Pens

To make the Forget-me-Knot card just print out either the coloured template card, <https://www.wyscouts.org.uk/mindforgetmeknotcard> or if you want to colour in, use the uncoloured card template. There are two cards per A4 sheet.

When finished colouring in punch two holes near the top of the cards. A two hole punch is ideal for this purpose.

Then thread the cord from the inside of the card and tie a friend ship knot.

Write a message, to a friend inside the card.



Bee Awesome Coaster

Raise awareness of the anniversary of the Manchester attacks



Items needed:

Small white tiles 100mm X 100mm
(B&Q 25 for £6)

Sand paper (fine)

Glass pens (can use Sharpies)

Funky Foam (sheets from The
Range from 50p)

Glue (copydex works well)

To Make:

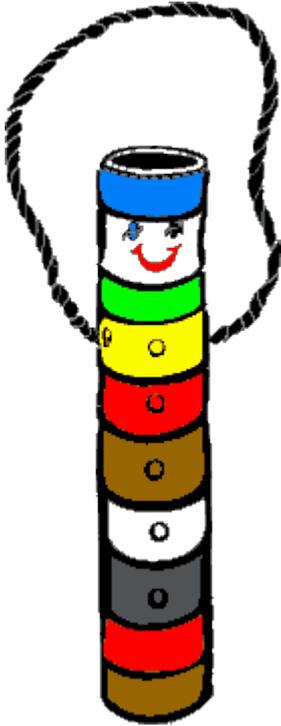
Lightly sand the edges of the tiles to ensure no rough edges.

Cut a square of funky foam, using the tiles as a template.

Stick funky foam to the rough bottom of the tile.

When dry decorate the tile with a bee and write Bee Awesome on the coaster.

Friendship Stick



A Friendship Stick symbolises the sense of belonging to a living group across the barriers of language, race, and culture.

To make a Friendship Stick you will need:

One cardboard roll each
(kitchen roll is great)

String

Paint or large marker pens

A copy the Friendship Symbols for each participant

Punch two holes into the sides of the Friendship Stick and thread the string to make a holder. Paint the cardboard tube as per sample, making sure you have one blue and one black eye.

Friendship Stick Symbols

The blue band at the top represents the blue sky we all live under together.

The blue eye stands for life.

The black eye stands for death.

The upwardly curved red lips mean joy.

The green band is for purity in thought, word, and deed.

The five bands (yellow, red, brown, white, and black) are all of equal size - as all people are created equal whatever their race or colour.

The red band signifies hope.

The brown band at the bottom represents the earth on which we all stand.

Memory Butterfly

Create a Memory Walk Butterfly to accompany you on your walk or wonderful flying or static display for your headquarters.

Items required:

Printable acetate

Permanent coloured felt tips

(can be bought from pound shops)

Glue/scissors

Green garden sticks (for carrying the butterfly)

Shearing elastic or thread (for flying display)

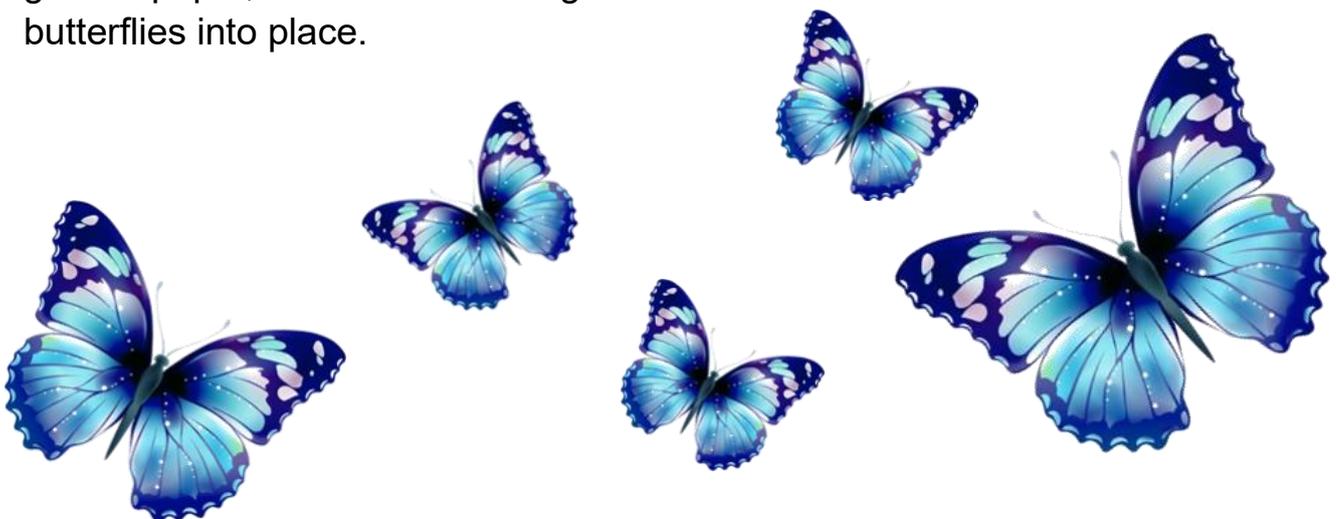
Blue back ground paper (for static display)

Print or photo copy the butterflies of your choice, (<https://www.wyscouts.org.uk/mindbutterfly>) onto printable acetate. Cut out and colour the butterflies. Bend the wings and crease upwards from the body. Cutting can be done by Leaders before the activity if required).

If taking the butterflies on your walk, stick the green garden stick onto the underside of the body.

If making a flying butterfly display, make a small hole in between the wings and thread the shearing elastic or thread through the body and secure with a knot.

If making a static display, place the blue back ground paper, onto the wall and glue the butterflies into place.



What about ?....

There are also lots of external visits or activities you can organise to promote mental health such as :

YOGA—why not book a session ?

TAI CHI—Why not book a session ? Or try out a video ?

Visit a community Home—Go visit a local community home and take games and jigsaws

Take part in a memory Walk—see next page

Watch a Ted Talk—<https://youtu.be/1A4w3W94ygA>

Try out meditation—<http://www.ilivethelifeilove.com/10-best-guided-meditations/>

Become a dementia Friend—<https://www.dementiafriends.org.uk/>

Look up other mindfulness exercises and information at the following links

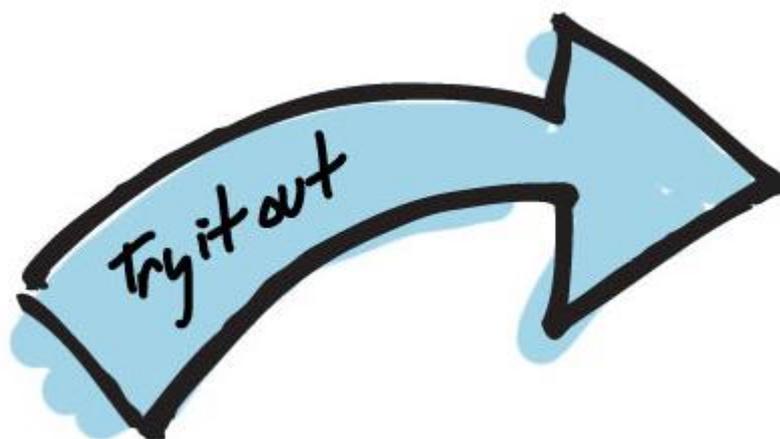
Time to change—<https://www.time-to-change.org.uk/>

Hello Yellow—<https://youngminds.org.uk/get-involved/how-to-fundraise/helloyellow/>

Young Minds—<https://youngminds.org.uk/>

Mind—<https://www.mind.org.uk/>

Alzheimer's Society—<https://www.alzheimers.org.uk/>





A Memory Walk is a walk for all ages and abilities to unite together to raise awareness of Dementia, Alzheimer's and Mental Health issues.

MEMORY WALKS

With this in mind we've picked two dates for Memory Walks where we can unite as a County and raise awareness amongst our young people.

These are :



Beavers / Cubs - 6th /7th October to raise awareness ahead of Mental Health Awareness Day



Scouts / Explorers / Network—Night Walk 9th November to commemorate the end of WWI ahead of the Anniversary



Obviously there are lots of other opportunities for groups to take part throughout the year to commemorate other events.



Please share your pics and walks on the event page on facebook

Thought for the day

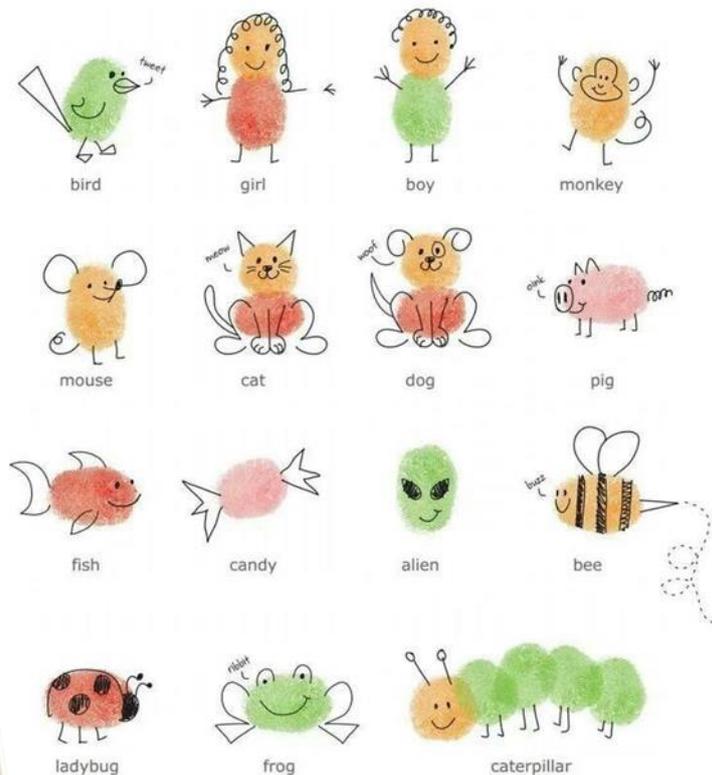
Use some of these ideas to run a time of reflection during one of your meetings

Stones

Collect a number of small pebbles or stones and hand one out to each person. Ask the participants to feel the stones and look at them carefully. The stones will have been around a long time – a lot longer than any of us ! Look at the stones next door to you – are they the same or are there differences. Each person is like one of the pebbles in your hands – each different and unique. Each has been shaped by the things that have happened to them through the years – rough edges knocked off and surfaces polished smooth. They can be bound together to make roads, buildings and bridges or they can stay separate as they are now. We are all different and yet the same – together, through Scouting, we can build the future.

Finger print images

Finger prints are unique to us all. Why not try creating finger print images and make a collage out of all the people connected with your group



The Ink Blot



For this you need a large sheet of paper with an ink blot on it with an interesting shape.

Ask your group to tell you what they see. Take as many ideas as you can. Encourage more and more creative thinking. Then tell you what you see – a piece of white paper. We all tend to focus on the surface appearance when we look at a person and often focus on something unusual – it's more difficult to see what lies beneath in a person's heart and soul.

Colours prayer

Gather your group in a standing circle and recite the colours prayer

Red is for the blood which flows in a heart-beat

Green is for the grass which grows under our feet

Yellow is for the sun so bright

Whilst orange is for the edge of night

Black is for the mistakes we make

White is forgiveness for friendship's sake

Purple is for times of sorrow

And Pink is for the promise of a new tomorrow

Circle of friends

Gather the group into a circle all holding hands. Each person has to say something nice about the person to their right

Thankful Candles

Each person can light a candle and state what they are thankful for, this time should be peaceful and quiet. Another version of this is to be carried out around a camp fire. Give each person a lollipop stick and ask them to write something on it that they have done for which they would like to be forgiven. We all make mistakes and it is important to leave the mistakes behind rather than dwelling on them. Later, when they are out around the fire, they can put their sticks into the flames to get rid of their concerns.

Cub Scout Signing Prayer

Use this American signing prayer at the end of your ceremony.

If your Pack doesn't have a prayer/reflections book then you could start one. Thoughts and pictures from the Cubs about their feelings, hopes, vision for the future and thanks to those who help them along the way, could be included.

May the guiding light of Akela



and the

SPIRIT

of

SCOUT

ing

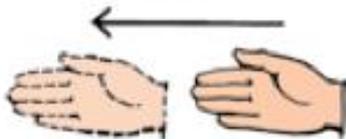


GO

WITH

YOU

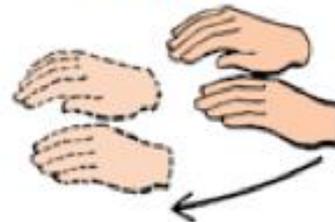
and



ME

until our

PATHS



cross again.

