

Our Mental Health and Wellbeing journey

See Me Scotland Webinar

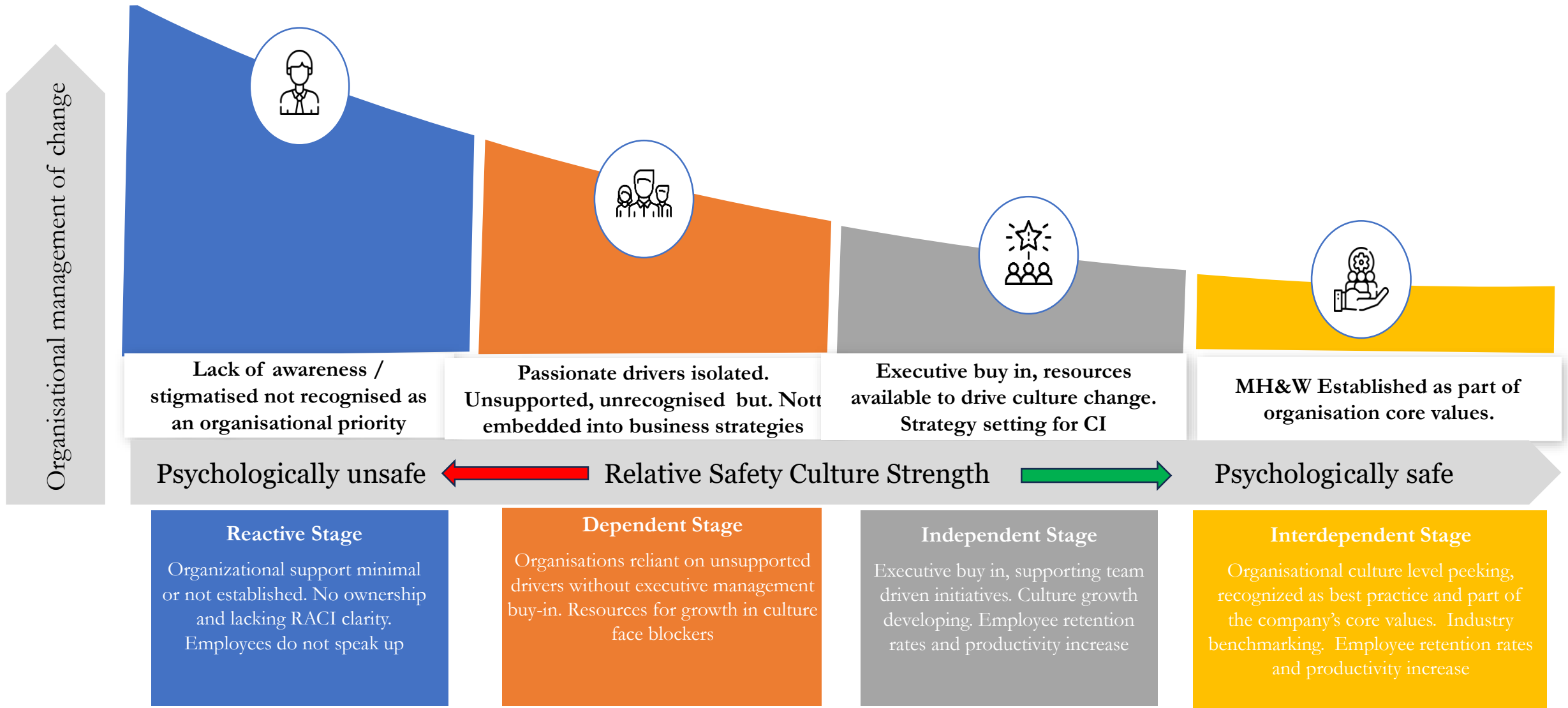
March 2025



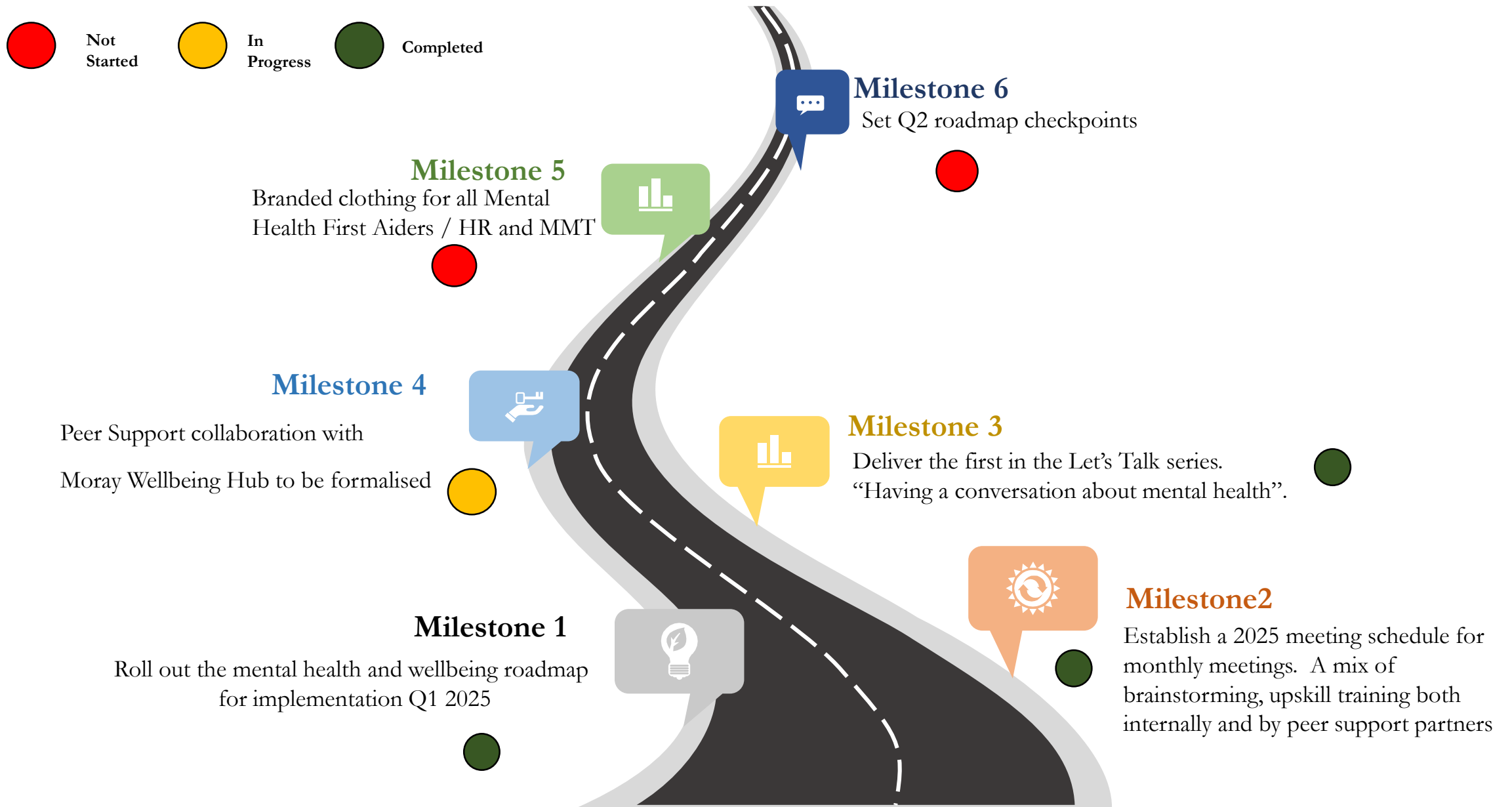
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Mental Health and Wellbeing organisational culture curve



Mental Health and Wellbeing Roadmap



Lived Experience Workshops and Upskilling of MHFAs

Darkness into Light Workshop

A lived experience - My mental health journey



Steve Fennell
Health, Safety and Environment Manager
Gardline, MERSM

September 2024

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Health, Safety and Environmental People Competency Development

Training Presentation

Let's Talk –
Anxiety



Steve Fennell
Health, Safety and Environment Manager
Gardline, MERSM

September 2024

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Mental Health and Wellbeing

Let's Talk –
Having a conversation about Mental Health

Steve Fennell
Health, Safety and Environment Manager
Gardline, MERSM

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Health, Safety and Environmental People Competency Development

Training Presentation

Let's Talk –
PTSD



Steve Fennell
Health, Safety and Environment Manager
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September 2024

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Health, Safety and Environmental People Competency Development

Training Presentation

Let's Talk –
Depression



Steve Fennell
Health, Safety and Environment Manager
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We all Have Stress Buckets

WE ALL EXPERIENCE STRESS TO SOME DEGREE.

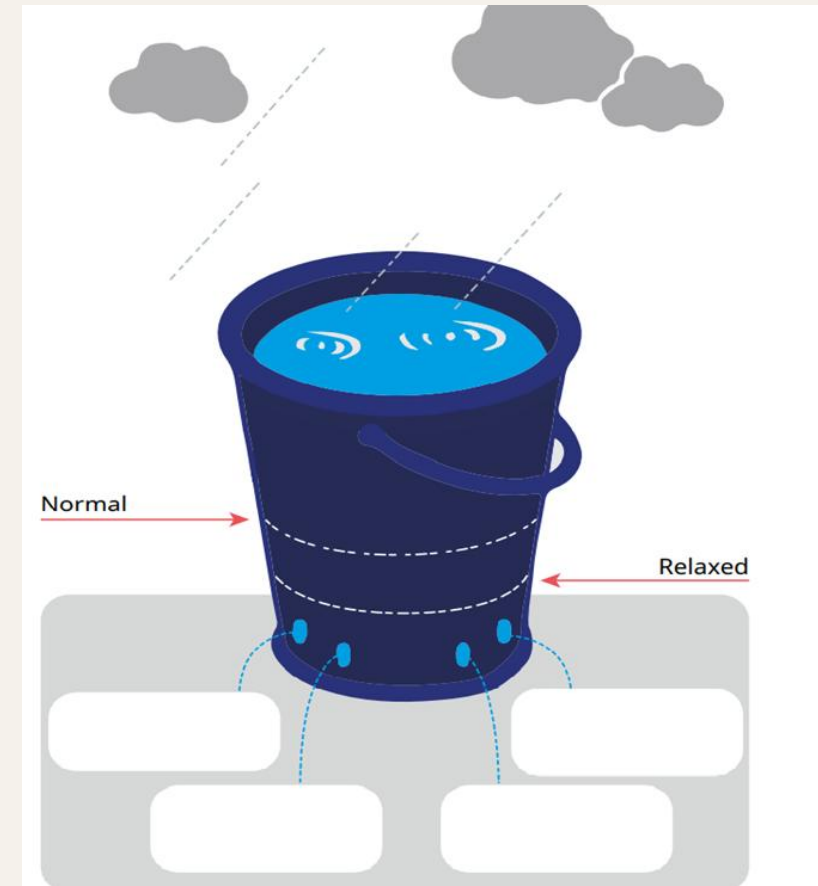
SOME STRESS CAN BE GOOD, IT CAN PUSH US TO WORK HARD.

BUT TOO MUCH STRESS CAN MAKE US FEEL OVERWHELMED, AND PROLONGED STRESS CAN EVENTUALLY LEAD TO PROBLEMS. THE STRESS BUCKET IS A WAY TO VISUALISE THIS.

ABOVE THE BUCKET ARE CLOUDS – THE THINGS THAT CAUSE YOU STRESS. THESE RAIN INTO THE BUCKET AND GRADUALLY FILL IT UP. YOU RELEASE THE STRESS BY DOING THINGS YOU ENJOY OR THAT HELP YOU TO STRESS LESS.

COMPLETE YOUR OWN STRESS BUCKET BELOW. IDENTIFY THE THINGS THAT CAUSE YOU STRESS (THE CLOUDS) AND THE THINGS YOU DO TO MANAGE THEM (YOUR TAPS).

ALSO CONSIDER: WHAT ARE THE SIGNS THAT YOUR BUCKET IS GETTING TOO FULL? ARE ALL OF YOUR TAPS WORKING?



Use wellbeing moments to start normalising conversations



Wellbeing moment –
How do we empty our
Stress Buckets?

Oliver (aged 11) and Daddy (slightly older)

Our chill time-No phones, No TVs or No multi-media.

We spent time chilling out on Strathlene beach.

We walked the dogs.

We cooked together

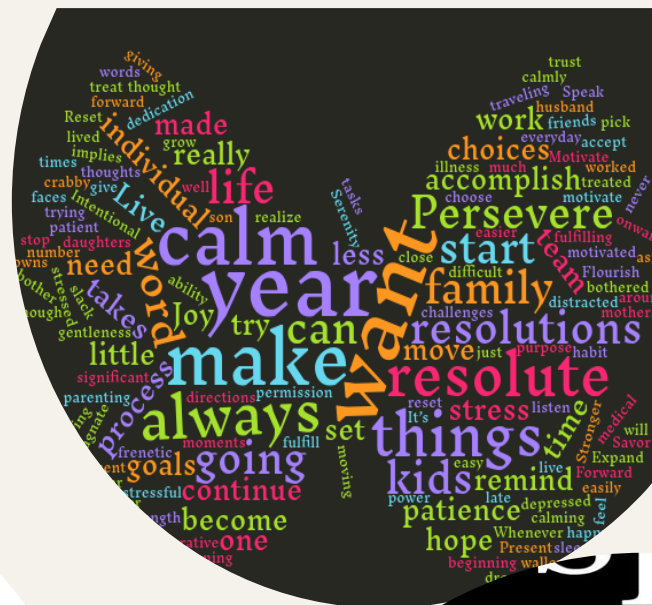
We made sea glass and seashell crafts, from our finds and gave them to the neighbours!

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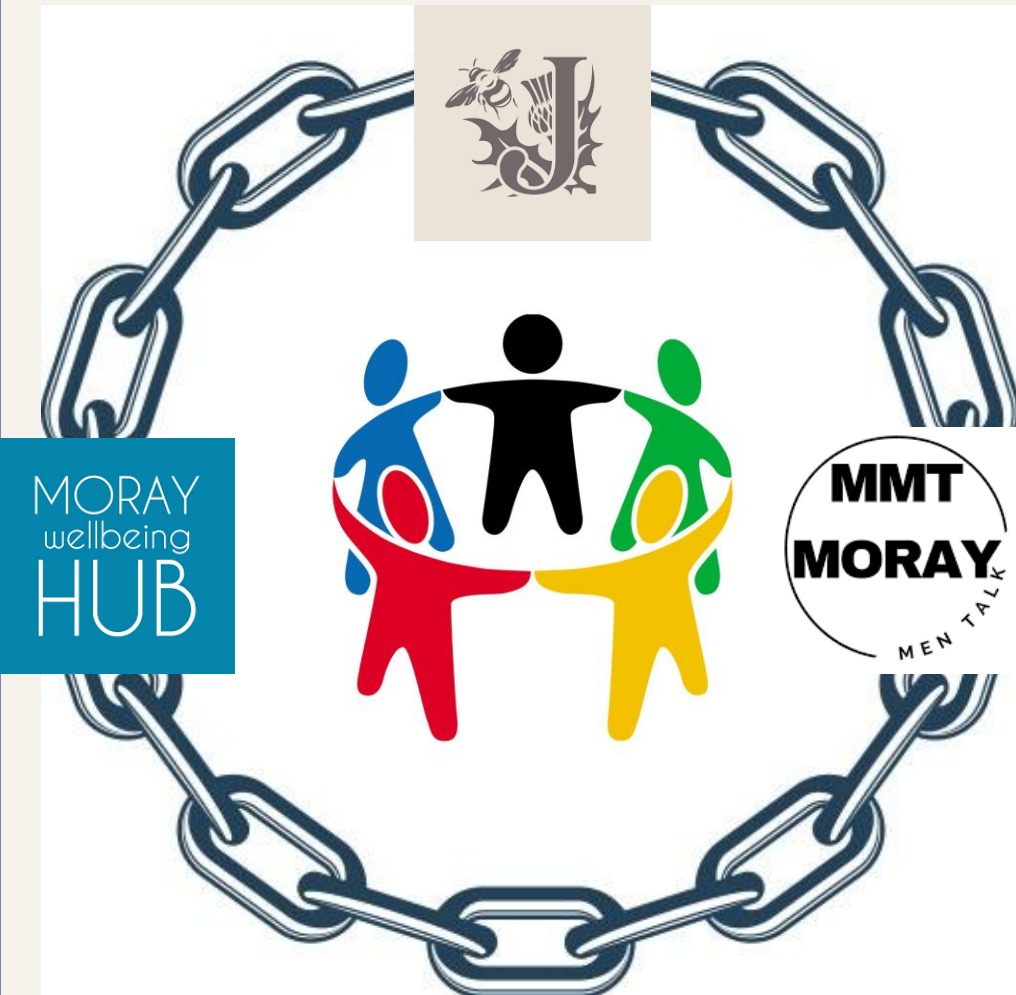
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Managers 5 R's – My Mantras

- **Resolute** – Not one day will go by when I don't try and do something to better enrich my skills to support others
- **Resilient** – I will always take positive steps to maintain my own wellbeing and mindfulness
- **Responsive** – I will always be prepared to offer my all to support others
- **Respectful** – I will always, above anything else, behave respectfully and non-judgmentally
- **Reaffirm** – I will always look at reaffirming my mantras daily through quiet meditation



We are all links in the peer support chain



Our aim: To form an unbreakable “Chain of Hope”

Peer Support – Links in our “Chain of Hope”

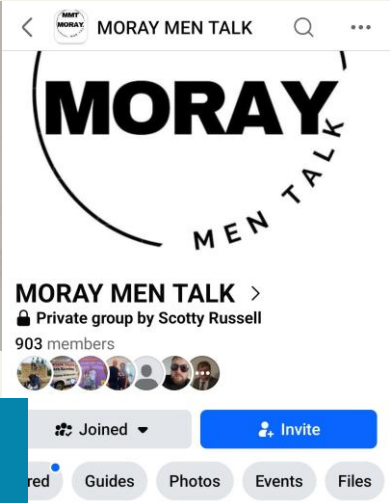
Creating Hope with Peer Support in Moray: learning & networking event



1 x Ticket
Order total: Free

Wednesday, 2 October 2024 from 14:00 to 16:30 (United Kingdom Time)
Add to [Google](#) · [Outlook](#) · [iCal](#) · [Yahoo](#)

Laichmoray Hotel
Maisondieu Road
Elgin
IV30 1QR
United Kingdom
[View on map](#)



MORAY
wellbeing
HUB

News

Get Involved

Wellness College

Bespoke Training

Get Help

Moray Wellbeing Hub – growing organically using these values:

Authenticity, Mutuality, Empowerment, Coproduction, Strength based focus, Respecting rights.

- Want to improve wellbeing in Moray?
- Challenge stigma whilst supporting recovery and self-management?

Wellbeing Hub needs your ideas on what works for you, and those you care about, to live life to the full. We create community and virtual spaces in which everyone feels welcome and inspired to live mentally healthy lives, as well as support existing ones to connect and grow, reaching out across Moray to diverse communities and groups. Our work takes personal experiences and combining them with research and local resources to create sustainable change.



Our Mission Statement



"To help & support men of all ages in the local community & surrounding area, to improve their health & well-being through listening and offering advice, creating a support network that can connect with similar groups & charities so that men no longer feel isolated or have their mental health adversely affected"



"BREAK THE STIGMA"





About our group

We formed our support group in August 2023, concerned about the increase in suicides taking place in Moray, having recently lost friends to suicide.

Initially we began the group on Facebook, to open an avenue for men to be able to talk privately and anonymously should they wish and share their concerns worries. We provide a non-judgemental environment, where men can ask for advice, share experiences and connect and help each other wherever possible. Our group is a private group for men only across Moray and beyond, we are not professionals just local men eager to help and support other men by listening, talking and connecting people to the most suitable organisation for their needs.

“BREAK THE STIGMA”



Our Growth Since August 2023

- ***We now have over 900 group members (990)***
- *We have members from 10 local towns cities across Moray*
- *We meet every second Sunday at our “Drop-In Sessions” in the Annex at the New Elgin Hall, with approximately 10-12 guys attending per session.*
- *We have regular Walk & Talk sessions and have also tried activities such as exercise classes, dips in the sea, ten pin bowling nights.*
- *Our group is predominantly an interactive group on Facebook where members can post anonymously or be part of the group chats within the page covering several topics such as Bereavement, addiction, relationship worries, financial worries, there are sections for ex-military/veterans, new dads and general health and well being*
- *We have recently become constituted group & have elected Committee including Chair & Vice chairman, treasurer a secretary*
- **“BREAK THE STIGMA”**



Questions

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